



BSc in Nursing

INTEGRATED COURSE TITLE: PROFESSIONAL LABORATORY

NUMBER OF ECTS CREDITS: 1

CODE: MEDS-24/C

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PREREQUISITES

Even though there are no specific prerequisites, a basic understanding of general pathology and knowledge of human anatomy and neurophysiology are required.

LEARNING OBJECTIVES

The course aims to provide simple and interactive information on:

- Techniques for patient mobilization and correct posture for healthcare professionals;
- Evaluation, management, and care of neurological patients.

LEARNING OUTCOMES

Knowledge and Understanding

At the end of the workshop, the student will be required to:

- Understand the different types of risks present in the work environment, particularly those related to patient and/or load handling, and their implications for workers' health and safety.
- Understand the principles of ergonomics applied to the workplace, including factors related to workplace design, tools, and equipment, in order to reduce the risk of musculoskeletal injuries and improve workers' well-being.
- Understand how work organization, including factors such as resource allocation, work planning, and task rotation, can influence workers' safety and health.
- Understand the international guidelines established by the International Organization for Standardization (ISO) regarding occupational health and safety management and injury prevention.
- Understand the provisions of Law 81/2008 in Italy that regulate manual handling of loads in workplaces, including employer responsibilities and preventive measures to be adopted.
- Understand safe techniques and procedures for mobilizing and transferring patients or loads, including the correct use of aids and equipment to reduce the risk of injuries.

- Understand exercises and specific techniques aimed at improving spinal health and endurance, preventing pain and work-related musculoskeletal injuries.

Applying knowledge and understanding

At the end of the workshop, the student will be able to:

- Utilize knowledge of workplace risks, ergonomics, and international guidelines to identify and implement appropriate preventive measures, thereby reducing the risk of injuries and improving workers' health and safety.
- Apply ergonomics knowledge to critically evaluate workplace design, tools, and equipment, and propose any necessary modifications or improvements to create a safer and more comfortable working environment.
- Apply knowledge of Italian legislation on manual handling of loads (Law 81/2008) to ensure compliance with regulations and adopt necessary preventive measures to protect workers' health.
- Apply safe techniques and procedures for mobilization, transfers, and correct use of aids, reducing the risk of musculoskeletal injuries during these activities.
- Apply knowledge of specific exercises for the spine to correctly perform targeted exercises aimed at improving strength, flexibility, and endurance of the spine, thus preventing associated pain and injuries.
- Apply knowledge of workplace risks to proactively assess and manage potential health and safety risks for workers, implementing necessary preventive measures and safety procedures.
- Apply acquired knowledge to promote a safety culture in the workplace, effectively communicating with colleagues and staff and providing training and support to ensure compliance with regulations and best safety practices.

Communication skills

At the end of the workshop, the student will be required to orally present the core topics in an organized and coherent manner, using specific scientific language that is appropriate and relevant to the discussion topic.

Making judgements

At the end of the workshop, the student will be expected to:

- Independently assess the risks present in the workplace, considering various factors such as the nature of the work performed, the conditions of the work environment, and the characteristics of the workers, in order to identify potential hazards and adopt appropriate preventive measures.
- Critically evaluate proposed ergonomic solutions to improve the design of the workplace, equipment, and tools, and select the most appropriate ones to reduce the risk of musculoskeletal injuries and improve workers' well-being.
- Independently interpret international guidelines provided by ISO and apply them to the specific context of the workplace, adapting them to the needs and specific characteristics of the company or organization.
- Independently assess the various types of aids and devices available for mobilizing and transferring loads, and select those most suitable for the specific needs of the work and workers, ensuring safe and effective use.

- Independently adapt spine exercises to the individual needs and capabilities of workers, taking into account factors such as age, health status, and any pre-existing conditions, in order to maximize benefits and prevent injuries.

Learning skills

The student will have acquired skills and learning methods suitable for deepening and improving their competencies in the field of risk and load handling, including through consultation of scientific literature. Additionally, the student will adopt a professional behavior: an active attitude, continuous commitment, a reflective approach oriented towards self-learning, and acceptance of feedback for improvement in achieving the set objectives.

COURSE SYLLABUS

- Risks (definition and types in the workplace)
- Ergonomics, workplace, work organization
- International guidelines (ISO)
- Manual handling of loads in Italy (Law 81)
- Mobilization, transfers, and aids
- Exercises for the spine

COURSE STRUCTURE

The Nursing degree program provides a total of 1 university educational credit (ECTS). One ECTS corresponds to 30 hours, therefore the total internship hours in the first year of the course amount to 30 hours. Attendance at professional laboratory activities is mandatory for all students enrolled in the degree program.

ASSESSMENT CRITERIA

The Professional Laboratory 1 exam consists of a written examination, the assessment of which is an integral part of the overall evaluation of the course. All the contents indicated in the course syllabus will be assessed. The evaluation will assess the student's knowledge and understanding, ability to apply knowledge and understanding, and autonomy of judgment, weighted at 30%, 30%, and 10%, respectively, in the final score.

The evaluation criteria considered will be: acquired knowledge; autonomy of judgment; communication skills; and learning ability. The final examination will be assessed according to the following criteria:

fail	The candidate possesses an inadequate knowledge of the topic, makes significant errors in applying theoretical concepts
pass	The candidate possesses an adequate knowledge of the topic and good ability to apply theoretical concepts

OPTIONAL ACTIVITIES

Students will have the opportunity to engage in theoretical/practical exercises and participate in seminars or laboratory activities.

RECOMMENDED READING

- Nelson, A. L., Motacki, K., & Menzel, N. (2009). The illustrated guide to safe patient handling and movement. Springer Publishing Company.