



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Le Cure Complementari e l'Infermiere

2425-2-I0101D145

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#### Aims

- Acquire useful experience and knowledge to guide the development of their professional skills.
- Analyze possible approaches of nursing relevance.
- To draw the attention of nurses to the question of complementary care.
- Update knowledge about regulatory references in the use of complementary care.

#### Contents

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

#### Detailed program

- Guided meditation
- Practitioners of welfare disciplines: legal aspects
- Health and disease concept in complementary care
- Mindfulness: the tool for the well-being of professionals and patients
- Acupuncture
- The Shiatsu Massage
- The Reflexology Foot Massage
- Aromatherapy (the essential oils)
- Hypnotic communication as an aid tool
- The wellness laboratory: technical/practical demonstrations

- Guided meditation
- Discussion and closing of the course

## **Prerequisites**

Enrolling in the 2nd-3rd year of the Bachelor's Degree in Nursing

## **Teaching form**

Face-to-face teaching – frontal lectures and tutorials

## **Textbook and teaching resource**

- 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
- Marino M., (2011), Salute e malattia. Tra vecchi e nuovi paradigmi, Editori Franco Angeli, Milano.
- Muccioli M., (2013), Le basi della medicina cinese. Fondamenti filosofici, fisiologia ed eziologia, Edizioni Pendragon
- Reid D. (2002), La medicina tradizionale cinese, Tea Pratica, Milano
- Ripa P., Baffi E. (2004), Le cure complementari e l'infermiere
- Santoro C., (2012), Riflessologia plantare. Teoria e tecnica, Bis editore, Diegaro di Cesena (FC)
- Watson J., (2013), Assistenza infermieristica: filosofia e scienza del caring, Casa Editrice Ambrosiana

## **Semester**

Second semester

## **Assessment method**

Frequency

## **Office hours**

By appointment

# Sustainable Development Goals

GOOD HEALTH AND WELL-BEING

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