

Basic Assessment & Support in Intensive Care (BASIC) for Nurses

The job of an ICU nurse is complicated and involves many different skills. This can be frightening for a new ICU nurse. BASIC for Nurses aims to give the new ICU nurse the knowledge and skills needed to safely look after the critically ill patient. In order to look after the patient safely, it is important in intensive care nursing to be able to quickly identify changes in patients' condition and respond correctly. To do this you need to have a good understanding of your environment and the common conditions ICU patients' experience. You need to understand how equipment works and how to use it safely and you need to know what observations you need to make and understand what to do if something goes wrong.

BASIC for Nurses course is designed, organized, monitored from BASIC committee from Chinese University of Hong Kong and is organized in Nepal under the umbrella of Nepal Critical Care Development Foundation (NCCDF). The BASIC collaboration is an informal grouping of Intensive Care specialists with an interest in the development and dissemination of teaching material. This material is produced primarily in the form of short courses focusing on different topics or groups of students/professionals working with severely ill patients. BASIC committee continues to monitor all BFN courses throughout the world.

The main focus of BASIC for Nurses course is to provide an introduction to Intensive Care nursing for novice ICU nurses. There is a strong focus on the practical needs of the novice ICU nurse, with theoretical aspects being limited to those issues that are directly relevant to an understanding of clinical practice.

AIMS OF THE COURSE:

1. To provide a basic knowledge on the physiology and pathology of critical illness and organ support of critical ill patient to ICU novices / high dependency unit nurses
2. To provide basic critical care nursing assessment knowledge and skills in caring the critically ill patient.
3. To train nurses to have a better understanding of their roles and responsibilities needed to safely look after the critically ill patient.

DURATION OF THE COURSE: 2 days course

DESIGN OF THE COURSE: This course composes of Pre-course reading and completion of pre-course multiple choice questions before attending the course, lectures and skill stations.

TARGET AUDIENCE: Novice ICU nurses, Nurses working in critical care areas including emergency, recovery and CCU

TOPICS INCLUDE:

- Basic nursing assessment of critically ill patients
- Airway management
- Basic respiratory physiology

- Acute respiratory failure
- Mechanical ventilation
 - Modes and settings
 - Troubleshooting
 - Non-invasive ventilation
 - Nursing care of the ventilated patient
- Respiratory monitoring in ICU
- Arterial blood gases interpretation
- Basic cardiovascular physiology
- Basic hemodynamic monitoring in ICU
- Shock
- Life threatening arrhythmias
- Cardio-pulmonary resuscitation in ICU
- Oliguria
- Basic neurological assessment in ICU
- Intracranial hypertension
- Sedation
- Acute pain
- Nutritional support
- Infection control
- Transport of critically ill patients
- Communication in ICU
- Clinical handover

The course material consists of:

- Course manual for pre-course reading
- Pre-course multiple choice question test
- Lectures
- Skill stations
- Post-course test

Practical sessions will be led by an instructor and will incorporate commonly experienced ICU situations. Equipment that you may come across in your ICU will be used in these sessions.

BASIC for Nurses is organized by Nepal Critical Care Development Foundation (NCCDF) starting from March 31, 2016. In March 2016, Instructors from Hong Kong and Australia (Carmen and Emily) came out to Kathmandu and first instructor course and provider course was held. Total 12 potential instructors from various hospitals were identified and instructor course were given under the supervision of BASIC committee. These instructors are chose on the basis of their performance in Critical Care Unit as well as their leading and teaching capabilities. Their performance was always monitored and evaluated in every course.

Till this date, we have trained around 350 nurses from different part of our country. We are focusing to cover almost all region of Nepal so we are trying to reach many major areas outside Kathmandu Valley. Here are the lists of Hospitals where we have conducted our course till now.

1. T U Teaching Hospital, Kathmandu, March, 2016
2. Chitwan Medical College, Chitwan, April, 2016
3. Dhulikhel Hospital, Dhulikhel, June, 2016
4. KIST Medical College and Teaching Hospital, Kathmandu, September, 2016
5. Grande International Hospital, Kathmandu, November, 2016
6. Gandaki Medical College, Pokhara, January, 2017
7. Nobel Medical College, Biratnagar, March, 2017
8. Grande International Hospital, Kathmandu, July, 2017
9. Nepal Cancer Hospital and Research Centre, Harisddhi, November, 2017
10. BNC Hospital, Jhapa, December, 2017