CONTENTS

SECTION I: BASIC CONCEPTS OF NURSING

1. Introduction to Nursing 3-14
Historical development of nursing in India *4*
Scope of nursing *7*
Nursing as a profession *8*
New perspectives of nursing profession *9*
Concept of professionalism in nursing *10*
Values of a professional nurse *11*
Roles and responsiblities of professional nurse *12*

2. Philosophies and Objectives of Graduate Nurse 15-21
Meaning of philosophy *15*
Philosophy and bonds of education *15*
Philosophy of nursing *16*
Objectives of graduate nurses *16*
Bachelor of nursing course *18*
Objectives *19*
Degree of master of nursing *20*
Master of philosophy program in nursing *21*

3. Trends and Issues in Nursing 22-26
Factors influencing trends *22*
Issues related to nursing profession *23*
Future concern for nurses *24*
Extended role of nurse *24*
Trends in nursing education *25*
Trends in nursing practice *25*

4. Expanded Role of the Nurse 27-32
Expanded roles of nurse *27*
Career roles of nurse *29*

5. Development and Trends in Nursing Education 33-39
Levels of nursing education *33*
Training school *33*
College of nursing *34*
Auxiliary nurse midwife *34*
Multipurpose health worker (female) training *35*
Female health supervisor training *35*
General nursing and midwifery *36*
Graduate nursing education *36*

Postgraduate nursing education *37*
MPhil and PhD in nursing *37*
Vocational nursing (at 10+2 level) *38*

6. Professional Organization 40-48
Functions of professional bodies *40*
Indian Nursing Council *40*
International Council of Nurses *42*
Trained Nurses Association of India *44*
State Nursing Council *45*
Student Nurses Association *46*
Christian Medical Association of India *47*

7. Career Opportunities in Nursing 49-55
Nursing career *49*
Career opportunities in nursing *50*

8. Code of Ethics and Professional Conduct 56-61
Code of ethics *56*
Professional conduct *58*
Professional etiquette for nurses *60*

SECTION II: HEALTH AND NURSING CARE DELIVERY

9. Legal and Ethical Issues in Nursing 65-78
Types of laws *65*
Common legal issues *65*
Law and nurse *66*
Legal issues in nursing *66*
Legal aspects related to nursing registration *68*
Patient's Bill of Right *68*
Important practice standards for breach sanctions *69*
Ethical issues in nursing *71*

10. Health and Illness 79-95
Concept of health *79*
Dimensions of health *80*
Concept of health and illness *82*
Impact of illness on family *86*
Models of health and illness *87*
Healthcare delivery system in India *88*
Types of healthcare agencies *92*
Healthcare service *93*
Healthcare team *93*

11. Stress and Adaptation 96-108
Concepts of stress *96*
Manifestations of stress *98*
Nursing process for stress *99*

Stress management *103*
Nursing intervention in stress reduction *104*
Relaxation techniques *106*

12. Health Care and Nursing Care 109-121
Importance of health care *109*
Organization structure *109*
Primary, specialty and hospital care *110*
Role of private sector *110*
Four basic concepts of nursing *111*
Patient care delivery system *112*

13. Growth and Development 122-180
Meaning of growth and development *122*
Concepts of growth and development *122*
Biological principles of growth and development *123*
Factors influencing growth and development *125*
Characteristics of growth and development *127*
Prenatal development *129*
Newborn *131*
Immediate needs at the time of birth *133*
Infancy *139*
Toddler *147*
Preschoolers *152*
School child *157*
Adolescent *163*
Adulthood *169*
Older adult *172*

SECTION III: NURSING THEORIES

14. Nursing Practice Theories 183-207
Meaning *183*
Importance of nursing theories *183*
Development of nursing theories *184*

15. Metaparadigms of Nursing 208-212
Concept of mataparadigm *208*
Meaning of metaparadigm *209*
Components of metaparadigm *210*
Nursing and metaparadigm *211*

SECTION IV: NURSING PROCESS APPLICATION

16. Introduction to Nursing Process 215-220
Steps in nursing process *216*
Benefits of nursing process *218*
Framework for accountability *219*
Advantages of nursing process *219*

17. Nursing Assessment 221-235
Prerequisites to assessment *221*
Data collection *222*
Physical examination *224*
Head to toe examination *227*
Preparation of the enviornment *230*
Preparation of the equipment *231*
Preparation of the patient *232*
Assisting in examination *232*

18. Nursing Diagnosis 236-241
Concept of nursing diagnosis *237*
Meaning of nursing diagnosis *237*
Nursing diagnosis classification *238*
Diagnostic reasoning *239*

19. Nursing Planning 242-245
Phases of planning *243*
Steps in priorities *243*
Establishing goals for nursing *244*
Team nursing *244*
Formulating nursing care plan *244*

20. Nursing Implementation/Intervention 246-249
Meaning of intervention *246*
Characteristics of nursing intervention *247*
Stage of nursing intervention *247*
Proving self-care *247*
Rationale *248*
Nursing roles *249*

21. Nursing Evaluation 250-252
Meaning of evaluation *250*
Formal evaluation models *251*
Explanation for evaluation process *251*
Outcome criteria *251*

SECTION V: QUALITY PATIENT CARE

22. Quality Assurance 255-263
Concept of quality assurance *255*
Objectives of quality assurance *256*
Approaches to quality assurance *256*
Steps in quality assurance *257*
Quality assurance methods *259*
Quality assurance cycle *260*
Role of nurse in quality assurance *262*

23. Nursing Standards 264-269
Purposes of standards *264*
Importance of standards *265*
Sources of nursing standards *265*
Characteristics of standards *265*
Purposes of standard education *267*
Classification of standards *267*

24. Nursing Audit 270-277
Objective of nursing audit *271*
Types of audit *271*
Characteristics of audit *271*
Principles of auditing *271*
Techniques of auditing *272*
Ethical principles *273*
Benefits of audit *273*
Nursing auditor *274*
Nursing audit system *274*
Advantages of nursing audit *274*
Disadvantages of nursing audit *274*
Audit committee *275*
Reliability of audit evidence *275*
Procedure for obtaining audit evidence *275*

25. Total Quality Management 278-286
Objectives of total quality management *278*
Total quality management tools *279*
Total quality management principles *279*
Elements of total quality management *281*
Total quality management process *284*

26. Role of Professional Bodies 287-293
Meaning of professional association *287*
Vital role of regulatory bodies *288*
Characteristics of professional bodies *288*
Principles of professional bodies *288*
Benefits of professional bodies *288*
Importance of professional bodies *289*
Types of association *289*
Trained Nurses Association of India (TNAI) *289*
Indian Nursing Council activities *290*
Role of State Government *291*
International Council of Nurses *291*
State Registration Council *292*

SECTION VI: COMMUNITY HEALTH CARE

27. Primary Health Care 299-304
Attributes of primary health care *300*
Elements of primary health care *300*

Principles of primary health care *300*
Levels of health care *301*
Health care at village level *302*
Health care at subcenter level *303*
Primary health center level *303*
Community health centers *303*
Role of nurse in primary health care *303*

28. Community-oriented Nursing 305-312
Nature of community health nursing *305*
Philosophy of community health nursing *306*
Objectives of community health nursing *307*
Principles of community health nursing *307*
Goals of community health nursing *308*
Scope of community health nursing *308*
Community health nurse *309*
Community health center (CHC) *311*
Primary health center *312*

29. Family Health Care 313-317
Determinants/factors of family health *313*
Goals of family health care *313*
Objectives of family health care *314*
Principles of family health care *314*
Home visit *314*

30. Holistic Nursing 318-325
Holistic treatment modalities *318*
Holistic nursing practice *324*
Role of nurse in holistic nursing *324*

SECTION VII: WASTE MANAGEMENT

31. Biomedical Waste Management 329-335
Biomedical waste *331*
Universal precautions *331*
Biohazard symbol *332*
Classification of hospital waste *332*
Approach for hospital waste management *333*
Treatment of infectious waste materials *334*

Previous Year Questions 337
Multiple Choice Questions 341
Index 385