

RUSSIAN MINISTRY OF HEALTH  
Federal State Budget  
Educational Institution of the Higher Education  
"South Ural State Medical University"  
Ministry of Health of the Russian Federation  
(FSBEI HE SUSMU of the Russian Ministry of Health)

**PRACTICE DIARY**

Student \_\_\_\_\_  
(Full name completely)

Faculty group \_\_\_\_: general medicine

Practice type: **educational: introductory practice**

Terms of practical training: 23.12.2024 - \_\_\_\_\_ 2025

Place of practice: **FSBEI HE SUSMU of the Russian Ministry of Health**

Subdivisions: **Department of Nursing and Patient Care**, Federal Accreditation Center

Head of practice from university: **associate professor** \_\_\_\_\_  
(Position, Name)

*“Students were instructed to familiarize themselves with labor protection requirements, safety regulations, fire safety, internal labor regulations, and the sanitary and anti-epidemic regime”*

Head of the Department of Nursing and Patient Care, professor \_\_\_\_\_ Yu. I. Pavlov

Academic year 2024-2025

## **The content of the practice is presented in the practice program**

### **Planned results of the practice:**

1. Able to implement moral and legal norms, ethical and deontological principles in professional activities.
  - 1.1. Uses the principles of medical ethics and deontology in professional activities.
  - 1.2. Applies the legislation of the Russian Federation in the field of health care and regulatory legal acts that determine the activities of medical workers and medical organizations in their professional activities.
6. Capable of organizing patient care, providing primary health care, ensuring the organization of work and making professional decisions in emergency conditions at the prehospital stage, in emergency situations, epidemics and in areas of mass destruction.
  - 6.1. Organizes patient care.
  - 6.3. Provides primary health care at the prehospital stage, including in emergency situations, epidemics and in areas of mass destruction.

### **List of practical skills**

1. Filling out medical documentation.
2. Collection and sorting of medical waste.
3. Change of underwear and bed linen for a seriously ill patient.
4. Carrying out toileting of the skin of a seriously ill patient.
5. Instilling drops into the eyes, nose, ears.
6. Transporting the patient on a gurney (trolley) and wheelchair.
7. Delivery of the bedpan, washing the patient.
8. Measuring body temperature.
9. Preparing and serving a heating pad to the patient.
10. Bladder catheterization in men and women.\*
11. Guide for using a pocket inhaler.
12. Blood pressure measurement.
13. Performing intramuscular injections.\*
14. Performing intravenous injections.\*
15. Performing intravenous infusions.\*
16. Insertion of a nasogastric tube.\*
17. Tube gastric lavage.\*
18. Performing a cleansing enema.\*
19. First aid for fainting.\*
20. Performing mechanical ventilation and chest compressions.\*

\*training in simulated conditions

**Work schedule for the internship:** date and time are indicated in the student's individual assignment

Date, time	Individual task of the student			
Introduction. Instructing in the organization of practice and maintaining reporting documentation. Acquaintance to documentation of nursing personnel. Filling of recent medical documentation samples. Questions of medical ethics and deontology. Solution of situational tasks.				
Content of the performed work				
<p style="text-align: center;">Signature of the student</p>				
<b>Checklist Filling of medical documentation</b>				
№	List and sequence of actions	Executed (1,0)	With a mistake (0,5)	Not executed (0)
1.	Identify the patient			
2.	Check a form of medical documentation			
3.	Check basic data, if necessary instruct the patient			
4.	Fill a passport part			
5.	Fill the main part of the document			
6.	If necessary receive the signature of the patient (the lawful representative)			
7.	If necessary give marks about performance			
8.	Append own signature			
9.	Check attributes of the document (signatures, Date, times, etc.)			
10.	Put the document in the place of storage			
<p>In total points: _____ (7,5-10,0 points - is reckoned)</p>				
<p>Notes, recommendations of the teacher</p> <p style="text-align: center;">Signature of the head of practice from university</p>				

Date, time	Individual task of the student			
Working with medical waste. Sorting of waste according to the SanPiN 2.1.3684-21. Cultivation of disinfecting solutions for cleaning. Control of cultivation of disinfecting solutions. Stages of processing of medical tools and equipment: disinfection, presterilization, sterilization. Control of presterilizing processing and sterilization. Filling of nursing documentation.				
Content of the performed work				
<p style="text-align: center;">Signature of the student</p>				
<b>Checklist Collecting and sorting of medical waste</b>				
№	List and sequence of actions	Executed (1,0)	With a mistake (0,5)	Not executed (0)
1.	Definition of waste of a class A according to the standard			
2.	The choice of capacity for utilization, utilization			
3.	Overload in the marked containers			
4.	Definition of waste of a class B according to the standard			
5.	The choice of capacity for utilization, utilization			
6.	Obstruction of tanks for transportation			
7.	Placement of tanks with waste of a class B in the marked containers			
8.	Definition of waste of a class C according to the standard			
9.	Disinfecting of waste of a class C, filling of tanks for collecting waste			
10.	Placement of tanks with waste of a class C in the marked containers			
In total points: _____ (7,5-10,0 points - is reckoned)				
<p>Notes, recommendations of the teacher</p> <p style="text-align: center;">Signature of the head of practice from university</p>				

Date, time	Individual task of the student
	Development of practical skills in simulated conditions. Transportation of the patient on a trolley, on a wheelchair and manually (on hands, a stretcher). The patient's rearrangement from a wheelchair on a bed. Change of next-to-skin and bed linen. Movement of the seriously ill patient. Carrying out a toilet of skin of the seriously ill patient, care at bedsores.
	Content of the performed work
	Signature of the student

**Checklist Transportation of the patient on a trolley**

№	List and sequence of actions	Executed (1,0)	With a mistake (0,5)	Not executed (0)
1.	Identify the patient. Introduce yourself.			
2.	Explain the purpose and the course of manipulation. Receive the consent of the patient.			
3.	Prepare the equipment (trolley)			
4.	Arrange the equipment			
5.	Shift the patient to a trolley			
6.	Arrange the patient on a trolley comfortably			
7.	Transport the patient on a trolley			
8.	Shift the patient to a bed			
9.	Check a condition of the patient			
10.	Disinfect the equipment			

In total points: \_\_\_\_\_ (7,5-10,0 points - is reckoned)

	Notes, recommendations of the teacher
	Signature of the head of practice from university

Date, time	Individual task of the student
	Development of practical skills in simulated conditions. Toileting the eyes, ears, toileting the nose, oral cavity. Instillation of drops in the eyes, ears, nose of patients of different ages. Applying eye ointment. Delivery of the bedpan (medical duck), washing away the patient. Help with urination and defecation.
	Content of the performed work
	Signature of the student

**Checklist Carrying out toilet of skin of the seriously ill patient**

№	List and sequence of actions	Executed (1,0)	With a mistake (0,5)	Not executed (0)
1.	Identify the patient. Introduce yourself.			
2.	Explain the purpose and the course of manipulation. Receive the consent of the patient.			
3.	Skin toilet, hygienic way.			
4.	Control of patient's hair			
5.	Processing of potential places of bedsores			
6.	Turn of the patient sideways			
7.	Change of bed linen by the method "from side to side", i.e. lateral method			
8.	Positioning of the patient in a bed			
9.	Utilization of dirty linen			
10.	Completion of the procedure			

In total points: \_\_\_\_\_ (7,5-10,0 points - is reckoned)

	Notes, recommendations of the teacher
	Signature of the head of practice from university

Date, time	Individual task of the student
	Development of practical skills in simulated conditions. Temperature measurement. Keeping a temperature sheet. Care of febrile patients of different ages in different periods of fever. The use of heating pads, compresses, an ice pack.
	Content of the performed work
	Signature of the student

**Checklist Preparation and giving of a hot-water bottle to the patient**

№	List and sequence of actions	Executed (1,0)	With a mistake (0,5)	Not executed (0)
1.	Identify the patient. Introduce yourself.			
2.	Explain the purpose and the course of manipulation. Receive the consent of the patient.			
3.	Preparation of the equipment			
4.	Correct arrangement of the patient			
5.	Filling of a hot-water bottle with hot water, removal of air, control of temperature			
6.	Check of tightness of a hot-water bottle			
7.	Hot-water bottle wrapping towel			
8.	Applying of a hot-water bottle on the necessary body part, observing breaks			
9.	Mark in medical documentation.			
10.	Completion of the procedure, disinfecting the equipment			

In total points: \_\_\_\_\_ (7,5-10,0 points - is reckoned)

	Notes, recommendations of the teacher
	Signature of the head of practice from university

Date, time	Individual task of the student
	Development of practical skills in simulated conditions. Counting the number of respiratory movements, collecting sputum for laboratory testing. First aid for shortness of breath, suffocation. Carrying out inhalation. Rules for the use of pocket inhalers. First aid for aspiration of a foreign body.
	Content of the performed work
	Signature of the student

### Checklist **Using a pocket inhaler**

№	List and sequence of actions	Executed (1,0)	With a mistake (0,5)	Not executed (0)
1.	Identify the patient. Introduce yourself.			
2.	Explain the purpose and the course of manipulation. Receive the consent of the patient.			
3.	Make the patient seating. Prepare a pocket inhaler.			
4.	Remove a protective cap from a barrel mouthpiece			
5.	Turn a barrel with an aerosol upside down, stir it up			
6.	Tell the patient to make a deep exhalation			
7.	Patient takes a barrel mouthpiece in a mouth, having densely clasped it with lips			
8.	Patient makes a deep breath through a mouth and presses at the same time a barrel bottom			
9.	Hold the breath on 5 - 10 sec., then take a mouthpiece from a mouth			
10.	Make a quiet exhalation, complete the procedure			

In total points: \_\_\_\_\_ (7,5-10,0 points - is reckoned)

	Notes, recommendations of the teacher
	Signature of the head of practice from university

Date, time	Individual task of the student
	Development of practical skills in simulated conditions. Preparation for injections. Hand sanitizing and safety of medical personnel. Parenteral administration of drugs: intradermal, subcutaneous, intramuscular.
	Content of the performed work
	Signature of the student

**Checklist Performance of an intramuscular injection**

№	List and sequence of actions	Executed (1,0)	With a mistake (0,5)	Not executed (0)
1.	Identification of the patient, presentation to the patient, clarification of the patient's consent to the administration of the drug and information about its tolerability			
2.	Check of suitability of medicine and verification with appointment of the doctor			
3.	Processing of hands in the hygienic way			
4.	Set of medicine of an ampoule			
5.	Choice, survey and disinfecting of area of an injection			
6.	Performance of an injection			
7.	Completion of the procedure, processing of the equipment and tools			
8.	Processing of hands in the hygienic way			
9.	Clarification from the patient about the way he feels			
10.	Record in medical documentation			

In total points: \_\_\_\_\_ (7,5-10,0 points - is reckoned)

	Notes, recommendations of the teacher
	Signature of the head of practice from university

Date, time	Individual task of the student
	Development of practical skills in simulated conditions. Parenteral administration of drugs. Intravenous jet administration, features in different categories of patients. Taking blood from a vein using vacuum tubes (vacuettes). Actions in the case of complications.
	Content of the performed work
	Signature of the student

**Checklist Performance of an intravenous injection**

№	List and sequence of actions	Executed (1,0)	With a mistake (0,5)	Not executed (0)
1.	Identification of the patient, presentation to the patient, clarification of the patient's consent to the administration of the drug and information about its tolerability			
2.	Check of suitability of medicine and verification with appointment of the doctor			
3.	Processing of hands in the hygienic way			
4.	Set of medicine of an ampoule or of a bottle			
5.	Choice, preparation and processing of area of a venipuncture			
6.	Performance of a venipuncture, administration of medicine			
7.	Completion of the procedure, processing of the equipment and tools			
8.	Processing of hands in the hygienic way			
9.	Clarification from the patient about the way he feels			
10.	Record in medical documentation			

In total points: \_\_\_\_\_ (7,5-10,0 points - is reckoned)

	Notes, recommendations of the teacher
	Signature of the head of practice from university

Date, time	Individual task of the student
	Development of practical skills in simulated conditions. Intravenous drip administration of drugs. Control of the rate of solutions injection. Actions in the case of complications.
	Content of the performed work
	Signature of the student

**Checklist Performance of intravenous drop administration**

№	List and sequence of actions	Executed (1,0)	With a mistake (0,5)	Not executed (0)
1.	Identification of the patient, presentation to the patient, clarification of the patient's consent to the administration of the drug and information about its tolerability			
2.	Check of suitability of medicine, infusion solution and verification with appointment of the doctor			
3.	Processing of hands in the hygienic way			
4.	Preparation of intravenous drop administration system			
5.	Choice, preparation and processing of area of a venipuncture			
6.	Performance of a venipuncture, administration of medicine			
7.	Completion of the procedure, processing of the equipment and tools			
8.	Processing of hands in the hygienic way			
9.	Clarification from the patient about the way he feels			
10.	Record in medical documentation			

In total points: \_\_\_\_\_ (7,5-10,0 points - is reckoned)

	Notes, recommendations of the teacher
	Signature of the head of practice from university

Date, time	Individual task of the student
	Development of practical skills in simulated conditions. Bladder catheterization in men and women. Care of intestinal stoma and cystostomy.
	Content of the performed work
	Signature of the student

**Checklist Bladder catheterization at men with a soft catheter**

№	List and sequence of actions	Executed (1,0)	With a mistake (0,5)	Not executed (0)
1.	Identify the patient. Introduce yourself.			
2.	Explain the purpose and the course of manipulation. Receive the consent of the patient. Washing hands.			
3.	Correct arrangement of the patient, disinfecting the external genitals area			
4.	Preparation of a sterile catheter			
5.	Introduction of a catheter to an urethra			
6.	Advance of a catheter deep into			
7.	Collecting urine			
8.	Extraction of a catheter, control of patient's condition			
9.	Utilization of medical products and waste			
10.	Completion of the procedure, record in medical documentation			

In total points: \_\_\_\_\_ (7,5-10,0 points - is reckoned)

	Notes, recommendations of the teacher
	Signature of the head of practice from university

Date, time	Individual task of the student
	Development of practical skills in simulated conditions. Large gastric tube and gastric lavage. Carrying out a cleansing and medicinal enema. Features in seriously ill, elderly patients.
	Content of the performed work
	Signature of the student

**Checklist Performing a cleansing enema**

№	List and sequence of actions	Executed (1,0)	With a mistake (0,5)	Not executed (0)
1.	Putting on of unsterile gloves			
2.	Preparation of the equipment			
3.	Representation to the patient, instructing him			
4.	Specification of patient's consent			
5.	Correct arrangement of the patient			
6.	Oiling of a tip of an enema			
7.	Introduction of a tip			
8.	Administration of liquid			
9.	Help to the patient with defecation			
10.	Completion of the procedure, disinfecting the equipment			

In total points: \_\_\_\_\_ (7,5-10,0 points - is reckoned)

	Notes, recommendations of the teacher
	Signature of the head of practice from university

Date, time	Individual task of the student
	Development of practical skills in simulated conditions. Feeding the seriously ill patients. Help with nutrition. Pipe table. Artificial nutrition through a nasogastric tube, through a gastrostomy, duodenostomy. Filling out the portion requirement.
	Content of the performed work
	Signature of the student

**Checklist Placing and removal of the nasogastric tube**

№	List and sequence of actions	Executed (1,0)	With a mistake(0,5)	Not executed (0)
1.	Identify the patient. Introduce yourself.			
2.	Explain the purpose and the course of manipulation. Receive the consent of the patient.			
3.	Hands washing, putting on gloves			
4.	Training of the patient, instructing, placement in a bed			
5.	Preparation of the nasogastric tube, determination of length of introduction			
6.	Processing of the tube, introduction to a mouth or nose			
7.	Advance of the tube in depth, control of a condition of the patient			
8.	At completion of introduction of the tube control of staying in a stomach			
9.	Removal of the tube, recycling waste and products of medical prescription			
10.	Completion of the procedure			

In total points: \_\_\_\_\_ (7,5-10,0 points - is reckoned)

	Notes, recommendations of the teacher
	Signature of the head of practice from university

Date, time	Individual task of the student
	Development of practical skills in simulated conditions. Determination of the pulse in large arteries. Measurement of blood pressure in adults at different ages with a manual and automatic tonometer. First aid for fainting, collapse, acute pain in the heart, hypertensive crisis.
	Content of the performed work
	Signature of the student

**Checklist Measurement of arterial pressure**

№	List and sequence of actions	Executed (1,0)	With a mistake (0,5)	Not executed (0)
1.	Identify the patient. Introduce yourself.			
2.	Explain the purpose and the course of manipulation. Receive the consent of the patient.			
3.	Correct arrangement of the patient			
4.	Imposing of a cuff on a shoulder			
5.	Air inflating			
6.	Definition of the first Korotkov tone			
7.	Definition of the second Korotkov tone			
8.	Repeated measurement			
9.	Fixing of results			
10.	Assessment of results			

In total points: \_\_\_\_\_ (7,5-10,0 points - is reckoned)

	Notes, recommendations of the teacher
	Signature of the head of practice from university

Date, time	Individual task of the student
	Development of practical skills in simulated conditions. Care of severe and agonizing patients. Cardiopulmonary resuscitation in therapeutic and surgical patients.
	Content of the performed work
	Signature of the student

**Checklist Carrying out AR and indirect cardiac massage**

№	List and sequence of actions	Executed (1,0)	With a mistake (0,5)	Not executed (0)
1.	Lay the victim on a back on a firm surface			
2.	Release a thorax of the victim of clothes			
3.	To kneel sideways from the victim facing him			
4.	Throw back the patient's head, releasing respiratory tract (make the roller of clothes)			
5.	The basis of a palm of one hand to put on the lower third of a breast of the victim, link fingers in the lock			
6.	30 compressions of a thorax, pressing through a breast on 5-6 cm, work with straight arms			
7.	Clasp the victim's lips with your own lips, vigorously execute two exhalations, controlling the movement of a thorax of the patient			
8.	Repeat the cycles 2 exhalations - 30 compressions			
9.	Control a condition of the victim			
10.	Completion of the procedure			

In total points: \_\_\_\_\_ (7,5-10,0 points - is reckoned)

	Notes, recommendations of the teacher
	Signature of the head of practice from university

Date, time	Individual task of the student
	Certification for practice, verification of reporting documentation, credit registration.
	Content of the performed work
	Signature of the student
Total	Notes, recommendations of the teacher  Signature of the head of practice from university

Assessment for practice \_\_\_\_\_ Head \_\_\_\_\_ ( \_\_\_\_\_ )