Course Unit	Fundamental Nursing I			Field of study	Nursing		
Bachelor in	Nursing			School	School of Health		
Academic Year	2022/2023	Year of study	1	Level	1-1	ECTS credits	5.0
Type	Semestral	Semester	1	Code	9500-698-1105-00-22		

Workload (hours)	135	Contact hours	T -	TP 45	PL 22,5	TC -	S -	E -	OT -	O -

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s)	Matilde Delmina da Silva Martins, Maria Gorete de Jesus Baptista Martins, Sandra Fatima Gomes Barreira Rodrigues, Sandra Maria Fernandes Novo

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:
1. To integrate the concepts underlying the profession of nursing in an evolutionary perspective;
2. To recognize the importance of systematization of nursing care according to a scientific methodology of work;
3. To integrate the adoption of a common language of nursing, using the International Classification for Nursing Practice (CIPE / ICNP);
4. To promote therapeutic relationship skills in caring
5. Interiorise the principles of Prevention of Healthcare-associated infections;
6. Integrate the principles of various technical procedures in nursing and its practical development;
7. Promote the satisfaction of needs related to: health and comfort and sleep and rest;

Prerequisites

Not applicable

Course contents

1. History of nursing in Portugal and in the world. two . User care: admission, transfer, discharge and death. 3 Basic nursing instruments. 4. Prevention of healthcare-associated infections. 5 Satisfaction of hygiene and comfort needs. 6 Satisfying Sleep and Rest needs.

Course contents (extended version)

1. Nursing
   - The nursing as a profession: Concepts; Historical; The Nursing in Portugal,
   - The nursing as a science: schools of thought, theories and models;
   - The nursing process; introduction to the International Classification for Nursing Practice (ICNP),
   - The Order of Nurses,
2. Product Support Services wearer
   - Admission / Reception and transference;
   - Assessment of the state of health of the user (global observation; assessment of vital signs);
   - Preparation of returning home; Teaching to the user / family;
   - Death and the after-care death.
3. Nursing basics instruments:
   - Observation
   - Communication
   - Aid relationship
   - Interview
   - Nursing registers
4. Prevention of Healthcare-associated infections
   - Healthcare-associated infections: Epidemiology; Agents; Reservoirs and Transmission;
   - Measures of Prevention and Contro: atandard precautions; hand hygiene;
   - Use of PPE; decontamination of materials/clinical equipment; environmental monitoring
   - hoteliers services; hospital residues; placement of patientsAppropriate use of antimicrobials;
   - Respiratory hygiene/Cough etiquette; Precautions according to infection transmission modes.
5. Satisfaction of the needs of hygiene and comfort:
   - Body Health-care with the scalp and oral hygiene, care of the nails; Skin Care / Massage;
   - Types of bath in bed with partial; total hygiene in the toilet and bath Techniques to make the bed.
6. Satisfaction of the Sleep and Rest needs
   - The sleep cycle;
   - Factors affecting the sleep / rest;
   - Disturbances and consequences for health;
   - Nursing interventions.

Recommended reading

1. Doenges, M. E. , & Moorhouse, M. F. (2010). Aplicação do processo de enfermagem e do diagnóstico de enfermagem (5ª Ed.). Loures: Lusociência.
2. Potter, P. , & Perry, A. (2006). Fundamentos de Enfermagem: Conceitos e Procedimentos, (5ª Ed.). Loures: Lusociência.
3. Tomey, A. , & Alligood, M. (2004). Teóricas de enfermagem e sua obra: Modelos e teorias de enfermagem (5ª Ed.). Loures: Lusociência
4. Colliére, Marie-Françoise, (1999). Promover a Vida . 2ª ed. Loures: Lusociência.
5. Veiga, B. S. et al. (2011). Manual de Normas de Procedimentos de Enfermagem Procedimentos Técnicos 2ª Ed.) . Lisboa: ACSS

Teaching and learning methods

Theoretical and practical teaching and laboratory-based in clinical simulation. Guidance Tutoring Classes: guidance for the conduct of individual or group works (literature) related to the contents of the course.

Assessment methods

1. Continuous assessment - (Regular, Student Worker) (Final)
   - Intermediate Written Test - 70% (TP component Evaluation. To approval - to obtain 8. 5V in TP Component.))
   - Practical Work - 30%
2. Resource Exam - (Regular, Student Worker) (Supplementary, Special)
   - Final Written Exam - 70% (TP component Evaluation)

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Assessment methods

- Practical Work - 30% (P component evaluation To approval - to obtain 8. 5V in TP Component.))

Language of instruction

Portuguese, with additional English support for foreign students.

Electronic validation

Matilde Delmina da Silva Martins	Ana Fernanda Ribeiro Azevedo	Maria Eugénia Rodrigues Mendes	Adília Maria Pires da Silva Fernandes
15-11-2022	16-11-2022	10-12-2022	10-12-2022

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