

UNIT I

Foundations of Nursing Practice

Chapter 1	Introduction to Nursing	4
	Historical Perspectives on Nursing	5
	Definitions of Nursing	8
	Nursing's Aims and Competencies	11
	Nursing as a Professional Discipline	13
	Educational Preparation for Nursing Practice	13
	Professional Nursing Organizations	16
	Guidelines for Nursing Practice	17
	Current Trends in Health Care and Nursing	19
	Self-Care	20
Chapter 2	Theory, Research, and Evidence-Based Practice	25
	Nursing Knowledge	26
	Nursing Theory	29
	Nursing Research	32
	Evidence-Based Practice	37
	Quality Improvement	43
Chapter 3	Health, Wellness, and Health Disparities	47
	Concepts of Health and Wellness	48
	Concepts of Illness and Disease	51
	Disparities in Health Care	53
	Factors Affecting Health and Illness	54
	Health Promotion and Illness Prevention	56
	Models of Health Promotion and Illness Prevention	59
	Nursing Care to Promote Health and Prevent Illness	62
Chapter 4	Health of the Individual, Family, and Community	65
	The Individual's Basic Human Needs	66
	The Family	71
	The Community	74
Chapter 5	Cultural Diversity	80
	Concepts of Cultural Diversity and Respect	81
	Cultural Influences on Health Care	84
	Cultural Influences on Health and Illness	88
	Culturally Respectful Nursing Care	88

Chapter 6 Values, Ethics, and Advocacy 97

- Values 98
- Ethics 102
- Ethical Conduct 105
- Ethical Experience and Decision Making 106
- Conflicts of Commitment 112
- Advocacy in Nursing Practice 112

Chapter 7 Legal Dimensions of Nursing Practice 118

- Legal Concepts 119
- Professional and Legal Regulation of Nursing Practice 121
- Crimes and Torts 125
- Legal Safeguards for the Nurse 130
- Laws Affecting Nursing Practice 141

Chapter 8 Communication 147

- The Process of Communication 148
- Forms of Communication 150
- Levels of Communication 154
- Factors Influencing Communication 155
- Using Professional Communication in the Nursing Process 158
- Documenting Communication 159
- Effective Professional Communication 159
- Using Professional Communication in the Helping Relationship 161
- Developing Professional Therapeutic Communication Skills 166
- Blocks to Communication 172
- Impaired Verbal Communication 175

Chapter 9 Teaching and Counseling 182

- Aims of Teaching and Counseling 183
- The Nurse as a Teacher 186
- Nursing Process for Patient and Caregiver Teaching 194
- The Nurse as Counselor 205

Chapter 10 Leading, Managing, and Delegating 213

- Leadership 214
- Management 221
- Implementing Leadership and Management Skills in Nursing Care 226

UNIT II**Health Care Delivery****Chapter 11 The Health Care Delivery System 236**

- Health Care: The Big Picture 237
- Health Care Reform 245
- Organizing Health Care: Primary, Secondary, and Tertiary Care 246
- Organizing Health Care: Health Care Delivery Systems and Care Coordination 247
- Paying for Health Care 249
- Health Care Settings and Services 251

Health Care Facilities	256
Collaborative Care: The Health Care Team	257
Trends and Issues in Health Care Delivery	259
Health Care: A Right, a Privilege, or an Obligation of a Moral Society?	260
Nurses' Role in Health Care Reform	260

Chapter 12

Collaborative Practice and Care Coordination Across Settings 264

Community-Based Nursing Care	265
Continuity of Care	269
Collaborative Practice	270
Care Coordination	273
Home Health Care Nursing	283
The Home Visit	288

UNIT III

Person-Centered Care and the Nursing Process

Chapter 13

Blended Competencies, Clinical Reasoning, and Processes of Person-Centered Care 296

Thoughtful Practice	297
Person-Centered Care	300
The Professional Nurse	302
The Nursing Process	316
Reflective Practice	329

Chapter 14

Assessing 334

Unique Focus of Nursing Assessment	337
Assessment and Clinical Reasoning	338
Assessment and Interpersonal Competence	338
Types of Nursing Assessments	339
Preparing for Data Collection	342
Collecting Data	345
Identifying Cues and Making Inferences	352
Validating Data	353
Clustering Related Data and Identifying Patterns	354
Reporting and Recording Data	354

Chapter 15

Diagnosing 359

Evolution of Nursing Diagnoses	362
Unique Focus of Nursing Diagnosis	363
Diagnostic Reasoning and Clinical Reasoning	365
Diagnostic Reasoning and Interpersonal Competence	366
Data Interpretation and Analysis	366
Formulating and Validating Nursing Diagnoses	369
Documenting Nursing Diagnoses	379
Nursing Diagnosis: A Critique	379

Chapter 16	Outcome Identification and Planning 384
	Unique Focus of Nursing Outcome Identification and Planning 386
	Comprehensive Planning 389
	Establishing Priorities 390
	Identifying and Writing Outcomes 391
	Identifying Nursing Interventions 394
	Developing Evaluative Strategies 399
	Communicating and Recording the Nursing Care Plan 399
	Problems Related to Outcome Identification and Planning 405
	A Final Word About Standardized Languages and Holistic, Person-Centered Care 407
Chapter 17	Implementing 413
	Unique Focus of Nursing Implementation 414
	Critical Thinking/Clinical Reasoning and Implementing 417
	Implementing and Interpersonal Competence 418
	Types of Nursing Interventions 418
	Implementing the Care Plan 419
	Continuing Data Collection and Risk Management 428
	Documenting Nursing Care 428
	When a Patient Does Not Cooperate With the Plan of Care 428
	Delegating Nursing Care 428
	Guide for Students 429
Chapter 18	Evaluating 434
	Unique Focus of Nursing Evaluation 435
	Critical Thinking/Clinical Reasoning and Evaluating 435
	Evaluating Quality Care 442
Chapter 19	Documenting and Reporting 452
	Documenting Care 453
	Reporting Care 474
	Conferring About Care 478
Chapter 20	Nursing Informatics 484
	History of Nursing Informatics 485
	Nursing Informatics Defined 487
	Nursing Informatics Education 487
	Nursing Informatics Practice 489
	The System Development Lifecycle 489
	Important Informatics Concepts to Understand 492
	Emerging Areas in the Field of Informatics 496

**UNIT
IV**
Promoting Health Across the Lifespan

Chapter 21	Developmental Concepts 508
	Principles of Growth and Development 509
	Factors Influencing Growth and Development 509
	Overview of Developmental Theories 513
	Applying Theories of Growth and Development to Nursing Care 522

Chapter 22**Conception Through Young Adult 526**

Conception and Prenatal Development 527

Neonate: Birth to 28 Days 529

Infant: 1 Month to 1 Year 531

Toddler: 1 to 3 Years 536

Preschooler: 3 to 6 Years 540

School-Aged Child: 6 to 12 Years 545

The Adolescent and Young Adult 550

Chapter 23**The Aging Adult 562**

Biological Theories of Aging 563

The Middle Adult 565

The Older Adult 568

Caring for an Aging Population 587

**UNIT
V****Actions Basic to Nursing Care****Chapter 24****Asepsis and Infection Control 594**

Infection 595

The Nursing Process for Infection Prevention and Control 602

Chapter 25**Vital Signs 642**

Temperature 646

Pulse 652

Respirations 656

Blood Pressure 659

Nursing Diagnoses 667

Teaching Vital Signs for Self-Care at Home 667

Chapter 26**Health Assessment 691**

Health Assessment 692

The Health History 696

Physical Assessment 699

Documentation of Data 735

The Nurse's Role in Diagnostic Procedures 735

Chapter 27**Safety, Security, and Emergency Preparedness 751**

Introduction 752

Factors Affecting Safety 752

The Nursing Process for Maintaining Safety 757

Chapter 28**Complementary and Integrative Health 794**

Introduction to Complementary Health Approaches 795

Complementary Health Approaches Categories 801

Nursing Implications of Complementary Health Approaches 812

Chapter 29**Medications 819**

Introduction 820

Principles of Pharmacology 820

Principles of Medication Administration 831

The Nursing Process for Administering Medications 840

Chapter 30

Perioperative Nursing 935

- The Surgical Experience 936
- The Nursing Process for Preoperative Care 942
- The Nursing Process for Intraoperative Care 955
- Postoperative Nursing Care 958
- The Nursing Process for Ongoing Postoperative Care 960

UNIT VI

Promoting Healthy Physiologic Responses

Chapter 31

Hygiene 984

- Hygiene Practices 985
- Factors Affecting Personal Hygiene 987
- The Nursing Process for Skin Care and Personal Hygiene 988

Chapter 32

Skin Integrity and Wound Care 1041

- Anatomy and Physiology of the Integumentary System 1042
- Wounds and Pressure Injuries 1047
- The Nursing Process for Wounds and Pressure Injuries 1059
- Heat and Cold Therapy 1085
- The Nursing Process for Heat and Cold Therapy 1086

Chapter 33

Activity 1129

- Physiology of Movement and Alignment 1130
- Factors Affecting Movement and Alignment 1136
- Exercise 1141
- The Nursing Process for Activity 1145

Chapter 34

Rest and Sleep 1198

- Rest and Sleep 1199
- Physiology of Sleep 1201
- Rest and Sleep Requirements and Patterns 1203
- Physical and Psychological Effects of Insufficient Sleep 1205
- Factors Affecting Rest and Sleep 1205
- Common Sleep Disorders 1208
- The Nursing Process for Rest and Sleep 1213

Chapter 35

Comfort and Pain Management 1230

- The Pain Experience 1233
- Factors Affecting the Pain Experience 1239
- The Nursing Process for Comfort and Pain Management 1242

Chapter 36

Nutrition 1279

- Principles of Nutrition 1280
- Factors Affecting Nutrition 1289
- The Nursing Process for Nutrition 1294

Chapter 37

Urinary Elimination 1341

- Anatomy and Physiology 1342
- Factors Affecting Urination 1345
- The Nursing Process for Urinary Elimination 1347

Chapter 38	Bowel Elimination 1415
	Anatomy and Physiology 1416
	Factors Affecting Bowel Elimination 1420
	The Nursing Process for Bowel Elimination 1425
Chapter 39	Oxygenation and Perfusion 1479
	Anatomy and Physiology of Oxygenation 1480
	Factors Affecting Cardiopulmonary Functioning and Oxygenation 1488
	The Nursing Process for Oxygenation 1492
Chapter 40	Fluid, Electrolyte, and Acid–Base Balance 1553
	Principles of Fluid, Electrolytes, and Acid–Base Balance 1554
	Disturbances in Fluid, Electrolyte, and Acid–Base Balance 1564
	The Nursing Process for Fluid, Electrolyte, and Acid–Base Balance 1567

**UNIT
VII**
Promoting Healthy Psychosocial Responses

Chapter 41	Self-Concept 1632
	Overview of Self-Concept 1633
	The Nursing Process for Patients With Alterations in Self-Concept 1640
Chapter 42	Stress and Adaptation 1657
	Basic Concepts of Stress and Adaptation 1658
	Maintenance of Physiologic and Psychological Homeostasis 1661
	Effects of Stress 1665
	Factors Affecting Stress and Adaptation 1669
	Stress and Adaptation in Nursing 1669
	The Nursing Process for the Patient With Stress and Anxiety 1671
Chapter 43	Loss, Grief, and Dying 1684
	Concepts of Loss and Grief 1685
	Dying and Death 1688
	Factors that Affect Grief and Dying 1697
	Suicide Prevention: Mental Health First Aid 1698
	The Nurse as Role Model 1698
	The Nursing Process for Grieving or Dying Patients and Families 1699
Chapter 44	Sensory Functioning 1717
	The Sensory Experience 1718
	Disturbed Sensory Perception 1721
	Factors Affecting Sensory Stimulation 1726
	The Nursing Process for Sensory Stimulation 1728
Chapter 45	Sexuality 1747
	Sexual Health 1748
	Sexual Expression 1751
	Factors Affecting Sexuality 1753
	Sexual Harassment 1762
	The Nurse as Role Model 1763
	The Nursing Process for the Patient With a Sexual Health Need 1765

Chapter 46**Spirituality 1790**

- Spiritual Dimension 1791
- Concepts Related to Spirituality and Spiritual Health 1794
- Factors Affecting Spirituality 1801
- Religion and Law, Ethics, and Medicine 1801
- Parish Nursing 1803
- The Nursing Process for Spiritual Health 1803

Index 1819**Resources available on thePoint®****Glossary****Appendix A Guidelines for Delegation Decision Making****Appendix B Equivalents****Appendix C Normal Adult Laboratory Values**