

INTERNATIONAL HIGHER SCHOOL OF MEDICINE

Department
of Introduction to therapy and family medicine

SYLLABUS

Nursing

2025-2026 academic year

for students of medical faculty

1 course 2 semester, groups

3 credits (90 h, including auditorial 54 h, independent work – 36 h)

**Practical
classes:**

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The Syllabus is considered

at the meeting of the department of

Introduction to therapy and family medicine

Protocol № 2 dated 10.09/2025

Head of the department  Kamchybekova A.A.

Course objective:

1. Formation at students systematic knowledge about main physiological patterns of functioning of healthy organism in different conditions.
2. To enter students into clinical practice, in atmosphere of mutual relations of medical staff and patients in clinical conditions.
3. Acquisition by students of primary communication skills with patients, primary skills of medical ethics and deontology.
4. Acquisition by students of primary examination skills of patients.
5. Acquisition by students of primary skills of medical manipulations at nursing level.
6. Primary acquaintance to the medical documentation.
7. Formation of clinical thinking skills at students.
8. Acquisition by students of knowledges and readiness to provide an organization for taking care of patients and for first aid.

After studying the discipline, the student must:

Knowledge:

- basic ethical and deontological principles of medical staff working
- list of medical devices, intended for solution of certain professional tasks
- goals and objectives, principles and methods of providing asepsis and antisepsis in professional activity
- rules of application and principles of treatment basic medical tools, required to use in professional career, rules and technic of patient caring
- principles of application and treatment of surgical and/ or complex diagnostic tools for implementation of professional tasks
- structure of preventive and anti-epidemic measures, methods of epidemic analysis
- main tasks, functions, technical and professional sources of medical workers at hospital.
- main legal documents and labor laws, determining professional activity of medical workers at hospital.
- main elements, principles and essence of rational organization of medical staff working at different departments of hospital

Skill:

- reveal the meaning of the basic ethical and deontological principles of medical staff working
- choose optimal medical devices for solution of certain professional tasks
- choose and use different methods of asepsis and antisepsis according to goals and objectives of professional activity
- demonstrate technic of application and treatment basic medical tools, providing an appropriate care of patient
- apply surgical and/ or complex diagnostic tools and control their treatment for implementation of professional tasks
- plan and organize preventive and anti-epidemic measures
- determine and evaluate specific professional functions of medical workers at hospital
- evaluate the effectiveness of labor organization of medical workers of functional department of hospital

Attitude:

- communication skills with patients and medical colleagues with compliance of ethical and deontological principles of working
- determine practical meaning of ethical and deontological principles of medical staff communication
- skills of determination of medical devices intention, areas of their application and algorithm of using in first aid
- skills of choice demonstration and application of different methods of asepsis and antisepsis according to goals and objectives of professional activity
- skills of using and treatment of basic medical tools, necessary for implementation of professional tasks, providing an appropriate care of patient
- skills of targeted use of surgical and/or diagnostic tools for implementation of professional tasks
- skills of providing healthcare and epidemiological works in some clinical cases
- skills of effective interaction with medical staff of functional department of hospital
- skill of analysis and rational organization of medical staff working at functional department of hospital

Pre-requisites.

- Anatomy
- Normal physiology
- Medical biology
- Biochemistry

Post-requisites.

- Propedtherapy
- Propedpdiatry
- General surgery
- Clinical training (nurse assistant)

THEMATIC PLAN OF PRACTICAL CLASSES

Unit	№	Theme of practical classes	Hours	Date
General statements of nursing. Infectious control.	1	History of nursing. The general principles of nursing	2	01.09-06.09
	2	The base control of distribution of an infection. Medical handwashing	2	01.09-06.09
	3	Asepsis and antisepsis.	2	08.09-13.09
	4	Disinfection. Techniques of sterilization.	2	15.09-20.09
	5	Principles of body mechanisms.	2	15.09-20.09
	6	Position of the patient in bed.	2	22.09-27.09
	7	Therapeutic positions	2	29.09-04.10
	8	Movement of the patient	2	29.09-04.10
	9	Unit №1	2	06.10-11.10
A prescription of medicines	10	Injections. Intradermal, subcutaneous, intramuscular injections.	2	13.10-18.10
	11	Intravenous injections. Intravenous infusions.	2	13.10-18.10
	12	A prescription of medicines.	2	20.10-25.10
	13	Local application of medical products.	2	27.10-01.11
	14	Care of urinary bladder.	2	27.10-01.11
	15	Care of intestines function. Enemas.	2	03.11-08.11
	16	Hygiene of patient.	2	10.11-15.11
	17	Hygiene of patient.	2	10.11-15.11
	18	Unit №2	2	17.11-22.11
The base skills of patient's care. First aid.	19	Feeding of adult patients. Types of feeding. Calculating of calories. Inserting a nasogastric tube.	2	24.11-29.11
	20	Catheterization of a bladder. Care of bladder catheter. Hygiene of perineal area.	2	24.11-29.11
	21	Primary treatment of wounds. Care of wounds. Bandages. Types and imposing methods.	2	01.12-06.12
	22	Vital signs. Control and values of vital signs.	2	08.12-13.12
	23	Blood pressure. Methods of measurement of blood pressure and pulse.	2	08.12-13.12
	24	First aid. Signs for determining of patient condition.	2	15.12-20.12
	25	First aid in different types of injuring of the body.	2	22.12-27.12
	26	Complex of resuscitation measures. Clinical and biological death.	2	22.12-27.12
	27	Unit №3	2	29.01-03.01
		Total	54	

THEMATIC PLAN OF INDEPENDENT WORK OF STUDENTS

Unit	Theme of independent work	Hours	Date
General statements of nursing	<ol style="list-style-type: none"> 1. Make the table: "General principles of nursing" 2. Draw schematically stages of handwashing. 3. Make the table types of microorganisms and their spreading. 4. Make the table for periods of infectious diseases. 5. Make the table for contamination of infectious agents. 6. Make the table for methods of sterilization. 7. Make the table for types of disinfection with description. 8. Draw schematically putting on sterile gloves. 9. Make an abstract for main principles of biomechanics of the body. 10. Make the table for types of position of the patient in bed. 11. Make the table for therapeutic positions (Fowler's position, dorsal, Sim's position, Trendelenburg's position, knee-elbow position) with their description. 12. Make an abstract for movement of patient in the bed. Turning of the patient in the bed. Movement of the patient in the bed by means of a bed-sheet. 	12	
A prescription of medicines	<ol style="list-style-type: none"> 1. Make the table for types of injections. 2. Make an abstract for general procedures at performance of injections. 3. Draw schematically angular relationships between syringe needle and skin of the patient depending on type of injection 4. Make an abstract for prescription of medicines, 6 rules of prescription of medicine. 5. Make the table for prescription of medicines through a mouth. 6. Make the table- scheme for local application of medical products. 7. Make an abstract for caring of a bladder and bowel 	12	
The base skills of patient's care. First aid	<ol style="list-style-type: none"> 1. Make an abstract for feeding of adult patients. The factors affecting food intake. Psychosocial problems, physiological problems. 2. Draw the scheme of inserting a nasogastric tube. 3. Make an abstract for catheterization of a bladder. Indications, contraindications. Preparation, equipment. 4. Make an abstract for caring of a bladder catheter. Control of infection. Measuring of diuresis. 5. Enemas. Types (cleansing, oil, cooling, medicinal), indications, technic, equipment. 6. Make an abstract for caring of wounds. Technic of wound cleaning. Drainage, bandaging material. 7. Make an abstract for bandages. Types and imposing methods. 8. Make scheme for types of bandages (circular, spiral, in the form of figure 8, with returnable folds). 9. Make the summarizing tables for vital signs, temperature, pulse, oxygenation, breathing, heartbeat. 10. Make an abstract for first aid. 11. Make the scheme for first aid by protocol ABC. Artificial respiration. External chest compressions. 	12	
	Total	36	

Recommended reading for the discipline:

Basic:

1. Barbara Kozier, Glenora Erb, Andrey Berman "Fundamentals of Nursing. Concepts, process and practice" Seventh edition. 2006.
2. Helen Harkreader, Mary Ann Hogan "Fundamentals of Nursing. Caring and clinical judgment" Second edition. 2004.

3. Ruth F. Craven Constanse J. Hirnly "Fundamentals of nursing" 1996 Second edition
4. Raper N. "Nursing" 1996

Additional:

5. Чубаков Т.Ч., Фреске Е.Б., Халики В. «Основы сестринского дела в семейной медицине» 2011
6. Guide Malte of Blumroder "Practical pediatric" 1999.
7. First aid notes 2019.

Grading policy and procedures for all types of work

For the period of studying the discipline, the student gains points for the relevant parameters (per unit):

- a. current score (class activity, homework) - 40 points
- b. independent work - 20 points
- c. control score (final assessment of knowledge per unit) - 40 points

Maximum score - 100 (40+20+40)

Grading system for student's achievements

Criteria for assigning grades for a discipline

Maximum score	Intervals			
	«unsatisfactory»	«satisfactory»	«good»	«excellent»
Current control - 40	0-23	24-30	31-35	36-40
Interval description	Lack theory and practice. No communication skills.	Mastered some theory and practice. Average communication skills.	Mastered well but not completely theory and practice. Communications skills above average.	Mastered well theory and practice. Communication skills are developed.
Independent work - 20	0-11	12-15	16-17	18-20
Interval description	Nothing has been submitted. Or submitted but everything is incorrect.	The homework was submitted, but not completely and with mistakes.	Not all homework was submitted, or submitted but with mistakes.	All homework submitted without mistakes.
Control work (module) - 40	0-23	24-30	31-35	36-40
Interval description	Knows nothing, cannot demonstrate practical skills.	In theory student doesn't know many things. Practical skills – many mistakes.	Student answers the theory and practice, but gets confused.	Student answers the theory. Practical skills passed.

Conduct Policy: (lateness, absence, behavior in the auditorium, late submission of work).

- Punctuality and completion of tasks.
- Mandatory attendance of classes.
- Attending class in a clean medical uniform.
- Eliminating conversations on a cell phone in the classroom.
- Active participation in the learning process.
- Doing homework on time.
- Academic detention at the time specified by the teacher.

For violations of the Conduct Policy, the total points for discipline might be reduced to 1-10 points.

Academic Ethics Policy.

- Be tolerant, respect the opinions of others.
- Formulate objections in the correct form.
- Constructively support feedback in all classes.
- Plagiarism and other forms of dishonest work are unacceptable. Plagiarism includes the following: the absence of references when using printed and electronic materials, quotes, thoughts and works of other authors or students.
- Prompting and cheating during tests, exams, classes is unacceptable as well as passing an exam for another student, unauthorized copying of materials.

For violations of the Academic Ethics Policy, the total points for the discipline may be reduced to 1-10 points.

Guidelines for the lessons of the discipline

Key questions covered in lesson 1. History of nursing. The general principles of nursing.

1. The basic historical stages.
2. Ancient times. The Ancient Greece. Ancient Rome.
3. The Middle Ages. Revival.
4. Nursing in present period.
5. Nursing.
6. Concepts.
7. The nurse - a trade, roles.

Literature:

[1], p. 6-17, 41-45, 47-57

[2], p. 1-3, 8-10

[3], p. 1-7, 13-19

printing materials

Key questions covered in lesson 2. The base control of distribution of an infection. Medical handwashing.

1. Species of microorganisms and their distribution.
2. The periods of infectious diseases.
3. Precautionary measures of contact to blood and biological
4. Liquids of organism.
5. Usual washing of hands.
6. Use disinfectant means.
7. Surgical handwashing.

Literature:

[1], p. 667-672, 678-683, 1113-1145

[2], p. 452-457, 465-467

[3], p. 257-263

printing materials

Key questions covered in lesson 3. Asepsis and antisepsis.

1. Asepsis.
2. Antisepsis.
3. Control of contamination.

Literature:

[1], p. 523-543, 684-702

[2], p. 475-488

[3], p. 149-158

printing materials

Key questions covered in lesson 4. Disinfection. Techniques of sterilization.

1. Disinfection (chemical, physical).
2. Sterilization: thermal, chemical, ionizing radiation.
3. Main principles: the organization of a sterile field, opening sterile package, clothing of sterile gloves.

Literature:

[1], p. 523-543, 684-702

[2], p. 475-488

printing materials

Key questions covered in lesson 5. Principles of body mechanics.

1. Main principles of body mechanics.
2. Rational application of principles body mechanics in nursing.

Literature:

[1], p. 828-833, 1097-1117

[2], p. 767-783

[3], p. 209-218

printing materials

Key questions covered in lesson 6. Position of the patient in bed.

1. Position on a back.
2. Position on abdomen.
3. Position on one side.

Literature:

[1], p. 856-862, 1118-1123

[2], p. 786-789

[3], p. 209-218
printing materials

Key questions covered in lesson 7. Therapeutic positions

1. Fowler's position.
2. Ortopnoichesky position.
3. Dorsal position.
4. Position for lithotomy.
5. Sim's position.
6. The knee-elbow position.
7. Trendelenburg's position.

Literature:

[1], p. 856-862, 1118-1121
[2], p. 132
[3], p. 209-218
printing materials

Key questions covered in lesson 8. Movement of the patient

1. Movement of the patient in bed is closer to one edge.
2. A raising of the patient from a prone position on a back, in position sitting in bed.
3. Turn of the patient in bed (from a back sideways, from a back on abdomen).
4. Movement of the patient in bed by means of a bed-sheet.

Literature:

[1], p. 856-862, 1121-1136
[2], p. 132, 786-789
[3], p. 209-218
printing materials

Lesson 9 Unit №1.

List of theoretical questions

1. Chain of infection.
2. Group of microorganisms.
3. Periods of disease.
4. Asepsis.
5. Antisepsis.
6. Sterilization and disinfection.
7. Handwashing.
8. Control of infectious disease in hospital.
9. Moving a client in a bed.
10. Therapeutic positions.

Key questions covered in lesson 10. Injections. Intradermal, subcutaneous, intramuscular injections.

1. Kinds: advantages and disadvantages.
2. Equipment - syringes, bottles, ampoules, medicines.
3. Performance.
4. The general procedures at performance of injections.
5. Advantages and disadvantages.
6. A choice of place for injections.
7. Complications of intramuscular injections.
8. Practice of performance intradermal, subcutaneous, intramuscular injections on models.

Literature:

[1], p. 612-635, 849-870
[2], p. 415-430
printing materials

Key questions covered in lesson 11. Intravenous injections. Intravenous infusions.

1. Advantages and disadvantages.
2. A choice of place for injections.
3. Complications of intravenous injections.
4. Containers with solutions.

5. Sets of intravenous drop systems.
6. The control, supporting, regulation of introduction of a medicinal solution.
7. Practice of performance intravenous injections and infusions on models.

Literature:

[1], p. 630-635, 870-878

[2], p. 415-438

[3], p. 158-164

printing materials

Key questions covered in lesson 12. A prescription of medicines.

1. Safety and accuracy - 3 levels of the control - appointment in a card, a medicine from case, the patient.
2. 6 rules: a medicine, a dose, a way of introduction, the patient, time, the documentation.
3. A prescription of medicines. Features a prescription of medicines to children and patients in home.

Literature:

[1], p. 599-603, 848

[2], p. 409-414

[3], p. 164-173

printing materials

Key questions covered in lesson 13. Local application of medical products.

1. Eye medicines.
2. Ear medicines.
3. Medicines for a nose.
4. Medicines for drawing on a skin and mucous membranes.
5. Medicines for vaginal applications.
6. Medicines for rectal applications.
7. Medicines for inhalation.
8. Training practical skills.

Literature:

[1], p. 607-611, 878-884

[2], p. 438-448

printing materials

Key questions covered in lesson 14. Care of urinary bladder

1. Equipment.
2. Procedures for rendering of leaving with the help of a vessel
3. Practical part of class

Literature:

[1], p. 1303-1309

[2], p. 700-701

[3], p. 268-276

printing materials

Key questions covered in lesson 15. Care of intestines function. Enemas.

1. Procedure of rendering assistance with a vessel.
2. Equipment: a vessel, bed stool.
3. Procedure of using a bedpan.
4. Practical part of class.
5. Kinds of enemas (cleaning, oil, cooling, medicinal - rectal introduction of medicines).
6. The general procedure of performance enema.

Literature:

[1], p. 808-810, 1226-1267, 1277, 1279-1283

[2], p. 679-684

[3], p. 276-282

printing materials

Key questions covered in lesson 16. Hygiene of patient.

1. Baths.
2. Back grinding.
3. Care of an oral cavity.
4. Practical part of class

5. Care of hair.
6. Care of eyes and ears.
7. Practical part of class.

Literature:

[1], p. 772-773, 750-753

[2], p. 738, 743-744

printing materials

Key questions covered in lesson 17. Hygiene of patient.

1. A bladder, an ear, an eye, a vagina, wounds.
2. Equipment: syringes and spray bulb.
3. Procedure performance.

Literature:

[1], p. 736-783

[2], p. 739-761

printing materials

Lesson 18. Unit №2.

List of theoretical questions

1. Withdrawing medication
2. ID injection.
3. SC injection
4. IM injection
5. IV injection
6. IV infusion
7. Complications of injections.
8. Medication administration
9. Oral medication
10. Oral medications for children.
11. Administering medications for home-using.
12. Eye medication.
13. Ear medication.
14. Nose medication.
15. Bedpan.
16. Perineal care.

Key questions covered in lesson 19. Feeding of adult patients. Types of feeding. Calculating of calories. Inserting a nasogastric tube.

1. The factors influencing acceptance of food.
2. Psychosocial problems, physiological problems.
3. Procedure of feeding an adult patient.
4. Nasogastric intubation.
5. Inserting. Removal.
6. The patient without consciousness.
7. Demonstrating of practical skills

Literature:

[1], p. 807-808, 1049-1059, 1209-1255

[2], p.762-763, 532-534, 547-553

[3], p. 239-248

printing materials

Key questions covered in lesson 20. Catheterization of a bladder. Care of bladder catheter. Hygiene of perineal area.

1. Characteristics of normal urine.
2. Manifestations of altered US.
3. Preparation of the patient for catheterization.
4. Equipment for catheterization.
5. Catheterization procedure performance.
6. Equipment for hygiene of perineal area.
7. Procedure performance for hygiene of perineal area.
8. Practical training on models.

Literature:

[1], p. 750-753, 789-790, 1176-1222, 1294-1299, 1305-1325

[2], p. 692-698, 701-721, 738, 743-744

[3], p. 268-276

printing materials

Key questions covered in lesson 21. Primary treatment of wounds. Care of wounds. Bandages. Types and imposing methods.

1. Drainages.
2. A dressing.
3. Procedure of change of a bandage.
4. Techniques of clarification of a wound.
5. Removal of sutures.
6. A circular bandage.
7. A spiral bandage.
8. A bandage in the form of figure 8.
9. A bandage with returnable folds.
10. Specific procedures at imposing of bandages.
11. Practical training on models.

Literature:

[1], p. 894-930, 1062-1105

[2], p. 614-643

printing materials

Key questions covered in lesson 22. Vital signs. Control and values of vital signs.

1. Temperature – types of thermometers, places for measuring of body temperature.
2. Pulse – peripheral, apical.
3. Procedures of measuring of temperature, pulse and respiration.
4. Estimating, planning, providing, documentation.
5. Practical part of class. Checking of vital signs on models.

Literature:

[1], p. 523-546

[2], p. 107-119

[3], p. 128-136

printing materials

Key questions covered in lesson 23. Blood pressure. Methods of measurement of blood pressure and pulse.

1. Definition. Systolic pressure. Diastolic pressure.
2. Normal values and differences.
3. Equipment: cuff, sphygmomanometer, stethoscope.
4. Practical part of class. Measuring blood pressure.

Literature:

[1], p. 547-559

[2], p. 120-126

printing materials

Key questions covered in lesson 24. First aid. Signs for determining of patient condition.

1. First aid.
2. Primary survey. Secondary survey.
3. Priorities of treatment.
4. Cardiopulmonary resuscitation.
5. Maintenance of life of the victim until help arrives.
6. Taking measures to transport the patient to the nearest medical organization.

Literature:

[7], p. 1-11

printing materials

Key questions covered in lesson 25. First aid in different types of injuring of the body.

1. Wounds. Types and basic treatment of wounds.
2. Bleeding: external, internal. Treatment of external bleeding.
3. Fracture. Types of fracture. Перелом. Spinal injuries. Treatment of spinal injury. Managing the airway with a spinal injury casualty.
4. Burns. Signs of burn I degree and first aid. Signs of burn II, III, IV degrees and first aid.
5. Poisons. Treatment of poisons.

Literature:

[7], p. 36-50

printing materials

Key questions covered in lesson 26. Complex of resuscitation measures. Clinical and biological death.

1. Signs of clinical and biological death.
2. Resuscitation of respiration.
3. External chest compressions.

Literature:

[7], p. 1-11

printing materials

Lesson 27. Unit №3

1. Describe factors that affect the vital signs and accurate measurement of them.
2. Identify the variations in normal body temperature, pulse, respirations, and blood pressure that occur from infancy to old age.
3. Describe appropriate nursing care for alterations in vital signs.
4. Identify nine sites used to assess the pulse and state the reasons for their use.
5. List the characteristics that should be included when assessing pulses.
6. Describe the mechanics of breathing and the mechanisms that control respirations.
7. Vital signs. Control and values of vital signs.
8. Blood pressure. Methods of measurement of blood pressure and pulse.
9. Cardiopulmonary resuscitation.
10. First aid.
11. First aid in wounds.
12. First aid in bleeding.
13. First aid in fracture.
14. First aid in burn.
15. First aid in poisons.
16. Clinical and biological death.

Methodological instructions for the implementation of independent work on the discipline**Methodological instructions for making notes:**

1. To study the curriculum and the working curriculum.
2. Determine the place of the topic of this lecture in the structure of the discipline according to the thematic plan.
3. Find out all the issues that need to be studied.
4. To study material, which is in the syllabus, to clarify the amount of missing material on the basis of control questions, tasks for control work and questions submitted for the module (see the program discipline and the working curriculum).
5. Determine the literature in which there is the necessary educational material, and the sequence of its assimilation.
6. To process each educational material in the following way.
7. Read it in dynamics to understand the general essence.
8. Read the study material a second time, understanding each word and sentence
9. For the third time to identify the basic concepts, the essence of phenomena and processes, their structure and content, as well as the links between them.
10. Write it all down in a synopsis.
11. To establish a connection with the previous educational material.
12. Independently answer all control questions on this topic.

Methodological instructions for independent work:

1. Study the theoretical material well; master the method of applying knowledge in practice.
2. Be able to use the necessary equipment, materials, equipment for measurements.
3. To study the recommendations for specific laboratory or practical work, which are set out in textbooks and methodological developments.
4. Make a plan for laboratory or practical work.
5. Prepare the necessary material.

6. Perform tasks of laboratory or practical work.
7. Interpret the results and describe the identified phenomena.
8. Draw conclusions.
9. Draw up everything accordingly.