

Federal State Budgetary Educational Institution of Higher Education  
"Volgograd State Medical University"  
Ministry of Health of the Russian Federation

Department of Internal Medicine

Specialty in specialty 31.05.01 General Medicine,  
Focus (profile) General medicine

### **PRACTICE DIARY**

“Industrial practice (practice to gain professional skills and experience in professional activities in the positions of nursing staff (assistant ward nurse of a therapeutic profile))”

1st year student \_\_\_\_group

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(Surname)

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(Name)

Head of practice from the organization (university) \_\_\_\_\_ R.G. Myazin  
(signature)

### **Rules for writing a practice diary**

A mandatory reporting document on a student's internship is a practice diary. The practice diary should include protocols of various types of work (literary/methodological/experimental/analytical/other types of work) performed by the student during the internship.

Protocols are drawn up for each day of work in practice. The protocol must contain information about the date, topic(s) of the lesson(s), and work performed during the individual assignment.

When logging work on completing individual tasks (IT), you must adhere to the following algorithm:

1. Describe the essence of the task (goals/objectives/algorithm/method of execution, etc.)
2. Record factual data – it is advisable to present it in a tabular format.
3. It is necessary to display personal participation in carrying out activities to perform the functional duties of the ward nurse, recording everything that was done, observed, and participated in (i.e., the types of work that are performed during working hours are indicated).
4. Records must reflect the entire scope of work performed, be concise and clear.
5. It is necessary to make a brief conclusion based on the results of the IT.

### **The practice diary must be signed:**

- a) after each protocol - by the nurse under whose guidance he performed the work.
- b) on the title page - by the head of practice from the organization (university) and the head of practice from the specialized organization (base of practice)

A sample of daily protocols in the practice diary - see Appendix 1.

### **Introductory information for students**

The objectives of the practice are:

- study of the functional responsibilities and working conditions of a ward nurse in therapeutic departments;
- acquiring skills in communicating with therapeutic patients, their legal representatives, medical personnel, implementing the principles of medical deontology;
- training in differentiated care techniques for the most common pathologies and provision of pre-medical care in emergency conditions;
- acquisition and consolidation of skills to promote a healthy lifestyle;
- acquisition of skills in preparing basic types of medical documentation for a nursing station.

During practice, the student must gain skills (activity experience):

- carrying out manipulations to ensure the maintenance of personal hygiene of seriously ill patients (assistance with the morning toilet, creating a comfortable position for the patient);
- carrying out manipulations to ensure the maintenance of personal hygiene of seriously ill patients (toilet of the skin, mouth, ears);
- carrying out manipulations to ensure the maintenance of personal hygiene of seriously ill patients (washing hair);
- carrying out manipulations to ensure the maintenance of personal hygiene of seriously ill patients (giving a bedpan, urinal);
- carrying out manipulations to ensure the maintenance of personal hygiene of seriously ill patients (toilet of the external genitalia);
- carrying out manipulations to ensure the maintenance of personal hygiene of seriously ill patients (skin care, prevention of bedsores);
- measuring the patient's body temperature (graphic recording in the temperature sheet);
- feeding the seriously ill;
- counting respiratory movements;
- blood pressure measurement;
- determination and counting of the pulse on the radial artery;
- preparing the patient for ultrasound of the abdominal organs, retroperitoneum, bladder;
- preparing the patient for esophago-gastro-duodenoscopy, radiography of the stomach;
- preparing the patient for colonoscopy, irrigography;
- conducting a cleansing enema;
- changing underwear and bed linen for a patient with limited mobility;
- provision of first aid for heart pain;
- provision of first aid in case of hypertensive crisis;
- provision of first aid for fainting and collapse;
- provision of first aid for hemoptysis and pulmonary hemorrhage;
- provision of first aid in case of sudden shortness of breath (choking);
- provision of first aid for vomiting;
- provision of first aid for external bleeding;
- provision of first aid for renal colic;
- carrying out resuscitation measures (artificial ventilation);
- carrying out resuscitation measures (closed cardiac massage).

**Upon completion of the internship, the student should know:**

- organization of therapeutic care in the Russian Federation;
- structure and organization of work of a therapeutic hospital;
- sanitary and hygienic requirements for the structural premises of departments  
therapeutic profile;
- medical and protective regime of health care facilities;

- functional responsibilities of a ward nurse in therapeutic departments;
- basic principles of medical ethics and deontology;
- concept of general and special care;
- features of care for patients with various therapeutic pathologies;
- cardiopulmonary measures;
- algorithms for providing first aid for various conditions.

**The student must be able to:**

- comply with labor protection, safety, sanitary and hygienic rules norms;
- measure height, weight, body temperature, blood pressure, pulse rate, respiratory rate movements;
- prepare the patient for laboratory and instrumental studies;
- transport the patient;
- provide general and special care for patients with various pathologies;
- provide first aid;
- carry out resuscitation measures.

## CALENDAR AND THEMATIC PLAN OF PRACTICE

№		
	<p>Introduction to practice.<sup>2</sup>          Acquaintance with the base of practice, those responsible for practice from the Department of Internal Medicine and General Surgery with the course of urology of Volgograd State Medical University, senior nurses of the therapeutic departments of medical institutions of practice. Carrying out organizational activities; delivery of medical records to those responsible for practice, distribution of practice among departments of health care facilities, drawing up a plan for internship; Familiarization with safety precautions (introductory safety briefing, initial workplace training, fire safety training, antiviral safety training in the context of the spread of the new coronavirus infection (COVID-19)).<sup>3</sup></p>	
	Formation of an individual task.	
	<p>Organization of the work of the therapeutic department of health care facilities.<sup>2</sup>          The structure and organization of work of the department of therapeutic profile of health care facilities (main premises and their equipment; medical and protective regime; number and profile of deployed beds; internal regulations for patients; rules for sanitary treatment of department premises). The staffing table of the therapeutic department staff, a brief description of their responsibilities.<sup>3</sup></p>	
	Completing an individual task.	

	<p>Responsibilities of the ward nurse.2</p> <p>Performing the duties of a ward nurse in accordance with the job description drawn up on the basis of the order of the Ministry of Health of the Russian Federation No. 249 “On the nomenclature of specialties of secondary medical and pharmaceutical education”, as well as the professional standard “specialist in the field of nursing” nurse/nurse. Standards of ethics, morality and law according to the type of professional activity of a ward nurse. 3</p>	
	<p>Completing an individual task.</p>	
	<p>Organization of the work of the ward nurse.2</p> <p>Provisions of the Code of Ethics for Russian Nurses. Basic provisions of legislation on the protection of citizens' health. Work schedule for a ward nurse. Equipment of the ward nurse's post.3</p>	
	<p>Completing an individual task.</p>	
	<p>Organization of duty of the ward nurse.2</p> <p>Participation in morning conferences of medical staff (report on duty on the condition of seriously ill and newly admitted patients). Handing over the duty of the ward nurse, reception of the workplace (monitoring the availability of necessary medications, instruments, equipment, obtaining missing drugs, checking entries in journals).3</p>	
	<p>Completing an individual task.</p>	
	<p>Nursing rounds. Medical ethics and deontology.2</p> <p>Participation of the ward nurse in visiting all wards in the morning when waking up patients and in the evening before going to bed. Fulfilling doctor's orders. Compliance with medical ethics, deontology, prevention of iatrogenicity. Compliance with the rules of personal hygiene of medical workers. Rules for the prevention of HIV infection and viral hepatitis.3</p>	
	<p>Completing an individual task.</p>	
	<p>Ward nurse control functions.2</p> <p>Monitoring by the ward nurse over compliance with the sanitary regime in the wards of the department; compliance by patients with internal regulations; monitoring patients' diet, following doctor's recommendations, monitoring transmissions.2</p>	
	<p>Medical documents of the medical post.2</p> <p>Documents for recording the results of work: a sheet of daily registration of patients in the department and bed capacity; consolidated portioners. Registration of the movement of patients and medical procedures in journals: admitted and discharged patients; registration for instrumental studies and preparation for them; registration of medicinal prescriptions.3</p>	
	<p>Personal hygiene of the patient.2</p> <p>Personal hygiene of the patient and his position in bed. Setting up a functional bed. Change of underwear and bed linen. Care for skin, oral cavity, ears, hair. Sanitary treatment of the patient (cutting hair, nails, performing a hygienic bath, shower, washing the hair, wiping the patient).3</p>	

	Providing laboratory diagnostics. Nursing. 2 Collection of biological fluids for laboratory diagnostics (urine, sputum, feces). Measuring urine output and recording the volume of fluid consumed. Observation and care of patients with respiratory diseases. Observation and care of patients with diseases of the cardiovascular system. <sup>3</sup>	
	Nursing first aid. <sup>2</sup> Features of care for gerontological patients. First aid for heart pain; during hypertensive crisis; with fainting and collapse; with hemoptysis and pulmonary hemorrhage; with sudden shortness of breath (choking). <sup>3</sup>	
	Results of the practice. <sup>2</sup> Submission of reporting documentation on t	
	Placing reporting documentation on practice in the electronic information and educational environment of Volgograd State Medical University.	

1 – one thematic block includes several classes conducted in the form of practical training, the duration of one lesson is 45 minutes with a break between classes of at least 5 minutes

2 – topic

3 – essential content

### List of developed competencies and assessment of their mastery

№		Competency text		
	LC - 4	Able to use modern communication technologies, including in foreign language(s), for academic and professional interaction		
	LC - 6	Able to determine and implement priorities for one's own activities and ways to improve them based on self-assessment and lifelong education competency text		
	GPC - 1	Able to implement moral and legal norms, ethical and deontological principles in professional activities		

To characterize the level of development, the following designations are used:

1 – “Familiarization” (recognition of previously studied objects, properties).

2 – “Reproductive” (performing activities according to a model, instructions or under guidance).

3 – “Productive” (planning and independent execution of activities, solving problematic problems).

Appendix 1

### Chronological practice diary

PROTOCOL No. \_\_\_\_\_

Date \_\_\_\_\_. 2026

Thematic block:

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## Contents (work progress):

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

### Performing individual tasks:

[illegible]

Nurse \_\_\_\_\_ / \_\_\_\_\_ /  
Appendix 2

## ON SAFETY AND OCCUPATIONAL HEALTH"

I am a 1st year student of the \_\_\_\_\_ group of the Faculty of Medicine, a specialist in the specialty 31.05.01 General Medicine

\_\_\_\_\_  
(Surname)

\_\_\_\_\_  
(Name)

familiarized with the rules of conduct (safety and labor protection) in the structural units of the hospital, medical and diagnostic premises during the internship "Industrial practice (practice in obtaining professional skills and professional experience in the positions of nursing staff (assistant ward nurse of a therapeutic profile))", I undertake to comply with them and comply with the lawful orders of the responsible teacher.

Student's signature \_\_\_\_\_

The teacher who conducted the instruction \_\_\_\_\_ R.G. Myazin

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