

COURSE/GROUP OF COURSES SYLLABUS

General information:

Organizational unit:	Department of Nursing				
Field of Study:	Nursing				
Specialization:					
[PL] Nazwa zajęć/grupy zajęć:	Geriatrics i pielęgniarstwo geriatryczne				
Course / group of courses:	Geriatrics and Geriatric Nursing				
Mode of study:	full-time				
Catalog name:	WOZ-PL-I-24/25Z				
Name of the course block:					
Course/Group of courses code:	305229	Erasmus code:			
ECTS (credit) points:	6	Type of classes:		mandatory	
Year of study:	2	Semester:		3, 4	
Year	Semester	Mode of classes	Number of hours	Assessment type	ECTS (credit)
2	3	SS	25	Pass	0
		L	50	Graded pass	3
	4	ME	80 (including 8 h. in MMSC)	Graded pass	3
Total			155		6
Subject coordinator:	Aneta Grochowska, PhD, MSN, RN				
Lecture language:	semester: 3 - Polish, semester: 4 - Polish				

Explanations:

Type of classes: mandatory, elective

Form of class instruction: L - lecture, R - recitation classes, FL - foreign language course, DS - diploma seminar, PE - practical exercises, ME - specialized exercises (medical), CE - specialized exercises (clinical), LE - laboratory exercises, CL - computer lab, IT - information technology classes, P - project exercises, S - seminar classes, F - field classes, FE - specialized exercises (field), APE - specialized exercises (artistic/project), SE - specialized exercises (sports), PhE - specialized exercises (physiotherapeutic), LE - specialized exercises (laboratory), DW - diploma workshop, PP - professional practice, SS - self-study

Substantive data / content-related information

Prerequisites:			
Knowledge acquired during the first year: anatomy and physiology, pathology, basics of nursing, ethics, psychology, and sociology.			
Detailed Learning outcomes			
No.	Students who completes the course will know and understand	Effects code for the course	Examination methods
1	nursing care models for healthy, ill, disabled, and dying individuals	PL1_1.1.W06	self-assessment, test, written assignment
2	risk factors and health threats in patients of different ages	PL1_D.W01	self-assessment, test, written assignment
3	etiopathogenesis, clinical symptoms, course, treatment, prognosis, and principles of nursing care for patients with selected diseases	PL1_D.W02	self-assessment, test, written assignment

4	principles of diagnosing and planning care for patients in geriatric nursing	PL1_D.W03	observation, execution of tasks, self-assessment, test, written assignment
5	types of diagnostic tests and the principles of their ordering	PL1_D.W04	observation, execution of tasks, self-assessment, test, written assignment
6	principles of preparing patients of different ages and health conditions for diagnostic tests and procedures, as well as principles of care during and after these tests and procedures	PL1_D.W05	observation, execution of tasks, self-assessment, test, written assignment
7	properties of drug groups and their effects on the systems and organs of patients in various diseases depending on age and health status, including side effects, interactions with other medications, and routes of administration	PL1_D.W06	observation, execution of tasks, self-assessment, test, written assignment
8	nursing standards and procedures used in the care of patients of different ages and health conditions	PL1_D.W07	observation, execution of tasks, self-assessment, test, written assignment
9	patient reactions to illness, hospital admission, and hospitalization	PL1_D.W08	self-assessment, test, written assignment
10	the aging process in biological, psychological, social, and economic aspects	PL1_D.W09	self-assessment, test, written assignment
11	principles of organizing geriatric specialized care	PL1_D.W10	observation, execution of tasks, self-assessment, test, written assignment
12	etiopathogenesis of the most common diseases of old age	PL1_D.W11	self-assessment, test, written assignment
13	tools and scales for assessing support for older adults and their families, as well as principles for their activation	PL1_D.W12	observation, execution of tasks, self-assessment, test, written assignment
14	how to identify health problems and determine priorities in nursing care	PL1_1.2.U03	observation, execution of tasks, self-assessment, activity assessment, written assignment
15	how to independently organize, plan, and provide comprehensive and individualized nursing care for a sick, disabled, and dying person, utilizing the guidelines of current medical knowledge	PL1_1.2.U04	observation, execution of tasks, self-assessment, activity assessment, written assignment
16	how to collaborate with the patient's family or caregiver in achieving established nursing care goals and conducting educational activities	PL1_1.2.U07	observation, execution of tasks, self-assessment, activity assessment, written assignment
17	how to gather information, formulate a nursing diagnosis, establish goals and a nursing care plan, implement nursing interventions, and evaluate nursing care	PL1_D.U01	observation, execution of tasks, self-assessment, medical simulation, activity assessment, written assignment
18	how to provide counselling on self-care for patients of different ages and health conditions regarding developmental disorders, diseases, and addictions	PL1_D.U02	observation, execution of tasks, self-assessment, activity assessment, written assignment
19	how to conduct prevention of complications occurring in the course of diseases	PL1_D.U03	observation, execution of tasks, self-assessment, medical simulation, activity assessment, written assignment
20	how to select techniques and methods for wound care, including applying dressings	PL1_D.U06	observation, execution of tasks, self-assessment, activity assessment, written assignment
21	how to select methods and means of wound care based on their classification	PL1_D.U07	observation, execution of tasks, self-assessment, activity assessment, written assignment
22	how to prepare the patient physically and psychologically for diagnostic tests	PL1_D.U12	observation, execution of tasks, self-assessment, activity assessment, written assignment
23	how to document the patient's health status, the dynamics of its changes, and the nursing care provided, considering information technology tools for data collection	PL1_D.U15	observation, execution of tasks, self-assessment, medical simulation, activity assessment, written assignment

24	how to recognize complications of pharmacological, dietary, rehabilitative, and therapeutic-nursing treatment	PL1_D.U18	observation, execution of tasks, self-assessment, medical simulation, activity assessment, written assignment
25	how to conduct a therapeutic conversation	PL1_D.U20	observation, execution of tasks, self-assessment, medical simulation, activity assessment, written assignment
26	how to conduct bedside rehabilitation and activation using elements of occupational therapy	PL1_D.U21	observation, execution of tasks, self-assessment, activity assessment, written assignment
27	how to convey information to the members of the therapeutic team about the patient's health status	PL1_D.U22	observation, execution of tasks, self-assessment, medical simulation, activity assessment, written assignment
28	how to prepare and administer medications to patients by various routes, independently or on the physician's order	PL1_D.U26	observation, execution of tasks, self-assessment, medical simulation, activity assessment, written assignment
29	how to be guided by the patient's well-being, to respect the dignity and autonomy of those entrusted to care, to show understanding for worldview and cultural differences, and to exhibit empathy in the relationship with the patient and their family	PL1_1.3.K01	observation, execution of tasks, self-assessment, activity assessment
30	observance of patient rights	PL1_1.3.K02	observation, execution of tasks, self-assessment, activity assessment
31	how to independently and reliably perform the profession in accordance with ethical principles, including adherence to values and moral duties in patient care	PL1_1.3.K03	observation, execution of tasks, self-assessment, activity assessment
32	how to bear responsibility for the performance of professional duties	PL1_1.3.K04	observation, execution of tasks, self-assessment, activity assessment
33	how to anticipate and consider factors influencing one's own reactions and those of the patient	PL1_1.3.K06	observation, execution of tasks, self-assessment, activity assessment
34	how to recognize and identify one's own limitations in knowledge, skills, and social competencies, as well as to conduct a self-assessment of deficits and educational needs	PL1_1.3.K07	observation, execution of tasks, self-assessment, activity assessment

Methods used to achieve the intended learning outcomes (teaching methods)

problem-based methods, independent student work (self-directed learning), e-learning - methods and techniques for distance education, instructional methods, practical methods

Criteria for assessment and verification of learning outcomes

knowledge:

- assessment of the test (single and multiple-choice)
- observation of task performance (direct observation of the student while performing actions relevant to a specific professional task)
- assessment of written work (evaluation of self-directed learning in accordance with the conditions for passing, assessment of written assignments within specialized exercises according to the conditions for passing)
- self-assessment (evaluation of one's own skills or competencies conducted by the student)

skills:

- observation of task performance (direct observation of the student while performing actions relevant to a specific professional task)
- assessment of activity (evaluation of participation in classes)
- assessment of written work (evaluation of self-directed learning according to the conditions for passing, assessment of written assignments within specialized exercises according to the conditions for passing)
- self-assessment (evaluation of one's own skills or competencies conducted by the student)
- medical simulation (low and medium fidelity simulation)

social competencies:

- observation of task performance (direct observation of the student while performing actions relevant to a specific professional task)
- assessment of activity (evaluation of participation in classes)
- self-assessment (evaluation of one's own skills or competencies conducted by the student)

Conditions for passing

- Lectures for credit with a grade - after passing the final test in the form of a single-choice and multiple-choice test
- Self-directed learning - credit

Conditions for passing

1. Conditions for passing the lectures - obtaining a minimum of 60% of the maximum points from the single-choice test. A prerequisite for being allowed to take the final test is the completion of self-directed learning

2. Conditions for passing self-directed learning - selection of one of the provided forms and its timely preparation according to the guidelines of the instructor.

Forms to choose from:

a) participation in a scientific conference in the field of geriatrics/geriatric nursing confirmed by a certificate along with a written report of participation in the conference

b) listening to an online conference and summarizing a selected lecture; applicable up to 2 years back

c) summary of a scientific article in the field of geriatrics and geriatric nursing - articles published within the last 2 years will be considered (submission of a report and a photocopy of the article)

- specialized exercises - credit with a grade

The condition for a student to begin specialized exercises is the successful completion of lectures with a positive grade.

Conditions for passing specialized exercises include:

- passing seminar topics, passing classes in the medical simulation lab,

- completing patient and/or family health education,

- completing the nursing process over two days,

- achieving all learning outcomes with at least 60% of the maximum points,

- 100% attendance in classes - in the case of justified absence, practical classes must be completed at another time previously agreed upon with the instructor.

The grading scale for verifying learning outcomes is in accordance with the Study Regulations.

Treści programowe (opis skrócony) [PL]

The aging process in biological, psychological and socioeconomic aspects. Physiological and psychological characteristics of the elderly. Health and psychosocial problems of the elderly. Etiopathogenesis, course, treatment and prevention of diseases of old age - diabetes, heart disease, hypertension, atherosclerosis, dementia syndromes, Parkinson's syndrome, depression.

Content of the study programme (short version)

The aging process in terms of biological, psychological and socio-economic aspects. Physiological and psychological features of elderly people. Psychosocial and health problems of elderly people. Etiopathogenesis, course, treatment and prevention of diseases at the old age - diabetes, heart diseases, hypertension, atherosclerosis, dementias, Parkinson's syndrome, depression.

Content of the study programme

	Number of hours
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Semester: 3

Form of classes: lecture

1. Contemporary scientific views on the aging process.
2. Physiological differences in the elderly human body.
3. Biological processes of aging (theories, mechanisms, age-related changes in systems and organs).
4. Selected geriatric syndromes (etiopathogenesis, course, specifics of treatment and prevention of diseases in old age)
 - multimorbidity, polypharmacy, problems during treatment
 - cardiovascular diseases
 - respiratory diseases
 - gastrointestinal diseases
 - urogenital diseases
 - conditions limiting mobility
 - eye diseases
 - ENT diseases
 - the most common cancers in older adults
 - dementia syndromes
 - type II diabetes
 - late-life depression
 - principles of pharmacotherapy in geriatrics.
5. The aging process from a psychosocial and spiritual perspective; specifics of geriatric nursing.
6. Prevention of aging – the role of nurses in preparing individuals for old age.
7. Communication between nurses and elderly individuals – barriers and principles of effective communication.
8. Comprehensive geriatric assessment as a model for evaluating elderly patients; methods.
9. Major geriatric issues; specifics of problems arising from the physiology and pathology of aging.

50

<p>10. Nursing care for elderly individuals with:</p> <ul style="list-style-type: none"> - urinary and fecal incontinence, - unstable gait and falls, - immobility - prevention of complications, - vision impairment and blindness, - hearing impairment, - in dementia-depression syndromes. <p>11. Organization and systems of geriatric care in Poland – the role and responsibilities of nurses.</p>	50
Form of classes: self-directed learning	
<p>Forms of self-directed learning to choose from:</p> <p>a) participation in a scientific conference in the field of geriatrics confirmed by a certificate along with a written report of participation in the conference</p> <p>b) summary of a scientific article in the field of geriatrics - articles published within the last 2 years will be considered (submission of a report and a photocopy of the article)</p>	25
Semester: 4	
Form of classes: specialized (medical) exercises	
<p>Specialized exercises:</p> <ol style="list-style-type: none"> 1. Familiarization with the organization of the Social Welfare Home, the tasks of the staff, the role of the nurse, and establishing contact with residents and the therapeutic team. 2. Discussion on students' expectations in the educational process during practical classes/professional practice. 3. Identification of the functions, tasks, and skills of a geriatric nurse. 4. Verbal and non-verbal communication with elderly individuals, considering changes resulting from the aging process and pathophysiology. 5. Gathering data about the patient using available sources: interviews, observations, documentation analysis, and conducting a geriatric assessment using geriatric assessment scales. 6. Recognition of problems in elderly individuals arising from the physiology and pathology of aging and existing diseases. 7. Determining care priorities for elderly individuals; planning care for the patient based on known nursing models. 8. Assessment of the quality of nursing care - demonstrating outcomes. 9. Confrontation of educational goals outlined in the practical classes program with students' expectations. <p>Monoprofile Medical Simulation Centre (8 hours)</p> <ol style="list-style-type: none"> 1. Admission of the patient/client to the geriatric ward/social welfare home. 2. Assessment of pressure ulcer risk, evaluation of the degree of pressure ulcers in an immobilized person. Prevention of pressure ulcers in an immobilized person. 3. Conducting an interview with a person with memory disorders. 4. Monitoring medication intake by the patient in a home environment. 	80
Literature	
Patricia A. Williams Basic Geriatric Nursing Elsevier - Health Sciences Division, 2022	
Elizabeth Capezuti, Deanne Zwicker Evidence-Based Geriatric Nursing Protocols for Best Practice Springer Publishing Co Inc, 2020	

Qualitative data

Assignment of the course/group of the course to the scientific/artistic discipline	health sciences	
Method of determining the number of ECTS (credit) points		
Form of student effort (participation in classes, activity, preparation of reports, etc.)	Student workload [in hours]	
Participation in classes	155	
Consultations with the instructor	1	
Participation in the exam	0	
Direct contact with the teacher - other (field filled only in strictly defined, well-documented situations)	0	
Preparation for laboratory work, exercises, classes	10	
Preparation for quizzes and exams	5	
Individual student work with literature, lectures, etc.	8	
Other	1	
Total student workload	180	
Number of ECTS (credit) points		
Number of ECTS (credit) points	6	
Classes requiring direct participation of the academic teacher	Hours	ECTS (credit)
	156	5,2
Practical classes	Hours	ECTS (credit)
	80	2,7

1 hour = 45 minutes; 1 ECTS point = 25-30 hours.

In the section 'Number of ECTS (credit) points,' the total ECTS (credit) points for classes requiring direct participation of the academic teacher and those of a practical nature may differ from the total number of ECTS (credit) points for classes/groups of classes