

**MINISTRY OF HEALTH OF THE REPUBLIC OF BELARUS**  
Educational institution  
**BELARUSIAN STATE MEDICAL UNIVERSITY**



**APPROVED**

by Rector of the Educational Institution  
«Belarusian State Medical University»

S.P. Rubnikovich

*25.04.2025*  
Reg. No. UD- *0911-01-01/2425* /p.

**PROGRAM  
OF PRACTICAL SESSIONS**

**«MEDICAL CARE»**

**for the specialty  
7-07-0911-01 General Medicine**

## EXPLANATORY NOTE

The practical training “Medical Care” is aimed at developing practical skills, consolidating theoretical knowledge, and mastering primary skills.

The practical training program has been developed in accordance with the curriculum of the educational institution in the specialty “General Medicine” approved on 25.04.2025 with registration No. УД-0911-01-01/2425/П.

**The purpose** of the practical training “Medical Care” is to consolidate the acquired theoretical knowledge and practical skills and abilities that make up the content of professional activity of the nursing staff.

**Objectives** of the practical training:

- acquisition of skills in patient care;
- acquisition of skills in performing non-invasive medical manipulations;
- familiarization with the requirements of the sanitary and anti-epidemic regime in the health care organization;
- mastering the skills of providing medical care.

**In total**, 108 academic hours are allocated for the practical training “Medical Care” during 2 weeks at the end of the 4<sup>th</sup> semester.

Of these, 60 classroom hours, 48 hours of independent student work.

The intermediate certification is carried out in the form of a differentiated assessment at the end of the practical training.

## REQUIREMENTS FOR PRACTICAL TRAINING

By the end of the practical training “Medical Care” the student must

**know:**

- basic concepts of medical ethics and deontology;
- orders, instructions regulating sanitary and anti-epidemic regime in a health care institutions;
- rules of registration of medical documents in the hospitals;
- methods and techniques of non-invasive manipulations on medical care of patients;
- peculiarities of preparation of patients for laboratory and other methods of research;
- types, methods and techniques of disinfection of medical devices;
- types and brief characteristics of chemical disinfectants, rules of their use;
- requirements for the organization of safe working conditions for medical staff;

**be able to:**

- provide air, temperature regime and comfortable conditions for patients' stay in the hospital in accordance with hygienic requirements;
- prepare disinfectants and perform all types of sanitization of therapeutic and diagnostic rooms and care items;
- perform hand sanitization and use hand protection;
- apply the techniques of hygienic care of the patient;
- assist the patient with they are eating;
- assist medical staff in transporting patients on gurneys and stretchers;



organize the implementation of measures to ensure sanitary and anti-epidemic regime in the hospital premises;  
 perform full and partial sanitization of patients;  
 perform change of dressing and bed linen;  
 perform anthropometric measurements of patients;  
 fill in data in medical records;  
 prepare the patient for laboratory and instrumental methods of examination;  
 collect and transport biological materials (sputum, urine, feces, etc.) for laboratory tests;

**possess:**

skills of hygienic procedures, partial and complete sanitization of the patient;  
 skills of non-invasive nursing therapeutic manipulations;  
 techniques of collecting biological material for laboratory tests;  
 techniques for measuring blood pressure, body temperature, pulse rate, respiration rate, and blood oxygen saturation;  
 anthropometric measurement technique.

The student's fulfillment of the credit standards guarantees the acquisition of practical training of the required level.

### **GENERAL ISSUES OF ORGANIZATION AND QUALITY CONTROL OF THE PRACTICAL TRAINING PROGRAM IMPLEMENTATION**

Students' practical training "Medical Care" is conducted in healthcare organizations (hereinafter referred to as the practice base).

The general management and organization of the students' practical training is carried out by the head of the practice from the University.

The general management and organization of the internship at the Medical Faculty for International Students is carried out by the head of the internship from the faculty.

The direct management of the practical training is carried out by the head of the practice from the Department of Internal Medicine, Gastroenterology and Nutrition with training and advanced training courses, the Department of Cardiology and Internal Diseases of the University.

A student is allowed to undergo practical training if he has a certificate of health status. On the first working day, the head of practical training from the department of the University conducts all necessary briefings. Each student is subject to the internal regulations of the practice base, the rules and regulations of medical ethics and deontology, and the requirements for work safety in the workplace. After completing the briefings, students are subject to all the rules of the internal labor regulations of the practice base. Students' working hours are monitored by the head of the practical training from the department and the head of the student group.

In accordance with the Regulations on the practice of students (cadets) after completing the course of practical training the student passes a differentiated credit to the head of the practice from the University department.

Psychological and physiological preparation of patients for some additional examinations (bladder catheterization, radiation diagnostics - X-ray examination, renal tomography, sonography, etc.).

Preparation of patients for X-ray examination of the stomach, gut, gall bladder, esophagogastroduodenoscopy, rectoromanoscopy, colonoscopy, ultrasound scanning of the digestive organs.

Feeding critically ill, elderly, and bedridden patients.

Assisting patients with nausea, flatulence, gastric lavage, and insertion of a gas tube into the rectum.

Assisting patients with diarrhea, constipation, fecal incontinence, flatulence.

Preparing patients and administering various types of enemas.

Use of a medical heating pad, ice bubble (gel pack), mustard.

### INFORMATION AND METHODOLOGICAL PART CALENDAR AND THEMATIC PLAN

Name of the work performed	Number of classroom hours
Familiarization with the structure of the hospital, organization of sanitary regime, study of the regulatory framework, equipment and devices.	6
Work in the emergency department: anthropometric measurements of incoming patients, filing in data in medical records. Sanitization of the patient.	14
Familiarization with the structure and organization of the treatment department of the health care organization. Transportation of patients to treatment and diagnostic departments.	6
Improving the skills of self-observation of patients, registration of observation data in medical records. Preparation of patients for laboratory and instrumental tests.	14
Improving skills in performing non-invasive nursing therapeutic manipulations. Disinfection of medical devices. Making records in medical documentation.	6
Practicing practical skills in caring for elderly and senile, critically ill patients.	14
<b>Total:</b>	60

### A LIST OF PRACTICAL SKILLS ACQUIRED DURING PRACTICAL TRAINING

Levels of mastering practical skills:

1 – to know theoretically, to be professionally oriented, to know the indications for conducting;



2 – to know theoretically, to assess, to participate in the work of the medical staff;

3 – to know theoretically, to perform independently.

If there are no conditions in the healthcare organization for mastering a skill at levels 2 (3), the student must master practical skills according to level 1.

№	Practical skills	Recommended	
		Number	The level of development
1	Hygienic hand antiseptic	26	3
2	Anthropometric measurements of patients, calculation of body mass index	2	3
3	Changing underwear for a patient with self-care deficits	2	2,3
4	Bed linen change for a patient with self-care deficits	2	2,3
5	Performing a skin hygiene	2	3
6	Performing oral hygiene	2	3
7	Ear cleaning	2	3
8	Performing nasal cavity hygiene	2	3
9	Inserting drops into the eyes and rinsing the eyes	2	3
10	Putting drops in your nose and ears	2	3
11	Transferring the patient from the bed to the wheelchair	3	2,3
12	Transferring the patient from the bed to the gurney	3	2,3
13	Transporting the patient in a wheelchair	3	3
14	Transporting the patient on a gurney	3	2,3
15	Transporting the patient on a stretcher	3	1,2
16	Using the bedpan, washing the patient	2	2,3
17	Measuring body temperature	7	3
18	Pulse oximetry	5	3
19	Respiratory rate count	7	3
20	Pulse rate calculation	7	3
21	Blood pressure measurement	7	3
22	Changing the patient's position in bed	3	3
23	Filling in the temperature list	7	3
24	Putting on a warm compress	2	3
25	Preparing and serving a bubble with ice	1	1,2,3
26	Using a pocket inhaler	1	1,2,3
27	Using a gel pack	1	2
28	Feeding patients with self-care limitations	2	2,3
29	Oxygen supply through nasal cannulas	4	2,3

## TOPICS AND FORMS OF HYGIENE EDUCATION AND TRAINING

Illustrative list of topics of hygiene education and training:

1. Hypodynamia.
2. Harmfulness of smoking.
3. Harm of alcohol.
4. Nutrition.
5. Prevention of acute respiratory diseases.
6. Obesity.

7. Vitamins and their role in nutrition.
8. Diets and dietary nutrition, what is the difference.
9. Hand hygiene.

## **REQUIREMENTS FOR THE CONTENT OF ACCOUNTING DOCUMENTATION**

During the practical training, the student accomplishes the practical training program under the supervision of the head of the practice from the department, performs the internship program and fills in the practice diary in accordance with **Appendix 1**. Based on the results of the practical training, the student prepares a written report on the implementation of the practical training program in accordance with **Appendix 2**. In the report, the student marks the acquired practical skills, their number and level of mastery. The report must be signed by the student, the head of the practice. The student's practical training diary / report on the completion of the practical training program and other accounting documents should be executed on A4 paper using the MS Word application. The accounting documentation is kept at the medical University in accordance with the procedure determined by the legislation in the field of archival affairs and record keeping.

## **SAMPLE QUESTIONS FOR PREPARATION FOR DIFFERENTIATED CREDIT**

1. Carrying out hygienic antiseptics of hand skin.
2. Preparation of working solutions of chemical disinfectants.
3. Carrying out routine cleaning of the premises of healthcare organisations.
4. General cleaning of the procedural (dressing, manipulation) office.
5. Disinfection of medical devices.
6. Sanitisation of the patient (full and partial).
7. Examination of the patient for pediculosis, scabies. Sanitary treatment in case of detection of pediculosis.
8. Carrying out anthropometric measurements of the patient.
9. Transporting the patient.
10. Moving the patient taking into account the rules of biomechanics.
11. Comprehensive prevention of bedsores.
12. Toilet of eyes, nose, external ear canal.
13. Hygienic care of the oral cavity.
14. Care of skin, hair, nails.
15. The supply of the vessel, the urinal.
16. Washing the patient.
17. Preparation of the bed.
18. Changing underwear in a patient with impaired mobility.
19. Change of bed linen in a patient with impaired motor activity.
20. Feeding patients with self-care deficits (spoon and drinker).



21. Measurement of daily diuresis and its registration, determination of water balance.
22. Measurement of body temperature, registration in the temperature sheet.
23. Counting the pulse and determining its characteristics, registration in the temperature sheet.
24. Counting respiratory movements, recording in the temperature sheet.
25. Measurement of blood pressure and its estimation, registration in the temperature sheet.
26. Application of an ice bubble (gel pack).
27. Supplying oxygen through nasal cannulae.
28. Placing a warming compress.
29. Collection of urine for various studies, registration of referrals.
30. Collection of faeces for various studies, registration of directions.
31. Collection of sputum for general analysis, registration of referrals.
32. Preparation of patients for instrumental methods of research.

**MINISTRY OF HEALTH OF THE REPUBLIC OF BELARUS**

Educational institution

**"BELARUSIAN STATE MEDICAL UNIVERSITY"**

The base of practice

Name of health care organization institution

Department \_\_\_\_\_  
(name)**DIARY**

of practical training in "Medical Care"

Student \_\_\_\_\_  
Specialty \_\_\_\_\_  
Faculty \_\_\_\_\_  
Course, group No. \_\_\_\_\_  
Terms of the internship \_\_\_\_\_

Practice supervisor from the  
department\_\_\_\_\_  
(department name)\_\_\_\_\_  
(signature) Full name



Date \_\_\_\_\_

*Only the types of work completed by the student are listed, indicating the degree of involvement*

Types of work	Degree of participation (observed, participated in implementation, performed independently)

Student \_\_\_\_\_ Full name  
(signature)

Practice supervisor from the  
department

\_\_\_\_\_  
(department name)

\_\_\_\_\_  
(signature) Full name

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The base of practice

Name of health care organization institution

Department \_\_\_\_\_  
(name)**REPORT**on the implementation of the program  
of practical training in "Medical Care"

Student \_\_\_\_\_

Specialty \_\_\_\_\_

Faculty \_\_\_\_\_

Course, study group No. \_\_\_\_\_

Terms of the internship \_\_\_\_\_

№	List of practical skills	Recommended		Mastered	
		Number	Level of mastery	Number (total)	Level of mastery
1	Hygienic hand antiseptic	26	3		
2	Anthropometric measurements of patients, calculation of body mass index	2	3		
3	Changing underwear for a patient with self-care deficits	2	2,3		
4	Bed linen change for a patient with self-care deficits	2	2,3		
5	Performing a skin hygiene	2	3		
6	Performing oral hygiene	2	3		
7	Ear cleaning	2	3		



8	Performing nasal cavity hygiene	2	3		
9	Inserting drops into the eyes and rinsing the eyes	2	3		
10	Putting drops in your nose and ears	2	3		
11	Transferring the patient from the bed to the wheelchair	3	2,3		
12	Transferring the patient from the bed to the gurney	3	2,3		
13	Transporting the patient in a wheelchair	3	3		
14	Transporting the patient on a gurney	3	2,3		
15	Transporting the patient on a stretcher	3	1,2		
16	Using the bedpan, washing the patient	2	2,3		
17	Measuring body temperature	7	3		
18	Pulse oximetry	5	3		
19	Respiratory rate count	7	3		
20	Pulse rate calculation	7	3		
21	Blood pressure measurement	7	3		
22	Changing the patient's position in bed	3	3		
23	Filling in the temperature list	7	3		
24	Putting on a warm compress	2	3		
25	Preparing and serving a bubble with ice	1	1,2,3		
26	Using a pocket inhaler	1	1,2,3		
27	Using a gel pack	1	2		
28	Feeding patients with self-care limitations	2	2,3		
29	Oxygen supply through nasal cannulas	4	2,3		

Student \_\_\_\_\_ Full name  
(signature)

Practice supervisor from the  
department

\_\_\_\_\_  
(department name)

\_\_\_\_\_  
(signature) Full name

**THE COMPILERS:**

Head of the Department of Internal Medicine,  
Gastroenterology and Nutrition with training and  
advanced training courses of the educational  
institution "Belarusian State Medical University",  
Candidate of Medical Sciences, Associate  
Professor



S.E. Alekseychik

Associate Professor the Department of Internal  
Medicine, Gastroenterology and Nutrition with  
training and advanced training courses of the  
educational institution "Belarusian State Medical  
University", Candidate of Medical Sciences,  
Associate Professor



Y.Y. Pankratova

Associate Professor of the Department of  
Cardiology and Internal Diseases of the  
educational institution "Belarusian State Medical  
University", Candidate of Medical Sciences,  
Associate Professor



E.M. Balysh

Senior Lecturer of the Department of Cardiology  
and Internal Diseases of the educational Institution  
"Belarusian State Medical University"



A.A. Pleshko

The design of the practical training program and the accompanying documents  
meet the established requirements.

Head of the Practice of the educational institution  
«Belarusian State Medical University»

24.04 2025



N.A. Medved

Methodologist of the educational institution  
«Belarusian State Medical University»

26.04 2025



S.A. Yankovich