CONTENTS

Any updates to this textbook can be found in the Content Updates folder on Evolve at http://evolve.elsevier.com/Potter/fundamentals/.

UNIT 1 NURSING AND THE HEALTH CARE ENVIRONMENT

1 Nursing Today, 1

Anne Griffin Perry, RN, EdD, FAAN

Historical Highlights, 2

Influences on Nursing, 3

Nursing as a Profession, 4

Nursing Education, 5

Nursing Practice, 6

Professional Responsibilities and Roles, 6

Professional Nursing Organizations, 9

Trends in Nursing, 9

2 The Health Care Delivery System, 14

Patricia A. Stockert, RN, BSN, MS, PhD

Health Care Regulation and Competition, 15

Emphasis on Population Wellness, 15

Health Care Settings and Services, 16

Issues in Health Care Delivery, 22

The Future of Health Care, 28

3 Community-Based Nursing Practice, 31

Anne Griffin Perry, RN, EdD, FAAN

Community-Based Health Care, 31

Community Health Nursing, 32

Community-Based Nursing, 33

Community Assessment, 37

Changing Patients' Health, 37

4 Theoretical Foundations of Nursing Practice, 40

Anne Griffin Perry, RN, EdD, FAAN

The Domain of Nursing, 40

Theory, 41

Interdisciplinary Theories, 43

Selected Nursing Theories, 44

Link Between Theory and Knowledge

Development in Nursing, 46

5 Evidence-Based Practice, 50

Amy M. Hall, RN, BSN, MS, PhD, CNE

A Case for Evidence, 50

Nursing Research, 56 Research Process, 59 Quality and Performance

Improvement, 60

UNIT 2 CARING THROUGHOUT THE LIFE SPAN

6 Health and Wellness, 65

Patricia A. Stockert, RN, BSN, MS, PhD

Healthy People Documents, 65

Definition of Health, 66

Models of Health and Illness, 66

Variables Influencing Health and Health

Beliefs and Practices, 68

Health Promotion, Wellness, and Illness

Prevention, 70

Risk Factors, 71

Risk-Factor Modification and Changing

Health Behaviors, 73

Illness, 73

7 Caring in Nursing Practice, 79

Anne Griffin Perry, RN, EdD, FAAN

Theoretical Views on Caring, 80

Patients' Perceptions of Caring, 82

Ethic of Care, 83

Caring in Nursing Practice, 83

The Challenge of Caring, 86

8 Caring for the Cancer Survivor, 90

Kay E. Gaehle, PhD, RN

The Effects of Cancer on Quality

of Life, 91

Cancer and Families, 94

Implications for Nursing, 94

Components of Survivorship Care, 97

9 Culture and Ethnicity, 101

Jerrilee LaMar, PhD, RN, CNE

Health Disparities, 101

Understanding Cultural Concepts, 102

Cultural Context of Health and

Caring, 103

Culture and Life Transitions, 105

Cultural Assessment, 107

Caring Beliefs and Practices, 112

10 Caring for Families, 116

Anne Griffin Perry, RN, EdD, FAAN

The Family, 116

Current Trends and New Family

Forms, 117

Theoretical Approaches: An Overview, 119

Attributes of Families, 120

Family Nursing, 121

Nursing Process for the Family, 123

11 Developmental Theories, 130

Karen Balakas, PhD, RN, CNE

Developmental Theories, 130

12 Conception Through Adolescence, 139

Karen Balakas, PhD, RN, CNE

Stages of Growth and Development, 139

Selecting a Developmental Framework for

Nursing, 139

Intrauterine Life, 139

Transition from Intrauterine to Extrauterine

Life, 140

Newborn, 141

Infant, 143

Toddler, 146

Preschoolers, 147

School-Age Children and Adolescents, 149

School-Age Children, 149

Adolescents, 151

13 Young and Middle Adults, 157

Patsy L. Ruchala, DNSc, RN

Young Adults, 157

Middle Adults, 163

14 Older Adults, 171

Karen Korem, RN-BC, MA

Variability Among Older Adults, 171

Myths and Stereotypes, 172

Nurses' Attitudes Toward Older

Adults, 173

Theories of Aging, 173

Developmental Tasks for Older

Adults, 173

Community-Based and Institutional Health

Care Services, 174

Assessing the Needs of Older Adults, 174

Addressing the Health Concerns of Older

Adults, 182

Older Adults and the Acute Care

Setting, 187

Older Adults and Restorative Care, 188

UNIT 3 CRITICAL THINKING IN NURSING PRACTICE

15 Critical Thinking in Nursing Practice, 192

Patricia A. Potter, RN, MSN, PhD, FAAN

Clinical Decisions in Nursing Practice, 192

Critical Thinking Defined, 193

Levels of Critical Thinking in Nursing, 194

Critical Thinking Competencies, 195

A Critical Thinking Model for Clinical

Decision Making, 198

Developing Critical Thinking Skills, 202

Critical Thinking Synthesis, 202

16 Nursing Assessment, 206

Patricia A. Potter, RN, MSN, PhD, FAAN

Critical Thinking Approach to

Assessment, 207

17 Nursing Diagnosis, 222

Patricia A. Potter, RN, MSN, PhD, FAAN

History of Nursing Diagnosis, 223

Critical Thinking and the Nursing Diagnostic

Process, 224

Concept Mapping Nursing Diagnoses, 230

Sources of Diagnostic Errors, 231

Nursing Diagnoses: Application to Care

Planning, 233

18 Planning Nursing Care, 236

Patricia A. Potter, RN, MSN, PhD, FAAN

Establishing Priorities, 237

Critical Thinking in Setting Goals and

Expected Outcomes, 238

Critical Thinking in Planning Nursing

Care, 241

Systems for Planning Nursing Care, 243

Consulting Other Health Care

Professionals, 249

19 Implementing Nursing Care, 253

Patricia A. Potter, RN, MSN, PhD, FAAN

Critical Thinking in Implementation, 254

Standard Nursing Interventions, 255

Implementation Process, 256

Direct Care, 259

Indirect Care, 261

Achieving Patient Goals, 262

20 Evaluation, 265

Patricia A. Potter, RN, MSN, PhD, FAAN

Standards for Evaluation, 267

21 Managing Patient Care, 274

Patricia A. Stockert, RN, BSN, MS, PhD

Building a Nursing Team, 274

Leadership Skills for Nursing Students, 279

UNIT 4 PROFESSIONAL STANDARDS IN NURSING PRACTICE

22 Ethics and Values, 286

Margaret Ecker, RN, MS

Basic Terms in Health Ethics, 286 Professional Nursing Code of Ethics, 287 Values, 288 Ethics and Philosophy, 288 Nursing Point of View, 290 Issues in Health Care Ethics, 292

23 Legal Implications in Nursing Practice, 296 Christine R. Durbin, PhD, JD, RN

I -- II' '' NI NI NI NI NI NI

Legal Limits of Nursing, 296

Federal Statutory Issues in Nursing

Practice, 298

State Statutory Issues in Nursing

Practice, 300

Civil and Common Law Issues in Nursing

Practice, 301

Risk Management, 305

24 Communication, 309

Jeri Burger, PhD, RN

Communication and Nursing Practice, 309

Basic Elements of the Communication

Process, 312

Forms of Communication, 313

Professional Nursing Relationships, 314

Elements of Professional Communication, 316

Nursing Process, 317

25 Patient Education, 328

Amy M. Hall, RN, BSN, MS, PhD, CNE

Standards for Patient Education, 328

Purposes of Patient Education, 329

Teaching and Learning, 329

Domains of Learning, 330

Basic Learning Principles, 331

Nursing Process, 335

26 Documentation and Informatics, 348

Frank Lyerla, PhD, RN

Confidentiality, 349

Standards, 349

Interdisciplinary Communication Within

the Health Care Team, 349

Purposes of Records, 349

Guidelines for Quality Documentation and

Reporting, 350

Methods of Documentation, 353

Common Record-Keeping Forms, 355

Home Care Documentation, 357

Long-Term Health Care Documentation, 357

Reporting, 357

Health Informatics, 359

Nursing Informatics, 359

UNIT 5 FOUNDATIONS FOR NURSING PRACTICE

27 Patient Safety, 365

Marinetta DeMoss, RN, MSN

Scientific Knowledge Base, 365

Nursing Knowledge Base, 368

Critical Thinking, 371

Nursing Process, 372

Skill 27-1 Applying Restraints, 388

Skill 27-2 Seizure Precautions, 392

28 Infection Prevention and Control, 398

Ruth M. Curchoe, RN, MSN, CIC

Scientific Knowledge Base, 399

The Infectious Process, 401

Nursing Knowledge Base, 404

Nursing Process, 405

Skill 28-1 Hand Hygiene, 425

Skill 28-2 Preparation of Sterile Field, 427

Skill 28-3 Surgical Hand Asepsis, 431

Skill 28-4 Applying a Sterile Gown and

Performing Closed Gloving, 434

Skill 28-5 Open Gloving, 436

okiii 20-3 Open dioving,

29 Vital Signs, 441

Susan Jane Fetzer, PhD, RN, MBA

Guidelines for Measuring Vital Signs, 442

Body Temperature, 442

Nursing Process, 446

Pulse, 452

Respiration, 455

Blood Pressure, 458

Health Promotion and Vital Signs, 465

Recording Vital Signs, 466

Skill 29-1 Measuring Body Temperature, 467

Skill 29-2 Assessing the Radial and Apical

Pulses, 472

Skill 29-3 Assessing Respirations, 476

Skill 29-4 Measuring Oxygen Saturation (Pulse Oximetry), 478 Skill 29-5 Measuring Blood Pressure, 480

30 Health Assessment and Physical

Examination, 487

Rhonda W. Comrie, PhD, RN, CNE, AE-C

Purposes of the Physical Examination, 488 Preparation for Examination, 488 Organization of the Examination, 491 Techniques of Physical Assessment, 493 General Survey, 495 Skin, Hair, and Nails, 498 Head and Neck, 507 Thorax and Lungs, 522 Heart, 527 Vascular System, 531 Breasts, 537

Abdomen, 542 Female Genitalia and Reproductive Tract, 545 Male Genitalia, 547 Rectum and Anus, 550 Musculoskeletal System, 551 Neurological System, 555

After the Examination, 560

31 Medication Administration, 565

Amy M. Hall, RN, BSN, MS, PhD, CNE

Scientific Knowledge Base, 565 Nursing Knowledge Base, 574

Critical Thinking, 584

Nursing Process, 587

Medication Administration, 593

Skill 31-1 Administering Oral

Medications, 612

Skill 31-2 Administering Ophthalmic

Medications, 616

Skill 31-3 Using Metered-Dose or Dry

Powder Inhalers, 619

Skill 31-4 Preparing Injections, 622

Skill 31-5 Administering Injections, 626

Skill 31-6 Administering Medications by

Intravenous Bolus, 631

Skill 31-7 Administering Intravenous Medications by Piggyback, Intermittent Intravenous Infusion Sets, and Mini-Infusion Pumps, 635

32 Complementary and Alternative Therapies, 643 Mary S. Koithan, PhD, RN, CNS-BS

> **Complementary and Alternative Approaches** to Health, 643

Nursing-Accessible Therapies, 644 Training-Specific Therapies, 649 Nursing Role in Complementary and Alternative Therapies, 654

PSYCHOSOCIAL BASIS FOR UNIT 6 NURSING PRACTICE

33 Self-Concept, 658

Victoria N. Folse, PhD, APN, PMHCNS-BC, LCPC

Scientific Knowledge Base, 658 Nursing Knowledge Base, 659 Critical Thinking, 665 **Nursing Process, 665**

34 Sexuality, 674

Kathy Lever, MSN, WHNP-C Scientific Knowledge Base, 674 Nursing Knowledge Base, 677 Critical Thinking, 679 **Nursing Process, 680**

35 Spiritual Health, 691

Amy M. Hall, RN, BSN, MS, PhD, CNE Scientific Knowledge Base, 691 Nursing Knowledge Base, 692 Critical Thinking, 694 **Nursing Process, 695**

36 The Experience of Loss, Death, and Grief, 708 Valerie Yancey, PhD, RN

Scientific Knowledge Base, 709 Nursing Knowledge Base, 711 Critical Thinking, 713 **Nursing Process, 713**

37 Stress and Coping, 731

Marjorie Baier, PhD, RN Scientific Knowledge Base, 731 Nursing Knowledge Base, 734

Critical Thinking, 735 **Nursing Process, 736**

UNIT 7 PHYSIOLOGICAL BASIS FOR **NURSING PRACTICE**

38 Activity and Exercise, 746 Rita Wunderlich, PhD, RN

Scientific Knowledge Base, 746 Nursing Knowledge Base, 749

Critical Thinking, 750

Nursing Process, 751

39 Hygiene, 768 Deborah Marshall, MSN Scientific Knowledge Base, 768 Nursing Knowledge Base, 770 Critical Thinking, 772 Nursing Process, 773 Skill 39-1 Bathing and Perineal Care, 797 Skill 39-2 Performing Nail and Foot Care, 805 Skill 39-3 Providing Oral Hygiene, 808 Skill 39-4 Performing Mouth Care for

Skill 39-4 Performing Mouth Care for an Unconscious or Debilitated Patient, 811 Skill 39-5 Making an Occupied Bed, 813

40 Oxygenation, 821

Paulette M. Archer, RN, EdD

Scientific Knowledge Base, 821
Nursing Knowledge Base, 828
Critical Thinking, 830
Nursing Process, 830
Skill 40-1 Suctioning, 855
Skill 40-2 Care of an Artificial
Airway, 861
Skill 40-3 Care of Patients with Chest
Tubes, 869

Skill 40-4 Applying a Nasal Cannula or Oxygen Mask, 873 Skill 40-5 Using Home Oxygen Equipment, 875

41 Fluid, Electrolyte, and Acid-Base Balance, 882 Linda Felver, PhD, RN

Scientific Knowledge Base, 883
Nursing Knowledge Base, 893
Critical Thinking, 893
Nursing Process, 895
Skill 41-1 Initiating Intravenous
Therapy, 916
Skill 41-2 Regulating Intravenous Flow
Rate, 925
Skill 41-3 Maintenance of Intravenous
System, 929
Skill 41-4 Changing a Peripheral
Intravenous Dressing, 934

42 Sleep, 939

Patricia A. Stockert, RN, BSN, MS, PhD Scientific Knowledge Base, 939 Nursing Knowledge Base, 944 Critical Thinking, 946 Nursing Process, 947

43 Pain Management, 962

Linda Cason, MSN, RN-BC, NE-BC, CNRN
Scientific Knowledge Base, 963
Nursing Knowledge Base, 966
Critical Thinking, 969
Nursing Process, 969
Skill 43-1 Patient-Controlled Analgesia, 990

44 Nutrition, 996

Patricia A. Stockert, RN, BSN, MS, PhD
Scientific Knowledge Base, 997
Nursing Knowledge Base, 1001
Critical Thinking, 1006
Nursing Process, 1007
Skill 44-1 Aspiration Precautions, 1026
Skill 44-2 Inserting a Small-Bore
Nasoenteric Tube for Enteral
Feedings, 1028
Skill 44-3 Administering Enteral Feedings
via Nasoenteric, Gastrostomy, or
Jejunostomy Tubes, 1031
Skill 44-4 Blood Glucose Monitoring, 1036

45 Urinary Elimination, 1042

Terry L. Wood, PhD, RN, CNE
Scientific Knowledge Base, 1042
Nursing Knowledge Base, 1048
Critical Thinking, 1049
Nursing Process, 1049
Skill 45-1 Collecting Midstream
(Clean-Voided) Urine Specimen, 1068
Skill 45-2 Inserting a Straight or Indwelling
Catheter, 1071
Skill 45-3 Indwelling Catheter Care, 1079
Skill 45-4 Closed Catheter Irrigation, 1081

46 Bowel Elimination, 1087

Lori Klingman, MSN, RN
Scientific Knowledge Base, 1087
Nursing Knowledge Base, 1089
Critical Thinking, 1096
Nursing Process, 1096
Skill 46-1 Administering a Cleansing
Enema, 1112
Skill 46-2 Inserting and Maintaining a
Nasogastric Tube for Gastric
Decompression, 1115
Skill 46-3 Pouching an Ostomy, 1121

47 Mobility and Immobility, 1127 Ann B. Tritak, EdD, MA, BSN, RN Scientific Knowledge Base, 1127

Nursing Knowledge Base, 1131 Critical Thinking, 1136 Nursing Process, 1136 Skill 47-1 Moving and Positioning Patients in Bed, 1159 Skill 47-2 Using Safe and Effective Transfer Techniques, 1166

48 Skin Integrity and Wound Care, 1176 Janice Colwell, RN, MS, CWOCN, FAAN Scientific Knowledge Base, 1176 Nursing Knowledge Base, 1184 Critical Thinking, 1186 **Nursing Process, 1187** Skill 48-1 Assessment for Risk for Pressure Ulcer Development, 1213 Skill 48-2 Treating Pressure Ulcers, 1215 Skill 48-3 Applying Dry and Moist Dressings, 1218 Skill 48-4 Implementation of Negative-Pressure Wound Therapy, 1221 Skill 48-5 Performing Wound Irrigation, 1224 Skill 48-6 Applying an Abdominal Binder, 1226 Skill 48-7 Applying an Elastic

49 Sensory Alterations, 1233

Jill Parsons, RN, MSN, PCCN

Scientific Knowledge Base, 1233

Bandage, 1228

Nursing Knowledge Base, 1236 Critical Thinking, 1236 Nursing Process, 1237

50 Care of Surgical Patients, 1254 Carrie Sona, RN, MSN, CCRN, ACNS, CCNS History of Surgical Nursing, 1254 Scientific Knowledge Base, 1255 Nursing Knowledge Base, 1255 Critical Thinking, 1255 Preoperative Surgical Phase, 1256 **Nursing Process, 1256** Transport to the Operating Room, 1271 Intraoperative Surgical Phase, 1271 Preoperative (Holding) Area, 1271 Admission to the Operating Room, 1271 **Nursing Process, 1272** Postoperative Surgical Phase, 1274 **Immediate Postoperative Recovery** (Phase I), 1274 **Recovery in Ambulatory Surgery** (Phase II), 1275 Postoperative Convalescence, 1276 **Nursing Process, 1277** Skill 50-1 Demonstrating Postoperative Exercises, 1287

Glossary, 1296