UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Complementary Care and The Nurse

2526-2-I0101D145

Aims

The elective course "Complementary Care and the Nurse" aims to provide students with a comprehensive and up-to-date overview of complementary care, exploring its potential and implications for nursing practice. The aim is to stimulate professional interest in these methodologies and to provide the tools for a conscious and responsible approach to them.
The specific objectives, formulated according to the Dublin Descriptors, are as follows:

1. Knowledge and understanding:
   Understand the role of complementary care in nursing practice and know its framework.
2. Application of knowledge:
   Identify complementary approaches relevant to the profession and integrate them into patient care in a safe and conscious manner.
3. Autonomy of judgement:
   Critically evaluate the effectiveness, limitations and risks of complementary therapies, distinguishing between valid and non-evidence supported practices.
4. Communication skills:
   Dialogue with patients and colleagues about complementary therapies in a clear, ethical and collaborative manner.
5. Learning skills:
   Cultivate continuous and critical learning on the subject, constantly updating one's skills.

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