UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Metodologia Clinica Infermieristica 1

2526-2-I0101D009

Aims

The course aims to provide students with basic skills in nursing care for people suffering from medical, pediatric and obstetric-gynecological pathologies. Students will be guided to acquire the theoretical and practical knowledge necessary to recognize care needs and plan targeted interventions, using nursing care process and health documentation tools.

1. Knowledge and understanding
   At the end of the course, the student will be able to:
   • Describe the main pathologies in the medical, pediatric and obstetric-gynecological field.
   • Understand the basic diagnostic and therapeutic principles related to these pathologies.
   • To know the specific care needs of the person suffering from medical, pediatric and obstetric-gynecological pathologies.
   • Understand the nursing care process as a method to identify, plan and evaluate nursing interventions.
   • Become familiar with clinical documentation tools.
2. Application of knowledge and comprehension skills
   At the end of the course, the student will be able to:
   • Apply the nursing care process in the management of the person with medical, pediatric and obstetric-gynecological pathologies.
   • Systematically identify the person's care needs and formulate appropriate care plans.
   • Use health documentation tools correctly and professionally to ensure continuity and quality of care.
   • Develop the ability to analyze complex clinical situations, make reasoned judgements and propose effective nursing interventions.

Contents

NURSING IN INTERNAL MEDICINE - The information system: purposes, elements, characteristics. Tools for documentation of nursing care for the assisted person. Application of the disciplinary method. Process of drug

management. Elaboration of the nursing plan for the affected person: diabetes mellitus, cirrhosis of the liver; arterial hypertension; pneumonia.
NURSING IN PEDIATRICS - Nursing in pediatric age: educational, preventive and rehabilitative aspects. Nursing assistance to the newborn and the child with pain. Nursing assistance to the physiological newborn (neonatal jaundice). Nursing care of the newborn/child with: a. alteration of body temperature (fever, febrile convulsions); b. alteration of the respiratory system (dyspnea); c. alterations of the oral cavity and gastrointestinal tract (gastroenteritis; management of infectious isolations); d. alteration of the urogenital apparatus (urinary tract infections). Nursing care for the child with diabetes mellitus. Nursing care for the child with metabolic disease. Nursing care to the child with hematological pathology. Management of the child with rheumatological disease. Nursing procedures: heel puncture in the newborn; venipuncture, collection of urine and stool sample in the newborn, in the child, dressing of the umbilical cord in the newborn.
INTERNAL MEDICINE 1 - Anemias: classifications. Pneumology: bronchiectasis, bronchiolites, pneumonia. Hepatology: classification of chronic hepatopathies, hepatic steatosis, hepatitis, autoimmune hepatitis, cirrhosis, complications of cirrhosis. Nephrology: approach to the nephrotic patient, acute and chronic renal failure, hints of renal replacement therapy, glomerular pathologies and the main renal syndromes. Cardiovascular system: heart failure, ischemic heart disease, major arrhythmic pathologies, arterial hypertension, hypotension. Endocrine system: main pathologies of the pituitary gland, hypothyroidism and hyperthyroidism, diabetes mellitus, geriatric multidimensional assessment and major geriatric syndromes.
PEDIATRICS - The child, a growing being: the physiological and pathological growth of the child, psychomotor development, nutrition. The child with fever. The child with dyspnea. The child with gastroenteric disorders: with vomiting, with diarrhea. The child with rash disease. The child "urgent": with head trauma, with poisoning, with diabetes mellitus - diabetic ketoacidosis, with malformations. The child with metabolic disease. The child with hematological problems. The child undergoing surgery (general aspects).
GYNECOLOGY AND OBSTETRICS - Fundamental anatomy and physiology of the genital apparatus. 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 childbirth. Blood loss in the first trimester of pregnancy: the threat of abortion and miscarriage, ectopic pregnancy. Blood loss in the second trimester of pregnancy: placenta previa, the untimely detachment of placenta normoinserta. Pregnancy complicated by pathologies: preterm birth. Gestational hypertension and preeclampsia. Emergencies and obstetric urgencies: clinical and organizational elements. Caesarean section: clinical elements and social aspects. The pathology of secondamento and 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.

Detailed program

NURSING IN INTERNAL MEDICINE - Methods of communication and information between the members of the team to ensure the continuity of care to the person. Responsibility in the management and legal relevance of health documentation tools: nursing record; integrated medical record; protocols and guidelines. Consistent with the adopted conceptual model, apply the steps of the nursing care process. Nursing plans for some clinical pictures of Internal Medicine: diabetes mellitus; liver cirrhosis; arterial hypertension; pneumonia. Nursing interventions in some care situations: indications on the reasons and principles of the different diets; nursing assistance to the person undergoing paracentesis and thoracentesis; aspiration of secretions of the first airways; treatment of pressure injuries. Drug supply; drug storage. Organization of the therapeutic moment and mode of administration of drug therapy by: enteral, percutaneous, transmucosa, inhalation and parenteral (intradermal, subcutaneous - including hypodermoclysis-, intramuscular, intravenous), ocular, auricular, nasal. Supply, storage, administration, registration of drugs. Administration of oxygen therapy. Introduction and management of CVP; administration of infusion therapy.
NURSING IN PEDIATRICS - - Nursing in pediatric age: educational, preventive and rehabilitative aspects. Nursing assistance to the newborn and the child with pain. Nursing assistance to the physiological newborn (neonatal jaundice). Nursing care of the newborn/child with: a. alteration of body temperature (fever, febrile convulsions); b. alteration of the respiratory system (dyspnea); c. alterations of the oral cavity and gastrointestinal tract

(gastroenteritis; management of infectious isolations); d. alteration of the urogenital apparatus (urinary tract infections). Nursing care for the child with diabetes mellitus. Nursing care for the child with metabolic disease. Nursing care to the child with hematological pathology. Nursing care for children undergoing surgery (general). Nursing procedures: heel puncture in the newborn; venipuncture, collection of urine and stool sample in the newborn and in the child; umbilical cord dressing in the newborn

INTERNAL MEDICINE 1 - Anemias: classifications. Pneumology: bronchiectasis, bronchiolites, pneumonia. Hepatology: classification of chronic hepatopathies, hepatic steatosis, hepatitis, autoimmune hepatitis, cirrhosis, complications of cirrhosis. Nephrology: hints of renal physiopathology, approach to the nephrotic patient, acute and chronic renal failure, hints of renal replacement therapy, glomerular pathologies and the main renal syndromes. Cardiovascular system: hints of cardiac physiopathology, heart failure, ischemic heart disease, main arrhythmic pathologies, arterial hypertension, hypotension. Endocrine system: main pathologies of the pituitary gland, hypothyroidism and hyperthyroidism, diabetes mellitus, geriatric multidimensional assessment and major geriatric syndromes.

PEDIATRICS - The child, a growing being. Physiological and pathological growth: the physiological newborn; the main characteristics of the growth of the child in terms of weight, height and cranial circumference; how to measure the height and cranial circumference; what they are and how to use the percentile tables; main causes of short stature: importance of medical history (family causes) and objective examination (harmonic/disharmonious dwarfism); the main causes of low stature (GH deficiency and hypothyroidism). The healthy newborn baby. Psychomotor development: what are the main stages of the motor, relational and linguistic development of the child (when he begins to walk, to talk...) and when you have to suspect a delay. Feeding: breastfeeding and artificial feeding; what are adapted milks and special milks; how to calculate the daily ration of milk for a child in the first months of life; weaning: what is meant by weaning and what is its rationale; diet after the first year of life: the importance of food education for a balanced diet and to prevent childhood obesity. The child with fever: what is meant by fever; what news is useful to collect for the correct assessment of a feverish child; the main antipyretic drugs: dosage and mode of administration of paracetamol; clinical peculiarities and main diagnostic hypotheses in front of a feverish infant; urinary tract infections, meningitis, pneumonia; what are febrile seizures, how they manifest themselves; hints of therapy. The child with dyspnea: what is meant by dyspnea and how it differs inspiratory dyspnea from expiratory; main causes of inspiratory dyspnea: epiglottitis and laryngitis (1); main causes of expiratory dyspnea: asthma and bronchiolitis (2); (1) and (2): the main pathogens, when to suspect them, how to make the diagnosis; hints of therapy. The child with gastroenteric disorders: the child with vomiting: what you need to know about the child, what parameters should be evaluated; the main causes of vomiting (according to age); hints on: hypertrophic stenosis of the pylorus, gastroesophageal reflux, "acetone". The child with diarrhea: what is meant by diarrhea; difference between acute and chronic diarrhea; main causes of acute diarrhea: enteritis; how to evaluate possible dehydration; main causes of chronic diarrhea: celiac disease; IPLV; the main pathogens, when to suspect them, how to make the diagnosis; hints of therapy. The child with exanthematic disease: the main childhood rashes: measles, scarlet fever, rubella, fifth and sixth diseases, chickenpox (incubation times and contagiousness, main clinical features); whooping cough and mumps (incubation times and contagiousness, main clinical features). The child "urgent". The child with head trauma: what to assess in a child with head trauma; what are the possible findings. The child undergoing surgery (general). The child with poisoning: what you need to know from the mother; what are the main clinical manifestations; hints of therapy. The child with diabetes mellitus: main clinical and laboratory features of childhood diabetes; hints of therapy. The child with malformations: what is meant by malformation, malformation syndrome, chromosomal abnormalities and gene abnormalities; Down syndrome. The child with metabolic disease. The main metabolic diseases: urea cycle defects, organic acidosis, amino acids, glycogenesis, beta-oxidation defects, mucopolysaccharidosis. Main elements of pathogenesis, management of metabolic imbalance and nutrition. The child with hematological problems. The child with anemia: main features of anemias of the child; the child with hemorrhagic diathesis; the child with leukemia.

GYNECOLOGY AND OBSTETRICS -Fundamental anatomy and physiology of the genital apparatus. 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 childbirth. Blood loss in the first trimester of pregnancy: the threat of abortion and miscarriage, ectopic pregnancy. Blood loss in the second trimester of pregnancy: placenta previa, the untimely detachment of placenta normoinserta. Pregnancy complicated by pathologies: preterm birth. Gestational hypertension and preeclampsia. Emergencies and obstetric urgencies: clinical and organizational elements. Caesarean section: clinical elements and social aspects. The pathology of secondamento and 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 Preparatory examinations: Foundations of Nursing and Obstetric Sciences; Clinical Methodology in Nursing Sciences; Biomedical Sciences 1; Human Physiology. Teaching methods Lectures in presence except different indications Rectors.

Prerequisites

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

Teaching form

Teaching methods present on Syllabus of the Course - complete with METHODOLOGY Clinical Inf.1
The lessons are carried out mainly in the delivery mode (frontal lesson) integrating some lessons with individual and/or group exercises, teaching videos, and narrative contributions; multidisciplinary lessons are provided.
All activities are carried out in presence. The lessons of MODULES of PEDIATRICS - INTERNAL MEDICINE and OBSTETRICS and GYNECOLOGY are held with the use of Teledidactics for remote locations.

Textbook and teaching resource

NURSING IN INTERNAL MEDICINE
• 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. (2024) Brunner - Suddarth Infermieristica medico-chirurgica, Vol. 1-2., VI ed., Milano: Casa Editrice Ambrosiana;
• Saiani L, Brugnoli A. (2021) Trattato di scienze infermieristiche, III edizione, Napoli: casa editrice Idelson-Gnocchi;
• Craven R.F., Hirnle C., Henshaw C.M. (2023) Principi fondamentali dell'assistenza infermieristica, settima edizione, Milano: Casa Editrice Ambrosiana;
• Manuale del Fascicolo di Ricovero 3a edizione rev.01 2021 Regione Lombardia: https://www.regione.lombardia.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-ox7rWWa consultato 25 giugno 2025
• Manuale della documentazione sanitaria e sociosanitaria: https://www.regione.lombardia.it/wps/wcm/connect/a454bca8-5c65-45f6-a546-5318c599855d/MDS+%20Reg+Lombardia_1febbraio2013.pdf?MOD=AJPERES&CACHEID=a454bca8-5c65-45f6-a546-5318c599855d consultato 25 giugno 2025
• ESC/ESHGuidelines for themanagement of arterial hypertension: https://siia.it/wp-content/uploads/2024/05/2023_esh_guidelines_for_the_management_of_arterial.2.pdf consultato 25 giugno 2025
• Linee guida cura del diabete tipo 1: https://www.iss.it/documents/20126/8331678/LG_196_La+terapia+del+diabete+di+tipo+1_Ed+2024.pdf/77254c7b-e232-1f47-ee38-06c82c446d1a?t=1706525953577 consultato 25 giugno 2025
• Linee guida cura del diabete tipo 2: https://www.iss.it/documents/20126/8331678/LG_379_diabete_tipo2_ed2022.pdf/9193e1fd-5d16-6baa-6513-ac385467ec64?t=1678807753948 consultato 25 giugno 2025

- Linee Guida pratiche sulla prevenzione e gestione del piede diabetico https://aemmedi.it/wp-content/uploads/2023/01/IWGDF_GL_Piede_2019_ld.pdf consultato 25 giugno 2025

• RACCOMANDAZIONI GAVeCeLT 2024 PER LA INDICAZIONE, L'IMPIANTO E LA GESTIONE DEI DISPOSITIVI PER ACCESSO VENOSO: https://gavecelt.it/nuovo/sites/default/files/uploads/raccomandazioni-gavecelt-2024.pdf consultato 25 giugno 2025

- Prevenzione e Trattamento delle Ulcere/Lesioni da Pressione: Guida Rapida di Riferimento 2019: https://aislec.it/prevenzione-e-trattamento-delle-ulcere-lesioni-da-pressione-guida-rapida-di-riferimento-2019/ consultato 25 giugno 2025

• Manuale della documentazione del percorso di terapia farmacologica: https://www.regione.lombardia.it/wps/wcm/connect/1178c197-b6d5-48e7-b0bc-800893ea1c4f/Manuale_documentazione_farmacologica_2018.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-1178c197-b6d5-48e7-b0bc-800893ea1c4f-ox7rXYl consultato 25 giugno 2025

PEDIATRIC NURSING
• 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: McGrawHill;
• 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.

INTERNAL MEDICINE 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.

PEDIATRICS
• 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.

GYNECOLOGY AND OBSTETRICS
• Child T.,Impey L. (2018) Manuale di ginecologia e ostetricia, Milano: Edra.

Semester

First semester

Assessment method

The exam takes place in written mode with mandatory oral.
Written mode: closed response test Allocated time: 50 minutes
Oral modality: interview on the topics included in the teaching modules and on the exam texts.
The results of the Academic Year will be communicated through the "Exam Exam Calendar"; changes will be possible to the date of the oral interview in relation to the number of students and unforeseen events.
There are no ongoing tests.

Office hours

By appointment

Sustainable Development Goals

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