

Ministry of Health of Ukraine
Kharkiv National Medical University

Department of Propaedeutic of Internal Medicine №2 and nursing

DIARY

for the practical training

"Patient's care"

2nd year English – medium students
of medical universities
Dentistry faculty

_____ faculty _____ group

FULL NAME _____

TUTOR _____

KHNMU

Kharkiv

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TOPIC 1. BASIC PRINCIPLES AND BASES OF PATIENTS CARE.

STRUCTURE AND FUNCTIONS THERAPEUTIC HOSPITAL.

The "Nightingale Pledge" (ethical code nurses)

I solemnly pledge myself before God and in the presence of this assembly, to pass my life in purity and to practice my profession faithfully.

I will abstain from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug.

I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my calling.

With loyalty will I endeavor to aid the physician, in his work, and devote myself to the welfare of those committed to my care.

FUNDAMENTAL ETHICAL PRINCIPLE IN MEDICINE IS THE UTTERANCE PRIMUM NON NOCERE - FIRST DO NO HARM

Date and time of work _____

Medical ethics (лат. ethica, греч. ethice) – is _____

Medical deontology (греч. deon) - _____

Medical ethics includes the following aspects:

1) _____

2) _____

The structure of health-care establishment

Types	Kinds
Out-patient establishment	
In-patient establishment	
Mixed	

Patient Care – _____

Types of care	Definition
General	
Special	

The complex of measures on the general patients care includes the following elements:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Therapeutic department of a hospital (structure of general and/or specialized): _____

The admitting department:

1. Structure and function of the hospital's admission ward:

Function of the admission ward:	1) 2) 3) 4) 5) 6) 7)
Device of the admission ward:	1) 2) 3) 4) 5) 6) 7) 8) 9)
Medical documentation of the admission ward (form, №, description):	1) 2) 3) 4) 5) 6) 7)

2. Admission and registration of patients:

Types of hospitalization	Delivery methods of the patients
Planned	
Urgent/Emergency	
Hospitalization "of its own accord"	

3. The differentiated approach at reception of patients:

The patient's condition	Sequencing
moderate, severe condition	1) 2) 3) 4)
unconsciousness and undocumented	1) 2) 3) 4)

Methods and characteristics of transporting patient from admission ward to the hospital:

The patient's condition	Features of condition	Method of transportation
Transportable		
Nontransportable		

Sanitary-epidemiological mode of the admitting department provides the following activities: 1) _____

2) _____

3) _____

Types of sanitary treatment of patients: _____

Stages of sanitary treatment of patients:

1) _____

2) _____

3) _____

Anthropometric studies of patients in admitting ward:

Parameter	The device	The patient's position	Algorithm of actions
Height measurement			
Body weight measurement			
Measurement of the chest circumference			
Measurement of the abdomen circumference			

Stationary modes of therapeutic department:

Mode	The purpose	Events
Therapeutic and protective		
Sanitation and Hygiene		

Individual patient regimen:

Type of regimen	Regimen features
Strict bed	
Bed rest	
Semi-strict bed	
General (Walking)	

The therapeutic department's internal schedule and junior medical personnel's duties

Hours	Measures	Junior medical personnel's duties
7.00 AM	Getting up, awakeing	
7.05–7.30 AM	Thermometry	
7.30–8.00 AM	Morning toilet	
8.00–8.30 AM	Reception of medicines	
8.30– 9.00 AM	Breakfast	
9.00–10.00AM	Doctor's round	
10.00 AM–1.00 PM	Fulfilment of prescriptions	
1.00–1.30 PM	Reception of medicines	
1.30–2.30 PM	Dinner	
2.30–4.30 PM	Daytime rest, sleep	
4.30–5.00 PM	Thermometry	
5.00–7.00 PM	Visit of patient's relatives	
7.00–7.30 PM	Reception of medicines	
7.30–8.00PM	Supper	
8.00–9.30 PM	Fulfilment of prescriptions	
9.30–10.00 PM	Evening toilet	
10.00 PM–7.00 AM	Night sleep	

Tutor's signature:

TOPIC 2. ASSESSMENT OF THE GENERAL STATE OF THE PATIENT AND RULES FOR DETERMINING OF THE MAIN VITAL SIGNS. PROVIDING FIRST AID IN EMERGENCIES.

Date and time of work _____

Passport data of the patient:

1. Name _____
2. Age _____
3. Gender _____
4. Marital status _____
5. Place of employment, profession _____
6. Date of admission _____

Patient's Complaints:

Chief _____

Secondary _____

The main parameters of the general condition of the patient assessment:

1. Describe patient's condition _____
2. Describe the state of consciousness of the patient _____
3. Describe the position of the patient in bed _____
4. Describe the color of the patient's skin _____
5. Describe the presence of edema in a patient _____
 - Localization _____
 - Time of occurrence _____
 - The reasons for the disappearance _____

Breathing examination

The main parameters of breathing	Normal breathing	Patients breathing

Pathological disturbances of rhythm and depth of breathing.

1. Cheyne – Stokes breathing _____

2. Biot’s breathing _____

3. Kussmaul breathing _____

Thermometry - this is _____

Types of medical thermometers: _____

Time of thermometry in the hospital:

In the morning _____

In the evening _____

Indications for thermometry every 2-3 hours: _____

Measurement of body temperature in the armpit.

Advance preparation for the patient: _____

Measurement of the body temperature in the mouth:

Indications: _____

Preparation of the patient _____

Measurement of body temperature in the rectum.

Indications: _____

Advance preparation for the patient: _____

Normal values of the body temperature depending on the place of thermometry:

In the axilla	In the mouth	In the rectum	In the inguinal crease

FEVER CLASSIFICATION:

1. Depending on the level of rising the body temperature :

Fever type	Temperature fluctuations
Subfebrile	
Febrile	
Piretic	
Hyperpiretic	

2. Depending on duration: _____

3. Fever types depending on temperature curves (choose number of figure, that proper to the fever's type, mentioned bellow):

Fever type	Description	Diseases
“febris continua” Constant fever		
“febris remittens” Aperient, or remittent, fever		
“febris intermittens” Intermittent fever		
“febris hectic” Hectic, or debilitating, fever		
“febri reccurens” Relapsing fever		
“febris undulans” Undulating fever		
“febris inverse” Perverted fever		
“febris irregularis” Incorrect fever		

Patients Care of febrile patients:

Period of elevation of the temperature

- Length _____
- Symptoms _____
- Activities of pre-hospital care _____

Period of high temperature

- Length _____
- Symptoms _____
- Activities of pre-hospital care _____

Temperature reduction period:

1. critical decline

- Length _____
- Symptoms _____
- Activities of pre-hospital care _____

2. lytic reduction

- Length _____
- Symptoms _____

- Activities of pre-hospital care _____

Disinfection and storage of medical thermometers.

Disinfection _____

Solution	Exposure time

Storage _____

Arterial pressure measurement.

Types of tonometers: _____

Blood pressure	Systolic	Diastolic
Definition		
Normative values		

Preparation of the patient to a blood pressure measurement: _____

The main stages of blood pressure measurement:

1. _____
2. _____
3. _____
4. _____
5. _____

First aid because of quick changes in blood pressure level.

	Hypertensive crisis (fast increasing of blood pressure)	Collapse (sudden decreasing of blood pressure).
Symptoms		
First aid		

--	--	--

Examination of the arterial pulse.

Definition of the concept of pulse _____

The main parameters of the pulse	Definition	Normal values	Abnormalities (name of pathological pulse)
Symmetry			
Rhythm			
Frequency			
Value			
Speed			

Preparation of the patient for examination of the arterial pulse: _____

Main stages of arterial pulse measurement:

1. _____
2. _____
3. _____
4. _____
5. _____

A report:

Patient's name	Body temperature	Blood pressure	Arterial pulse

First aid:

Fever	
Hypertensive crisis	
Collapse	
Cough	
Dyspnea	
Asthma attacks	

Chest pain	
------------	--

Fill the temperature list of your patient

Date																								
Disease day																								
Day in hospital			1	2	3	4	5	6	7	8	9	10	11	12	13									
PS	BP	T°C	m	e	m	e	m	e	m	e	m	e	m	e	m	e	m	e	m	e	m	e	m	e
140	200	41																						
120	175	40																						
100	150	39																						
90	125	38																						
80	100	37																						
70	75	36																						
60	50	35																						
Respiration rate																								
Weight																								
Amount of drink fluid																								
Daily urine amount																								
Stool																								

Tutor's signature:

TOPIC 3. GENERAL AND SPECIAL CARE OF SERIOUSLY ILL PATIENTS AND MORIBUND

*When the doctor can not bring any benefit,
Let him not harm
(Hippocrates)*

Date and time of work _____

Task 1. Describe the ways of changing bedclothes in severely ill.

Horizontal way	
Vertical way	

Task 2. List what refers to personal hygiene of seriously ill: _____

Task 3. Bedsores are dystrophic, ulcero-necrotic changes _____, _____ and _____, the development of which is carried out as a result of _____. If the patient is lying on his/her back, bedsores are formed mainly in the area of _____. If the patient is lying on his/her side or stomach, necrotic areas are _____.

Task 4. List the stages of the formation of bedsores

Stage	What is affected	Treatment

Task 5. Name preventive services of bedsores development _____

Task 6. Terms of use a bedpan, urinal, disinfection and their storage _____

Task 7. Fill in the chart.

Oral health	
Eyes care	
External ear canal care	
Nasal cavity hygiene	

Task 8. Indications and directions for colonic tube administration: _____

Task 9. What kind of enemas do you know, main indications for giving them

Kind	Indication	Basic principles of staging
Cleansing		
Siphon		
Therapeutic		

Process of dying and its stages:

Terminal state *is the bordering on life and death*

Task 10. Give the definitions of stages of dying and list their main clinical manifestations.

Preagony	
Terminal pause	

Agony	
Apparent death	
Biological death	

Primary resuscitation for circulatory arrest: heart massage and artificial ventilation or carried out simultaneously.

Artificial breathing of lungs is conducted by means of _____

External cardiac massage is used during circulatory arrest on the stage of apparent death. A massage is done on a solid surface (it is obligatory), in the lower third of the sternum (in this place the heart closer adjacent to the front of the chest). The depth of indentation of the sternum must be 3-4 cm. Massaging fingers which conduct pressing must be raised in order to limit the denting zone. The rescuer's elbows should be locked and not bent which results in deeper pressing. The ration of compressions and air injections _____

Signs of circulation recovery: contraction of the pupil to light, the pulse appearance on the arteria carotis, short respiratory movements. In the absence of evidence of the effectiveness of resuscitation after 30 minutes from the begining of the application, closed-chest resuscitation

Corpe handing requirements. The doctor pronounces dead. He/she logs in the history the exact time when it occured. The victim is placed on his/her back and undressed. They confiscate the values in the doctor's presence the and deposit for storage. Knit up the lower jaw, lower eyelids, place the hands in a comfortable position, cover with a sheet and leave in the department for 2 hours (in the absence of patients) till the formation of death spots. Then on the thigh of the deceased his/her last name, first name and number of the case history are recorded.

Accompanied by a nurse or junior nurse a corpse is delivered to the morgue for autopsy and determination of the cause of the death.

Tutor's signature:

**TOPIC № 4. APPLICATION OF MAIN TYPES OF MEDICINES AND THE
SIMPLEST METHOD OF PHYSICAL THERAPY. FEATURES OF THE INJECTIONS
OF ANESTHETIC AND ANTIBIOTICS. RENDERING MEDICAL HELP AT
ANAPHYLAXIA.**

Date and time of work _____

**There are such forms of
medications:**

1. _____
2. _____
3. _____
4. _____

**What are the ways of the
medicines` administration?**

1. _____
2. _____
3. _____
4. _____

External methods of administration:

1. _____
2. _____

Enteral methods of administration:

1. _____
2. _____
3. _____
4. _____

Parenteral methods of administration:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

The main rules of drug administration:

1. _____
2. _____
3. _____
4. _____

What are the advantages of enteral drug administration?

1. _____
2. _____
3. _____

What are the advantages of parenteral drug administration?

1. _____
2. _____
3. _____
4. _____

What are the areas of subcutaneous injections?

What are the areas for intramuscular injections?

What are the sites for intravenous injection?

Drug allergy - a pathological response to drugs, which is based on immunological mechanisms

Specify the features of the use of antibacterial drugs for parenteral use and anesthetics _____

Plan for the diagnosis and prevention of drug allergy:

1. _____
2. _____

Types of allergic tests which are often used before prescription of antibacterial drugs and anesthetics:

1. _____
2. _____
3. _____

Anaphylactic shock is an immediate type of allergic reaction, accompanied by life-threatening clinical manifestations (a sudden decrease of blood pressure, impaired activity of the central and peripheral nervous systems, endocrine disorders, respiratory failure, etc.). The main causes of anaphylactic shock are drug' and insect' allergies.

The main manifestations of anaphylactic shock:

CVS _____

RS _____

GIT _____

CNS _____

Skin _____

The algorithm first aid at anaphylactic shock

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Physical therapy _____

General principles of physical therapy:

Compress: _____

Types of compresses

Indications for **cold compresses:** _____

Contraindications: _____

Special equipment: _____

The order of making of cold compress: _____

Hot compresses

Indications for **hot compresses**: _____

Contraindications: _____

Dry hot compress is used for _____

Hot compress is consist of:

- the first layer (external) – _____
- the second layer (intermediate) - _____
- the third layer (internal, applying on skin) – _____

Moist hot compress is used for _____

Contraindications for the moist hot compress _____

In this case, the napkin should be wetted in _____ (_____ ° C), and squeezed and applied to the corresponding body area within _____ min, covered with _____.

Therapeutic compress is used for _____

In this case, the napkin should be impregnated _____ depending on the desired effect, and squeezed and applied to the corresponding body area within _____ min, covered with _____.

Mustard plasters

Standard mustard plasters - thick sheets of paper _____ cm, covered with a layer of _____ (storage period is _____ months.), or bags made from compressed filter paper with _____ between the layers. A suitable mustard plaster has a strong smell of mustard oil and is not crumbled. Before using, it is necessary to check its quality.

Active substance of mustard plasters is – _____

Mechanism of activity of mustard plaster is _____

Indications for mustard plasters are: _____

Contraindications for mustard plasters are _____

The areas for mustard plaster application: _____

It should be avoided to apply on : _____

Required equipment\materials: warm water (40-45 °C), tray (or plate), mustard plasters, towel, flannel diapers, blanket.

The order of the procedure:

Hot water bottle

Mechanism of action _____

Indications for using _____

Contraindications for using _____

Hot water bottle types:

- _____
- _____
- _____

Materials/equipment: _____

The order of the procedure:

Ice pack

Ice pack is _____

Mechanism of action _____

Indications _____

Contraindications _____

Materials\equipment: _____

The order of the procedure:

The report about the work done on this topic:

Tutor's signature:

TOPIC 5. THE CONCEPT OF NUTRITIONAL THERAPY AND DIET.

Date and time of work _____

The basic principles of clinical nutrition:

1. Balanced diet

Definition _____

Purpose _____

2. Differentiated nutrition is this _____

The basic principles of selecting an individual diet are:

1. _____

2. _____

3. _____

Physical protection in the diet is _____

Remember! Long-term care can lead to negative consequences: reduced functions of the patient's body, development of vitamin deficiency, occurrence of usual constipation, etc.

The principle of adjusting nutrition for patients with a therapeutic hospital implies:

a) _____

б) _____

в) _____

г) _____

Diet (Greek - diaita) is _____

The daily requirement of the healthy adult in energy depends on: _____

and in averages constitutes: _____

in patients on bed regimen it is reduced to: _____

When calculating the diet the following factors should be considered:

The diet regime depends on: _____

For the organization of a diet it is necessary to determine:

1) _____

2) _____

3) _____

The centralized system of cooking: _____

The distribution of food is carried out: _____

The food is taking in the dining room: _____

The food is taking in the ward: _____

Before serving the food a ward nurse should : _____

The following measures are provided after each meal: _____

For cleaning and disinfection of utensils are used: _____

Sponges or rags for washing dishes and wiping tables are soaked in: _____

Artificial nutrition: _____

Parenteral nutrition: _____

Tutor's signature:

SUMMARY REPORT

ABOUT MADE WORK DURING PRACTICAL TRAINING "PATIENTS CARE" UNDER EXTENT OF RESPONSIBILITIES OF THE YOUNG MEDICAL PERSONNEL IN THE THERAPEUTIC DEPARTMENT

2nd -year student of dentistry faculty, group _____
Department _____
Clinical base _____

№	Practical skills	Made in therapeutic dept.
1	2	3
1	Cleaning of the patient's care unit	
2	Preparation Bleach solution and disinfectants using	
3	Sanitary inspection and cleaning of patients	
4	Patient bathing	
5	Transporting patients	
6	Anthropometrical measurement of body weight, height, circumference of the head, thorax and abdomen	
7	Patient's sanitary inspection for pediculosis, etc.	
8	Patient questionnaire	
9	Taking pulse on the upper extremities	
10	Taking pulse on the lower extremities	
11	Measuring blood pressure	
12	Examination of respiratory rate, type, rhythm and characterize it	
13	Taking body temperature	
14	Recording body temperature	
15	Drug distribution	
16	Ears, eyes, and nose drops.	
17	Application of mustard plasters, compresses, etc.	

1	2	3
18	Application of hot packs and ice packs.	
19	Taking enemas	
20	Using of bedpan	
21	Feeding the patient who cannot feed him or herself.	
22	Taking care of patients' skin, hair, and nails	
23	Taking care of patients' oral cavity, eyes, and ears	
24	Bedsore prevention	
25	Preparation of containers for specimen collection	
26	Taking part in giving artificial respiration, making closed chest-cardiac massage)	
27	Other (indicate)	

Tutor's signature: _____

Educational edition

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