Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**BODY TEMPERATURE MEASUREMENT IN THE ARMPIT AREA**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Warned the patient before carrying out the measurement. Got consent.
 |  |  | **\_** | **+** | **+** |  |
| 1. Performed hand hygiene treatment.
 |  |  | **\_** |  | **+** |  |
| 1. Asked the patient to adopt a comfortable position.
 |  |  | **\_** |  | **+** |  |
| 1. Asked the patient to dry his armpit area with a tissue, dropped the tissue in class B waste.
 |  |  | **\_** | **+** | **+** |  |
| 1. Check that the level of the mercury column is below the 35 °C mark.
 |  |  | **\_** |  | **+** |  |
| 1. Placed a medical thermometer in the middle of the armpit with a mercury reservoir for 7-10 minutes. The patient should press his hand to his chest.
 |  |  | **\_** | **х** | **+** |  |
| 1. Removed the thermometer from the armpit, after the time has elapsed, noted the value of body temperature, informed the patient.
 |  |  | **\_** | **+** | **+** |  |
| 1. Shook off the thermometer, to the value of the mercury column below 35 ° C.
 |  |  | **-** |  | **+** |  |
| 1. Put the thermometer in a disinfection container.
 |  |  | **-** |  | **+** |  |
| 1. Carried out hygienic treatment of hands.
 |  |  | **\_** |  | **+** |  |
| 1. Registered the temperature value in the temperature sheet у.ф. № 004/у.
 |  |  | **\_** |  | **+** |  |

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**PRACTICAL SKILL**

**APPLYING A WARMING COMPRESS**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Warned the patient about the procedure.Got consent.
 |  |  | **\_** | **+** | **+** |  |
| 1. Prepared the equipment.
 |  |  | **-** | **+** | **+** |  |
| 1. Carried out hygienic treatment of hands, put on gloves.
 |  |  | **\_** | **+** | **+** |  |
| 1. I asked the patient to take a comfortable position, free up the necessary area of skin for setting a compress, examined it.
 |  |  | **\_** | **+** | **+** |  |
| 1. Prepared a napkin, larger for the size of the area on which the compress is to be applied by 3 cm, 6-8 layers. Soaked the napkin in a half-alcohol solution.
 |  |  | **\_** | **+** | **+** |  |
| 1. Placed the napkin tightly on the prepared skin area. Lay a compress paper 2-3 cm larger than the size of the tissue around the perimeter on top of the tissue. Place a layer of cotton wool on top of the compress paper, 2-3 cm larger than the size of the compress paper around the perimeter.
 |  |  | **\_** | **х** | **+** |  |
| 1. Fixed the compress with a bandage so that it does not squeeze the tissues and does not cause tightness when moving.
 |  |  | **\_** | **х** | **+** |  |
| 1. I checked the compress after two hours. I changed the compress if the napkin soaked in a semi-alcoholic solution dried up.
 |  |  | **\_** | **+** | **+** |  |
| 1. Left the compress for 4-6 hours. Removed gloves, dumped them into a container for collecting class "B" waste. I treated my hands.
 |  |  | **-** | **+** | **+** |  |
| 1. Carried out hygienic treatment of hands, put on gloves, took off the compress, dumped it into a container for collecting waste of class "B".
 |  |  | **\_** | **+** | **+** |  |
| 1. Treated the skin with a napkin soaked in water, drained, if necessary, applied a dry warm bandage.
 |  |  | **-** | **+** | **+** |  |
| 1. Removed gloves, dumped them into a container for collecting class "B" waste. Carried out hygienic treatment of hands.
 |  |  | **\_** | **+** | **+** |  |

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**PRACTICAL SKILL**

**USING A HEATING PAD**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Parameter** | Assessment of the correctness of the performance |
| **+** | **+/-** | **-** |
| 1. Informed the patient about the upcoming manipulation and the progress of its implementation. | + |  | \_ |
| 2. I have prepared the necessary equipment:- hot water bottle;- hot water (50 0C);- towel;- water thermometer. | + |  | \_ |
| 3. Treated hands hygienically | + |  | \_ |
| 4. Put the patient in a comfortable position and expose the desired area of the body. | + |  | - |
| 5. Filled the heating pad with hot water (up to 500°C) to 2/3 of its volume. | + | **+/-** | - |
| 6. I forced the air out of the heating pad, squeezing it with the hands towards the neck. | + | **+/-** | - |
| 7. Tightly closed the heating pad with a stopper. | + | **+/-** | - |
| 8. I turned the hot water bottle upside down and made sure it was tight. | + | **+/-** | - |
| 9. I wrapped the heating pad with a towel and applied it to the appropriate area of the body. | + | **+/-** | - |
| 10. Covered the patient with a blanket (the air temperature under the blanket should be 28--300С). | + | **+/-** | - |
| 11. I checked the patient's feelings and the degree of hyperemia after 5 min. | + |  | - |
| 12. At the end of the procedure, I poured water out of the hot water bottle. | + |  | - |
| 13. Treated hands hygienically | + |  | - |

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**PRACTICAL SKILL**

**SETTING UP A CLEANSING ENEMA**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Explained to the patient the purpose and progress of the procedure, received consent if the patient is contactable.
 |  |  | **-** | **+** | **+** |  |
| 1. Conducted hygienic treatment of hands, put on a mask, apron, gloves.
 |  |  | **-** | **+** | **+** |  |
| 1. I closed the valve and poured 1.5 liters of water into the Esmarch mug, having previously measured its temperature using a water thermometer. I hung the mug on a tripod, at the level of one meter from the floor.
 |  |  | **-** | **+** | **+** |  |
| 1. Put the absorbent diaper on the couch so that it hung down into the pelvis, asked the patient to take the correct position, expose the buttocks.
 |  |  | **-** | **+** | **+** |  |
| 1. Opened the package with a disposable enema tip, and attached it to the system without violating sterility.
 |  |  | **-** |  | **+** |  |
| 1. Opened the valve and drained some water through the tip, displacing air, closed the valve. Doused the tip with vaseline oil.
 |  |  | **-** | **+** | **+** |  |
| 1. Parted the buttocks and inserted the tip into the rectum: first towards the navel by 3-4 cm, and then parallel to the spine by 6-8 cm.
 |  |  | **-** |  | **+** |  |
| 1. Opened the valve and introduced the required amount of liquid, leaving some water at the bottom, closed the valve.
 |  |  | **-** | **х** | **+** |  |
| 1. Removed the tip from the rectum through a napkin or toilet paper.
 |  |  | **-** |  | **+** |  |
| 1. Asked the patient to lie on his back for 10 minutes, holding water in the intestines, then empty the intestines into the toilet or urinal.
 |  |  | **-** | **х** | **+** |  |
| 1. I dropped the enema tip into a Class B waste container.
 |  |  | **-** |  | **+** |  |
| 1. Processed Esmarch's mug according to the instructions of the disinfectant, processed the couch.
 |  |  | **-** | **+** | **+** |  |
| 1. Took off the apron, disinfected it, removed the gloves and mask and placed them in a Class B waste container.
 |  |  | **-** | **+** | **+** |  |
| 1. Performed hand hygiene treatment.
 |  |  | **-** |  | **+** |  |
| 1. After defecation of the patient, made sure that the procedure was carried out successfully.
 |  |  | **-** |  | **+** |  |

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**CATHETERIZATION OF THE URINARY BLADDER OF WOMEN**

**PRACTICAL SKILL**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Warned the patient about the manipulation. Received consent to conduct the procedure.
 |  |  | **-** | **+** | **+** |  |
| 1. Provided isolation of the patient.
 |  |  | **-** |  | **+** |  |
| 1. Carried out hygienic treatment of hands, put on a mask, gloves.
 |  |  | **-** | **+** | **+** |  |
| 1. Asked the patient to lie on her back with her legs bent at the knees and apart, helping her if necessary. Put an absorbent diaper under the patient's buttocks and put the urinal
 |  |  | **-** | **+** | **+** |  |
| 1. Prepared the equipment for intimate washing the patient.
 |  |  | **-** |  | **+** |  |
| 1. I took a container with a solution for washing in my left hand and a forceps with napkins in my right hand and washed the patient with movements from top to bottom, sequentially from the pubis to the anus, changing napkins.
 |  |  | **-** | **+** | **+** |  |
| 1. Dried the skin in the same sequence.
 |  |  | **-** |  | **+** |  |
| 1. I dropped the napkins into a Class B waste container and korntsang in a container for disinfection.
 |  |  | **-** |  | **+** |  |
| 1. Took off the gloves, placed them in a container for collecting waste of class "B". Carried out hygienic treatment of hands. I put on sterile gloves.
 |  |  | **-** | **+** | **+** |  |
| 1. Prepared equipment for catheterization: a sterile tray, 2 sterile tweezers, sterile gauze wipes, sterile vaseline oil, an aqueous antiseptic solution.
 |  |  | **-** | **+** | **+** |  |
| 1. Spent the toilet of the genitals
 |  |  |
| - parted the labia with his left hand, with the help of tweezers I took gauze napkins moistened with a water-based antiseptic solution, and treated the opening of the urethra with a downward movement between the labia minora, using at least two napkins. |  |  | **-** | **+** | **+** |  |
| 1. Changed the gauze napkin. I applied a gauze cloth soaked in a water-based antiseptic solution to the opening of the urethra. I dropped the napkin and the korntsang into the tray for the used material.
 |  |  | **-** | **+** | **+** |  |
| 1. Changed the tweezers. I took the beak of a soft catheter with tweezers at a distance of 4-6 cm from its end. I circled the outer end of the catheter over the hand and clamped it between the 4 and 5 fingers of the right hand. Poured the end of the catheter with sterile vaseline oil over the tray.
 |  |  | **-** | **х** | **+** |  |
| 1. I parted the labia with the left hand, and with the right hand inserted the catheter with tweezers by 4-6 cm, until urine appeared. The remaining end of the catheter was lowered into a container for collecting urine. The tweezers were placed in the waste tray.
 |  |  | **-** | **х** | **+** |  |
| 1. After the cessation of urination, the catheter was removed, while pressing on the anterior abdominal wall above the pubis with the left hand.
 |  |  | **-** | **+** | **+** |  |
| 1. The catheter was placed in a container for collecting class "B" waste. Trays and tweezers immersed in containers for disinfection. The disposable diaper was placed in a Class B waste container.
 |  |  | **-** | **+** | **+** |  |
| 1. I took off the gloves, mask, placed in a container for collecting class "B" waste. Performed hand hygiene.
 |  |  | **-** | **+** | **+** |  |

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**PRACTICAL SKILL**

**BLOOD PRESSURE MEASUREMENT**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Warned the patient about the procedure. Got consent.
 |  |  | **\_** | **+** | **+** |  |
| 1. Prepared the tonometer for operation. Chose the right cuff size.
 |  |  | **\_** | **+** | **+** |  |
| 1. Carried out hygienic treatment of hands.
 |  |  | **\_** |  | **+** |  |
| 1. Asked the patient to take a comfortable position.
 |  |  | **\_** |  | **+** |  |
| 1. Put on the cuff correctly.
 |  |  | **\_** |  | **+** |  |
| 1. Inserted the phonendoscope into the ears and with one hand placed the membrane of the phonendoscope on the area of the elbow bend.
 |  |  | **\_** | **+** | **+** |  |
| 1. Pumped air into the cuff until the pulsation on the radial artery disappeared plus 20-30 mmHg.
 |  |  | **\_** |  | **+** |  |
| 1. Released air from the cuff, gradually opening the valve.
 |  |  | **\_** |  | **+** |  |
| 1. Noted the value of systolic pressure.
 |  |  | **\_** |  | **+** |  |
| 1. Noted the value of diastolic pressure.
 |  |  | **\_** |  | **+** |  |
| 1. Released all the air from the cuff and announced that he would repeat the procedure in 1 - 2 minutes.
 |  |  | **\_** | **+** | **+** |  |
| 1. Informed the patient\ mother of the child of the measurement result.
 |  |  | **\_** |  | **+** |  |
| 1. Put on gloves, disinfected the phonendoscope membrane and cuffs, dropped the napkin into a waste collection container of class "B".
 |  |  | **\_** | **+** | **+** |  |
| 1. Took off his gloves, dumped them into a waste collection container of class "B".
 |  |  | **\_** | **+** | **+** |  |
| Carried out hygienic treatment of hands. I entered the results in the medical record. |  |  | **\_** | **+** | **+** |  |

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**PRACTICAL SKILL**

**PULSE EXAMINATION**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Warned the patient before the measurement. I got the consent.
 |  |  | **\_** | **+** | **+** |  |
| 1. Conducted hygienic treatment of hands.
 |  |  | **\_** |  | **+** |  |
| 1. He asked the patient to take a comfortable position, sitting, the hand and forearm should not be “on weight”, the baby is in the arms of the mother.
 |  |  | **\_** |  | **+** |  |
| 1. Pressed the radial arteries on both hands of the patient with 2, 3, 4 fingers, felt a pulsation, the pulse of an infant is felt on the carotid artery or temporal artery.
 |  |  | **\_** | **+** | **+** |  |
| 1. Determined the symmetry of the pulse. If the pulse is symmetrical, further examination can be carried out on one hand.
 |  |  | **\_** |  | **+** |  |
| 1. Took a watch or a stopwatch.
 |  |  | **\_** |  | **+** |  |
| 1. Using a watch or a stopwatch, I determined the pulse rate – the number of pulse waves per 1 minute on the radial artery.
 |  |  | **\_** | **х** | **+** |  |
| 8. Informed the patient of the results of the study. |  |  | **\_** |  | **+** |  |
| 9. Carried out hygienic treatment of hands. |  |  | **\_** |  | **+** |  |
| 10. Entered the result in the medical record. |  |  | **\_** |  | **+** |  |

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**PRACTICAL SKILL**

**NTING THE NUMBER OF BREATHING MOVEMENTS**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Warned the patient before the measurement. Got consent.
 |  |  | **\_** | **+** | **+** |  |
| 1. Conducted hygienic treatment of hands.
 |  |  | **\_** |  | **+** |  |
| 1. Asked the patient to take a comfortable position and not talk.
 |  |  | **\_** |  | **+** |  |
| 1. Took a watch or a stopwatch.
 |  |  | **\_** |  | **+** |  |
| 1. Put the fingers of the right hand on the area of the wrist joint of the patient, simulating the calculation of the pulse rate.
 |  |  | **\_** |  | **+** |  |
| 1. Calculated the frequency of respiratory movements of the chest per minute, observing the excursion of the chest in women or the abdominal wall in men.
 |  |  | **\_** | **х** | **+** |  |
| 1. Informed the patient of the results of the "pulse" study.
 |  |  | **\_** |  | **+** |  |
| 8. Carried out hygienic treatment of hands. |  |  | **\_** |  | **+** |  |
| 9. Entered the result in the medical record. |  |  | **\_** | **+** | **+** |  |

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**PRACTICAL SKILL**

**SETTING MUSTARD PLASTERS**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **PARAMETER** | Assessment of the correctness of the performance |
| **+** | **+/-** | **-** |
| 1. Informed the patient about the upcoming manipulation and the progress of its implementation. Received consent | + |  |  |
| 2. I have prepared the necessary equipment:- mustard plasters tested for suitability;- kidney-shaped tray;- water thermometer;- water 40 - 45 0C;- napkin;- towel. | + | **+/-** | х |
| 3. Carried out hygienic treatment of hands. | + |  | - |
| 4. I took the required number of mustard plasters. | + |  | - |
| 5. I poured water into a kidney-shaped tray (temperature 40 - 450C). | + |  | х |
| 6. Lay the patient in a comfortable position and expose the desired area of the body. | + |  |  |
| 7. Submerged the mustard plaster in water for 5 seconds with mustard up. | + | **+/-** | - |
| 8. I took the mustard plaster out of the water, shook it slightly. | + | **+/-** | - |
| 9. I applied the mustard plaster tightly to the skin, avoiding the thyroid area, birthmarks, and mammary glands in women. | + | **+/-** | - |
| 10. He covered the patient with a towel and a blanket on top. | + | **+/-** | - |
| 11. I left the mustard plasters for 5 - 15 minutes, taking into account the individual sensitivity of the patient to mustard. | + | **+/-** | - |
| 12. I checked the patient's feelings and the degree of hyperemia after 5 minutes. | + | **+/-** | - |
| 13. Took off the mustard plasters., treated the skin with a dry cloth | + |  | - |
| 14 I covered the patient with a blanket and left him in bed for at least 30 minutes. | + |  | - |
| 15. I took off his gloves, dumped them into a container for collecting class "B" waste. Carried out hygienic treatment of hands. | + |  | - |

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**USING THE ICE PACK**

**PRACTICAL SKILL**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Clarify the patient's understanding of the purpose and progress of the upcoming procedure and get his consent. |  |  | **-** | **+** | **+** |  |
| 2. Wash the hands |  |  | **-** |  | **+** |  |
| 3. Fill the ice bubble with small pieces of ice, fill them with cold water (14 - 16 ° C). |  |  | **-** | **Х** | **+** |  |
| 4. Place the bubble on a horizontal surface and screw on the lid. |  |  | **-** | **+** | **+** |  |
| 5. Wrap the bubble in a towel (diaper). |  |  | **-** | **+** | **+** |  |
| 6. Put it on the desired area of the body for 20 minutes |  |  | **-** | **+** | **+** |  |
| 7. You can keep the bubble for a long time, but take a break for 10-15 minutes every 20 minutes. As the ice melts, the water can be drained and ice pieces added. |  |  | **-** | **+** | **+** |  |
| 8.. Remove the ice bubble, pour out the water and remove the remaining ice |  |  | **-** | **+** | **+** |  |
| 9. To create peace and a comfortable position for the patient |  |  | **-** | **+** | **+** |  |
| 10. Wash your hands and put on gloves. |  |  | **-** | **+** | **+** |  |
| 11. Treat the ice bubble with a rag soaked in a disinfecting 1% chloramine solution twice with an interval of 15 minutes. |  |  | **-** | **+** | **+** |  |
| 12. Wash with water, dry and store in a specially designated place. |  |  | **-** | **+** | **+** |  |
| 13. Remove gloves, immerse in a disinfectant solution. |  |  | **-** | **+** | **+** |  |
| 14. Wash your hands |  |  | **-** | **+** | **+** |  |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**TREATMENT ALGORITHM FOR BEDSORES OF GRADES 1-11**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | Assessment of the correctness of the performance |
| **+** | **+/-** | **-** |
| 1. Established a trusting relationship with the patient, explained the purpose and course of the procedure, and received consent to the procedure. | + |  | - |
| 2. I sanitized my hands, put on a mask and gloves. | + |  | - |
| 3. I prepared the necessary equipment (tray, tweezers, cotton balls or sterile wipes, 10% camphor alcohol, petroleum jelly oil, brilliant green, etc.) | + |  | - |
| 4. Screen off the patient. | + |  | - |
| **Performing the procedure** |  |  |  |
| 5. Gently turned the patient on his side and examined the skin in places of possible formation of pressure sores (nape, shoulder blades, elbows, sacrum, heels, etc.). | + |  |  Х |
| 6. Treated the skin with a soft cloth soaked in warm water with neutral soap or a means for dry skin treatment. | + | **+/-** |  Х |
| 7. In the presence of stage 1 bedsores, the skin was treated with 10% camphor alcohol without effort. | + | **+/-** | - |
| 8. Thoroughly dried the skin, massaged the places where bedsores are formed more often, smeared the skin with sterile vaseline oil. | + | **+/-** | - |
| 9. I removed the crumbs from the sheet, straightened the sheet from the folds. | + | **+/-** | - |
| 10. Gently turned the patient to the other side and on the other side treated the skin with napkins soaked in warm camphor or ethyl alcohol. | + | **+/-** |  - |
| 11. I straightened the sheets so that there were no folds | + | **+/-** | - |
| 12. I placed an inflatable rubber circle embedded in a pillowcase, so that the sacrum was above its hole. | + |  | - |
| 13. If stage 2 bedsores are present, treat the skin with tweezers and a ball soaked in 5% potassium permanganate or brilliant green solution. | + | **+/-** | - |
| 14. I applied a protective cream to the skin around the bedsore. | + | **+/-** | - |
| 15. I put rubber circles under the patient's elbows and heels. | + | **+/-** | - |
| **Completion of the procedure** | + |  | - |
| 16. Removed the screen. | + |  | - |
| 17. The used equipment was loaded into suitable containers for disinfection, followed by disposal of the disposable items as class B waste and treatment of the reusable items in accordance with the requirements of the hygiene regime. | + |  | - |
| 18. Loaded gloves, mask, into appropriate containers for disinfection and subsequent disposal in Class B waste. | + |  | - |
| 19. I treated my hands at a hygienic level, made a record of the procedure performed. | + |  | - |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**INSTILLING DROPS IN THE EYES**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Wash and dry your hands, put on gloves.
 |  |  | **+** | **+** | **-** |  |
| 1. Check whether the name of the drops corresponds to the doctor's prescription.
 |  |  | **+** | **х** | **-** |  |
| 1. Collect the required number of drops from the bottle (2-3 for each eye).
 |  |  | **+** | **+** | **-** |  |
| 1. Sit or lay the patient, tilt his head back and ask him to look up.
 |  |  | **+** | **+** | **-** |  |
| 1. Pull back the lower eyelid and, without touching the eyelashes with a pipette, drip drops into the conjunctival fold of one and then the other eye.
2. Blot the remains with a gauze napkin
 |  |  | **+** | **+** | **-** |  |
| 1. Immerse the used pipette in the disinfectant solution.
 |  |  | **+** | **+** | **-** |  |
| 1. Take off gloves, wash and dry your hands.
 |  |  | **+** | **+** | **-** |  |
| 1. Make a record of the administration of the drug and the patient's reaction to the procedure
 |  |  | **+** | **+** | **-** |  |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**INSTILLING DROPS IN THE EARS**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Wash and dry your hands, put on gloves.
 |  |  | **+** | **+** | **-** |  |
| 1. Lay or seat the patient, tilting his head to the side opposite to the ear into which the drops will be instilled.
 |  |  | **+** | **+** | **-** |  |
| 1. If there is a discharge from the ear, clean the ear canal with cotton flagella.
 |  |  | **+** | **+** | **-** |  |
| 1. Collect drops into a pipette and drop one drop on the back surface of your wrist joint (check the temperature of the drops).
 |  |  | **+** | **х** | **-** |  |
| 1. Pull the patient's auricle back and up and drip drops into the ear canal.
 |  |  | **+** | **+** | **-** |  |
| 1. Suggest that the patient stay in a position with his head tilted for 15-20 minutes (so that the injected medicinal substance does not leak out).
 |  |  | **+** | **+** | **-** |  |
| 1. Put the pipette in the waste material tray.
 |  |  | **+** | **+** | **-** |  |
| 1. Put a cotton swab in the ear for 10-15 minutes.
 |  |  | **+** | **+** | **-** |  |
| 1. Take off gloves, wash and dry your hands
 |  |  | **+** | **+** | **-** |  |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**PROVISION OF PRE-MEDICAL CARE IN CASE OF FAINTING**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Group \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Order of execution** | **Assessment of the correctness of the performance** |
| **+** | **+/-** | **-** |
| 1. I called a doctor.
 | **+** | **+** | **-** |
| 1. Gave a horizontal position with a raised leg end (to ensure blood flow to the head).
 | **+** | **Х** | **-** |
| 1. Freed from embarrassing clothes
 | **+** | **+** | **-** |
| 1. Provided fresh air access
 | **+** | **+** | **-** |
| 1. Rubbed the temples and chest of the patient.
 | **+** | **+** | **-** |
| 1. Sprinkled on the face with cold water
 | **+** | **+** | **-** |
| 1. I brought cotton wool soaked in ammonia to his nose (to activate the respiratory center)
 | **+** | **Х** | **-** |
| 1. I was convinced of the effectiveness of actions (**Efficiency assessment**:The patient regains consciousness, normal skin color, normalization of pulse and blood pressure, adequately answers questions)
 | **+** | **+** | **-** |
| Total |  |  |  |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**PROVIDING PRE-MEDICAL CARE FOR HEART PAIN**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Порядок выполнения** | **Assessment of the correctness of the performance** |
| **+** | **+** | **-** |
| 1. I called a doctor.
 | **+** | **+** | **-** |
| 1. Calmed the patient
 | **+** | **+** | **-** |
| 1. Gave the patient an elevated position
 | **+** | **+** | **-** |
| 1. Freed from embarrassing clothes
 | **+** | **+** | **-** |
| 1. Provided fresh air access
 | **+** | **+** | **-** |
| 1. Measured the pulse, blood pressure.
 | **+** | **+** | **-** |
| 1. Under the tongue I gave a tablet of nitroglycerin or validol
 | **+** | **Х** | **-** |
| 1. I was convinced of the effectiveness of actions (**Evaluation of the effectiveness of actions:** pain is relieved after 1-3 minutes; hospitalization of the patient if necessary).
 | **+** | **+** | **-** |
| Total |  |  |  |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**PROVISION OF PRE-MEDICAL CARE FOR HYPERTENSIVE CRISIS**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Call the doctor on duty or the attending physician.
 |  |  | **\_** | **+** | **+** |  |
| 1. Lay the patient on the surface with a raised head end, unfasten the tight clothing (collar, belt), turn the patient's head to one side when vomiting.
 |  |  | **-** | **+** | **+** |  |
| 1. Provide physical and mental peace — calm the patient, ask other patients to leave the ward.
 |  |  | **\_** | **+** | **+** |  |
| 1. Provide fresh air or oxygen supply.
 |  |  | **\_** | **+** | **+** |  |
| 1. Give under the tongue captopril (kapoten) in a dose of 12.5-25 mg (1/2-1 tablet) or nifedipine (corinfar, cordaflex) in a dose of 10-20 mg.
 |  |  | **\_** | **х** | **+** |  |
| 1. In case of pain in the heart area, give nitroglycerin under the tongue, in case of intolerance — validol.
 |  |  | **\_** | **+** | **+** |  |
| 1. Monitor blood pressure, pulse, respiratory rate every 2-5 minutes.
 |  |  | **\_** | **+** | **+** |  |
| 1. Convinced of the effectiveness of actions; hospitalization of the patient as necessary.
 |  |  | **\_** | **+** | **+** |  |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**PROVISION OF FIRST AID IN CASE OF AN ATTACK OF SUFFOCATION**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Call the doctor on duty or the attending physician.
 |  |  | **\_** | **+** | **+** |  |
| Give the patient an elevated position by placing a pillow under his back or lifting the upper part of the functional bed |  |  | **-** | **+** | **+** |  |
| 1. Provide physical and mental peace — calm the patient, ask other patients to leave the ward.
 |  |  | **\_** | **+** | **+** |  |
| 1. Provide fresh air,free from squeezing clothes
 |  |  | **\_** | **+** | **+** |  |
| 1. Use a pocket inhaler
 |  |  | **\_** | **х** | **+** |  |
| 1. Convinced of the effectiveness of actions; hospitalization of the patient as necessary.
 |  |  | **\_** | **+** | **+** |  |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**INHALATOR INTRODUCTION OF DRUGS**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- |
| **Parameter**1. Inform the patient about the use of the inhaler2. Check the name and expiration date of the medicinal substance3. Treat your hands in a hygienic way, put on gloves4. Demonstrate to the patient the performance of the procedure using an inhalation canister without medicinal substances.5 Seat the patient6 Remove the protective cap from the mouthpiece of the can7 Turn the spray can upside down8. Shake the can9. Take a deep breath10. Take the mouthpiece of the can in the mouth, tightly wrap the lips around it11. Take a deep breath through the mouth and press the bottom of the can at the same time12. Hold your breath for 5-10 seconds13. Remove the mouthpiece from the mouth14. Make a calm exhalation16. Invite the patient to perform the procedure independently with an inhaler filled with a medicinal substance17. Close the inhaler with a protective cap18. Treat your hands in a hygienic way | **Assessment of the correctness of the performance** |
| **+** | **+/-** | **-** |
| **+** |  | **Х** |
| **+** |  | **-** |
| **+** | **+/-** | **-** |
| **+** |  | **-** |
| **+** |  | **-** |
| **+** | **+/-** | **Х** |
| **+** | **+/-** | **-** |
| **+** | **+/-** | **-** |
| **+** | **+/-** | **-** |
| **+** | **+/-** | **-** |
| **+** | **+/-** | **-** |
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| **+** | **+/-** | **-** |
| **+** | **+/-** | **-** |
| **+** |  | **-** |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**PROVISION OF PRE-MEDICAL CARE FOR GASTROINTESTINAL BLEEDING**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Call the doctor on duty or the attending physician.
 |  |  | **\_** | **+** | **+** |  |
| Give the patient a horizontal position with raised legs by 10-15 degrees |  |  | **-** | **+** | **+** |  |
| 1. Provide physical and mental peace — calm the patient, ask other patients to leave the ward.
 |  |  | **\_** | **+** | **+** |  |
| 1. Put an ice bubble on the stomach
 |  |  | **\_** | **Х** | **+** |  |
| 1. Monitor the patient's blood pressure and pulse before the doctor arrives
 |  |  | **\_** | **х** | **+** |  |
| 1. Convinced of the effectiveness of actions; hospitalization of the patient as necessary.
 |  |  | **\_** | **+** | **+** |  |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**DETERMINATION OF DAILY DIURESIS**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Establish a trusting relationship with the patient, evaluate his ability to independently perform the procedure. Make sure that the patient will be able to carry out fluid accounting.
 |  |  | **+** | **+** | **-** |
| 1. Explain the purpose and progress of the study and obtain the patient's consent to the procedure.
 |  |  | **+** | **+** | **-** |
| 1. Explain to the patient the need to comply with the usual water-food and motor regime.
 |  |  | **+** | **+** | **-** |
| 1. Make sure that the patient did not take diuretics for 3 days before the study.
 |  |  | **+** | **+** | **-** |
| 1. Give detailed information about the order of entries in the water balance sheet; make sure of the ability to fill out the sheet.
 |  |  | **+** | **+** | **-** |
| 1. Explain the approximate percentage of water in food to facilitate the accounting of the water balance.
 |  |  | **+** | **+** | **-** |
| 1. Prepare a container for collecting urine
 |  |  | **+** | **+** | **-** |
| 1. Explain that at 06.00 it is necessary to drain urine into the toilet.
 |  |  | **+** | **+** | **-** |
| 9.Collect urine after each urination in a graduated container,measure diuresis. |  |  | **+** | **+** | **Х** |
| 10. Record the amount of liquid released in the accounting sheet. |  |  | **+** | **+** | **-** |
| 11. Record the amount of liquid consumed in the accounting sheet. |  |  | **+** | **+** | **-** |
| 12. Explain that it is necessary to indicate the time of intake or administration of fluid, as well as the time of fluid release in the water balance sheet during the day, until 06.00 the next day. |  |  | **+** | **+** | **-** |
| 13. At 06.00 the next day, hand over the registration sheet to the nurse. |  |  | **+** | **+** | **-** |
| 14. Determine to the nurse how much fluid should be excreted in the urine (normally). |  |  | **+** | **+** | **-** |
| 15. Compare the amount of liquid released with the amount of calculated fluid (normal). |  |  | **+** | **+** | **-** |
| 16. Consider the water balance negative if less liquid is released than calculated (normally). |  |  | **+** | **+** | **-** |
| 17. Consider the water balance positive if more liquid is released than calculated. |  |  | **+** | **+** | **-** |
| 18. Make entries in the water balance sheet. |  |  | **+** | **+** | **-** |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**PREPARATION OF THE PATIENT FOR PASSING A GENERAL URINE TEST, URINE ANALYSIS ACCORDING TO NECHIPORENKO**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Группа\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
|

|  |  |
| --- | --- |
| 1. The day before, explain to the patient / family member the purpose and necessity of the upcoming study and get his consent for the study | Обеспечение права пациента на информацию, осознанное участие пациента в исследовании  |
| 2. Explain to the patient / family member the progress of the upcoming preparation for the collection of urine for the study | Обеспечение достоверности результата исследования  |
| 3. On an outpatient basis - explain to the patient where to get a specialized plastic container. In stationary conditions - to give the patient laboratory utensils |    |
| 4. Properly issue an order for research |    |
| 5. Instructing the patient: - to teach the patient the technique of hygienic procedure (intimate washing);6. Explain to the patient that he should be on the usual water-food regime;7. To teach the patient the technique of collecting urine: at 8 o'clock in the morning, after washing, start urinating into the toilet, then in the middle of urination, collect an "average portion" of a 50-100 ml urine stream into a bottle, then complete urination into the toilet; | Условия для качественной подготовки пациента к исследованию  |
| 8. In stationary conditions, leave the container in the sanitary room in a special box; in outpatient conditions, give an explanation of where and at what time to bring the container with urine with the order for research | Убедиться в правильности понятой информации  |
| 1. Timely (before 9 a.m.) deliver the collected material to the clinical laboratory

10. Paste the results obtained from the laboratory into the medical history (outpatient card) | Ошибочные результаты затруднят диагностику и лечение  |
|  | Условие своевременного исследования  |
|  |  |

 |  |  | **-** | + | **+** |  |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | Х | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
|  |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**PREPARATION OF PATIENTS FOR PASSING A URINE TEST ACCORDING TO ZIMNITSKY**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Explain to the patient that drinking, food and motor modes should remain the same.
2. It is necessary to collect urine for a day, for every 3 hours.
3. The doctor cancels diuretics the day before the study.
4. Give the patient 8 numbered specialized plastic container indicating the time and the 9th - spare. At 6 o'clock in the morning, the patient urinates in the toilet.
5. Then, for every 3 hours, the patient urinates in the appropriate container until 6 a.m. the next day, the morning portion is included in the study.
6. The received containers must be tightly closed with lids with
7. labels pasted on which are written:Patient's full name; department number; ward number; time interval (6-9; 9-12; 12-15; 15-18; 18-21; 21-24; 24-3;3-6).
8. Ensure that urine is delivered to the laboratory.
9. Treat the used gloves, funnel, diurezer, urinal in a disinfectant solution, then soak in it - for at least 60 minutes
 |  |  | **-** | + | **+** |  |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**MANUAL FOR MEASURING THE PATIENT'S BODY WEIGHT**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. We warn the patient about the upcoming procedure, explain the purpose and conditions of preparation for weighing.
2. We release the shutter of the scales, set the weights in the zero position and balance the rocker.
3. Close the shutter.
4. Cover the weighing pad with a prepared disposable napkin.
5. We suggest that the patient carefully stand in the center of the site on a napkin, without shoes.
6. We ask the patient about his estimated weight.
7. We move the kilogram weight to the value that the patient reported.
8. Open the shutter of the scales. We move the weights until the balance of the balance arm is established.
9. Close the shutter.
10. We ask the patient to step off the weighing platform with caution.
11. We take the readings of the scales, record the result in the accounting documentation.
12. We offer the patient to get dressed and go to the ward.

13. We remove the napkin from the weighing platform into Class A waste. |  |  | **-** | + | **+** |  |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | + | **+** |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**A MANUAL FOR MEASURING THE PATIENT'S GROWTH**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Introduce yourself to the patient, explain the course and purpose of the procedure. Make sure that the patient has informed consent for the upcoming procedure.
2. Place a disposable napkin on the height meter pad (under the patient's feet).
3. Raise the bar of the height meter above the estimated height of the patient.
4. Place the patient with his back to the height meter bar so that the heels, buttocks, interscapular space and the back of the head touch the bar.
5. Place the patient's head without a headdress relative to the bar so that the outer corner of the eye and the upper edge of the ear create a horizontal line
6. Lower the horizontal tablet until it touches the parietal part.
7. At the bottom edge of the horizontal planchette, read the result in cm.
8. Register the result in the temperature sheet.

9. We remove the napkin from the site into Class A waste. |  |  | **-** | + | **+** |
| **-** | + | **+** |
| **-** | Х | **+** |
| **-** | + | **+** |
| **-** | Х | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| - | + | **+** |
| **\_** | + | **+** |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**MANUAL FOR PREPARING A PATIENT FOR FIBROGASTRODUODENOSCOPY**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Establish a trusting relationship with the patient, explain the purpose and course of the procedure, get consent to conduct.
2. A few days before the study, it is recommended to give up such foods as nuts, chocolate, alcohol, seeds, as well as any spicy food.
3. The day before the fibrogastroduodenoscopy, the patient can have dinner only with easily digestible food no later than 18:00 pm.
4. In the morning before the examination, the patient should not smoke and brush his teeth, and it is also necessary to exclude food, water and medications.
5. It is necessary to take a towel or disposable napkins with you in order to eliminate the discomfort associated with salivation.
6. Before the procedure, the patient should inform the doctor about the existing chronic diseases, as well as about the presence of allergies to medications.
7. Within two hours after the examination, the patient is not allowed to eat.
 |  | **-** | + | **+** |  |
| **-** | + | **+** |
| **-** | + | **+** |
| **-** | Х | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **\_** | + | **+** |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**MANUAL FOR PREPARING A PATIENT FOR ULTRASOUND EXAMINATION OF ABDOMINAL ORGANS**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Establish a trusting relationship with the patient; explain the purpose and course of the procedure, get consent to conduct.
2. Inform the patient that vegetables, fruits, sweet dishes, peas, beans, black bread, milk should be excluded from the diet 3 days before the study.
3. For 6-8 hours before the study, give up eating, drinking water, and smoking.
4. He must have a diaper, a towel and a referral (or a medical card) with him.
5. In the morning before the examination, the patient should exclude the intake of food, water and medications.
6. Take the patient to the ultrasound room.
7. Attach the ultrasound results to the medical record.
 |  |  | **-** | + | **+** |  |
| **-** | + | **+** |
| **-** | Х | **+** |
| **-** |  | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **\_** | + | **+** |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**MANUAL FOR PREPARING A PATIENT FOR AN X-RAY EXAMINATION OF THE STOMACH AND DUODENUM**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1.Establish a trusting relationship with the patient; explain the purpose and course of the procedure, get consent to conduct.2. To obtain objective data within 3 days before the procedure, it is recommended to follow a diet to inform the patient that products that cause flatulence (legumes, black bread, fatty, fried, smoked dishes, fruits, vegetables) should be excluded. Preference is given to low-fat boiled meat (chicken, beef), low-fat fish, stale white bread, porridge on water, eggs.3. In case of constipation on the eve of the examination, it is necessary to do a cleansing enema.4. To warn the patient that the study is performed on an empty stomach, before that it is impossible to eat and drink for 8-10 hours.5. If the patient has an obstruction of the pyloric department, then before an X-ray with barium, the stomach is washed with a probe.6. Immediately before the procedure, it is necessary to remove any jewelry, remove removable dentures.7. He must have a diaper, a towel and a referral (or a medical card) with him8. Before the procedure, the patient must inform the doctor about the existing chronic diseases, as well as about the presence of allergies to medications.9. Warn the patient to come to the X-ray room in the morning, at the time appointed by the doctor with a referral |  |  | **-** | + | **+** |  |
| **-** | + | **+** |
| **-** |  | **+** |
| **-** | Х | **+** |
| **-** | + | **+** |
| **-** | + | **+** |
| **\_** | + | **+** |
| **\_** | + | **+** |
| **\_** |  | **+** |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**MANUAL FOR PREPARING A PATIENT FOR ULTRASOUND EXAMINATION OF ABDOMINAL ORGANS**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Purpose:** to provide high-quality preparation of the patient for the study.
**Indications:** diseases of the abdominal cavity and kidneys.
**Prepare:** medications prescribed by a doctor, a towel, a sheet.

**Ultrasound examination is performed by a doctor, a nurse**

**prepares the patient.**

|  |  |
| --- | --- |
| **Parameterы** | **Assessment of the correctness of the performance** |
|  | **+** | **+/-** | **-** |
| 1. Explain to the patient the purpose and progress of the study and get his consent. | + | +/- | - |
| 2. Warn about the consequences of violating the rules of preparation. | + | +/- | - |
| 3*.*Warn the patient that the study is carried out on an empty stomach. | + | +/- | - |
| 4. Explain to the patient that 2-3 days before the study, he should exclude from the diet gas-forming products (vegetables, fruits, dairy products, and black bread, legumes, and fruit juices), tablet laxatives. | + | +/- | - |
| 5. On the eve of the study, the patient takes medications to eliminate flatulence as prescribed by a doctor. | + | +/- | - |
| 6. 8-12 hours before the study, the patient should stop eating. |  | Х |  |
| 7. Give a cleansing enema the night before the test. | + | +/- | - |
| 8. Do not smoke before the study. | + | +/- | - |
| 9. At the ultrasound, the patient takes a towel and a sheet with him. | + | +/- | - |
| 10. Accompany the patient to the ultrasound room with a medical history. | + | +/- | - |
| 11. After the examination, take the patient to the ward.With ultrasound of the pelvic organs (bladder, prostate, uterus, appendages):- preparation is carried out as with ultrasound of the abdominal cavity;- warn the patient that 2-3 hours before the study it is necessary to drink 1.5 liters of liquid (boiled water);- ask the patient not to urinate before the examination (full bladder). | + | +/- | - |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**VASCULAR CATHETER CARE: CHANGING THE BANDAGE**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1.Established a trusting relationship with the patient, explain the purpose and course of the procedure, received consent to the procedure. |  |  | **-** | + | **+** |  |
| 2.Carried out hygienic treatment of hands, put on gloves. |  |  | **-** | + | **+** |  |
| 3. Put on a mask and gloves. Prepare the necessary equipment4.Shield the patient with a screen. |  |  | **-** | + | **+** |  |
| 5.Give the patient a comfortable lying position on his back. |  |  | **-** | + | **+** |  |
| 6. Free the catheter installation site from clothing. |  |  | **-** | + | **+** |  |
| 7. Remove the bandage and put it in Class B waste. |  |  | **-** | + | **+** |  |
| 8.Gloves should be treated with an antiseptic. |  |  | **-** | + | **+** |  |
| 9. Put a sterile diaper on the skin around the catheter. |  |  | **-** | + | **+** |  |
| 10. Examine and palpate the area around the catheter.**Note:** if there are signs of inflammation, call a doctor |  |  |  | Х |  |  |
| 11. Make sure the catheter is secured. |  |  | **-** | + | **+** |  |
| 1. Treat the skin around the catheter with a skin antiseptic: a cotton-gauze ball with tweezers from the periphery to the center.
 |  |  | **-** | + | **+** |  |
| 1. Apply a sterile bandage and fix it with a bactericidal patch.
 |  |  | **-** | + | **+** |  |
| 1. Remove gloves and place in class B waste.
 |  |  | **-** | + | **+** |  |
| 1. Treat your hands in a hygienic way
 |  |  | **-** | + | **+** |  |
| 1. Removed the screen.
 |  |  | **-** | + | **+** |  |
| 1. Disposable cotton-gauze balls were dumped into Class B waste. The tweezers and tray were loaded into special containers for disinfection.
 |  |  | **-** | + | **+** |  |
| 18. Made a record of the procedure performed |  |  | **-** |  | **+** |  |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**Gastric lavage**

**PRACTICAL SKILL**

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ***Check-card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **Parameter Performance assessment**

1. Establish a trusting relationship with the patient, inform him about the course of the upcoming procedure and obtain consent;

2. Put an apron on the patient;

3. Carry out hygienic treatment of hands;

4. Assemble a system for gastric lavage;

5. Put on an apron, mask and gloves;

6. Seat the patient;

7. Measure the distance on the probe (from the incisors to the navel);

8. Stand to the right of the patient, a bucket of clean water is to your right, put the basin in front of the patient;

9. Ask the patient to breathe deeply, take the probe in the right hand; moisten the blind end of the probe with water;

10. Put the probe on the root of the tongue and at the moment of inhalation ask the patient to make a swallowing movement, while slowly pushing the probe into the esophagus and stomach to the mark;

11. Attach a funnel to the probe and lower it to the level of the patient's knees, tilt it towards yourself and pour 1L of water;

12. Raise the funnel;

13. When the water is at the mouth of the funnel, lower the funnel and drain the washing water into the basin;

14. Repeat the steps until clean washing waters appear;

15. Disconnect the funnel and remove the probe with a cloth.

16. Rinse them with running water and immerse them in a disinfectant solution for 30 minutes, then boil them in distilled water for 30 minutes;

|  |  |  |
| --- | --- | --- |
| - | ± | + |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
|  | Х |  |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
|  | Х |  |
| **-** | **+** | **+** |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**Instilling drops in the nose**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Explained to the patient the purpose and progress of the procedure and received his consent.
 |  |  | **-** | **+** | **+** |  |
| 1. Carried out hygienic treatment of hands, put on gloves.
2. I prepared everything I needed: a medicinal substance, a tray, gauze balls, turunds..
 |  |  | **-** | **+** | **+** |  |
| **-** | **+** | **+** |
| 4) Checked the name and expiration date of the drug, gave the patient information about the drug and its side effects.5) In the presence of discharge from the nose, cleared the nasal passages with turundas6) I tilted the patient's head in the direction opposite to the nasal passage into which the drops would be instilled7) I took the gauze balls in the right hand,pressing them to the palm with the little finger.8) I took the pipette in the right hand, typed the drug.9) Lifted the tip of the patient's nose with the thumb of the left hand.10) I dropped 4-5 drops on the nasal septum mucosa.11) Pressed the wing of the nose against the septum with a gauze ball.12) Tilted the patient's head in that direction,where the drug is injected.13) I dripped the drug in the same sequence after 1-2 minutes into another nasal passage.14) Used trays, tweezers, placed in appropriate containers for disinfection. Cotton turunds were dumped into a container for collecting waste of class "B". |  |  |  | **Х** |  |  |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
| **-** | **+** | **+** |
| 15) He took off his gloves, dumped them into a container for collectingclass "B" waste. Carried out hygienic treatment of hands16) Made a record of the procedure performed |  | **-** | **+** | **+** |  |
| **-** | **+** | **+** |
|  |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**VASCULAR CATHETER CARE: FLUSHING THE VASCULAR CATHETER**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Established a trusting relationship with the patient, explain the purpose and course of the procedure, received consent to the procedure. |  |  | **-** | + | **+** |  |
| 2. Carried out hygienic treatment of hands, put on gloves. |  |  | **-** | + | **+** |  |
| 3. Put on a mask and gloves. Prepare the necessary equipment |  |  | **-** | + | **+** |  |
| 4. Give the patient a comfortable lying position on his back. |  |  | **-** | + | **+** |  |
| 5. Free the catheter installation site from clothing. |  |  | **-** | + | **+** |  |
| 6. Fill the syringe with a volume of 5 cm 3 5.0 ml of saline solution or 2 ml of heparinized solution. |  |  | **-** | + | **+** |  |
| 7. Ask the patient to take a breath, hold his breath. |  |  | **-** | + | **+** |  |
| 8. Remove the plug and put it on a sterile napkin in a sterile tray |  |  | **-** | + | **+** |  |
| 9. Connect the syringe to the catheter (the patient can breathe) and inject the solution.**Note:** before introducing the solution, make sure that the catheter is in the vessel: pull the plunger easily towards yourself (blood has appeared), enter the contents of the syringe. If it is difficult to pass the solution when pressing the piston, arrange a doctor's call. |  |  | **-** | + | **+** |  |
| 10. Treat the plug and the end of the catheter with a skin antiseptic, ask the patient to inhale and exhale, hold his breath and close the catheter with a plug. The patient can breathe. |  |  | **-** | + | **+** |  |
| 11. Make sure the catheter is secured. |  |  | **-** | + | **+** |  |
| 12. Remove gloves and dispose of Class B waste. |  |  | **-** | + | **+** |  |
| 13. Treat your hands in a hygienic way |  |  | **-** | + | **+** |  |
| 14. Removed the screen. |  |  | **-** | + | **+** |  |
| 15. Deliver the used material to the treatment room for further disinfection and disposal. |  |  | **-** | + | **+** |  |
| 16. Made a record of the procedure performed |  |  | **-** |  | **+** |  |

Professor V. F. Voino-Yasenetsky Krasnoyarsk State Medical University at the Russian Federation Ministry of Health

**PRACTICAL SKILL**

**PREPARATION OF PATIENTS FOR SPUTUM DELIVERY FOR GENERAL ANALYSIS, BACTERIOLOGICAL EXAMINATION**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Introduced myself to the patient, explained the goals and progress of the upcoming study, and got consent.
 |  |  | **-** | **+** | **+** |  |
| 1. Gave a referral for the study, filling it out according to the form (indicated the name of the health facility, district number, full name of the patient, age, address, code of the disease, type of analysis, laboratory, date).
 |  |  | **-** | ± | **+** |  |
| 1. In the morning on the day of the study, provide a sterile glass jar with a wide neck with a lid.

**Performing manipulation (training)** |  |  | **-** | **±** | **+** |  |
| 1. Brush your teeth thoroughly the night before.
 |  |  | **-** | **±** | **+** |  |
| 1. In the morning after sleeping, rinse your mouth thoroughly with boiled water.
 |  |  | **-** | **±** | **+** |  |
| 1. Collect the morning portion of sputum.
 |  |  | **-** | **±** | **+** |  |
| 1. Cough, open the lid of a sterile jar without touching its inner surface and spit out sputum without touching the edges of the jar.
 |  |  | **-** | **±** | **+** |  |
| 1. Close the lid immediately.
 |  |  | **-** | **±** | **+** |  |
| 1. Ask the patient to repeat all the information, ask questions about the technique of preparation and collection of sputum.
 |  |  | **-** | **Х** | **+** |  |
| 1. Tell the patient what consequences will result from violating the nurse's recommendations.
 |  |  | **-** | **±** | **+** |  |
| 1. Inform the place and time of delivery of the collected material.
 |  |  | **-** | **±** | **+** |  |

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**PRACTICAL SKILL**

**PARTICIPATION IN THE DISTRIBUTION OF TABLETED MEDICINES FOR ENTERAL USE**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. Washed the hands in a hygienic way. I have read the appointment sheets carefully. I carefully read the name of the drug and the dosage on the package, checked the prescription sheet. I paid attention to the expiration date of the drug.
 |  |  | **-** | **+** | **+** |  |
| 1. Laid out the prescribed medicines in cells, on a mobile table for the layout of medicines, for each patient for one appointment. (Do not leave medicines on the bedside tables of the patient with the exception of nitroglycerin or validol).
 |  |  | **-** | ± | **+** |  |
| 1. Informed the patient about the medications prescribed to him, about the rules of the admission and about possible side effects.
 |  |  | **-** | **±** | **+** |  |
| 1. Make sure that the patient takes the prescribed medications in your presence.
 |  |  | **-** | **Х** | **+** |  |
| 1. After the patient took the medicine, I noted the date and time, the name of the medicine, its dose and method of administration in the prescription sheet
 |  |  | **-** | **±** | **+** |  |
| 1. Returned to the post, disposed of the waste, and disinfected the equipment.
 |  |  | **-** | **±** | **+** |  |

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**PRACTICAL SKILL**

**ISSUING REFERRALS FOR VARIOUS TYPES OF LABORATORY TESTS**

Date *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Check – card***

Student’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Specialty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Course/Discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Parameter** | **Assessment of the correctness of the performance** |
| 1. In the referral form to the polyclinic laboratory, indicated.
 |  |  | **-** | **+** | **+** |  |
| 1. Name of laboratory (clinical, biochemical, bacteriological, etc.)
 |  |  | **-** | ± | **+** |  |
| 1. Patient's first name, surname and patronymic.
 |  |  | **-** | **±** | **+** |  |
| 1. Age.
 |  |  | **-** | **±** | **+** |  |
| 1. Medical history number.
 |  |  | **-** | **±** | **+** |  |
| 1. Name of department, room number, (for outpatients- home address).
 |  |  | **-** | **±** | **+** |  |
| 1. Material.
 |  |  | **-** | **+** | **+** |  |
| 1. The purpose of the study.
 |  |  | **-** | **±** | **+** |  |
| 1. Date; signature of the nurse making the referral
 |  |  | **-** | **±** | **+** |  |