



MINISTRY OF EDUCATION AND SCIENCE OF THE RUSSIAN FEDERATION  
Federal state autonomous educational institution  
of higher education  
«Far Eastern Federal University»  
(FEFU)

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**SCHOOL OF BIOMEDICINE**


«AGREED»

Head of education program  
«General medicine»

  
\_\_\_\_\_  
(signature) Khotimchenko Yu.S.  
(Full name)  
«09» of July 2019

«APPROVED»

Director of the Department of Clinical  
Medicine

  
  
\_\_\_\_\_  
(signature) Geltser B.I.  
(Full name)  
«09» of July 2019

**WORKING PROGRAM OF PRACTICAL TRAINING (WPPT)**

**Практика по получению профессиональных умений и опыта в профессиональной  
деятельности**

**(Помощник младшего медицинского персонала)**

**Professional Medical Training (Assistant Junior Medical Staff)**

Education program

Specialty 31.05.01 «General medicine»

**Form of study: full time**

Vladivostok

2019

## ABSTRACT

Производственная практика «Практика по получению профессиональных умений и опыта в профессиональной деятельности (Помощник младшего медицинского персонала) - Professional Medical Training (Assistant Junior Medical Staff)» is intended for students enrolled in the educational program 31.05.01 "General Medicine". Discipline is implemented in 1<sup>st</sup> course in the 2<sup>nd</sup> semesters, is a basic discipline. The total complexity of the discipline is 108 hours, 3 credits.

In developing the work program of the practical training there were used: the Federal State Educational Standard of Higher Education in the specialty 31.05.01 "General Medicine", student training curriculum, regulations on the procedure for the practice of students studying at the Federal State Autonomous Educational Institution of Higher Professional Education "Far Eastern Federal University" in higher education programs (for undergraduate programs, specialties, graduate programs), approved by order of October 23, 2015, regulations on the funds of evaluation tools of educational programs of higher education - undergraduate programs, specialties, magistracies of FEFU, approved by the order of the rector of 12.05.2015 No. 12-13-850.

**Purpose of the Professional Medical Training (Assistant Junior Medical Staff)** the acquisition professional skills of junior medical personnel in a multidisciplinary hospital.

**Objectives of the Professional Medical Training (Assistant Junior Medical Staff) »**

- Getting and improvement of practical knowledge and skills in carry giving the sick, providing of medical care to patients, knowledge getting about organization and working conditions of nurses and doctors;
- Consolidation and deepening of knowledge about the main stages (maintenance) work, especially monitoring and carry giving patients with various diseases from the standpoint of nurses;

- Formation of abilities for the organization of the medical staff working in health care organizations, the definition of functional responsibilities and optimal algorithm implementation;
- Formation of abilities to organize events on labor and safety, prevention of occupational diseases, monitoring compliance and ensuring ecological safety;
- Examination of ethical and ethical behavior with patients, family, and colleagues;
- Strict adherence to regulations on compliance with medical ethics and deontology;
- Formation of skills in communicating with the staff.
- Formation of a humanistic position and outlook.

Because of studying the discipline the students form following special professional competences:

<b>Code and formulation of competence.</b>	<b>Stages of formation of competence</b>	
PC-10 - the willingness to deliver medical first aid in case of sudden acute diseases and conditions, exacerbation of a chronic disease , which are not life-threatening and do not require emergency medical assistance	Knows	- Duties of junior medical personnel; - Modern methods of care giving in severe condition;
	Able to	- Carry out the work of junior medical personnel. - Explore indicators of cardiac activity and respiratory function in patients
	Possesses	- Skills of the primary pre-hospital care - Skills of researching indicators of cardiac activity and respiratory function in patients
PC-11 – the willingness to assist at the delivering emergency medical care for the patients in the conditions, requiring urgent medical participation;;	Knows	- Methods for providing first aid in the collapse, fainting, respiratory arrest
	Able to	- Provide first aid in the collapse, fainting, respiratory arrest
	Possesses	- Skills of first aid in conditions requiring urgent medical intervention
PC-13 – the willingness to do a medical assistance in emergency situations, as well as in medical evacuation	Knows	- Principles of medical care in emergency situations
	Able to	- Perform medical assistance in emergency situations
	Possesses	- Skills to overlay dressings and transport immobilization in victims in emergencies
PC – 15 - the willingness to help patients and their relatives to get basic health habits, to get abilities of self-	Knows	- Basics of psychology for communicating health care professionals with patients and their relatives
	Able to	- Select the most significant risk factors for the

control of basic physiological features, which contribute to the prevention of diseases and health promotion		patient and carry out health educational work.
	Possesses	- Skills of educational activities among the population
PC – 16 - the readiness for educational activities to eliminate the risk factors and promote healthy lifestyles	Knows	- Basics of a healthy lifestyle
	Able to	- Converse with the aim of promoting a healthy lifestyle among patients and their relatives
	Possesses	- Methods and tools promoting a healthy lifestyle

Jobs for people with disabilities are equipped with:

- Braille displays and printers;
- portable devices for reading flat-print texts, scanning and reading machines with a video enlarger with the ability to adjust color spectra;
- magnifying electronic loops and ultrasonic markers.

### **STRUCTURE AND CONTENT OF PRACTICAL PART OF THE PRACTICE**

№	Sections of subject-matter SM	Types of work	Workload, hours	Forms of in-process assessment
1	Preparatory	Safety Instructions Distribution of jobs	2	Teacher control
2	Practical	- Perform wet cleaning of chambers; - Check the sanitary condition of chambers; - Perform UV irradiation of chambers; - perform sanitary processing of the patient at admission and during hospital stay; - perform daily patient toilet: washing, hygienic bath, rub the skin, bedsore prevention; - give the bedpan, the urine bag, remove a urinary catheter, a nasogastric tube; - change underwear and bedclothes of patient; - to take care of: hair (washing of the head), eyes (washing, put drops), ears and nose (cleaning, put drops) - control drainages, catheters and dressings;	74	Control of a senior nurse and teacher

		<ul style="list-style-type: none"> <li>- measure body temperature and record it graphically;</li> <li>- put a compress (heating, cold);</li> <li>- conduct inhalation and oxygen therapy;</li> <li>- transporting patients on stretchers, chair and wheelchair; shift of patient;</li> <li>- measure daily urine output collect biological material from of patients for laboratory tests;</li> <li>- give out food and feed patients; carry out anthropometry, count the respiratory rate, pulse and blood pressure measured;</li> <li>- prepare a gauze pad, a gauze sponge, a napkin;</li> <li>- carry out disinfection and presterilizing preparation of medical instruments, materials and tools for patient care.</li> </ul>		
3	Exam	The interview, the performing practical skills on models, testing	2	Monitoring and evaluation of the teacher
4.	Independent work		30	
	Total		108	

## **LIST OF EDUCATIONAL LITERATURE AND INFORMATIONAL-METHODICAL REQUIREMENTS FOR THE DISCIPLINE**

### **a) Main literature**

1. Nursing Student Book Collection (Cheat Sheet, Priorities, MedSurg, Case Studies), CreateSpace Independent Publishing Platform, 2015), 358 p.

<http://www.studmedlib.ru/book/ISBN9785970428856.html>

2. Nursing School Study Pack (Drug Reference, Labs, Mnemonics, EKG) 4 books for nursing students Kindle Edition, [Jon Haws](#), NRSNG.com | NursingStudentBooks.com , 2015, 598 p.

<https://linksmedicus.com/medicalspecialties/?gclid>

3. Cambridge English for Nursing Pre-intermediate Student's Book with Audio CD (Cambridge Professional English) Cambridge University Press; 1

## LIST OF INFORMATION TECHNOLOGIES AND SOFTWARE

<b>The location of the computer equipment on which the software is installed, the number of jobs</b>	<b>List of licensed software</b>
Multimedia auditorium Vladivostok Russian island, Ayaks 10, building 25.1, RM. M723 Area of 80.3 m2 (Room for independent work)	Windows Seven enterprise SP3x64 Operating System Microsoft Office Professional Plus 2010 office suite that includes software for working with various types of documents (texts, spreadsheets, databases, etc.); 7Zip 9.20 - free file archiver with a high degree of data compression; ABBYY FineReader 11 - a program for optical character recognition; Adobe Acrobat XI Pro 11.0.00 - software package for creating and viewing electronic publications in PDF; WinDjView 2.0.2 - a program for recognizing and viewing files with the same format DJV and DjVu.

For persons with disabilities and people with disabilities, the choice of places of practice is consistent with the requirement of their accessibility for these students and the practice is carried out taking into account the characteristics of their psychophysical development, individual abilities and health status.

## LOGISTICS OF PRACTICAL TRAINING

1. For practical work, as well as for the organization of independent work, students have access to the following laboratory equipment and specialized classrooms that meet the current sanitary and fire regulations, as well as safety requirements during training and scientific and industrial works:

<b>Name of the equipped rooms and rooms for independent work</b>	<b>List of main equipment</b>
Computer class of the School of Biomedicine aud. M723, 15 jobs	Screen with an electric drive 236 * 147 cm Trim Screen Line; DLP Projector, 3000 ANSI Lm, WXGA 1280x800, 2000: 1 EW330U Mitsubishi; The subsystem of specialized fixing equipment CORSA-2007 Tuarex; Video switching subsystem: DVI DXP 44 DVI Pro Extron matrix switcher; DVI extension cable for twisted pair DVI 201 Tx / Rx Extron; Audio switching and sound reinforcement subsystem; ceiling speaker system SI 3CT LP Extron; DMP 44 LC Extron digital audio processor;

	<p>extension for the control controller IPL T CR48; Wireless LANs for students are provided with a system based on 802.11a / b / g / n access points 2x2 MIMO (2SS).</p> <p>Monoblock HP RgoOpe 400 All-in-One 19.5 (1600x900), Core i3-4150T, 4GB DDR3-1600 (1x4GB), 1TB HDD 7200 SATA, DVD +/- RW, GigEth, Wi-Fi, BT, usb kbd / mse, Win7Pro (64-bit) + Win8.1Pro (64-bit), 1-1-1 Wty</p>
<p>690922, Primorsky Krai, Vladivostok, Russky Island, Saperny Peninsula, Ajax Village, 10, Multimedia audience</p>	<p>Multimedia audience:</p> <p>Monoblock HP ProOne 400 G1 AiO 19.5 "Intel Core i3-4130T 4GB DDR3-1600 SODIMM (1x4GB) 500GB; Projection Screen Projecta Elpro Electrol, 300x173 cm; Multimedia Projector, 4000 Mitsubishi FD630U, 4000 ANSI Lumen, 1920x1080; Embedding, 4000 Embedded Mitsubishi FD630U, 4000 ANSI Lumen, 1920x1080; Embedded, Embedded, Mitsubishi FD630U, 4000 ANSI Lumen, 1920x1080; Embedded, Embedded, Mitsubishi FD630U, 4000 ANSI Lumen, 1920x1080; Embedded; TLS TAM 201 Stan cables; Avervision CP355AF Document Camera; Sennheiser EW 122 G3 Microphone UHF-band microphone system as part of a wireless microphone and receiver; LifeSizeExpress 220-Codeonly-Non-AES video conferencing codec; Multipix MP-HD718 Network Video Camera; Dual LCD Panels 47 ", Full HD, LG M4716CCBA; Audio switching and sound reinforcement subsystem; central uninterrupted power supply</p>
<p>Reading rooms of the FEFU Scientific Library with open access to the Foundation (Building A - Level 10)</p>	<p>Monoblock HP RgoOpe 400 All-in-One 19.5 (1600x900), Core i3-4150T, 4GB DDR3-1600 (1x4GB), 1TB HDD 7200 SATA, DVD +/- RW, GigEth, Wi-Fi, BT, usb kbd / mse, Win7Pro (64-bit) + Win8.1Pro (64-bit), 1-1-1 Wty Internet access speed 500 Mbit / s. Jobs for people with disabilities are equipped with braille displays and printers; equipped with: portable devices for reading flat-print texts, scanning and reading machines with a video optimizer with adjustable color spectra; magnifying electronic loops and ultrasonic markers</p>
<p>Accreditation and Simulation Center of the School of Biomedicine</p> <p>690922, Primorsky Krai, Vladivostok, Russky Island, Saperny Peninsula, Ajax Village, 10, aud. M 508a, 510</p>	<p>Medical couch (1 pc.)          Simulator for auscultation with an interactive board (1 pc.)          Dummy for testing SLS and auscultation (1 pc.)          Sam II (1 pc.)          Tonometer (2 pcs.)          Simulator for auscultation (1 pc.)</p> <p>Spirometer portable (1 pc.)          Electrocardiograph (1 pc.)          Spirograph (1 pc.)          Tonometer (2 pcs.)          Set with dotted electrodes for recording EEG in the system 10-20 "MCScap-26" (1 pc.)          Medical couch (2 pcs.)</p>

## Guidelines on preparation and holding of practice

1. Practical training is carried out on the main clinical bases.

2. Department staff supervises and work experience.
3. The practical training begins with conducting of seminars in the direction of the practice, ending exam.
4. Diary is the main obligatory document of practical training.
5. During the practical training the students of 1 course in the direction of training "General Medicine" 31.05.01 learn universal and professional competence.
6. The head of the practice is the assistant of the department responsible for carrying out work experience, the responsible worker for carrying out practical training on the clinical base is appointed by head of the medical organization (a nurse, a senior nurse, chief nurse).





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**SCHOOL OF BIOMEDICINE**

**METHODOLOGICAL SUPPORT OF  
INDEPENDENT WORK OF STUDENTS**

**Практика по получению профессиональных умений и опыта в профессиональной  
деятельности**

**(Помощник младшего медицинского персонала)**

**Professional Medical Training (Assistant Junior Medical Staff)**

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**Vladivostok  
2017**

## **STUDENTS' INDIVIDUAL WORK**

### **Methodological recommendations for preparation and performance of a practical training**

1. A practical training shall be carried out during the course of training at the main clinical sites.
2. The course of a practical training shall be supervised by the department's staff.
3. A practical training shall begin with a seminar in the field of the practical training and end with a test.
4. The main mandatory document of the practical training performance shall be the Journal.
5. During the course of a practical training first year students of EP 31.05.01 "Medical care" shall be mastering the professional competences.
6. The practical training supervisor shall be a department's teaching assistant in charge of practical training; the officer in charge of practical training at a clinical site shall be designated from among its personnel by the head of the healthcare organization (a nurse, head nurse, matron).

### **Methodical support for organizational activities in practical training**

Practical training is a mandatory section. It is an independent professional activity in volume of work of nurses under the supervision of nurses having a professional certificate.

During practical training in medical departments, students reinforce theoretical knowledge acquired in practical classes, develop practical skills in nursing, observe and care for patients with acute and chronic therapeutic and surgical diseases and injuries. Students perform simple medical procedures, have activities complying with the rules of aseptic and antiseptic, conditions of tools and materials sterilization.

During practical training, each student keeps a diary, which reflects the amount of performed work and mastered skills.

Independent work of students during practical training is carried out in the departments under the supervision of the teacher and the medical staff of a hospital.

Working with educational literature is regarded as a kind of academic work in the production practice and executed within hours devoted to its study.

Each student is provided with access to FEFU library collections

At the end of the practical training intermediate control of knowledge is conducted using test control, checking practical skills with the evaluation journaling practical training.

### **Types of control and certification, forms of assessment tools**

NN	N semester	Types of control	Name of subject (module) section	Assessment tools		
				Form	Number of questions in the task	Number of independent versions
1	2	3	4	5	6	7
1.	2	Exam	Practical Training B2.P1. «Practice for getting of professional skills and professional experience» (Assistant of junior medical staff)	1. Testing 2. Interview and control of practical skills	30  3	
2.	2	Sanitary and educational work	Practical Training B2.P1. «Practice for getting of professional skills and professional experience» (Assistant of junior medical staff)	Report on interviews and issued sanitary bulletins		
3.	2	ERWS	Practical Training B2.P1. «Practice for getting of professional skills and professional experience» (Assistant of junior medical staff)	Providing a report		

### **Practical Training Diary keeping rules**

1. The Diary is an official document of the practical training passed. The writing in it must be intelligible, literate, in the medical parlance.

2. Records in the Diary must be put daily at the end of the working day summarizing all the work done in the hospital's divisions.

3. The record of work done shall be certified by a nurse's signature (the desk nurse, procedure room nurse, dressing room nurse, etc.).

4. In the beginning of a Practical Training Summary a brief description of the unit should be given, viz. the specialization of the unit, the number of beds, the unit's staffing, availability of auxiliary rooms, etc.).

5. Upon the completion of the practical training, the student must fill out an End of Assignment Consolidated Numeric Report.

6. The health educative work shall be carried out by means of talking, making health letters; scope, place and time of the work carried out shall be recorded in the Journal and certified by the immediate practical training supervisor's signature.

7. In the course of the practical training all the students shall conduct STRA preparing the corresponding essay or fill out STRA Cards that should be presented to the supervising teaching assistant for check along with the Journal.

**The student's individual work** is a practical training in the form of student's individual work supervised by a teacher.

#### **Students' individual work including research activities**

#### **Rules for keeping practical training journal**

1. Journal is the official document on practical training. It must be written legibly, correctly, in medical terms.

2. Records are done every day at the end of the working day and should reflect all the performed work in the hospital departments.

3. Every day the performed work shall be signed by a nurse (nurse unit, procedure room, dressing room and so on.).

4. At the beginning of the report on the practice, given a brief description of department: department profile, number of beds, staff department, the presence of auxiliary cabinets and so on.

5. After the practice, the student, based on journal records, must complete a consolidated numeric progress report.

6. Sanitary and educational work to be carried out in the form of interviews, issue of sanitary and educational bulletin. Its content, time and place to be reflected in the journal and certified by the signature of the supervisor of practice.

7. All students during practical training carried out ERWS in abstract form or fill UIRS cards that are dealt with the journal to check-assistant supervisor of practice.

**The student's individual work** is a practical training in the form of student's individual work supervised by a teacher.

#### **Students' individual work including research activities**

<b>№ п/п</b>	<b>Name of job</b>	<b>Number of days</b>
1.	Introducing to the staff and organizational structure of the division of surgical hospital and functional duties. Instruction in safety.	1 day
2.	Doing activities for the care of surgical patients in the division of the medical organization provided by the program of practical training	16 days
3.	Checking keeping journals (Appendix 2) and summarizing the results of practical training	1 day
4.	<b>Sanitary and educational work</b> Drawing text of conversations with patients on the most topical issues of prevention of common diseases, seasonal infectious diseases. Issue of sanitary bulletins on prevention and regime for common medical and surgical diseases	During practice
5.	<b>Educational - research work of students (Appendix 3)</b> Work with patients and completing ERWS cards with the report	During practice

#### **Schedule of practical training**

<b>Work in divisions of hospital</b>	<b>Effort hours (days / hours)</b>
Nurse unit	12 / 72
Admitting Office	4 / 24
Laboratory	2/12

### **1. Work at nurse unit.**

Preparation of working solutions of disinfectants. Wet cleaning. Processing medical equipment and equipment. Giving food to patients, feeding the critically ill. The thermometry and completing the temperature sheet. Moving the patient, using functional beds. Measuring blood pressure, heart rate, registering research results. Change underwear and bedclothes of severe patient; give the bedpan, the urine bag, remove a urinary catheter, a nasogastric tube; to take care of: hair (washing of the head), eyes (washing, put drops), ears, nose and mouth (cleaning, put drops), skin, daily toilet, bed sore prevention. Perform simple procedures: rubbing, lubrication skin medicines, posing compresses, mustard plasters. Control bedside tables sanitary conditions. Monitoring visits to patients. Gastric lavage thick probe. Preparing the patient for X-ray examination of the gastrointestinal tract. Enema, the introduction of gas discharging tube.

**2. Working in admission department.** Anthropometry of incoming patients. Sanitization of incoming patients, desinsection in pediculosis. Transporting a patient to division, moving the patient. Providing first aid to patients in case of emergency.

**3. Job in laboratory.** Sanitization of rooms and equipment. Preparation of material and equipment to work. Delivery of biological fluids for research. Observation of blood, urine, feces researches. Completing medical records.

### **ERWS topics for 1 course students:**

1. Transporting patients. Types of transportation.
2. The sanitary maintenance of the medical organization premises, and equipment.
3. Sanitization of Chambers, bathrooms.
4. Technology of processing and modes of air disinfection.
5. Special clothes and personal protection in medical organizations.
6. Requirements for the personal hygiene of patients.
7. Pediculosis. Treatment of patients with head lice.

8. Caring for unconscious patient.
9. Care of patients with respiratory diseases.
10. Care of patients with diseases of the cardiovascular system.
11. Care of patients with digestive diseases.
12. Types of enemas.
13. Caring for heavy and moribund patients, for patients who are unconscious. Individual carry giving.



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## **FUND ASSESSMENT TOOLS**

**Практика по получению профессиональных умений и опыта в профессиональной  
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**Passport of the Fund Assessment Tools** is filled in accordance with the Regulations on the Funds of Evaluation Tools of Educational Programs of Higher Education - Bachelor's Programs, Specialties, FEFU Magistrates, approved by order of the Rector on 12/05/2015 No. 12-13-850.

<b>Code and formulation of competence.</b>	<b>Stages of formation of competence</b>	
PC-10 - the willingness to deliver medical first aid in case of sudden acute diseases and conditions, exacerbation of a chronic disease, which are not life-threatening and do not require emergency medical assistance	Knows	- Duties of junior medical personnel; - Modern methods of care giving in severe condition;
	Able to	- Carry out the work of junior medical personnel. - Explore indicators of cardiac activity and respiratory function in patients
	Possesses	- Skills of the primary pre-hospital care - Skills of researching indicators of cardiac activity and respiratory function in patients
PC-11 – the willingness to assist at the delivering emergency medical care for the patients in the conditions, requiring urgent medical participation;;	Knows	- Methods for providing first aid in the collapse, fainting, respiratory arrest
	Able to	- Provide first aid in the collapse, fainting, respiratory arrest
	Possesses	- Skills of first aid in conditions requiring urgent medical intervention
PC-13 – the willingness to do a medical assistance in emergency situations, as well as in medical evacuation	Knows	- Principles of medical care in emergency situations
	Able to	- Perform medical assistance in emergency situations
	Possesses	- Skills to overlay dressings and transport immobilization in victims in emergencies
PC – 15 - the willingness to help patients and their relatives to get basic health habits, to get abilities of self-control of basic physiological features, which contribute to the prevention of diseases and health promotion	Knows	- Basics of psychology for communicating health care professionals with patients and their relatives
	Able to	- Select the most significant risk factors for the patient and carry out health educational work.
	Possesses	- Skills of educational activities among the population
PC – 16 - the readiness for educational activities to eliminate the risk factors and promote healthy lifestyles	Knows	- Basics of a healthy lifestyle
	Able to	- Converse with the aim of promoting a healthy lifestyle among patients and their relatives
	Possesses	- Methods and tools promoting a healthy lifestyle

**The scale of assessment the level of formation of competences**

<b>Code and formulation of competence</b>	<b>Stages of the formation of competencies</b>		<b>Criteria</b>	<b>Indicators</b>	<b>Points</b>
PC-10 - the willingness to deliver medical first	Knows (threshold level)	Duties of junior medical personnel; Modern methods of	Knowledge of duties of junior medical personnel;	Formed and structured systematic	65-71

aid in case of sudden acute diseases and conditions, exacerbation of a chronic disease, which are not life-threatening and do not require emergency medical assistance		care giving in severe condition;	modern methods of care giving in severe condition;	knowledge of duties of junior medical personnel; modern methods of care giving in severe condition;	
	Is able to (advanced)	Carry out the work of junior medical personnel. Explore indicators of cardiac activity and respiratory function in patients	Ability to carry out the work of junior medical personnel; explore indicators of cardiac activity and respiratory function in patients	Ready and can to carry out the work of junior medical personnel; explore indicators of cardiac activity and respiratory function in patients	71-84
	Possesses (high)	Skills of the primary pre-hospital care Skills of researching indicators of cardiac activity and respiratory function in patients	Formed skills of the primary pre-hospital care Formed skills of researching indicators of cardiac activity and respiratory function in patients	Skills surely to provide primary pre-hospital care; research indicators of cardiac activity and respiratory function in patients	85-100
PC-11 – the willingness to assist at the delivering emergency medical care for the patients in the conditions, requiring urgent medical participation;	Knows (threshold level)	Methods for providing first aid in the collapse, fainting, respiratory arrest	Knowledge of methods for providing first aid in the collapse, fainting, respiratory arrest	Formed and structured systematic knowledge of methods for providing first aid in the collapse, fainting, respiratory arrest	65-71
	Is able to (advanced)	Provide first aid in the collapse, fainting, respiratory arrest	Ability to provide first aid in the collapse, fainting, respiratory arrest	Ready and can to provide first aid in the collapse, fainting, respiratory arrest	71-84
	Possesses (high)	Skills of first aid in conditions requiring urgent medical intervention	Formed skills to perform first aid in conditions requiring urgent medical intervention	Skills surely to perform first aid in conditions requiring urgent medical intervention	85-100
PC-13 – the willingness to do a medical assistance in emergency situations, as well as in medical evacuation	Knows (threshold level)	Principles of medical care in emergency situations	Knowledge of principles of medical care in emergency situations	Formed and structured systematic knowledge of principles of medical care in emergency situations	65-71
	Is able to (advanced)	Perform medical assistance in emergency situations	Ability to perform medical assistance in emergency situations	Ready and can to perform medical assistance in emergency situations	71-84
	Possesses (high)	Skills to overlay dressings and transport immobilization in victims in emergencies	Formed skills to overlay dressings and transport immobilization in victims in emergencies	Skills surely to overlay dressings and transport immobilization in victims in emergencies	85-100

PC – 15 - the willingness to help patients and their relatives to get basic health habits, to get abilities of self-control of basic physiological features, which contribute to the prevention of diseases and health promotion	Knows (threshold level)	Basics of psychology for communicating health care professionals with patients and their relatives	Knowledge of basics of psychology for communicating health care professionals with patients and their relatives	Formed and structured systematic knowledge of basics of psychology for communicating health care professionals with patients and their relatives	65-71
	Is able to (advanced)	Select the most significant risk factors for the patient and carry out health educational work.	Ability to select the most significant risk factors for the patient and carry out health educational work.	Ready and can to select the most significant risk factors for the patient and carry out health educational work	71-84
	Possesses (high)	Skills of educational activities among the population	Formed skills of educational activities among the population	Skills surely to carry out educational activities among the population	85-100
PC – 16 - the readiness for educational activities to eliminate the risk factors and promote healthy lifestyles	Knows (threshold level)	Basics of a healthy lifestyle	Knowledge of basics of a healthy lifestyle	Formed and structured systematic knowledge of basics of a healthy lifestyle	65-71
	Is able to (advanced)	Converse with the aim of promoting a healthy lifestyle among patients and their relatives	Ability to converse with the aim of promoting a healthy lifestyle among patients and their relatives	Ready and can to converse with the aim of promoting a healthy lifestyle among patients and their relatives	71-84
	Possesses (high)	Methods and tools promoting a healthy lifestyle	Formed skills to apply methods and tools promoting a healthy lifestyle	Skills surely to apply methods and tools promoting a healthy lifestyle	85-100

### **ATTESTATION OF ACTIVITY (BY THE RESULTS OF PRACTICE)**

After the practical training the students to give the head of the practice filled journal, ERWS cards (5 pcs. or abstract). Head of Students Practices from the Department of FEFU conducts an interview on the results of practical training. Because of successful interview and perform all tasks on practical training, the student to receive credit, which can be evaluated in marks.

#### **The main criteria for evaluation of practical training**

- all necessary documents are prepared correctly and clearly;

- a positive characteristic of the immediate supervisor of the medical practice of the organization;
- clear and competent answers on questions in the interview on the results of practical training.

Questions to exam:

1. Duties of younger nurses.
2. Personal Care of nurses in the hospital.
3. Rules of medical wearing. Rules and safety of work with biological materials, personal protective measures of medical personnel during invasive procedures. Emergency measures to prevent HIV infection and hepatitis while working with bodily fluids.
4. Admitting Office: its main tasks, the structural units of sanitary-hygienic regime. Transporting patients.
5. Medical curing department: hygiene principles of prevention of nosocomial infections. Medical and protective regime of department.
6. Direct and special preparation of patients for research and operations.
7. Caring for operating wound, drains, gastric probe and the bladder catheter. Prevention of thrombosis and thromboembolism.
8. Diet therapy. Nutrition of patients in pre- and post-operative period. Tube feeding. Parenteral nutrition.
9. Features of care for severe patients, care for patients with a tracheostomy tube, with fistulas of the gastrointestinal tract.
10. The organization caring for trauma patients and patients with thermal lesions. Basics of desmurgy.
11. The intensive care unit: its main tasks, the structural units, sanitary-hygienic regime. Features of care for critically ill patients.
12. Change of underwear and bed linen.
13. Giving the bedpan and the urine collection bag.
14. The simplest physiotherapy procedures.
15. Methods of taking remedies.

16. Observation and care for patients with diseases of the respiratory and circulatory.

17. Observation and care for patients with diseases of the digestive system and kidneys.

**Control questions of the final computer testing.**

## **Questions to exam:**

### **Features of the organization of work in surgical clinic:**

- a. Features of the organization and regime of surgical department
- b. Features of the organization of work and sanitary-epidemiological regime in the dressing room and the operating unit.
- c. Definition of "aseptic" and "antiseptic".
- d. The daily working and cleaning in the surgical department.
- e. Features of hygiene of personal belongings of the patient.
- f. The main methods of transporting of patients in a surgical hospital.

### **Deontological aspects of nursing:**

- a. Features of medical ethics and deontology in the care for surgical patients. Subordination of staff in the surgical department.
- b. Features of the relationship between the nursing staff and the relatives of the patient.
- c. Features of psychosomatic status in elderly patients and associated features of care.
- d. d. The rules of conduct of medical staff with patients with advanced forms of cancer diseases and their relatives.
- e. Actions of nursing staff in the ward with the moribund patients. Course of action of medical staff after the patient's death

### **Personal Care of surgical patient:**

- a. Activities aimed at maintaining clean skin of the patient covers. Features of hygienic skin care and hair care in severely ill patients. Change of bed linen in the bed patient.
- b. Common features of observation and care for immobile patients. Measures for the prevention of bedsores. Adverse reactions of the respiratory, cardiovascular, urinary and nervous systems in long lying of patients and their prevention methods.

- c. Personal safety measures in caring for patients.

### **Preparing patients for surgical intervention:**

- a. The main objectives of preparing the patient for surgery. Psycho-emotional training. Features of the medical staff to communicate with the patient and his relatives in the preoperative period.
- b. Direct preparation of the patient for surgery. Hygiene measures carried out on the eve and the day of surgery. Rules of patient transportation to the operating room.

### **Caring for patients in the postoperative period:**

- a. What is the postoperative period? Features of regime, monitoring and care for the patients in the postoperative period. The mechanism of appearance of bedsores and measures for their prevention
- b. Complications of the surgical wounds. Observation drainage and tampons from the field of surgery
- c. Features nursing after operation on thoracic and abdominal organs, biliary ducts, the colon, for breast cancer. Organization of care for patients with artificial fistulas: tracheostomy, gastrostomy, colostomy.
- d. The most common postoperative complications of the respiratory, cardiovascular and urinary systems, of the abdominal organs. Typical signs of these complications; their prevention.

### **Principles of rehabilitation of patients in the postoperative period:**

- a. Exercising in the postoperative rehabilitation of patients.
- b. Requirements for feeding patients in the postoperative period.
- c. Hygienic regime a medical institution.
- d. Disinfection of premises and medical equipment
- e. Classification of medical waste. Recycling.
- f. Rules of collecting and disposing of injection needles.

- g. Rules of the anthropometry.
- h. Rules of transportation of the seriously ill patients.
- i. Preparing the patient for planned operation - mode (intake of food and water) before and during the day of surgery, enema, shaving of the surgical field.
- j. Care and performing hygiene in severe ill and weakened patients (oral care, nose, genitals, washing of the head).
- k. Features of care for patients with disorders of consciousness, tube feeding, safe position.

**Basic medical and diagnostic manipulations performed by junior medical staff:**

- a. Body temperature measurement, registration of results in the temperature sheet.
- b. Taking urine for research, accounting daily urine output,
- c. Feeding moistened oxygen,
- d. The use of functional beds,
- e. Inhalations, expectoration collection for the study,
- f. Assisting during gastric tube entering and gastric lavage, help during vomiting
- g. Measurement of blood pressure and heart rate,
- h. Counting the number of breaths,
- i. Conducting cleansing enemas,
- j. Preparation of the patient to X-ray examination of the gastrointestinal tract
- k. The use of functional beds and other accessories to create a comfortable position the patient.

**Practical skills:**

**Clinical hygiene of medical personnel in the surgical department and providing of hygiene of his own body:**



- a. Proper hand hygiene maintenance, including the nail plate.
- b. Processing hands by disinfectant solutions.
- c. The correct choice and wearing of personal work clothes.
- d. Proper wearing of medical sanitary clothing (coat, hat, shoes).
- e. Proper donning and wearing of surgical masks disinfected or sterilized.
- f. Proper wearing shoe covers.
- g. Proper using individual dressing packets.

#### **Clinical environmental hygiene in the surgery:**

- a. Preparation of various working solutions of disinfectants.
- b. Disinfection of medical instruments and means of care.
- c. Processing with disinfectant external surfaces of medical equipment.
- d. Preoperative preparation of the surgical field.
- e. Air disinfection by source of ultraviolet radiation.
- f. Carrying out a daily and current cleaning of surgical hospital

#### **Clinical hygiene of patients in the surgical division**

- a. Monitoring hygiene of the patient's body with a free and bed rest.
  - b. Sanitary processing patient on admission to hospital.
  - c. Sanitary processing patient with bed rest, in a severe and unconscious state.
  - d. Prevention of bedsores.
  - e. Nail clippers in severely ill patients.
  - f. Change of underwear in patients with bed rest, including patients in an unconscious state.
- a. Hygienic cleaning the patients.
  - b. The gas withdrawn from the colon.
  - c. Distribution of food to patients with a free regime.
  - d. Feeding the patients in the ward.
  - e. Feeding patients through the probe, through the gastrostomy.

- f. Processing, washing, disinfection, storage and drying of foodware.
- g. Cleaning dining area.
- h. Imposing and removal of stoma bags.
- i. Imposing and removal of bandages.
- j. Collecting human secretions: sputum, mucus from the nose, urine, feces.
- k. Help the patients while urinating in a urine collection bag in bed.
- l. Help the patients during defecation in a bedpan in bed.
- m. Help the patients at vomiting.

**Transportation of patients:**

- a. Processing gurneys and their preparation for transportation of patients.
- b. Moving patient with bed rest from bed o gurney and back.
- c. -Moving patient with the system for continuous intravenous infusion, drainage, etc.
- d. Moving patient from gurney to the operating table and back, and his transportation.
- e. Transportation of patients with external drainages from abdominal and thoracic cavities.

**Safety Information:**

- a. Identification of accidental poisoning (and first aid for them) disinfectants in contact of these substance with the skin, mucous membranes, and entering the digestive tract.

## **Test control**

### **1. What is studying medical deontology:**

- a) the relationship between doctor and patient
- + b) problems of duty, morality and professional ethics of medical workers
- c) iatrogenic disease
- g) measures for nursing

### **2. What is the relationship between the concept of "care" and "treatment":**

- a) care and treatment - different concepts; doctor treats, and the middle and younger medical staff provide care
- b) care and treatment - identical concepts, because their aim is patient's recovery
- + c) care is an integral part of treatment
- d) care is not a prerequisite of adequate medical measures

### **3. What is iatrogenic disease:**

- + a) a painful condition caused by the activities of health workers
- b) a painful condition caused by the fear of a disease
- c) a painful condition caused by the influence of the family
- g) a painful condition caused by the need to perform therapeutic and diagnostic measures

### **4. With what disease the patient can be hospitalized without medical documents:**

- + a) myocardial infarction
- b) a planned hospitalization
- c) examination
- r) presence of chronic diseases of the digestive system

### **5. What assistance should be provided to the patient at a pulmonary edema:**

- a) give a semi-sitting position
- b) to give a mixture of oxygen inhalation and ethyl alcohol
- c) to invite the doctor on duty
- + d) all of the above

### **6. What are the symptoms manifested gastric bleeding:**

- a) vomiting "coffee grounds" color, black tarry stools (melena)
- b) decrease in blood pressure, abnormal sweating
- c) pale skin
- +d) all of the above

**7. What features are characteristic for chest pain associated with a lesion of the pleura:**

- + a) increasing pain during deep breathing and coughing;
- b) pale skin
- c) reduction of blood pressure
- d) increase in temperature

**8. What is tachycardia:**

- a) the pulse frequency of 60-80 beats per minute
- +b) increased frequency of heart rate over 80 beats per minute
- c) slowing heart rate less than 60 beats per minute
- d) arrhythmic pulse

**9. What should be the percentage of oxygen during oxygen therapy:**

- a) 100%
- b) 20%
- + c) 40-60%
- d) less than 40%

**10. What is negative diuresis?**

- + a) patient excretes urine per day significantly less than the consumption of liquid
- b) the patient per day excretes urine about 70-80% of fluid intake
- c) the patient per day excretes urine greater than fluid intake
- g) the amount of fluid intake and urine output is approximately the same

**11. What is proctosigmoidoscopy?**

- + a) examination of the mucous membrane of rectum and sigmoid
- b) bowel contrast study
- c) the digital examination of the rectum
- g) X-ray study of the intestine

**12. What a way to administrate drugs called enteral:**

- a) topical application of drugs
- b) application of drugs via injections
- + c) the administration of drugs through the mouth, under the tongue, through the rectum
- d) an inhalation drug administration

**13. What polyuria:**

- a) frequent urination
- + b) increase the daily amount of urine more than 2 liters
- c) reduction of the daily amount of urine less than 500 ml
- d) difficulty urinating

**14. What is the bradycardia?**

- a) the pulse frequency 60-80 beats per minute
- b) the acceleration of heart rate over 80 beats per minute+
- +c) slowing heart rate less than 60 beats per minute
- d) arrhythmic pulse

**15. What are the symptoms most characteristic of renal colic?**

- + a) acute pain in the lumbar region, spreading along the ureter and into the groin
- b) The patient lies on his back
- c) lack of urination
- d) polyuria

**16. What signs indicate pulmonary hemorrhage?**

- + a) scarlet blood, frothy
- b) the blood is dark, clotted
- c) the type of "coffee grounds"
- d) streaks of blood

**17. During oxygen therapy the humidification of oxygen is performed for:**

- a) compliance with safety regulations
- + B) preventing oxygen toxicity in the body

c) to prevent its excessive loss

g) preventing nasal dryness

**18. In some cases, medication is prescribed inside after food intake:**

+ a) in their irritating effect on the gastric mucosa

b) if they are involved in digestive processes

c) if the destructive action of gastric enzymes on the drug

d) in diseases of the digestive system



THE MINISTRY OF EDUCATION AND SCIENCE OF THE RUSSIAN FEDERATION  
Federal State autonomous education institution of higher education  
**«Far Eastern Federal University»**  
(FEFU)

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**SCHOOL OF BIOMEDICINE**

**DIARY**

**Практика по получению профессиональных умений и опыта в профессиональной  
деятельности**

**(Помощник младшего медицинского персонала)  
Professional Medical Training (Assistant Junior Medical Staff)**

Education program  
Specialty 31.05.01 «General medicine»

**Form of study: full time**

Student \_\_\_\_\_

I year \_\_\_\_\_ group \_\_\_\_\_ major \_\_\_\_\_

Practical training place \_\_\_\_\_

from \_\_\_\_\_ till \_\_\_\_\_

Head of practical training (teacher) \_\_\_\_\_

Grade of practice \_\_\_\_\_

20 /20 year

Vladivostok





Date	Content of work	Amount	Signature

Signature

**Notice:** Entries, in addition to daily practice, reflects health education student, participated in the research work, conferences and others.

## Performing practical skills during practical training

Work content / date	Necessary minimum																				Total	
Filling medical records	4																					
Measurement of height, weighing	20																					
Anthropometric measurements	20																					
Measuring body temperature	20																					
Counting respiratory movements	20																					
Pulse measurement	10																					
Blood pressure measurement	10																					
Preparation of patient bed	10																					
Changing bed linen	10																					
Change underwear	5																					
Transportation of patient	20																					
Control over the bedside tables condition	20																					
Wet cleaning of the wards	20																					
Wet cleaning of another rooms	10																					
Daily toilet of patient	10																					
Cleaning hairs, eyes and ears	3																					
Cleaning mouth cavity	5																					
Feeding patients	20																					
Monitoring patients after operation	5																					
Humidified oxygen giving	10																					
Using a handheld inhaler	5																					
Disinfecting bedpan, urine collection bag	10																					
Measurement of daily diuresis	5																					
Collecting for analyzing																						
- urine	5																					
- feces	5																					
- sputum	3																					
Overlaying rubber plait	10																					
Preparation of dressings for sterilization	5																					
Hygienic personnel activities	10																					
Sanitary bulletin	1																					
Conversations with	2																					

patients on medical topics															
Teacher Signature															

- Describe the procedure:
- Disinfection of bedpan
  - The oral cavity treatment procedure in seriously ill patients
  - Procedure of performing first aid at vomiting

Topic of sanitary bulletin:

Topics of conversations with patients:

Division	Date	Topic	Number of listeners

## CHARACTERISTIC

Student \_\_\_\_\_ group № \_\_\_\_\_ Medical care  
Far Easter Federal University, take practical training from \_\_\_\_\_ till \_\_\_\_\_  
201\_\_r. hospital \_\_\_\_\_

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During pass Educational practice “Clinical practical training (Medical & Surgical Patient Care)”

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Signature \_\_\_\_\_

Seal      Date \_\_\_\_\_

### **Pass/fail practical training exam**

1. Schedule \_\_\_\_\_
2. Test \_\_\_\_\_
3. Practical training \_\_\_\_\_
4. Oral interview \_\_\_\_\_
5. Personal, social and health education \_\_\_\_\_
6. ERWS \_\_\_\_\_

### **FINAL GRADE**

**Teacher** \_\_\_\_\_

**Date** \_\_\_\_\_

Safety induction & emergency training course:

Nurse signature

**Exam on an industrial practice**

7. Keeping a journal \_\_\_\_\_
8. Test control \_\_\_\_\_
9. Evaluation of practical skills and abilities of \_\_\_\_\_
10. Interview \_\_\_\_\_
11. The sanitary - educational work \_\_\_\_\_
12. ERWS \_\_\_\_\_

### **FINAL EVALUATION**

Teacher \_\_\_\_\_

Date \_\_\_\_\_

### **INDIVIDUAL SCHEDULE OF PRACTICE**

Working in the hospital units	The complexity (days / hours)
Nursing unit	12 / 72
Admission department	4 / 24
Department of laboratory diagnostics	2/12

Instructing on safety precautions:

Signature of nurse

ERWS CARD "STUDY OF BODY WEIGHT IN DIFFERENT TYPES OF  
THERAPEUTIC AND SURGICAL PATHOLOGY"

Full name \_\_\_\_\_

Age \_\_\_\_\_

Sex \_\_\_\_\_

Family status \_\_\_\_\_

Diagnosis \_\_\_\_\_

ANTHROPOMETRIC MEASUREMENTS

Height \_\_\_\_\_

Weight \_\_\_\_\_

Waist circumference (WC) \_\_\_\_\_

Shoulder circumference (SC) \_\_\_\_\_

Hip circumference (HC) \_\_\_\_\_

Chest circumference (CC) \_\_\_\_\_

Body mass index (BMI) \_\_\_\_\_

HEMODYNAMIC PARAMETERS

Blood pressure (mmHg) \_\_\_\_\_

Pulse: Frequency \_\_\_\_\_

Rhythm \_\_\_\_\_