



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Nursing Clinical Methodology 1

2223-2-I0101D009

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#### Aims

The course aims to give students knowledge of the most important internal medicine, obstetrical, gynaecological and paediatric diseases together with the guidelines for their identification and management, in order to meet patients nursing care needs with the aid of the nursing process and clinical documentation tools.

#### Contents

INTERNAL MEDICINE NURSING - The information system: goals, elements, characteristics. Tools for documentation of nursing care directed to the person assisted. The application of the disciplinary method. Development of nursing care plan in relation to the person suffering from: diabetes mellitus; cirrhosis of the liver; arterial hypertension; pneumonia. PEDIATRIC NURSING - Nursing care in children: educational, preventive and rehabilitative aspects. Nursing care to the newborn and the child with pain. Nursing at physiological newborn (neonatal jaundice). Nursing care to the infant / child with: a. alteration in body temperature (fever, febrile convulsions); b. respiratory impairment (dyspnea); c. alterations of the mouth and gastrointestinal tract (gastroenteritis; management of infectious isolations); d. alteration of the urogenital system (urinary tract infection). Nursing care of children with diabetes mellitus. Nursing care of children with inborn errors. Nursing care of children with haematological disease. Nursing procedures: from the newborn heel prick; venipuncture, collection of sample of urine and feces in newborns and children, umbilical cord medication. INTERNAL MEDICINE 1 - Anemia: classification. Bronchiectasis, bronchiolitis, pneumonia. Hepatology: classification of chronic liver disease, steatosis, hepatitis, autoimmune hepatitis, cirrhosis, complications of cirrhosis. Nephrology: care to patients with renal disease, acute renal failure, chronic renal failure, signs of renal replacement therapy, glomerular disease and the main renal syndromes. Cardiovascular: heart failure, ischemic heart disease, major arrhythmic disorders, hypertension and hypotension. Endocrine: pituitary diseases, hypothyroidism and hyperthyroidism, diabetes. Comprehensive Geriatric Assessment and main geriatric syndromes. PEDIATRICS - The child, a person in growth: normal and pathological growth, nutrition. The child with fever. The child with dyspnea. The child with gastrointestinal disorders: vomit, diarrhea. The child with pox. The child "urgent" with a head injury, with poisoning, with diabetes mellitus - diabetic ketoacidosis, with birth defects. The child with metabolic disease. The child with

hematological problems. The child undergoing surgery (general aspects). OBSTETRICS AND GYNECOLOGY -Fundamental anatomy and physiology of the genital system. Physiological pregnancy and pregnancy "at risk": how to distinguish them? Protection of pregnancy and assistance. Main diagnostic techniques in obstetrics and their indication. The birth event, fundamental elements of labor and delivery. Blood loss in the first trimester of pregnancy: the threat of abortion and spontaneous abortion, ectopic pregnancy. Blood loss in the second trimester of pregnancy: placenta previa, the untimely detachment of normal placenta. Pregnancy complicated by pathologies: preterm birth. Gestational hypertension and preeclampsia. Emergencies and obstetric emergencies: clinical and organizational elements. Caesarean section: clinical elements and social aspects. The pathology of the afterbirth and the puerperium. Methods for the regulation of births: main techniques, social and ethical aspects. Diagnostic techniques in gynecology: screening, techniques and indications. Early diagnosis in neoplasms of the lower genital tract, malignant neoplasms of the uterus and ovary. Triage in obstetrics and gynecology.

## Detailed program

INTERNAL MEDICINE NURSING - Types of communication and information sharing between team members to ensure continuity of care for patients. Responsibility for clinical documentation tools legal significance and management: nursing folder, integrated medical records, processes and guidelines. According to the conceptual model adopted, carry out the nursing care process steps. Nursing care plans for some clinical internal medicine pathologies: diabetes mellitus, cirrhosis of the liver, arterial hypertension, pneumonia. Nursing intervention in relation to certain care situations: indicate grounds and principles of the different diets; nursing care during paracentesis and thoracentesis; suction of airway secretions; pressure injuries treatment. Procurement and conservation of drugs. Therapeutic time organization and medication administration routes: percutaneous, enteral, inhalation, parenteral (subcutaneous, intradermal - including hypodermoclysis -, intramuscular, intravenous), ocular, auricular, nasal. Conservation, administration, and registration of narcotic substances. Oxygen therapy administration. Introduction and management of peripheral venous catheters. Administration of infusion therapy. PEDIATRIC NURSING - Nursing care in children: educational, preventive and rehabilitative aspects. Nursing care to the newborn and the child with pain. Nursing at physiological newborn (neonatal jaundice). Nursing care to the infant / child with: a. alteration in body temperature (fever, febrile convulsions); b. respiratory impairment (dyspnea); c. alterations of the mouth and gastrointestinal tract (gastroenteritis; management of infectious isolations); d. alteration of the urogenital system (urinary tract infection). Nursing care of children with diabetes mellitus. Nursing care of children with inborn errors. Nursing care of children with haematological disease. Nursing care for child undergoing surgery (general aspects) Nursing procedures: from the newborn heel prick; venipuncture, collection of sample of urine and feces in newborns and children, , umbilical cord medication INTERNAL MEDICINE 1 – Anemia: classification. Bronchiectasis, bronchiolitis, pneumonia. Hepatology: classification of chronic liver disease, steatosis, hepatitis, autoimmune hepatitis, cirrhosis, complications of cirrhosis. Nephrology: signs of renal pathophysiology, care to patients with renal disease, acute renal failure, chronic renal failure, signs of renal replacement therapy, glomerular disease and the main renal syndromes. Cardiovascular: signs of cardiac pathophysiology, heart failure, ischemic heart disease, major arrhythmic disorders, hypertension and hypotension. Endocrine: pituitary diseases, hypothyroidism and hyperthyroidism, diabetes. Comprehensive Geriatric Assessment and main geriatric syndromes. PEDIATRICS - The child, a human being in growth. Normal and pathological growth: the normal newborn infant; main features of growth in weight, height and head circumference; how to measure height and head circumference; tables of percentiles and usage guidelines; major cause of short stature: importance of anamnesis (family reasons) and physical examination (dwarfism harmonious / discordant); main causes of short stature in children: GH deficiency and hypothyroidism. The healthy newborn. Psychomotor development: main steps of motor, relational and linguistic development in children and symptoms of growth delay. The nutrition: breast and artificial feeding; adapted milks and special milks; how to calculate milk daily ration for a baby in the first months of life; weaning: definition and rationale; diet after the first year of life: the importance of nutrition education in preventing childhood obesity and promoting a healthy diet. The febrile infant: meaning of fever in infants and children; gathering of information by history and physical examination for the proper evaluation of the febrile child. The main antipyretic drugs: acetaminophen uses, dosage and administration routes; the feverish baby: clinical features and main diagnostic hypotheses; urinary tract infections, meningitis, pneumonia; febrile seizures: definition, signs, therapy notes. The child with dyspnea: definition of dyspnea, types of dyspnea;

major causes of inspiratory dyspnea: epiglottitis and laryngitis (1); major causes of expiratory dyspnea: asthma and bronchiolitis (2); (1) and (2): main pathogens involved, signs and symptoms, the diagnostic process; therapy notes. The child with gastrointestinal disorders. The child with vomit: information collection and analysis, medical evaluation guidelines and parameters; main causes of vomiting; hints on hypertrophic pyloric stenosis, gastroesophageal reflux, ketonyc corps. The child with diarrhea: definition of diarrhea; difference between acute and chronic diarrhea; main causes of acute diarrhea: enteritis; clinical predictors of dehydration in children with diarrhea; major causes of chronic diarrhea: celiac disease; IPLV; the main pathogens, how does the diagnosis; therapy notes. The child with rash illness. Major rashes in children: measles, scarlet fever, rubella, fifth and sixth disease, chicken pox (incubation times and contagiousness, main clinical features); whooping cough and mumps (incubation times and contagiousness, main clinical features). Pediatric intensive and critical care. The child with a head injury: assessment and early management of head injuries in infants and children; appropriate management of clinical anamnestic and instrumental deepening. Child undergoing surgery (general aspects). Poisoning in children: information gathering; main clinical features; therapy notes. Diabetes mellitus in children: main clinical features and laboratory tests to diagnose childhood diabetes; therapy notes. The child with birth defects and congenital anomalies: definition of malformation, malformation syndrome, chromosomal abnormalities and genetic abnormalities; Down syndrome. The child with a metabolic disease. Main metabolic diseases: urea cycle defects, organic acidosis, glycogenosis, beta-oxidation defects, mucopolysaccharidosis. Main elements of pathogenesis, management of metabolic decompensation and nutrition. The child with hematological problems. The child with anemia: main characteristics of the anemic child; the child with bleeding diathesis; the child with leukemia. OBSTETRICS AND GYNECOLOGY -Fundamental anatomy and physiology of the genital system. Physiological pregnancy and pregnancy "at risk": how to distinguish them? Protection of pregnancy and assistance. Main diagnostic techniques in obstetrics and their indication. The birth event, fundamental elements of labor and delivery. Blood loss in the first trimester of pregnancy: the threat of abortion and spontaneous abortion, ectopic pregnancy. Blood loss in the second trimester of pregnancy: placenta previa, the untimely detachment of normal placenta. Pregnancy complicated by pathologies: preterm birth. Gestational hypertension and preeclampsia. Emergencies and obstetric emergencies: clinical and organizational elements. Caesarean section: clinical elements and social aspects. The pathology of the afterbirth and the puerperium. Methods for the regulation of births: main techniques, social and ethical aspects. Diagnostic techniques in gynecology: screening, techniques and indications. Early diagnosis in neoplasms of the lower genital tract, malignant neoplasms of the uterus and ovary. Triage in obstetrics and gynecology.

## Prerequisites

Positive evaluation in the following exams: Fundamentals of Nursing and Midwifery Sciences; Nursing Clinical Methodology; Biomedical Sciences 1; Human Physiology.

## Teaching form

Face-to-face lectures unless otherwise indicated by the Rector

## Textbook and teaching resource

INFERMIERISTICA IN MEDICINA INTERNA Benci L. (2015) Aspetti giuridici della professione infermieristica, VII ed., Milano: McGraw-Hill Ed.; Benci L. (2014) La prescrizione e la somministrazione dei farmaci. Responsabilità giuridica e deontologica, Firenze: Masterbooks Ed.; Smeltzer S.C., Bare B., Hinkle J., Cheever K. (2017) Brunner - Suddarth Infermieristica medico-chirurgica, Vol. 1-2., V ed., Milano: Casa Editrice Ambrosiana; Saiani L, Brugnoli

A. (2017) Trattato di scienze infermieristiche, volume 3, Napoli: casa editrice Idelson-Gnocchi; Craven R.F., Hirnle C., Henshaw C.M. (2019) Principi fondamentali dell'assistenza infermieristica, sesta edizione, Milano: Casa Editrice Ambrosiana; Manuale del Fascicolo di Ricovero 3a edizione rev.01 2021 – Regione Lombardia: [https://www.regionelombardia.it/wps/wcm/connect/7003de0b-a9c3-4a1e-afb0-3c801251f6f1/MANUALE+FASCICOLO\\_RICOVERO\\_3A\\_EDIZIONE\\_REV01\\_2021.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-7003de0b-a9c3-4a1e-afb0-3c801251f6f1-nSOWiBr](https://www.regionelombardia.it/wps/wcm/connect/7003de0b-a9c3-4a1e-afb0-3c801251f6f1/MANUALE+FASCICOLO_RICOVERO_3A_EDIZIONE_REV01_2021.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-7003de0b-a9c3-4a1e-afb0-3c801251f6f1-nSOWiBr) consultato il 9 giugno; 2022; Manuale della documentazione sanitaria e sociosanitaria [http://www.regione.lombardia.it/wps/wcm/connect/a454bca8-5c65-45f6-a546-5318c599855d/MDS+Reg+Lombardia\\_1febbraio2013.pdf?MOD=AJPERES&CACHEID=a454bca8-5c65-45f6-a546-5318c599855d](http://www.regione.lombardia.it/wps/wcm/connect/a454bca8-5c65-45f6-a546-5318c599855d/MDS+Reg+Lombardia_1febbraio2013.pdf?MOD=AJPERES&CACHEID=a454bca8-5c65-45f6-a546-5318c599855d) consultato il 9 giugno; 2022; ESC/ESH Guidelines for the management of arterial hypertension [https://siia.it/wp-content/uploads/2018/09/2018\\_ESC\\_ESH\\_Guidelines\\_for\\_the\\_management\\_of.2.pdf](https://siia.it/wp-content/uploads/2018/09/2018_ESC_ESH_Guidelines_for_the_management_of.2.pdf) consultato il 9 giugno 2022; Linee guida cura del diabete tipo 1 [https://snlg.iss.it/wp-content/uploads/2022/04/LG\\_La-terapia-del-diabete-di-tipo-1\\_rev.pdf](https://snlg.iss.it/wp-content/uploads/2022/04/LG_La-terapia-del-diabete-di-tipo-1_rev.pdf) consultato il 9 giugno 2022; Linee guida cura del diabete tipo 2 [https://snlg.iss.it/wp-content/uploads/2021/07/LG\\_379\\_diabete\\_2.pdf](https://snlg.iss.it/wp-content/uploads/2021/07/LG_379_diabete_2.pdf) consultato il 9 giugno 2022; Ministero della Salute - Stato delle conoscenze e delle nuove acquisizioni in tema di diabete mellito [https://www.salute.gov.it/imgs/C\\_17\\_pubblicazioni\\_3229\\_allegato.pdf](https://www.salute.gov.it/imgs/C_17_pubblicazioni_3229_allegato.pdf) consultato il 9 giugno 2022; Linee guida internazionali sul piede diabetico, 2015 <http://www.siditalia.it/clinica/linee-guida-altri/send/83-linee-guida-e-documenti-di-altri/3044-linee-guida-internazionali-sul-piede-diabetico-2015-edizione-italiana> consultato il 9 giugno 2022; RACCOMANDAZIONI GAVeCeLT 2021 PER LA INDICAZIONE, L'IMPIANTO E LA GESTIONE DEI DISPOSITIVI PER ACCESSO VENOSO <https://gavecelt.it/nuovo/sites/default/files/uploads/Raccomandazioni%20GAVeCeLT%202021%20-%20v.2.0.pdf> consultato il 9 giugno 2022; Prevenzione e Trattamento delle Ulcere/Lesioni da Pressione: Guida Rapida di Riferimento 2019 <https://www.epuap.org/wp-content/uploads/2020/11/qrg-2019-italian.pdf> consultato il 9 giugno 2022; Manuale della documentazione del percorso di terapia farmacologica [http://www.regione.lombardia.it/wps/wcm/connect/1178c197-b6d5-48e7-b0bc-800893ea1c4f/Manuale\\_documentazione\\_farmacologica\\_2018.pdf?MOD=AJPERES&CACHEID=1178c197-b6d5-48e7-b0bc-800893ea1c4f](http://www.regione.lombardia.it/wps/wcm/connect/1178c197-b6d5-48e7-b0bc-800893ea1c4f/Manuale_documentazione_farmacologica_2018.pdf?MOD=AJPERES&CACHEID=1178c197-b6d5-48e7-b0bc-800893ea1c4f) consultato il 9 giugno 2022. INFERMIERISTICA IN PEDIATRIA Badon P., Cesaro S. (2015) Assistenza infermieristica in pediatria, Milano: Casa Editrice Ambrosiana; Badon P. (2021) Procedure infermieristiche in area pediatrica, Milano: Casa Editrice Ambrosiana; Marchioni G., Salerno S., Scalorbi S., Quarella P. (2014) Infermieristica in area materno infantile, Milano: McGraw-Hill; Teeny J.T. (1997) Glycogen Storage Disease: a basic understanding and guide to nursing care. Journal of Pediatric Nursing, 12 (4): 238-249; Mark S. (2009) L'assistenza al bambino con malattia metabolica congenita. IdB – Giornale Italiano di Scienze Infermieristiche Pediatriche, 1: 12-17. MEDICINA INTERNA 1: Smeltzer S.C., Bare B., Hinkle J., Cheever K. (2017) Brunner - Suddarth Infermieristica medico-chirurgica, Vol. 1-2., V ed., Milano: Casa Editrice Ambrosiana; Ferrara L.A. et al. (2013) Compendio di Medicina Interna, Edises. PEDIATRIA Badon P., Cesaro S. (2015) Assistenza infermieristica in pediatria, Milano: Casa Editrice Ambrosiana; Badon P. (2021) Procedure infermieristiche in area pediatrica, Milano: Casa Editrice Ambrosiana. GINECOLOGIA E OSTETRICIA Di Giacomo P., Rigon L.A. (2002) Assistenza infermieristica e ostetrica in area materno-infantile, Bologna: Zanichelli editore, Child T., Impey L. (2018) Manuale di ginecologia e ostetricia, Milano: Edra.

## Semester

2nd Year, 1st Semester

## Assessment method

Written exam: closed-answer test

Oral exam:

interview on the topics covered in class

interview on in-depth topics not covered in class

**Office hours**

On appoitment

**Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY

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