

V.Ye. KONDRATIUK, V.A. KHOMAZIUK

Practice in Patient Care at the Therapeutic Department of a Hospital

Workbook
Clinical manual



MEDICINE

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Recommended by the Academic Council of Bogomolets National Medical University as a manual for students of higher medical educational establishments (minutes No. 6 of 26 December 2019)

Authors:

V.Ye. Kondratiuk, Doctor of Medical Sciences, Professor, Head of the Department of Propaedeutics of Internal Medicine No. 2 of Bogomolets National Medical University;

V.A. Khomaziuk, Candidate of Medical Sciences, Associate Professor of the Department of Propaedeutics of Internal Medicine No. 2 of Bogomolets National Medical University

The manual contains workbooks on Practice in Patient Care, which are aimed at improving the self-training of English-speaking students of the 2nd year to practical classes at the therapeutic department of a hospital. The structure and contents of the manual are adapted to the requirements of the new curriculum of the discipline "Practice in Patient Care" for training of specialists of the second (master's) level of higher education, educational qualification "Master of Medicine". Structured self-study questions, situational tasks and quiz test questions will simplify and facilitate students' work on their own. The manual was worked out by the teachers of the Department of Propaedeutics of Internal Medicine No. 2 at Bogomolets National Medical University taking into account all suggestions and comments received during recent years from the pedagogical team, students and practicing doctors.

Manual for 2nd year medical students' work on their own to prepare for practical classes for students of higher medical educational establishments.

Reviewers:

V.V. Batushkin, Doctor of Medical Sciences, Professor, Head of the Department of Internal and Professional Diseases of Private Higher Educational Establishment "Kyiv Medical University";

M.A. Stanislavchuk, Doctor of Medical Sciences, Professor, Head of the Department of Internal Medicine No. 1 of National Pirogov Memorial Medical University, Vinnytsya

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Abbreviations

ACS – acute coronary syndrome	HR – heart rate
AED – automated external defibrillator	ICU – intensive care unit
AF – atrial fibrillation	IHD – ischemic heart disease
AH – arterial hypertension	IM – intramuscular
AHA – American Heart Association	IV – intravenous
AIDS – acquired immune deficiency syndrome	JVP – jugular venous pressure
ALS – advanced life support	LDL – low-density lipoprotein
AV – atrioventricular	LVH – left ventricular hypertrophy
BMI – body mass index	MI – myocardial infarction
BLS – basic life support	MRI – magnetic resonance imaging
BP – blood pressure	NHLBI – National Heart, Lung and Blood Institute, U.S. Department of Health & Human Services
CBC – complete blood count	NIH – National Institutes of Health, U.S. Department of Health & Human Services
COPD – chronic obstructive pulmonary disease	NMU – National Medical University, Kyiv, Ukraine
CPR – cardiopulmonary resuscitation	OSCE – Objective Structured Clinical Exam
CT – computed tomography	PE – physical examination
CVD – cardiovascular disease	PEG – percutaneous endoscopic gastrostomy
CVS – cardiovascular system	PVC – premature ventricular contraction
CXR – chest X-ray	RBC – red blood cells or erythrocytes
DASH diet – Dietary Approaches to Stop Hypertension	RR – respiratory rate
ECG – electrocardiography	SC – subcutaneous
ESR – erythrocyte sedimentation rate	TPN – total parenteral nutrition
ESRD – end-stage renal disease	UTI – urinary tract infection
GCS – Glasgow Coma Scale	VF – ventricular fibrillation
GFR – glomerular filtration rate	WBC – white blood cells or leucocytes
GI – gastrointestinal	WHO – World Health Organization
HBV – hepatitis B virus	WMA – World Medical Association
Hb – hemoglobin	
HCV – hepatitis C virus	
HDL – high density lipoprotein	
HEENT – head, eyes, ears, nose, throat	
HF – heart failure	
HIV – human immunodeficiency virus	

Preface

Practice in Patient Care is an introductory practical course of clinical medicine. During their first steps in a hospital medical students get acquainted with structure and principles of patient care, organization of work in the therapeutic departments. They begin to learn the methods of examination, symptoms of internal diseases, simple therapeutic procedures, and gain experience of dealing with patients. This manual is an accessible workbook for 2nd-year medical students who are preparing for practical classes at clinic.

The structure and contents of the manual are adapted to the requirements of the new curriculum of the discipline "Practice in Patient Care" for training of specialists of the second (master's) level of higher education, educational qualification "Master of Medicine". The manual contains 6 workbooks for Module 1 which covers structure and main tasks of patient care in treatment of therapeutic patients. Workbook for each practical class provides summary of the topic, suggested readings, useful information and two variants of structured self-study tasks and quiz test questions for students' training at home. The convenient design of this edition allows students to make notes, drawings and fill in specific tables.

The manual also has the section of useful supplements. It contains the scheme of case report and algorithms for Objective Structured Clinical Exam (OSCE). The scheme of case report presents the order of history taking and physical examination, it will help students to see the framework they will be using. Sample OSCE stations are provided to prepare students for a new format of undergraduate clinical exams and to help them in development of practical skills.

The manual was worked out by the teachers of the Department of Pro-paedeutics of Internal Medicine No. 2 at Bogomolets National Medical University taking into account all suggestions and comments received during recent years from the pedagogical team, students and practicing doctors. We hope that the workbook will simplify and facilitate students' work on their own.

MODULE 1

Structure and Main Tasks of Patient Care in the General System of Treatment of Therapeutic Patients

Workbook 1

Topic of practical class 1: “The main principles of general and special care for the patients with internal diseases. Therapeutic departments in a hospital, organization of their work”

Summary of the topic. History of development of medical care. The role of patient care in diagnostics and treatment of internal diseases; structure and management of patient care. Medical ethics and deontology in the formation of a medical specialist. Basic professional responsibilities of the junior medical staff in the therapeutic departments of the hospital and outpatient clinic. Principles of professional subordination in the doctor – nurse – junior medical staff system. The concept of medico-prophylactic, sanitary and hospital regimens of the therapeutic hospital, the role of the junior medical staff in their implementation.

The main therapeutic departments and accessory units in the hospital. Functions of the hospital admission department in the reception and transfer of patients to specialized departments. Admission and registration of patients. Recording information (register of patients admitted to hospital, case report, and statistics card). Sanitary-antiepidemic regimen of the admission department, sanitization of patients. Transportation of patients to specialized departments of the hospital.

General characteristics of the therapeutic department, structure and function. Basic responsibilities of the junior nurse. Nursing post and organiza-

tion of nurse work, equipment of the nursing post. Organization of visiting patients. Ensuring the sanitary and hygienic regimen of the department. Preparation and use of disinfectant solutions. Characteristic of cleaning the premises of the therapeutic department.

Suggested Readings:

1. Patient Care (Practical Course) = Догляд за хворими: textbook / O.M. Kovalyova, V.M. Lisovyi, R.S. Shevchenko et al. – 2nd edition, corrected. – Kyiv: AUS Medicine Publishing, 2018. – P. 4–36.
2. Propedeutics to Internal Medicine: textbook for English learning students of higher medical school. Part 1. Diagnostics / O.M. Kovalyova, T.V. Ashcheulova. – 3rd ed. – Vinnytsia: Nova Knyha, 2017. – P. 7–14.
3. Lippincott Manual of Nursing Practice / Sandra M. Netina. – 11th ed. – Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins, 2018. – P. 2–23.
4. Bates' guide to physical examination and history taking / Ed. by L.S. Bickley, P.G. Szilagy, R.M. Hoffman. – 12th ed. – Wolters Kluwer, 2017. – P. 17–18, 100–103.
5. General Care of a Patient / Edited by Batushkin V.V., Mozhdehi Z.K. – Pavlograd: TOV "IMA pres", 2017. – P. 4–12.
6. Medical Ethics Manual. – 3rd ed. – World Medical Association, 2015. – P. 7–56. Available at <https://www.wma.net/what-we-do/education/medical-ethics-manual/>

Useful Information:

All medical staff in their professional activities follow the principles and rules that are defined by the World Medical Association (WMA). The Physician's Pledge was adopted in 1948 in Geneva and then was amended many times.

WMA DECLARATION OF GENEVA

At the time of being admitted as a member of the medical profession:
I SOLEMNLY PLEDGE to consecrate my life to the service of humanity;
I WILL GIVE to my teachers the respect and gratitude that is their due;
I WILL PRACTISE my profession with conscience and dignity;
THE HEALTH OF MY PATIENT will be my first consideration;
I WILL RESPECT the secrets that are confided in me, even after the patient has died;

MODULE 1

I WILL MAINTAIN by all the means in my power, the honour and the noble traditions of the medical profession;

MY COLLEAGUES will be my sisters and brothers;

I WILL NOT PERMIT considerations of age, disease or disability, creed, ethnic origin, gender, nationality, political affiliation, race, sexual orientation, social standing or any other factor to intervene between my duty and my patient;

I WILL MAINTAIN the utmost respect for human life;

I WILL NOT USE my medical knowledge to violate human rights and civil liberties, even under threat;

I MAKE THESE PROMISES solemnly, freely and upon my honour [8].

All students practicing in clinic are advised to study and observe standard and universal precautions to prevent the spread of infectious disease. Handwashing is a standard precaution. White coats and stethoscopes also accumulate bacteria and should be cleaned frequently.

Recommendations for Hand Hygiene

1. Key situations where hand hygiene should be performed include:
 - a. before touching a patient, even if gloves are worn;
 - b. before exiting the patient's care area after touching the patient or the patient's immediate environment;
 - c. after contact with blood, body fluids, or excretions, or wound dressings;
 - d. prior to performing an aseptic task (e.g., preparing an injection);
 - e. if hands are moving from a contaminated-body site to a clean-body site during patient care; and
 - f. after glove removal.
2. Use soap and water when hands are visibly soiled (e.g., blood, body fluids), or after caring for patients with known or suspected infectious diarrhea. Otherwise, the preferred method of hand decontamination is with an alcohol-based hand rub [1].

Variant 1

Write answers to the self-study questions:

1. What does patient care consist of? What are the measures of patient care?

2. Define the terms “medical deontology” and “iatrogenic”. What are the rules of medical ethics that a student must follow while working in a therapeutic department ?

3. What is the aim of sanitary regimen? What are sanitary-hygenic requirements in the therapeutic departments of a hospital?

MODULE 1

4. What are the main functions of admission department? Name at least 6 activities.

5. What does sanitization of patients include? What measures of patient sanitization should be done in the admission department?

Structure and Main Tasks of Patient Care...

6. What methods of transportation of patients do you know? What are the rules of patient transportation on a stretcher?

7. What are the basic responsibilities of junior nurse in the therapeutic department?

Quiz Test Questions:

1. Who should carry out general and special care for the patient?

- A. All medical personnel.
- B. Junior medical staff.
- C. Nurses.
- D. Relatives of a patient.
- E. All mentioned categories.

2. During cleaning of the toilet-room, a nurse assistant discovered the absence of the glass with disinfectant and told about this loudly the nurse on

MODULE 1

duty, who was at the other end of the corridor. The action of the nurse is infringement of

- A. hospital regimen.
- B. medico-prophylactic regimen.
- C. professional subordination.
- D. regimen of the department.
- E. sanitary regimen.

3. What actions of the medical staff should be not punished and estimated as a medical error only?

- A. Exceeding of the dose of the prescribed drug.
- B. Infusion of the unfit medicine to a patient.
- C. Infusion to a patient of incorrect medicine instead of prescribed medicine.
- D. Refusal of providing emergency care.
- E. Wrong diagnosis in case of atypical course of the disease.

4. As a medical student, you are obligated not to repeat what you learn from or know about a patient to outsiders. What term is used for this principle of medical ethics?

- A. Autonomy.
- B. Beneficence.
- C. Confidentiality.
- D. Justice.
- E. Nonmaleficence.

5. The duties of a nurse at the therapeutic department are all of the following, except:

- A. administering intravenous infusions.
- B. first aid in case of emergency.
- C. keeping medical records.
- D. monitoring of patients' general condition.
- E. transportation of patients within the hospital.

6. During examination of the patient at the reception unit pediculosis (infestation with lice) was discovered. What procedure should be used to treat the hair?

- A. Massaging the scalp with vegetable oil.

- B. Shaving off the infested axillary hair.
 - C. Washing by laundry soap.
 - D. Washing by warm water with soap.
 - E. Washing by 10 % solution of vinegar.
7. The cleansing bath was given to a patient at the reception unit. What should be used for disinfection of the tub bath?
- A. Detergents with chlorine.
 - B. Hydrochloric acid.
 - C. Soap and soda solution.
 - D. Solution of Furacilinum 1:5000.
 - E. 40 % solution of ethanol.
8. The patient is seriously ill. He is unable to move. How many times a day should be the occupied bed made and linens changed?
- A. Once.
 - B. Twice.
 - C. 3 times.
 - D. As it is necessary.
 - E. No rules.
9. A patient arrives to the hospital after a heart attack. On admission to the hospital, he can move without chest pain. The doctor recognizes the restrictions in the patient's activity and should transfer him to the cardiology department
- A. on a stretcher in a lying position accompanied by the nurse.
 - B. on a wheel-chair accompanied by the nurse.
 - C. patient may walk on foot accompanied by the nurse.
 - D. patient may walk alone.
 - E. patient may walk on foot supported by the nurse assistant.
10. During taking a hygienic tub bath, a patient complains of nausea, dizziness, and general weakness. The patient is pallid. What should the nurse do?
- A. Aerate the bathroom and continue bathing the patient.
 - B. Decrease the temperature of water and finish the procedure.
 - C. Give the patient cardiac drugs and help him to sit in the bath.
 - D. Help the patient to get up and wash him quickly using the shower.
 - E. Stop the bath, help the patient to lie on a couch and call a doctor.

EDUCATIONAL EDITION

Kondratiuk Vitalii Yevhenovych
Khomaziuk Viktoriia Anastasiievna

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Kondratiuk V.Ye.

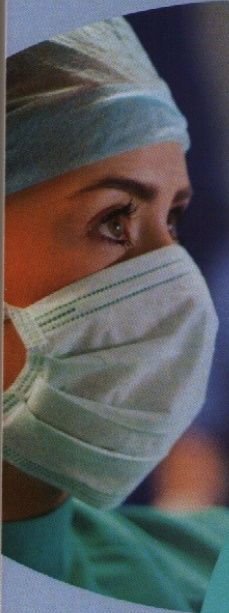
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