

Proposal of a modular course for nursing concerning issues on basic and advanced cardiopulmonary resuscitation

Propuesta de curso modular para enfermería en temas de reanimación cardiopulmonar básica y avanzada

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ABSTRACT

The proposal of a modular, optional or own course for nurses concerning issues on basic and advanced cardiopulmonary resuscitation is presented, taking into account the learning needs of graduates of this specialty, from a prospective descriptive exploratory type of qualitative study, as a human resources development and training project. The analysis of the specialization's curriculum, an extensive literature review and consultation with experts was made to endorse the proposed research. Its implementation will consolidate the knowledge on the subject of the nursing professionals.

sidades de aprendizaje de los egresados de esta especialidad, a partir de un estudio cualitativo de tipo exploratorio descriptivo prospectivo, como proyecto de desarrollo y formación de recursos humanos. Se efectuó el análisis del plan de estudio de la especialidad, una extensa revisión bibliográfica y la consulta con expertos para avalar la propuesta de la investigación. Con su implementación se pretende consolidar los conocimientos sobre el tema en los profesionales de enfermería.

RESUMEN

Se realizó la propuesta de un curso modular, optativo o propio, para enfermería, en temas de reanimación cardiopulmonar básica y avanzada, al tener en cuenta las nece-

INTRODUCTION

Health care is organized as a pyramid based on the support services for the healthcare process. In the next level are all the areas supporting the underlying rationale of a health institution: diagnostic and therapeutic support services, and the thrust of direct nursing activity which supports all healthcare processes in their different prevention, diagnosis, treatment and rehabilitation stages. The community is on top of all this and benefits directly from the assistance¹.

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Nursing, in the last decades, has managed to incorporate to its different activities a main role in first-aid care, in healthcare institutions and in ambulances, in response to society changes and consistent with the population care needs and the health system. In many cases, such care is crucial to achieve complete satisfaction in the services².

In Cuba, the new restructuring of health services which incorporates the Integrated Medical Emergencies System, the new Emergency and Intensive Therapies Units at the primary level, and the development of diagnostic and therapeutic techniques (including surgical ones), demands greater proficiency in nursing professionals².

Changes in social, cultural and economic patterns in recent decades have consequently produced changes in lifestyles, values, beliefs and environmental conditions, thus influencing the health level of the population. To meet these needs, it is necessary to adequately plan and implement nursing care, with a knowledge base, not only about people and health-related factors, but of pathophysiological alterations³.

The strategy of the Cuban National Health System in primary care has favored its currently position in qualitatively superior stage, in which attention quality and scientific-technical development of human resources takes on increased importance; therefore, the nursing staff, as member of health teams, should also meet these demands⁴ and must create strategies to allow knowledge on first aid among the community, since the aider person is the one closest to the injured individual at the scene².

The Nursing Graduate is a specialized profile professional, prepared to develop care, directive, teaching and research functions, with job skills to solve the problems identified in the individual, family and community, in any area or health institution⁴.

The medical urgencies and emergencies encompass a field where teamwork is more intense. Acquiring and developing new knowledge, techniques and procedures, is the essential prerequisite to boost dedication and responsibility towards the patient in the nursing professional. The art and science of acutely-ill patient care can only be fostered by professional growth^{2,5}.

The emergency and emergency nursing is currently in a position of social relevance. The so-called "golden hour", where primary health performance has fully demonstrated

reducing the number of debilitating injuries, and

of deaths, confirms the need to update, reorganize and train professionals with specific knowledge in this area. Therefore, the training of the nursing team who works in the accident and emergency services is the first step to develop qualified professionals in order to provide quality care to the people who need it. Professionalism (responsibility, autonomy, authority and leadership) entails the specialty growths^{3,6,7}.

Nursing practice has a multidisciplinary character, but there are difficulties in the protocols concerning the actions and care of this specialty in accident and emergency situations, such as cardiorespiratory arrest, where basic and advanced cardiopulmonary resuscitation is applied⁸⁻¹¹.

Many of the professionals graduated in the specialty and others who are currently studying express their need to learn about these topics. Hence, our work aimed to propose the insertion of a modular, optional or own course, to train nursing personnel in all areas of cardiopulmonary resuscitation.

As health services continue to increase, the introduction of the present modular course in this study plan, brings the nursing professional closer to these issues and finally allows to use the appropriate tools to provide high quality care to patients.

METHOD

A prospective, qualitative, exploratory and descriptive study was carried out to state the advantages presented by the nursing specialty study plan and the benefits that would be achieved by inserting this modular course in its thematic plan.

For the implementation in this program, the proposed modular course was not developed as a case-control pedagogical experiment. In an observational, empirical and intentional manner, we decided the insertion of this experimental proposal for didactic-methodological intervention to first-year students of the specialty who meet the inclusion criteria.

Study design

Stage I (initial or diagnostic): Identification of learning needs on knowledge about accident and emergency treatment, and their needs for advanced education.

Stage II (design):

- a) Consultation with the professors, coordinators and experts who assumed the development of the current program and study plan of the specialty.
- b) Preparation of the educational intervention program with the proposal for the modular course.

Variables

In the indicators, to assess each expected variable, we referred to the criteria for professional practice established by the Nursing Practice Standards for Accidents and Emergencies developed by the Association and the Emergency Nursing Department (EDNA by its Spanish acronym) and the Nursing Committee and the Emergency Nursing Practices (NPC), established since 2002^{4,7,12,13}.

In the integral qualitative evaluation of each student, in order to determine their results at the level of competence and excellence in practice, we considered their evaluation according to their performance, and fulfilment of skills, Excellent (if exceeds the criteria), Good (if meets the criteria and needs improvement) Regular (if it needs improvement) and Bad (if it is not satisfactory).

The instruments used to measure this variable were the knowledge and skills tests regularly applied at the end of each stage, through systematic evaluations (class workshop, seminars, cases presentation and discussion, education at work), the final Skills Test at the end of the module.

The application of these tests was accompanied by personal and external observation: between the participating teachers and the researchers. It served to verify the independence, responsibility and self-assessment for each student. This way, they recognized their and their colleagues' learning needs, and helped to meet them in order to maximize their professional development and optimal practice of emergency nursing.

The teaching program developed for the modular course in Emergency Nursing in the community, will be evaluated by expert criteria for its implementation, provided that this corresponds to the output profile of the specialty graduate.

Collateral variables to consider

- Independence, responsibility and self-evaluation

of the students in the learning process on Accidents and Emergencies Nursing.

- Use of teaching aids based on the learning of some emergency procedures and techniques.
- Professional level and teaching or scientific category acquired by the residents.
- Professional experience and contribution in these situations.

DISCUSSION

Commentary

As a classification in human resources development and training research, it is considered that this modular course should be inserted in the aforementioned study plan as a new product that contains the systems of knowledge and skills necessary to develop in students, applicable at any level of attention. Therefore, learning needs can be achieved in this field, and improve the level of competence and performance of graduates to tackle these health problems.

Importance of the study

The professional behaviors inherent to the nursing practice in the field of accidents and emergencies, established at the prehospital level are: the acquisition and application of a specialized body of knowledge and skills that develop responsibility, autonomy and collaborative relationships with the other factors within the accidents and emergencies system¹²⁻¹⁵.

Emergency care begins in the prehospital environment, continues in the emergency department and ends when the responsibility with respect to the patient is transferred to another doctor or the patient is discharged. The nursing staff is responsible for maintaining their continuity within the community to watch over compliance with the prescribed treatment and therapeutic plan, in addition, to ensure that its rehabilitation does not include possible complications and sequelae.

The importance of this course proposal and its inclusion within the study plan is that it allows the nursing professional to approach the basic tools to provide quality care, and establish criteria and guidelines for an adequate and effective communica-

tion before the different agents involved in the accidents and emergencies systems.

Strategic objectives to which the project contributes

With the implementation of this modular course, the nursing professional will be able to:

1. Provide comprehensive care to the individual, family and community to manage individually or as a member of a multidisciplinary team, the health problems that affect them, with efficiency and quality criteria.
2. Skillfully and safely use the therapeutic and diagnostic support means, which are characterized by their complex technology, for assistance in accident and emergency situations.
3. Efficiently and quickly assess, diagnose, treat and evaluate the human needs that are generated in the event of health problems, real or potential, in accident and emergency situations, which threaten life or do not allow it to be lived with dignity.
4. Formulate, implement and evaluate the nursing guidelines, the guides for good practices and the specific protocols that are planned in the programs for accidents and emergencies nursing.
5. Plan health actions to help an effective rehabilitation in individuals who have suffered emergency situations.

CONCLUSIONS

With the inclusion of this course we expect changes in the nursing students training to be in the medium term, taking into account that they will deepen scientific and technological knowledge, in the care process, in the production of goods and services, in social processes or in the environment.

CONFLICT OF INTERESTS

The authors declare no competing interests.

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