# MINISTRY OF HEALTH OF UKRAINE

# ODESA NATIONAL MEDICAL UNIVERSITY

Faculty Medical №1

Department of simulation medical technologies

CONFIRMED by

Vice-rector for scientific and pedagogical work

Eduard BURYACHKIVSKY

September 1, 2023

# METHODICAL RECOMENDATION FOR PRACTICE

«SIMULATION MEDICINE (PATIENT CARE)»

Faculty, course: Medical, 2 year

Practice: Simulation medicine (patient care)

# Approved:

Department meeting Simulation medical technologies

(signature)

Odesa National Medical University

Protocol № 1 of 28.08.2023 y.

Head of the department

(Olexander ROGACHEVSKYI)

# Developers:

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# Topic #1

Topic. Bedsores: the main causes, risk factors, prevention and treatment

Purpose: to explain the main causes of bedsores, their localization, in particular, the factors that lead to the disease, preventive measures, treatment methods.

Basic concepts: bedsores, stages, prevention, treatment.

Equipment: laptop with presentation, multimedia projector, mannequin, dressing material, antiseptics, liniments, ointments, sprays, medical gloves, masks.

#### Plan:

- 1. Organizational measures (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
- 2. Control of the level of knowledge (written work, written test, frontal survey on basic terminology, (etc. if necessary).
- 3. Questions (test tasks) to check basic knowledge on the topic of the seminar:
- 1. Bedsores are:
- A. Peeling of the epidermis
- B. burns
- C. pustular rashes
- D. dermatitis
- E. papillomas
- 2. places of the most frequent formation of bedsores
- A. occiput
- B. Shoulder blades, elbows, heels
- C. Spine
- D. Sacrum, buttocks
- E. All answers are correct
- 3. Factors leading to the formation of bedsores:
- A. pressure
- V. friction
- C. Synthetic fabrics
- D. Crumbs in the bed
- E. All answers are correct
- 4. Patient A., 72 years old, impaired cerebral circulation. Bed rest is prescribed:
- A. Bedding and underwear made of natural fabrics
- B. Places of possible bedsores should be treated with an antiseptic
- C. Adequate nutrition
- D. Anti-prolapse mattress
- E. All answers are correct
- 5. Patient D., 67 years old. Postoperative condition. What solutions are appropriate for the prevention of bedsores.
- A. Camphor alcohol
- B. Potassium permanganate solution
- C. Furacillin solution
- D. 3% iodine
- E. Hydrogen peroxide solution
- 4. Discussion of theoretical issues:
- what are bedsores?
- Reasons for emergence.

- Etiology, pathogenesis.
- Classification.
- Clinical features of bedsores.
- Diagnosis: Severity criteria. Pressure ulcer assessment scales.
- Risk factors for pressure ulcers.
- Prevention and treatment.

- 5. Topics of reports/abstracts:
- classification of bedsores
- the mechanism of formation of bedsores.
- Pressure ulcer assessment scale.
- Risk factors for pressure ulcers.
- Prevention of bedsores.
- Treatment of bedsores.

Note. When preparing a report, essay, analytical review, etc., students of higher education can, along with this, prepare didactic visual materials in the form of tables, code diagrams, slides, drawings, drug schemes, etc.

# 6. Summary

#### Recommended literature

#### Main:

- 1. Patient care and nursing: study guide / O.O. Yakymenko; edited by Yakymenko O.O., 2021 178 p.
- 2. Patient care and medical manipulation techniques: study guide / L.S. Savka, L.I. Razinkova, O.I. Kotsar, L.M. Kovalchuk, O.V. Kononov. 4th edition // K.: VSV "Medicine", 2018. 900 p.
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Higher education institution III-IV r.a. - 2nd edition. / edited by O.V. Heavy - K.: Medicine, 2014. - 152 p.

- 4. Order of the Ministry of Health of Ukraine No. 460 dated 01.06.13 On the approval of protocols of a nurse (paramedic, midwife) for patient care and the performance of basic medical procedures and manipulations. [electronic resource] Access mode: http://mozdocs.kiev.ua
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- 13. Electronic information resources
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Topic #2

Topic. Care of patients with fever

Purpose: To train the recruiters in the management of patients with fever. Explain the essence of diagnosis and emergency care for fever.

Basic concepts: hyperthermia, fever, fever, hypothermia.

Equipment: a laptop with a presentation, a multimedia projector, a mannequin, thermometers, heating pads, an ice pack, gloves, masks.

### Plan:

1. Organizational measures (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).

- 2. Control of the reference level of knowledge (written work, written test, frontal survey on basic terminology, etc.) (if necessary).
- 3. Questions (test tasks) to check basic knowledge on the topic of the seminar:
- 1 What is a fever:
- A. Subfebrile
- V. Moderate
- C. High
- D. Hyperpyroxia
- E. All answers are correct
  - 2 Stages of fever
- A. increase in temperature
- B. constant temperature stage
- C. stage of lowering the temperature
- D. all answers are correct
- 3 Ways to lower the temperature
- A. A large amount of liquid
- B. Physical methods of cooling
- C. Antipyretics
- D. All answers are correct
- 4 Causes of fever
- A. Infections
- B. Inflammatory processes
- C Flu
- D. SARS
- E. All answers are correct
- 5 When you cannot use a heating pad:
- A. Abdominal pain
- B. Injuries, bruises, blows
- C. Bleeding
- D. Tumors
- E. All answers are correct
- 6 Water temperature in the heater
- A is 40 degrees Celsius
- B 60 degrees Celsius
- C 30 degrees Celsius
- D Answer A, B
- 7 hypothermia is caused by:
- A Hypothermia
- B Poisoning
- C Wet clothes
- D All answers are correct

At a temperature above 38.5

B Headache and muscle pain

C Patients with convulsions

DAll answers are correct

9 Characteristics of fever:

ASeptic (one peak per day)

B Two peaks per day

C Intermittent (intermittent)

**DConstant** 

E All answers are correct

- 10. Clinical picture of fever:
- A. Dry skin and mucous membranes
- V. Oznob
- S. Headache
- D. Oliguria
- E. All answers are correct
- 4. Discussion of theoretical issues:
- Recommendations for medical care in case of fever
- Medical treatment
- Drinking mode
- High-calorie food

Note. The discussion of theoretical issues can take place in the form of answers to the questions posed, debates, discussions, presentations with reports, abstracts, discussion of reports and abstracts, review of the answers of students of higher education, etc.

- 5. Topics of reports/abstracts:
- Causes of fever
- Medical aid for fever
- Classification of hyperthermia, what is hypothermia
- Indications for using a heating pad and ice pack
- Treatment of hyperthermia.
- Treatment of hypothermia.
- 6. Summary

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# Topic #3

Topic. Technique of oral feeding of patients with mobility restrictions

Purpose: to explain the essence of the technique of feeding patients. Explain the essence of feeding patients with mobility restrictions.

Basic concepts: oral feeding, technique of oral feeding, types of oral feeding.

Equipment: a laptop with a presentation, a multimedia projector, a mannequin, dishes, gloves, napkins, diapers, a bedside table for feeding.

#### Plan:

- 1. Organizational measures (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
- 2. Control of the reference level of knowledge (written work, written test, frontal survey on basic terminology, etc., (if necessary).
- 3. Questions (test tasks) to check basic knowledge on the topic of the seminar:
- 1. The oral route of application is one of the types:
- A. enteral route of administration
- B. sublingual
- C. buccal
- D. rectal
- E. all answers are correct
- 2. Oral nutrition should be:
- A. high-calorie
- B. balanced
- C. easy to learn
- D. rich in vitamins and trace elements
- E. all answers are correct
- 3 What provides oral nutrition.:
- A. Vitality
- B. Recovery of patients
- C. Adaptations to the environment
- D. Normal development of children
- E. All answers are correct
- 4. What should be eaten every day:
- A. Greens and vegetables
- B. Nuts
- C. Milk, fermented milk products
- D. Meat
- E. Everything is correct
- 5. How to eat food:
- A. In a good mood
- B. Take your time
- C. Chew thoroughly
- D. Drink a small amount of liquid
- E. Everything is correct

- 4. Discussion of theoretical issues:
- Oral feeding
- Methods of oral feeding
- Oral feeding independently and with the help of medical workers

- 5. Topics of reports/abstracts:
- Methods of oral feeding.
- Oral feeding independently and with assistance.
- Principles of oral feeding.
- 6. Summary

#### Recommended literature

#### Main:

- 1. Patient care and nursing: study guide / O.O. Yakymenko; edited by Yakymenko O.O., 2021 178 p.
- 2. Patient care and medical manipulation techniques: study guide / L.S. Savka, L.I. Razinkova, O.I. Kotsar, L.M. Kovalchuk, O.V. Kononov. 4th edition // K.: VSV "Medicine", 2018. 900 p.
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Topic No. 10

Topic: Technique of enteral feeding. Installation of orogastric and nanogastric probes. Purpose: To explain the essence of the technique of enteral feeding of patients. Placement of naso and orogastric probes. Practical skills.

Basic concepts: enteral feeding, orogastric, nasogastric tube.

Equipment: laptop with presentation, multimedia projector, probes, napkins, mannequin, gloves, masks, oil, pain-relieving spray.

# Plan:

- 1. Organizational measures (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
- 2. Control of the reference level of knowledge (written work, written test, frontal survey on basic terminology, etc.) (if necessary).
- 3. Questions (test tasks) to check basic knowledge on the topic of the seminar:1 Nutritional therapy advantages:

And does not require sterility

B is common

C is safe

D is complete

Everything is true

2 Indications for the use of enteral nutrition:

- A Diseases of the gastrointestinal tract
- B Malabsorption syndrome.
- C. Pseudo-obstructions.
- D CNS disorders.
- E All answers are correct.
- 3 Contraindications to enteral nutrition:
- A Intestinal obstruction
- B Acute pancreatitis
- C Anuria
- D Bleeding
- E All answers are correct
- 4 Specialized mixtures for enteral feeding:
- A Standard polymer (protein)
- B Semi-elemental (protein hydrolysates)
- C Special purpose (immunomodulatory)
- D With food module (protein, fat, etc.)
- E Everything is correct.
- 5 types of enteral nutrition:
- A Nasogastric tube
- B Nasoenteral tube
- C Enterostomy
- D Gastrostomy
- E Everything is correct.
- 4. Discussion of theoretical issues:.
- Technique of enteral feeding.
- Classification of methods of enteral nutrition.
- Placement of an orogastric probe.
- Placement of a nasogastric tube.

- 5. Topics of reports/abstracts:
- Technique of enteral feeding.
- Classification of methods of enteral nutrition.
- Placement of an orogastric probe.
- Placement of a nasogastric tube.

Note. When preparing a report, essay, analytical review, etc., students of higher education can, along with this, prepare didactic visual materials in the form of tables, code diagrams, slides, drawings, drug schemes, etc.

6. Summary

Recommended literature

Main:

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Practical lesson No. 11

Topic: The technique of laying the vessel on the seriously ill. Colostomy care.

Purpose: to explain the technique of placing the vessel in critically ill patients, colostomy care.

Basic concepts: colostomy, care technique, vessel placement.

Equipment: a laptop with a presentation, a multimedia projector, gloves, masks, a mannequin with a colostomy, a boat.

#### Plan:

- 1. Organizational measures (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
- 2. Control of the reference level of knowledge (written work, written test, frontal survey on basic terminology, etc.) (if necessary).
- 3. Questions (test tasks) to check basic knowledge on the topic of the seminar:
- 1. When is a stoma placed?
- A. Removal of the intestine
- B. Removal of part of the intestine.
- C. Removal of the urinary bladder.
- D. Everything is correct.
- 2. How long can you keep a one-component calorimeter?
- A. Dobu
- A. Two days
- S. 12 hours.
- D. Three days
- E. Option A is correct
- 3. How long can you keep a two-component calorimeter?
- A. Dobu
- A. Two days.
- S. Three days.
- D. 12 hours.
- E. Option C is correct.
- 4. Causes of colostomy irritation:

An incorrectly selected calorimeter.

- B. Reaction to adhesive tape.
- C. The opening of the colostomy does not coincide with the opening of the caloreceptor.
- D. Loose stool.
- E. All answers are correct.
- 5. Requirements for surface vessels:
- A. Can be processed and sterilized.

- A. Easy to use.
- S. From hypoallergenic materials.
- D. All answers are correct.
- 4. Discussion of theoretical issues:
- The technique of laying the vessel on the seriously ill.
- Colostomy, types, care;
- disinfection of vessels:

- 5. Topics of reports/abstracts:
- -Technique of placing the vessel on the seriously ill.
- Colostomy, species,
- Colostomy care

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Note. When preparing a report, essay, analytical review, etc., students of higher education can, along with this, prepare didactic visual materials in the form of tables, code diagrams, slides, drawings, drug schemes, etc.

6. Summary

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Practical lesson No. 12

Topic: Urinary catheter installation technique. Care of an indwelling urinary catheter.

Purpose: to explain the technique of placing a urinary catheter, care of an indwelling urinary catheter.

Basic concepts: Urinary catheters, installation and maintenance techniques.

Equipment: laptop with presentation, multimedia projector, gloves, masks, mannequin catheters for men and women, napkins, diapers.

# Plan:

1. Organizational measures (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).

- 2. Control of the reference level of knowledge (written work, written test, frontal survey on basic terminology, etc.) (if necessary).
- 3. Questions (test tasks) to check basic knowledge on the topic of the seminar:
- 1. Indications for catheter placement?
- A. Acute retention of urine
- B. Inflammatory processes.
- S. After childbirth.
- D. Everything is correct.
- 2. How long can you hold the urinary catheter as much as possible?
- A. Dobu
- A. Two days
- S. 28 days.
- D. Three months
- E. Option C and D are correct
- 3. How much can the bladder hold?
- A. 300 ml.
- B. 500 ml.
- S. 700 ml.
- D. 250-750 ml.
- E. Option D is correct.
- 4. What is the rate of urination per day:
- A. 2-3 times
- B. 4-5 times.
- S. up to 6 times.
- D. 4-10 times.
- E. Answer D.
- 5. Can the Foley catheter stand?:
- A. Dobu.
- V. Two days
- S. Seven days.
- D. The correct answer is C.
- 7. Discussion of theoretical issues:
- The technique of installing a urinary catheter in men.
- The technique of installing a urinary catheter in women;
- disinfection of catheters; Care of permanent catheter in men and women.

8. Topics of reports/abstracts:

- -. The technique of installing a urinary catheter in men.
- The technique of installing a urinary catheter in women;
- disinfection of catheters; Indwelling catheter care in men and women.

Note. When preparing a report, essay, analytical review, etc., students of higher education can, along with this, prepare didactic visual materials in the form of tables, code diagrams, slides, drawings, drug schemes, etc.

9. Summary