

Ruth Craven
Constance Hirnle
Sharon Jensen



FUNDAMENTALS OF NURSING

Human Health and Function

Seventh Edition



10038199

ห้องสมุด วพบ.สุรินทร์

Wolters Kluwer | Lippincott
Williams & Wilkins

Contents

UNIT 1

Conceptual Foundations of Nursing 1

CHAPTER 1

The Profession of Nursing 1

- Highlights of the Historical Evolution of Professional Nursing 2
- Socialization to Professional Nursing 6
- Expanded Nursing Roles 8
- Professional Nursing Practice 9
- Nursing Responsibilities 11
- Nursing Competencies 12
- Nursing Theory 12
- Non-Nursing Theories Used in Nursing 12
- Functional Health Patterns as a Framework For Nursing 15
- Issues and Trends in Current Nursing 17
- Future Trends in Nursing Practice 18

CHAPTER 2

Health, Wellness, and Complementary Medicine 21

- Health and Wellness 22
- Health Models 22
- Wellness Healthcare 24
- Nursing in Wellness 25
- Holistic Healthcare and Nursing 26
- CAM Therapies and Integrative Healthcare 27

CHAPTER 3

Healthcare in the Community and Home 39

- Levels of Healthcare 40
- Home Healthcare 43
- Community-Based Healthcare Issues 47
- Hospice 56

CHAPTER 4

Culture and Diversity 58

- What is Culture? 59
- Concepts of Culture in Nursing Care 65

CHAPTER 5

Communication in the Nurse–Patient Relationship 74

- The Communication Process 75
- Ingredients of Therapeutic Communication 81
- Communication and The Nursing Process 83

CHAPTER 6

Values, Ethics, and Legal Issues 95

- Values 96
- Learning and Communicating Values 97
- Clarifying Values 98
- Values Inquiry 99
- Value Conflicts 99
- Ethics 100
- Laws and Nursing 107

CHAPTER 7

Nursing Research and Evidence-Based Care 116

- Research and Nursing 117
- The Research Process 121
- Ethical and Legal Issues 126
- Research and the Professional Nurse 128

CHAPTER 8

Patient Education and Health Promotion 133

- Teaching–Learning Process 134
- Purposes of Patient Education 136
- Assessment for Learning 139
- Nursing Diagnoses 142
- Outcome Identification and Planning 143
- Implementation of Patient Teaching 148
- Evaluation of Learning 150

CHAPTER 9

Caring for the Older Adult 157

- Demographics 158
- Cognition and Communication, Mood, and Self-Care 160
- Mobility, Elimination, and Skin Integrity 162

Nutrition and Health Maintenance 165
 Chronic Illness, Infections, and Immunity 165
 Sleep and Rest 166
 Pain Management 166
 Loss and Grief, Loneliness, and Coping and Stress 167
 Sexuality, Roles and Relationships, and Self-Perception 168
 Values, Beliefs, and Spirituality 169

UNIT 2

Nursing Process 173

CHAPTER 10

Nursing Process: Foundation for Practice 173

Components of the Nursing Process 174
 Nursing Practice and the Nursing Process 178
 Importance of Critical Thinking in Nursing 179
 Learning Styles Affecting Critical Thinking 179
 Skills in Providing Care 180
 Skills in Learning 180
 Applying Critical Thinking to Learning Activities 184

CHAPTER 11

Nursing Assessment 186

Preparing for Assessment 187
 Assessment Skills 188 * *
 Assessment Activities 192

CHAPTER 12

Nursing Diagnosis 199

Nursing Diagnosis Taxonomy 201
 Components of a Nursing Diagnosis 201
 Diagnosis Activities 203
 Nursing Practice and Nursing Diagnoses 207

CHAPTER 13

Outcome Identification and Planning 213

Outcome Identification 214
 Outcome Identification Activities 215
 Planning 216

CHAPTER 14

Implementation and Evaluation 227

Implementation 228
 Evaluation 232
 Quality Improvement Programs 236

CHAPTER 15

Documentation and Communication in the Healthcare Team 239

Patient Medical Record 240
 Verbal Communication 254

UNIT 3

Clinical Nursing Therapies 261

CHAPTER 16

Health Assessment 261

Purpose of the Health Assessment 262
 Frameworks for Health Assessment 262
 Conducting a Health Assessment 263
 Obtaining Subjective Data: The Interview 266
 Obtaining Objective Data: The Physical Examination 274
 Head-To-Toe Physical Assessment of Function 277
 Concluding the Assessment 295

CHAPTER 17

Vital Signs 317

Body Temperature 319
 Pulse 323
 Respirations 327
 Blood Pressure 329
 Documenting Vital Signs 335

CHAPTER 18

Asepsis and Infection Control 358

Role of Microorganisms in Infection 359
 Infection Control 364
 Aseptic Practices 369

CHAPTER 19

Medication Administration 398

Legal Aspects of Medication Administration 406
 Principles of Drug Action 408
 Medication Assessment 410
 Safe Medication Administration 413
 Administration of Medications by Route 420
 Techniques of Intravenous Administration 434

CHAPTER 20

Intravenous Therapy 468

Principles of Intravenous Therapy 469
 Role of the Nurse in Intravenous Therapy 480
 Total and Peripheral Parenteral Nutrition 488

Blood Transfusion 490
Home and Community Care 494

CHAPTER 21

Perioperative Nursing 534

Surgical Intervention 535
Preoperative Nursing 542
Intraoperative Nursing 550
Postoperative Nursing 557

UNIT 4

Clinical Nursing Care 565

CHAPTER 22

Safety 565

Safety 566
Factors Affecting Safety 572
Altered Safety 574
Assessment 577
Nursing Diagnoses 580
Outcome Identification and Planning 580
Implementation 580
Evaluation 592

CHAPTER 23

Hygiene and Self-Care 599

Routine Self-Care 600
Factors Affecting Self-Care 603
Altered Self-Care 605
Assessment 605
Nursing Diagnoses 609
Outcome Identification and Planning 610
Implementation 611
Evaluation 628

CHAPTER 24

Mobility 663

Normal Mobility 664
Factors Affecting Mobility 672
Altered Mobility 674
Assessment 682
Nursing Diagnoses 685
Outcome Identification and Planning 685
Implementation 685
Evaluation 698

CHAPTER 25

Respiratory Function 733

Normal Respiratory Function 734
Factors Affecting Respiratory Function 737
Altered Respiratory Function 739

Assessment 741
Nursing Diagnoses 747
Outcome Identification and Planning 747
Implementation 748
Evaluation 768

CHAPTER 26

Cardiac Function 803

Normal Cardiovascular Function 804
Factors Affecting Cardiovascular Function 810
Altered Cardiovascular Function 813
Assessment 816
Nursing Diagnoses 823
Outcome Identification and Planning 823
Implementation 825
Evaluation 836

CHAPTER 27

Fluid, Electrolytes, and Acid-Base 847

Normal Fluid and Electrolyte Balance 848
Normal Acid-Base Balance 855
Factors Affecting Fluid, Electrolyte, and Acid-Base Balance 857
Altered Fluid, Electrolyte, and Acid-Base Balance 859
Assessment 865
Nursing Diagnoses 870
Outcome Identification and Planning 871
Implementation 871
Evaluation 874

CHAPTER 28

Nutrition 879

Introduction to Nutrition 880
Nutrients 880
Nutritional Guidelines 884
The Digestive System 887
Factors Affecting Nutrition 894
Altered Nutritional Function 897
Assessment 898
Nursing Diagnoses 901
Implementation 901
Evaluation 908

CHAPTER 29

Skin Integrity and Wound Healing 925

Normal Integumentary Function 926
Factors Affecting Integumentary Function 929
Altered Integumentary Function 932
Assessment 943
Nursing Diagnoses 945
Outcome Identification and Planning 945

Implementation 945
Evaluation 959

CHAPTER 30

Infection Prevention and Management 980

Normal Resistance to Infection 981
Factors Affecting Normal Resistance to Infection 986
Altered Resistance to Infection 988
Assessment 992
Nursing Diagnoses 999
Outcome Identification and Planning 1000
Implementation 1000
Evaluation 1005

CHAPTER 31

Urinary Elimination 1013

Normal Urinary Function 1014
Altered Urinary Function 1021
Assessment 1025
Nursing Diagnoses 1030
Outcome Identification and Planning 1032
Implementation 1032
Evaluation 1045

CHAPTER 32

Bowel Elimination 1069

Normal Bowel Function 1070
Factors Affecting Bowel Elimination 1073
Altered Bowel Function 1075
Assessment 1079
Nursing Diagnoses 1084
Outcome Identification and Planning 1084
Implementation 1085
Evaluation 1097

CHAPTER 33

Sleep and Rest 1118

Normal Sleep and Rest 1119
Factors Affecting Sleep and Rest 1126
Altered Sleep and Rest 1130
Assessment 1135
Nursing Diagnoses 1137
Outcome Identification and Planning 1138
Implementation 1138
Evaluation 1141

CHAPTER 34

Pain Management 1144

Pain Perception 1145
Factors Affecting Pain Perception and Pain Response 1150

Assessment 1153
Outcome Planning and Identification 1159
Nursing Diagnoses 1159
Implementation 1159
Evaluation 1170

CHAPTER 35

Sensory Perception 1180

Normal Sensory Perception 1181
Factors Affecting Sensory Perception 1182
Altered Sensory Perception Function 1185
Assessment 1185
Nursing Diagnoses 1190
Outcome Identification and Planning 1190
Implementation 1190
Evaluation 1194

CHAPTER 36

Cognitive Processes 1203

Normal Cognitive Processes 1204
Normal Cognitive Patterns 1208
Factors Affecting Cognitive Function 1211
Altered Cognitive Function 1214
Assessment 1217
Nursing Diagnoses 1224
Outcome Identification and Planning 1224
Implementation 1224
Evaluation 1232

CHAPTER 37

Self-Concept 1237

Normal Function of Self 1238
Factors Affecting Self-Concept 1244
Altered Self-Concept 1248
Assessment 1249
Nursing Diagnoses 1251
Outcome Identification and Planning 1251
Implementation 1251
Evaluation 1255

CHAPTER 38

Families and Their Relationships 1259

Family Relationships 1260
Functional Family Pattern 1262
Factors Affecting Family Function 1265
Assessment 1272
Nursing Diagnoses 1274
Outcome Identification and Planning 1274
Implementation 1274
Evaluation 1278

CHAPTER 39**Loss and Grieving 1284**

- Normal Grieving 1285
- Factors Affecting Grieving 1290
- Altered Grieving 1291
- Assessment 1291
- Nursing Diagnoses 1293
- Outcome Identification and Planning 1294
- Implementation 1294
- Evaluation 1297
- Caring for the Dying Patient 1299

CHAPTER 40**Stress, Coping, and Adaptation 1308**

- Normal Coping and Adaptation to Stress 1309
- Factors Affecting Coping Patterns 1318
- Altered Coping Patterns 1320
- Assessment 1323
- Nursing Diagnoses 1327
- Outcome Identification and Planning 1328
- Implementation 1328
- Evaluation 1333

CHAPTER 41**Human Sexuality 1337**

- Normal Human Sexuality 1338
- Factors Affecting Sexuality 1346
- Illness and Disability 1347
- Altered Human Sexuality 1348
- Assessment 1349
- Nursing Diagnoses 1355

- Outcome Identification and Planning 1355
- Implementation 1355
- Evaluation 1363

CHAPTER 42**Spiritual Health 1368**

- Normal Spiritual Function 1369
- Factors Affecting Spiritual Health 1374
- Altered Spiritual Function 1377
- Assessment 1379
- Nursing Diagnoses 1381
- Outcome Identification and Planning 1382
- Implementation 1382
- Evaluation 1388

Glossary 1393

Appendix A: Answers with Rationales for Practicing for the NCLEX Questions 1411

Appendix B: Apply Your Knowledge Answers 1432

Appendix C: Abbreviations Commonly Used in Documentation 1438

Appendix D: Medical Terminology: Prefixes, Roots, and Suffixes 1442

Appendix E: Vitamins 1448

Appendix F: Taxonomy II: Domains, Classes, and Diagnoses (NANDA, 2009) 1455

Index 1459