UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Cure Complementari: Nuovi Orizzonti per l'Assistenza Infermieristica

2122-2-I0101D141

Aims

Acquire useful experiences and knowledge to guide the development of one's professional skills. Analyze possible nursing relevance approaches. Recall the interest of nurses on the issue of complementary care. Update knowledge on normative references in the use of complementary care

Contents

The course aims to introduce some of the complementary care that can allow to provide nursing services increasingly qualified and complete in the interest of the person, in its deepest essence of being human. The event also aims to reflect on the evolution of the nurse's skills through an example of role expansion

Detailed program

9.00 – meditation (demonstation) - M. Sgobbi

9.15 - Human Caring e complementary care - M. Sgobbi

9.45 - the operators of the disciplines of wellness: legal aspects - M. Sgobbi

10.15 – concept of health and disease in complementary care - R. Corrarello

11.00 – Meditation: taking care of us to take care of others - M. Sgobbi

11.30 Shiatsu massage - R. Corrarello

12.00 – Reflexology massage - R. Corrarello

12.30 – nutrition and well-being - M. Sgobbi

13.00 - break

14.00 – the music that caresses the soul - M. Sgobbi

14.40 – aromatherapy - M. Sgobbi

15.00 – essential oils - R. Corrarello

15.30 – The wellness laboratory: technical demonstration – R. Corrarello

16.15 – 16.30 meditation (demonstation)- M. Sgobbi

Prerequisites

2nd and 3rd year of course Student Nurses

Teaching form

LESSON AND DEMONSTRATION

Textbook and teaching resource

Reid D. (2002), La medicina tradizionale cinese, Tea Pratica, Milano

Ripa P., Baffi E. (2004), Le cure complementari e l'infermiere

Marino M., (2011), Salute e malattia. Tra vecchi e nuovi paradigmi, Editori Franco Angeli, Milano.

Santoro C., (2012), Riflessologia plantare. Teoria e tecnica, Bis editore, Diegaro di Cesena (FC)

Muccioli M., (2013), Le basi della medicina cinese. Fondamenti filosofici, fisiologia ed eziologia, Edizioni Pendragon

Burrai F, Suprani R., (2010) Equilibrio mente corpo per il benessere ed il miglioramento delle performance assistenziali:l'esperienza del nucleo associativo CNAI di Ravenna. Professioni Infermieristiche 2010; 63 (2): 119-126.

Burrai F., (2010) Therapeutic Touch:assistenza infermieristica basata sull'energia. Professione Infermiere 2010;23 (1): 45 -52

Watson J., (2013), Assistenza infermieristica: filosofia e scienza del caring,Casa Editrice Ambrosiana

Semester

Assessment method

Frequency

Office hours