

## Information sheet for the course Fundamentals of Basal Stimulation I.

<b>University:</b> <i>Alexander Dubček University of Trenčín</i>																							
<b>Faculty:</b> <i>Faculty of Health Care</i>																							
<b>Course unit code:</b> <i>ZBS1/e</i>	<b>Course unit title:</b> <i>Fundamentals of Basal Stimulation I.</i>																						
<b>Type of course unit:</b> <i>optional</i>																							
<b>Planned types, learning activities and teaching methods:</b> <i>Seminar: 1 hour weekly/13 hours per semester of study; full-time</i>																							
<b>Number of credits:</b> <i>1</i>																							
<b>Recommended semester:</b> <i>3<sup>rd</sup> semester in the 2<sup>nd</sup> year part-time / 5<sup>th</sup> semester in the 3<sup>rd</sup> year part time</i>																							
<b>Degree of study:</b> <i>I (bachelor)</i>																							
<b>Course prerequisites:</b> <i>none</i>																							
<b>Assessment methods:</b> <i>100 points</i>																							
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<b>Results of the education:</b> <i>A student will acquire information about basic elements of Basal Stimulation concept, understand relations between them and their role for providing structured nursing care. The student sees connections between particular subject fields (psychology, physiology, neurology, pedagogy,...) and their purpose in the Basal Stimulation concept. The student can apply basic nursing interventions with the use of the Basic Stimulation concept with a goal of providing quality nursing care.</i>																							
<b>Outline of the course:</b>																							
<ol style="list-style-type: none"> <li>1. <i>Contemporary understanding of a nursing care and a philosophy of basal stimulating nursing care. The history of the Basal Stimulation concept.</i></li> <li>2. <i>The use of the basal stimulation in a nursing care. Groups of patients indicated to the use of the concept.</i></li> <li>3. <i>Planning and documentation of a nursing care. Biographical anamnesis of a patient and its purpose for providing a nursing care. Construction of the biographical anamnesis.</i></li> <li>4. <i>Ten Commandments of the Basal Stimulation. Basic elements of the Basal Stimulation concept.</i></li> <li>5. <i>Quality of touch in a nursing care. Initial touch.</i></li> <li>6. <i>The use of somatic stimulation in a basic nursing care.</i></li> <li>7. <i>The complete bath relaxing.</i></li> <li>8. <i>The complete bath stimulating.</i></li> <li>9. <i>Positioning (micropositioning, position nest, mummy).</i></li> </ol>																							

10. Contact breathing, massage stimulating breathing.
11. The use of vestibular stimulation in a basic nursing care.
12. The use of vibrating stimulation in a basic nursing care.
13. Education in the Basal Stimulation concept.

**Recommended of required reading:**

1. FRIEDLOVÁ, K.: Bazální stimulace v základní ošetrovatelské péči. Praha: Grada, 2007. 168 s. ISBN 978-80-247-1314-4.
  2. FRIEDLOVÁ, K.: Bazální stimulace pro učitele předmětu ošetrovatelství. I. a II. díl. Institut Bazální stimulace, 2005. 100 s. ISBN: 80-239-6132-2.
  3. FRIEDLOVÁ, K.: Stimulace vnímání. In Fendrychová, J a kol. Péče o kriticky nemocné dítě. 1.vyd. Brno: NCONZO, 2005. ISBN 80-7013-427-5, s.112 – 119.
  4. PROCHÁZKOVÁ, E.: Bazální stimulace. In Sestra. ISSN 1335-9444. 2007, roč. 6, č.5-6, s.12-13.
  5. PROCHÁZKOVÁ, E.: Bazální stimulace v práci sestry. In Sestra. ISSN 1335-9444. 2007, roč. 6, č. 7-8, s. 12-13.
  6. PROCHÁZKOVÁ, E.: Bazální stimulace. In Sestra. ISSN 1335-9444. 2007, roč. 6, č.9-10, s.12-13.
  7. PROCHÁZKOVÁ, E.: Bazální stimulace. In Sestra. ISSN 1335-9444. 2007, roč. 6, č.11-12, s.12-13.
- Časopisecká literatura – Sestra (ČR), Sestra (SR), Sestra a lékař v praxi (SR)

**Language:** Slovak

**Evaluation history:** Number of evaluated students

A	B	C	D	E	FX

**Lectures:**

PhDr. Kamila Jurdíková, PhDr. Katarína Gerlichová, PhD., PhDr. Mariana Mišinová, PhD.

**Last modification:** 22.4.2014

**Supervisor:** doc. MUDr. Juraj Čelko, PhD.