Contents

1. Introduction **1**
Concept of Health 1
Body Defense 6
Healthcare Services 10
Health Promotion and Levels of Disease Prevention 16
Modern Concept of Healthcare Approach 17
Role of Nurse in Giving Primary Health Care 18

2. Nursing as a Profession **20**
Profession 20
Nursing 21
Nature and Scope of Nursing Practice 22
Functions of a Nurse 23
Qualities of a Nurse 24
Categories of Nursing Personnel 24
History of Nursing 25
Nursing as a Profession 34
Values 34
Ethics 35
Nurse's Pledge 37

3. Patient's Admission to Hospital, Discharge and Transfer **38**
Admission to Hospital 38
Discharge Planning 42
Transfer of Patient 43
Types of Discharge 44
Discharge Summary 45

4. Communications and Nurse-Patient Relationship **46**
Communication 46
Helping Relationship: Nurse-Patient Relationship 51
Communication in Vulnerable Group 53
Role of Nurse and Integrating Teaching in Nursing Process 54

5. The Nursing Process **55**
Critical Thinking and Nursing Judgment 55
Levels of Critical Thinking 57
Nursing Process 58
Assessment, Collection of Data, Types, Sources, Methods 59
Formulating Nursing Judgment: Data Interpretation 59
Nursing Diagnosis 60
Difference between Medical Diagnosis and Nursing Diagnosis 60
Nursing Care Plan 64
6. Documentation and Reporting **67**
Documentation and Reporting 67
Nurses Notes 68
Standardized Care Plans 73
Reports 74
Institutional Care Plans 74
7. Vital Signs, Body Temperature, Physiology, and Regulation **75**
Vital Signs, Body Temperature, Physiology, and Regulation 75
Heat Stroke 79
Cold and Hot Applications 80
Local Application 80
Pulse: Physiology, Regulations, Characteristics 85
Respiration: Physiology, Regulations 89
Blood Pressure 94
8. Health Assessment **97**
Health Assessment 97
Biographical Information 98
Basic Skills in Interviewing Patients 99
History 100
Physical Examination 101
Format for Observation, Interventions 112
Review of Laboratory Data 114
9. Machinery, Equipment and Linen **115**
Machinery 115
Equipment 115
Disposables 115
Furniture 119
Linen 119
Rubber Goods 119
Glassware 119

Plastic 119
Metal 119
Indent 124
10. Meeting Needs of Patient **128**
Meeting Needs of Patient 128
Maslow's Hierarchy of Needs 129
Providing Safe and Clean Environment 130
Maintenance and Cleaning Patients Unit 131
Reduction of Physical Hazards: Fire, Accidents 132
Hygiene 134
Pressure Area 140
Importance of Personal Hygiene 140
Care of Mouth: Oral Hygiene 141
Hair Care 142
Care of Eyes, Ears, and Nose 144
Patient Environment: Room Equipment and Linen—Making Patient Bed 146
Comfort 151
Sleep 154
Nutrition 156
Policies and Practices in Relation to Serving Diet 160
Parenteral Nutrition 164
Urinary Elimination 165
Perineal Care 172
Catheterization 173
Care of Urinary Drainage 175
Care of Urinary Diversions 175
Bladder Irrigation 177
Bowel Elimination 180
Enema 185
Bowel Wash or Colonic Irrigation 187
Sitz Bath 189
Care of Ostomies 190
Passing of Flatus Tube 191
Mobility and Immobility 192
Oxygenation 196
Suction 200
Pulse Oximetry 206
Fluid Electrolyte and Acid-Base Balance 206

Blood Replacement or Transfusion 213
Restriction of Fluids 214
Psychological Needs—Assessment 214
Therapeutic Environment 215
Nursing Interventions for Psychological Needs 215
Stress and Adaptation 215
11. Infection Control in Clinical Setting 217
Nature of Infection 217
Basic Concepts in Medical and Surgical Asepsis 220
Barrier Methods of Patient Care 221
Isolation Technique—Barrier Nursing 222
Business of Chemical Disinfection 228
Biomedical Waste Management 232
12. Administration of Medications 235
General Principles: Considerations 235
Routes of Administration 238
Storage and Maintenance of Drugs 239
Policies in Relation to Drug Administration 241
Techniques of Drug Administration 244
13. Meeting the Needs of Perioperative Patients (Preoperative, Intraoperative and Postoperative) 248
Preoperative Phase 249
Intraoperative Phase 251
Postoperative Phase 255
14. Meeting Special Needs 273
Care of Patients with Alterations in Body Temperature 273
Care of Patients with Urinary Elimination Problems 274
Care of Patients with Bowel Elimination Alterations 276
Care of Patients with Problems of Sensorium 278
Care of Patients in Shock 281
15. Care of Terminally Ill Patient 284
Concept of Loss 284
Grief and Grieving Process 285
Hospice Care 285
16. Professional Nursing: Concepts and Practice 290
Conceptual and Theoretical Models of Nursing 290
Introduction to Models 290
Introduction to Theories in Nursing 291
Betty-Neuman's Model 293

Dorothea Orem: Self-care Model 293
Roy's Theory 293
Martha Roger's Theory 293
Linking Theory with Nursing Process 294

Index *295*