

DESCRIPTION OF THE COURSE OF STUDY

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|------------------------------|---------------------|------------------------------------|
| Course code | 0913.7.POŁ1.C4.1POP | |
| Name of the course in | Polish | Podstawy opieki położniczej |
| | English | Basics of midwifery |

1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

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| 1.1. Field of study | Midwifery | |
| 1.2. Mode of study | Full-time study | |
| 1.3. Level of study | Bachelor's degree | |
| 1.4. Profile of study* | Practical | |
| 1.5. Person/s preparing the course description | Beata Szpak, PhD; Translation: Sylwia Głowala, PhD | |
| 1.6. Contact | sylwia.glowala@ujk.edu.pl | |

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

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| 2.1. Language of instruction | English | |
| 2.2. Prerequisites* | Knowledge of human's anatomy and physiology from secondary school | |

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

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| 3.1. Form of classes | Lectures (L) tutorials classes (Tc), practical classes (Pc) |
| 3.2. Place of classes | Lecture halls at UJK Didactic rooms at UJK Practical classes - hospital placements |
| 3.3. Form of assessment | Lectures - exam, tutorials classes, practical classes - graded credit |
| 3.4. Teaching methods | Lecture, discussion, demonstration with instruction, instruction, observation, consolidation exercises, case study, description, algorithm. |
| 3.5. Bibliography | Required reading |
| | Further reading |

1. Malarewicz A. (red): Położnictwo Podstawy Opieki Położniczej, Wydawnictwo Uniwersytetu Humanistyczno - Przyrodniczego Jana Kochanowskiego, Kielce, 2009

2. Bręborowicz G.H. (red.): Położnictwo – podręcznik dla położnych i pielęgniarek. PZWL, Warszawa 2006

3. Bień A.M. (red): Opieka nad kobietą ciężarną, PZWL, Warszawa, 2009

4. Zahradniczek K. (red.): Wprowadzenie do pielęgniarstwa. PZWL. Warszawa 1995

5. Górajek – Józwick J.(red.) Wprowadzenie do diagnostyki pielęgniarskiej. Podręcznik dla studiów medycznych, PZWL, Warszawa 2007

Ćwiczenia praktyczne

1. Ciecchaniewicz W, Grochans E, Łoś E. Wstrzyknięcia śródskórne, podskórne, domięśniowe i dożylnie. Podręcznik dla studiów medycznych. PZWL, Warszawa 2014.

2. Ślusarska B, Zarzycka D, Zachradniczek K. Podstawy pielęgniarstwa T I i II. Podręcznik dla studentów i absolwentów kierunków: pielęgniarstwo i położnictwo. Wyd. Czelej, Lublin 2013.

3. Ślusarska B, Zarzycka D, Zachradniczek K, Umiejętności pielęgniarskie – katalog – check-list. Materiały ćwiczeniowe z podstaw pielęgniarstwa. PZWL, Warszawa 2017.

4. Chrzęszczewska A. Bandażowanie. PZWL, Warszawa 2014.

1. Baston H, Hall J, Henley-Einion A. Podstawy położnictwa. Najważniejsze zagadnienia. Wyd. Elsevier Urban & Partner, Wrocław 2011.

2. Kózka M, Płaszawska-Żywko L, Procedury pielęgniarskie. Podręcznik dla studiów medycznych. PZWL Warszawa 2014.

3. Łepecka-Klusek C. Pielęgniarstwo we współczesnym położnictwie i ginekologii. Podręcznik dla studiów medycznych. PZWL, Warszawa 2016

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED LEARNING OUTCOMES

4.1. Course objectives (including form of classes)

Lectures

- C1. Characteristics of the principles of functioning of a midwife in an interdisciplinary team, taking into account the current one legislation and professional mission.
- C2. Acquainting with the basics of care for a pregnant woman with a physiological pregnancy, for the woman in labor during physiological childbirth and for the obstetrician and her child / family.
- C3. Acquainting with the methods of assessing the health situation of a woman and family, principles of planning and implementing care obstetrics in Poland and in the world.

Tutorials classes

- C1. Acquainting with the purpose, principles and technique of nursing and healing treatments resulting from the assumed effects education.
- C2. Preparing the student to use general knowledge in the field of surgery in order to conduct a comprehensive and individualized patient care

Practical classes

- C1. Developing the ability to perform nursing, therapeutic and diagnostic procedures
- C2. Promoting an attitude of responsibility for the actions performed and understanding for health problems charges.
- C3. Implementation of the nursing process for the patient entrusted to care.
- C4. Preparing the student to care for the quality of the services provided.
- C5. Teaching how to communicate with the patient and the therapeutic team.
- C6. Preparation for organizing own work.

4.2. Detailed syllabus (including form of classes)

Lectures

1. Legal grounds for practicing the profession of midwife. The role and tasks of national and international societies and professional self-government.
2. History and directions of development of health care for mother and child in Poland and in the world. Contemporary problems of care perinatal.
3. Three-stage care in perinatology. Midwife's duties in perinatology.
4. The socio-professional role of a midwife. Midwife's responsibility in the process of diagnosis, treatment and rehabilitation. Participation midwife in preparation for parenthood.
5. Models of organizing maternity care and midwife's work. Nursing models. The role of the midwife in the team interdisciplinary.
6. Physiology of the menstrual cycle. Fertilization. Implantation of the fetal egg. The development of pregnancy.
7. Conducting a physiological pregnancy. Recognizing pregnancy. Pregnancy changes in the mother's organism.
8. Nutrition of a pregnant woman.
9. Monitoring of the fetal heart rate and uterine contractions.
10. Psychoprophylaxis of childbirth. Preparation for childbirth.
11. Uterine contractions in pregnancy and during physiological delivery.
12. Physiological delivery. Care for the woman in labor during childbirth
13. The process of nursing a woman during pregnancy, childbirth and puerperium.
14. Assessment of the newborn's condition and care after birth in the delivery room and in the neonatology ward.
15. Quality of maternity care. Standards and procedures in the work of a midwife.
16. Medical records.

Classes

Semester I

1. To familiarize students with the learning outcomes related to the first and second semester, the criteria for passing the exercises and the rules of the skills studio. Hygienic hand washing and disinfection. Introduction to Desmurgy. Principles and goals bandaging. Characteristics of basic loops.
2. Types of dressing materials and their application. Ways of applying dressings in the area of the upper and lower limbs, chest. Breast dressings - indications, bandaging techniques.
3. Assessment of basic vital functions - observation and measurement of: heart rate, temperature, norms and interpretation of values measurements. Fever card - rules for documenting measurement parameters, i.e. heart rate, body temperature, blood pressure blood, anthropometric measurements.
4. Procedures and algorithms used in the assessment of blood pressure and respiration. Plotting measurements on a fever card. Technique of performing the ECG.
5. Procedures and algorithms for making an empty bed, making a bed with a patient by one and two midwives. Preparing a bed for a patient.
6. Procedures and algorithms for linen change treatments by one and two midwives.
7. Procedures and algorithms for washing the patient in bed and washing the head in bed.
8. Nursing and healing treatments within the oral cavity: goals and principles of treatments, types of agents used. Procedures and

oral toilet algorithms.

9. Arranging patients in different positions, taking into account the health condition, type of disease and age. Carrying rules i transport of sick people.

10. Classification of anti-inflammatory treatments, the use of heat and cold in medical practice. Bubble techniques medicinals, making compresses and wraps.

Semestr II

1. Dosing drugs in different ways, calculating drug doses. Administration of drugs through the gastrointestinal tract: rules and drug administration algorithms by the oral, sublingual, peribuccal and rectal routes.

2. Administration of drugs through the respiratory system. Oxygen administration - methods and principles of oxygen therapy in gynecology, obstetrics and neonatology. Administration of drugs to the skin and mucous membranes (vaginally, into the conjunctival sac, ear and nose).

3. Administration of drugs by the touch-tissue route - types of injections. Equipment intended for injection, criteria for the selection of needles and syringes, rules of handling the equipment during and after the procedure. Subcutaneous injection algorithm. Application subcutaneous injections in medical practice.

4. Principles and dangers of insulin therapy, anticoagulants. Midwife's participation in prophylaxis complications. Intradermal injections, rules for allergy testing.

5. The technique of intramuscular injection, practical designation of drug administration sites.

6. Vein puncture - treatment technique. Installation of a cannula for peripheral vessels. Peripheral puncture card. Drip infusion intravenous, types of fluids used. Administration of drugs by drip infusion - a demonstration of the technique of the procedure.

7. Pass intramuscular injections. Crediting the technique of placing an intravenous cannula and drip intravenous infusions.

Infusion pumps - principles of operation and maintenance. Administering drugs using an infusion pump. Blood collection for tests with the use of vacuum sets. Capillary blood sampling for glucose levels.

8. Catheterization of the urinary bladder in a woman and collection of urine for tests.

9. Gastric feeding, tube feeding - treatment procedures. Rectal procedures - types, goals, principles and the dangers of surgery. Types of fluids used, preparation of the patient for the procedure. Procedures and algorithm treatments: laxative enema and rectal enemas.

10. Newborn bathing - rules of care for the umbilical cord stump.

Practical classes

1. Content of classes carried out in hospital departments.

2. Admission to hospital - stages of hospitalization. Analysis of the documentation in force at the branch.

3. Identification of nursing problems in hospitalization. Formulating care problems.

4. Analysis of adaptation problems during hospitalization (on any chosen examples).

5. Interpretation of the basic parameters documented in the feverish card and the observation card.

6. Midwife's participation in diet therapy - criteria for selection of adult feeding techniques.

7. Documentation of the nursing process in the hospital ward.

8. Participation of a midwife in everyday activities ensuring the comfort of a seriously ill patient. Model analysis nursing on any chosen example.

9. Nursing in disorders of thermoregulation - protection of the thermoregulation function during fever

10. Nursing in disorders of urine excretion - participation of a midwife.

11. Analysis of complications resulting from bed immobilization. Midwife's participation in the prevention of complications.

12. Application of direct and indirect measurements (scales, tests) in nursing practice.

13. Nursing diagnosis in terms of methods of getting to know the patient.

14. The specificity of nursing a seriously ill patient - analysis of the midwife's actions.

15. Application of the theory of nursing in midwife's practice - analysis on selected examples.

16. The scope of the midwife's activities ensuring safety - rules of conduct for the prevention of complications during nursing, diagnostics and therapy.

17. Midwife's participation in preparing the patient for self-care and self-care.

18. Admitting a newborn to the ward after physiological delivery and cesarean section. Newborn's first toilet - participation midwife. Documentation.

19. The idea of a child-friendly hospital - tasks of a midwife.

20. Obstetrician education in the field of nursing a newborn - tasks of a midwife.

21. Midwife's participation in screening tests for congenital metabolic diseases - principles, technique performance.

22. Observation and interpretation of the so-called transient states of the newborn. Pathological jaundice in the neonatal period - midwife's scope of activities.

23. Taking a smear for the evaluation of vaginal and cervical biocenosis and a cyto-oncological smear.

4.3 Intended learning outcomes

| Code | A student, who passed the course | Relation to learning outcomes |
|--|---|-------------------------------|
| within the scope of KNOWLEDGE: Student knows: | | |
| W01 | the status and essence of the profession of midwife, the professional role of a midwife | POŁ1P_W62 |

| | | |
|--|--|-----------|
| | in historical and contemporary terms and determinants of the development of the profession of midwife; | |
| W02 | the role, professional functions and tasks of a midwife in caring for a woman in different periods of her life and various health conditions and over her child and family; | POŁ1P_W63 |
| W03 | the role of a midwife in an interdisciplinary team in the process of health promotion and prevention, diagnosis, treatment and rehabilitation of a woman in different periods of her life and in different conditions health; | POŁ1P_W64 |
| W04 | the essence of nursing and obstetric care based on selected theoretical assumptions (Florence Nightingale, Dorothea Orem, Betty Neuman, Callista Roy, Madeleine Leininger, Ramona Mercer, Aaron Beck); | POŁ1P_W65 |
| W05 | essence, purpose, indications, contraindications, complications, dangers, applicable rules and technique of performing basic nursing and diagnostic activities by the midwife, healing and rehabilitation; | POŁ1P_W66 |
| W06 | methods, methods, principles, techniques and procedures used in midwife and specialist work caring for a pregnant woman, a woman in labor, a woman in the puerperium and her child, and over a woman at risk of disease and gynecologically ill; | POŁ1P_W67 |
| W07 | rules of aseptic and antiseptic procedures in order to prevent infections hospital; | POŁ1P_W68 |
| W08 | principles of documenting health condition and keeping medical records; | POŁ1P_W69 |
| within the scope of ABILITIES: Student can: | | |
| U01 | use the appropriate nomenclature in the field of obstetric and neonatal care and gynecology and interpret the basic concepts of professional practice as a midwife; | POŁ1P_U35 |
| U02 | gather information through interviews, observations, measurements, physical examination and analysis documentation to diagnose the health condition of a gynecologically ill woman, pregnant woman, women giving birth, women in the puerperium and newborns, as well as interpret and document the obtained results for the purpose of obstetric diagnosis; | POŁ1P_U36 |
| U03 | keep and use medical records; | POŁ1P_U37 |
| U04 | prepare the woman, her child, herself and the workplace for research and diagnostic, nursing and therapeutic procedures used in obstetrics, neonatology and gynecology, as well as participate in their conduct; | POŁ1P_U38 |
| U05 | maintain, document and evaluate the patient's fluid balance; | POŁ1P_U39 |
| U06 | perform pulse oximetry, basic vital parameters measurements, measurements anthropometric, including postpartum newborn, and blood gas analysis, including cord blood | POŁ1P_U40 |
| U07 | collect material for laboratory and bacteriological tests and assist the doctor with diagnostic tests used in obstetrics, neonatology and gynecology; | POŁ1P_U41 |
| U08 | take a swab for the assessment of vaginal and cervical biocenosis and a cyto-oncological swab, and also secure the downloaded material; | POŁ1P_U42 |
| U09 | perform diagnostic tests to determine ketone bodies and glucose in blood and urine, and blood cholesterol, as well as other test strips; | POŁ1P_U43 |
| U10 | store and prepare drugs in accordance with applicable standards, administer to patients drugs by different routes and calculate drug doses and modify insulin doses; | POŁ1P_U46 |
| U11 | perform vaccinations against influenza, viral hepatitis and HPV | POŁ1P_U47 |
| U12 | place and remove a catheter from peripheral veins, perform intravenous drip infusions and monitor and care for the peripheral puncture site; | POŁ1P_U48 |
| U13 | catheter and remove bladder catheter and monitor diuresis; | POŁ1P_U49 |
| U14 | perform rectal procedures; | POŁ1P_U50 |
| U15 | insert a gastric tube, monitor and remove the tube, including in the neonate and baby; | POŁ1P_U51 |
| U16 | use available methods of feeding the patient, including newborns and infants; | POŁ1P_U52 |
| U17 | perform hygienic procedures, take care of the skin and its products as well as mucous membranes the use of pharmacological agents and medical supplies, including the use of baths healing; | POŁ1P_U53 |
| U18 | select methods, techniques and wound care measures based on their classification and evaluate the risk of developing pressure ulcers, as well as apply preventive measures; | POŁ1P_U54 |
| U19 | move and position the patient using various techniques and methods, perform active and passive exercises and respiratory gymnastics, postural drainage, inhalation and airway degumming; | POŁ1P_U55 |
| U20 | use anti-inflammatory treatment | POŁ1P_U56 |
| U21 | apply asepsis and antiseptics, and plan and implement emergency procedures exposure to infection; | POŁ1P_U57 |

4.4. Methods of assessment of the intended learning outcomes

| Teaching outcomes (code) | Method of assessment (+/-) | | | | | | | | | | | | | | | | | | | | |
|-----------------------------|----------------------------|---|---|-----------------|---|---|-----------------|---|---|------------------|---|---|-----------------|---|---|-----------------|---|---|---|---|---|
| | Exam oral/written* | | | Test* | | | Project* | | | Effort in class* | | | Self-study* | | | Group work* | | | Others* e.g. standardized test used in e-learning | | |
| | Form of classes | | | Form of classes | | | Form of classes | | | Form of classes | | | Form of classes | | | Form of classes | | | Form of classes | | |
| | L | T | P | L | T | P | L | T | P | L | T | P | L | T | P | L | T | P | L | T | P |
| W01 | + | | | | | | | | | | | | | | | | | | | | |
| W02 | + | | | | | | | | | | | | | | | | | | | | |
| W03 | + | | | | | | | | | | | | | | | | | | | | |
| W04 | + | | | | | | | | | | | | | | | | | | | | |
| W05 | + | | | | | | | | | | | | | | | | | | | | |
| W06 | + | | | | | | | | | | | | | | | | | | | | |
| W07 | + | | | | | | | | | | | | | | | | | | | | |
| W08 | + | | | | | | | | | | | | | | | | | | | | |
| U01 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U02 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U04 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U05 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U06 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U07 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U08 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U09 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U10 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U11 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U12 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U13 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U14 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U15 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U16 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U17 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U18 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U19 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U20 | | | | | + | | | | | | | | | + | | | | | + | + | |
| U21 | | | | | + | | | | | | | | | + | | | | | + | + | |

*delete as appropriate

4.5. Criteria of assessment of the intended learning outcomes

| Form of classes | Grade | Criterion of assessment |
|---------------------------------------|-------|---|
| lecture (L) (including e-learning) | 3 | Student obtains at least 50% positive answers |
| | 3,5 | Student obtains at least 60% positive answers |
| | 4 | Student obtains at least 70% positive answers |
| | 4,5 | Student obtains at least 80% positive answers |
| | 5 | Student obtains at least 90% positive answers |

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| Tutorials classes (Tc) | 3 | <p>Student has mastered the content of the programs on a level, presents chaotic presentation There are simple leading questions, sometimes it doesn't end. Rules: You don't always follow the rules. Requires. Chaotic it seemed. Performs simple Fault without attention. Efficiency: condition uncertain, very slow. Visible efficiency during correctly. Independence: requires guidance and recall in dimensioning the package Knitwear. Attitude: not always able to judge and evaluate their own behavior</p> |
| | 3,5 | <p>Student mastered most of the program content at a satisfactory level, presents knowledge after orientation, is able to apply it in typical situations. Rules: follow the rules after targeting. Performs Mira activities correctly. Efficiency: performs activities uncertainly. Sometimes it requires support and confidence. Self-reliance: Often requires reminders in action. Attitude: makes an effort to evaluate and analyze his own behavior</p> |
| | 4 | <p>Student mastered most of the program content at a satisfactory level, presents knowledge as to independently, is able to apply it in typical situations. Rules: follow the rules after targeting. Performs activities correctly. Efficiency: Performs activities in slow motion. Self-reliance: Sometimes it requires reminders in action. Attitude: shows awkwardness in assessing and analyzing own behavior</p> |
| | 4,5 | <p>Student has mastered the full range of knowledge of the program content, presents the knowledge independent- ly, knows medical news, is able to apply knowledge after orientation in new situations. Principles: adheres to the principles after initial targeting. Technique and sequence of actions without any comments. Efficiency: performs activities confidently, but after a short reflection. Self-reliance: sometimes requires recall and direction of action. Attitude: Demonstrates efforts to evaluate and analyze their own behavior</p> |
| | 5 | <p>Student has mastered the full range of knowledge of the program content, presents the knowledge independent- ly, knows medical news, is able to apply knowledge in new situations. Rules: follows the rules. Technique and sequence of activities without any comments. Efficiency: performs activities confidently and vigorously. Independence: plans and carries out activities completely independently. Attitude: can evaluate and analyze own behavior</p> |
| Practical classes (Pc) | 3 | <p>Rules: Doesn't always follow the rules. Requires supervision. Performs activities chaotically. Performs simple activities without comments. Efficiency: performs activities uncertainly, very slowly. Visible efficiency during exercise simple steps. Effectiveness: does not always take into account the individual situation of the patient. Reaches the goal after directing the action. Self-reliance: requires constant guidance and recall in performing complex exercises activities. Communicating with the patient: makes contact, but is unable to continue communicating with the patient patient. Attitude: not always able to judge and analyze their own behavior. He sometimes collaborates with therapeutic team. As far as possible, he identifies with the professional role</p> |
| | 3,5 | <p>Rules: follow the rules after targeting. Performs activities in between. Efficiency: condition uncertain. Sometimes it requires support and confidence. Effectiveness: the program time included in the program. It achieves the goal. Independence: Often requires reminders in taking action. Communicating with the patient: they can make us adequately and with care verbal contact with the patient. Attitude: a new approach to evaluate and analyze your own behavior. Works with the team m.m. Usually I usually come up with a professional role</p> |
| | 4 | <p>Rules: follow the rules after targeting. Performs activities correctly. Efficiency: Performs activities in slow motion. Effectiveness: draws attention to the individual situation of the patient. It achieves the goal. Self-reliance: Sometimes it requires reminders in action. Communicating with the patient: can establish and maintain verbal and non-verbal contact with the patient. Attitude: shows awkwardness in assessing and analyzing own behavior. Works with the team therapeutic. Identifies with the professional role.</p> |
| | 4,5 | <p>Principles: adheres to the principles after initial targeting. Technique and sequence of actions without any comments. Efficiency: performs activities confidently, but after a short reflection. Effectiveness: shows concern for taking into account the health situation of the patient. Achieves the goal after the preliminary orientation. Self-reliance: sometimes requires recall and direction of action. Communicating with the patient: correct, but sometimes requires guidance in the selection of methods</p> |

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| | communicating. Attitude: Demonstrates efforts to evaluate and analyze their own behavior. Works well with therapeutic team. He identifies visibly with his professional role |
| 5 | Rules: follows the rules. Technique and sequence of activities without any comments. Efficiency: performs activities confidently and vigorously. Effectiveness: takes into account the patient's situation and the current possibilities of performing these activities. Independence: plans and carries out activities completely independently. Communicating with the patient: spontaneous, constructive. Selection of content adequate to expectations recipient. Attitude: can evaluate and analyze own behavior. He cooperates with the therapeutic team. Apparently he identifies with the professional role |

5. BALANCE OF ECTS CREDITS – STUDENT'S WORK INPUT

| Category | Student's workload | |
|---|------------------------|--------------------|
| | Full-time studies | Extramural studies |
| <i>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</i> | 365 | |
| <i>Participation in lectures*</i> | 45 | |
| <i>Participation in tutorial classes</i> | 160 | |
| <i>Participation in practical classes</i> | 160 | |
| <i>Preparation in the exam/ final test</i> | | |
| <i>Others (please specify) e.g. e-learning)*</i> | | |
| <i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i> | 15 | |
| <i>Preparation for the lecture*</i> | 10 | |
| <i>Preparation for the practical classes</i> | 5 | |
| <i>Preparation for the exam/test*</i> | | |
| <i>Gathering materials for the project/Internet query*</i> | | |
| <i>Preparation of multimedia presentation</i> | | |
| <i>Others *</i> | | |
| TOTAL NUMBER OF HOURS | 380 | |
| ECTS credits for the course of study | 15/ 2 semesters | |

**delete as appropriate*

Accepted for execution (date and legible signatures of the teachers running the course in the given academic year)

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