

CLINICAL NURSING SCIENCES 2

Year/semester: III Year/II Semester

ECTS: 5

Course coordinator: Coldani Chiara

MODULE	SSD	ECTS	HOURS	BERGAMO PROFESSORS	COLLABORATORS
Clinical and Paediatric General Nursing Sciences	MED/45	4	60	Coldani Chiara Pavesi Carlotta	Emanuela Porta Simone Cosmai
Clinical Psychology	M-PSI/08	1	15	Delia Duccoli Baiardini Ilaria	

OBJECTIVES OF THE COURSE: By the end of the integrated course the student will be able to describe the care pathway of the frail person and/or the person with chronic illness, from identifying his/her needs to developing the care plan in the territorial network based on current regulations. He/she will identify the roles and functions of the involved team, describe the actual role and potential roles and will be able to recognise the characteristics of end of life care and to analyse the ethical dilemmas related to it.

TEACHING METHODS: lectures, exercises, group discussions

PREREQUISITES: none

ASSESSMENT METHOD: Written examination with 40 closed multiple-choice questions and 3 open questions for the "Clinical and Paediatric General Nursing Sciences" module and 10 closed multiple-choice questions for the "Clinical Psychology" module.

MODULE: GENERAL CLINICAL AND PAEDIATRIC NURSING MED/45

LEARNING OBJECTIVES: By the end of the course the student will be able to:

- Describe the care pathway of the frail elderly patient and assisted discharge, from the identification of needs to the planning of care in the territorial network
- Identify the roles and functions of the team involved in the continuity of care and in taking care of the person with frailty or chronicity, describing in particular the role of the family and community nurse and that of the case manager/care manager and distinguish the actual role and potential role with reference to the current regulations.
- Recognise the importance of the caregiver and plan the education and involvement of the caregiver.
- Carry out a multidimensional assessment of the person with frailty
- Define palliative care from a legislative and clinical perspective and the characteristics of nursing at the end of life
- Identify ethical dilemmas and analyse them according to predefined models.

SUGGESTED READING:

- Marcadelli, S., Obbia, P., & Prandi, C. (2018). *Assistenza domiciliare e cure primarie*. Casa Editrice Edra, Milano.
- Mislej, M., Paoletti, F., Massai, D., & don Mario Vatta. (2008). *L'infermiere di famiglia e di comunità: e il diritto di vivere a casa anche quando sembra impossibile*. Maggioli.
- Material provided by the professors

ADVANCED READING:

- Material provided by the professors

CONTENT

- **FRAGILITY**
 - Health determinants
 - Care of the frail elderly and assisted discharge
 - Care of the frail child and assisted discharge
 - Fragility assessment scales
- **CONTEXT ANALYSIS AND CONTINUITY OF CARE**
 - The integrated network of local health and social services
 - The local network for frailty, reference legislation and organisation
 - Home care
 - Residential care
 - Semi-residential care
- **MULTI-PROFESSIONAL TEAM**
 - The family and community nurse

- The actual role
 - The potential role
 - The nurse case manager/care manager
 - The general practitioner
 - The social worker
 - Educators
 - Other health professionals
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- **THE RECIPIENTS OF NURSING CARE**
 - Person, family and community
 - The role of the caregiver
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- **MULTIDIMENSIONAL ASSESSMENT OF THE FRAIL PERSON**
 - Assessment and care planning
 - Therapeutic patient education and education for their caregivers: the planning stages of intervention
 - Nursing at home
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- **PALLIATIVE AND END OF LIFE CARE**
 - Reference legislation (L. 38/2010 and L. 219/2017)
 - Organisation of palliative care
 - Hospice
 - UCPDOM home palliative care
 - Oncological and non-oncological palliative care
 - Terminal stage and end of life
 - Nursing
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- **ETHICS AND DEONTOLOGY IN NURSING PRACTICE**
 - Ethical principles and concepts of nursing
 - Models for analysing ethical dilemmas (Fry & Johnstone Model, Spinsanti Model)
 - Discussion of ethical cases
 - Role and functions of the ethics committee

MODULE: CLINICAL PSYCHOLOGY M-PSI/08

LEARNING OBJECTIVES:

The student should:

- Know and understand basic psychological functions, perception, attention, memory, language, that humans use to interact with the environment and to elaborate representations of the environment and him/herself
- Know emotional and motivational processes and recognise their influence on behaviour
- Understand the principles of critical thinking and the scientific method
- Recognise the main biases in the decision-making process
- Know how to observe and modify dysfunctional behaviour

SUGGESTED READING:

- M. Bassi, A. Delle Fave, *Psicologia generale per le professioni medico-sanitarie*, Utet, 2015
- Slides provided by professor
- Articles posted on the platform

ADVANCED READING:

- Indicated optional texts or supplementary readings

CONTENT

1. ASSERTIVENESS AND EMOTIONAL NEGOTIATION

- Differences between passive, aggressive and assertive behaviour
- Assertiveness in a multicultural context
- Negotiating with emotions

2. MOTIVATIONAL SYSTEMS

- Differences between different motivational systems
- Motivational systems and behaviour
- The concept of resilience

3. BEHAVIOURAL ANALYSIS AND MODIFICATION

- Main methodologies of behaviour analysis and modification: concepts and procedures with examples
- Behavioural change in the context of healthcare practice, focusing on the identification of antecedents and consequences
- Working in the medical context by applying scientific thinking and according to the principles of analysis and behaviour modification, giving practical examples

4. ACCEPTANCE, COMMITMENT AND ACTION

- Role of acceptance in serious illness
- Acceptance and commitment therapy (ACT)
- Cultural diversity and spirituality

5. **RECOGNISING AND MANAGING STRESS**

- Definition of stress
- Factors that increase and decrease stress
- Burn out and stress management