

SECOND EDITION

INTRODUCTION TO
NURSING

Concepts, Issues, and
Opportunities

JANICE B. LINDBERG
MARY LOVE HUNTER
ANN Z. KRUSZEWSKI

J.B. LIPPINCOTT COMPANY

SECOND EDITION

I N T R O D U C T I O N T O
NURSING

**Concepts, Issues, and
Opportunities**

JANICE B. LINDBERG, RN, MA, PhD

Associate Professor of Nursing, Associate Dean for Student Affairs
The University of Michigan School of Nursing, Ann Arbor, Michigan

MARY LOVE HUNTER, RN, MS, CS

Assistant Professor of Nursing
The University of Michigan School of Nursing, Ann Arbor, Michigan

ANN Z. KRUSZEWSKI, RN, MSN

Assistant Professor of Nursing
The University of Michigan School of Nursing, Ann Arbor, Michigan



J.B. LIPPINCOTT COMPANY
Philadelphia

Acquisitions Editor: Donna L. Hilton, RN, BSN
Coordinating Editorial Assistant: Susan M. Keneally
Project Editor: Barbara Ryalls
Indexer: Anne Cope
Design Coordinator: Doug Smock
Designer: Joan Jacobus
Cover Design: Ilene Griff
Production Manager: Helen Ewan
Production Coordinator: Kathryn Rule
Photographer (Part Openers): Tom Ferentz
Compositor: Bi-Comp, Inc.
Printer/Binder: R. R. Donnelly and Sons Co.

2nd Edition

Copyright © 1994, by J. B. Lippincott Company.
Copyright © 1990, by J. B. Lippincott Company. All rights reserved. No part of this book may be used or reproduced in any manner whatsoever without written permission except for brief quotations embodied in critical articles and reviews. Printed in the United States of America. For information write J. B. Lippincott Company, 227 East Washington Square, Philadelphia, PA 19106-3780.

6 5 4 3 2 1

Library of Congress Cataloging-in-Publication Data

Lindberg, Janice B.

Introduction to nursing : concepts, issues, and opportunities /

Janice B. Lindberg, Mary Love Hunter, Ann Z. Kruszewski. — 2nd ed.

p. cm.

Includes bibliographical references and index.

ISBN 0-397-54986-5

1. Nursing. I. Hunter, Mary Love. II. Kruszewski, Ann Z.

III. Title.

[DNLM: 1. Nursing. WY 16 L742i 1994]

RT41.L728 1994

610.73—dc20

DNLM/DLC

for Library of Congress

93-25212

CIP

Any procedure or practice described in this book should be applied by the health care practitioner under appropriate supervision in accordance with professional standards of care used with regard to the unique circumstances that apply in each practice situation. Care has been taken to confirm the accuracy of information presented and to describe generally accepted practices. However, the authors, editors, and publisher cannot accept any responsibility for errors or omissions or for any consequences from application of the information in this book and make no warranty, express or implied, with respect to the contents of the book.

Every effort has been made to ensure drug selections and dosages are in accordance with current recommendations and practice. Because of ongoing research, changes in government regulations, and the constant flow of information on drug therapy, reactions, and interactions, the reader is cautioned to check the package insert for each drug for indications, dosages, warnings, and precautions, particularly if the drug is new or infrequently used.

I N T R O D U C T I O N T O
NURSING



Reviewers

Jean M. Dickes, RN, MS

Assistant Professor

Department of Nursing

Nebraska Methodist College of Nursing and Allied Health

Omaha, Nebraska

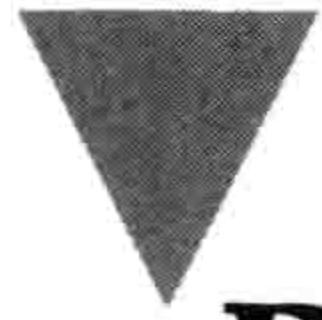
Norma J. Anderson, RN, BSN, MSN, EdD (candidate)

Assistant Professor

Nursing

Saint Anthony College of Nursing

Rockford, Illinois



Preface

Since publication of the first edition of *Introduction to Nursing: Concepts, Issues, and Opportunities*, each of us has experienced significant changes in our professional and personal lives. We remain committed, however, to the potential of nursing as the health science of caring and the health profession that blends caring with technology for the promise of a more humane health care future. We have become personally more sensitive to the impact of globalization, the reality of multiculturalism, and the contribution of women's perspectives to both science and practice.

We have witnessed a perceptible shift in the maturity and personal commitment of people choosing nursing as a second career. We have experienced the specific challenges posed for us by care needs of the elderly and persons with AIDS. We have noted the mandate for the decades ahead that we provide quality care while carefully guarding our resources. We believe that nurses have the knowledge, skills, and potential to meet the challenges of health care in the 21st century. We intend to prepare the practitioners today for both the challenges and the opportunities of tomorrow. Although the changing economy has challenged health care providers to meet greater demands with fewer resources, nursing may find these circumstances create a unique opportunity.

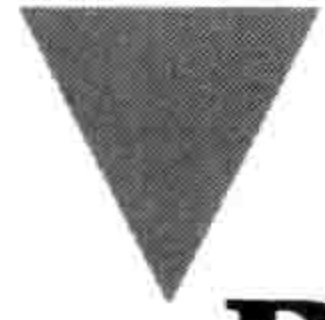
All chapters reflect these changing sensitivities, though some have undergone major revision since the first edition. Chapter 1, The Practice and Profession of Nursing, has been revised to show the relation of caring to each of the concepts basic to nursing. Chapters 4, Person, and 11, Nursing Ethics and Legal Aspects, now include a more balanced perspective about developmental issues for men and women in the discussions of both persons and nursing ethics. Chapter 5, Environment, has been altered to offer a broader and more current multicultural perspective. Chapter 6, Health: A Nursing Perspective, has been rewritten to present a more

dynamic view of health as a basic concept. Chapter 12, Opportunities and Challenges, has been altered to reinforce the belief that career management and development will be a lifelong concern for novices as well as experts.

Janice B. Lindberg, RN, MA, PhD

Mary L. Hunter, RN, MS, CS

Ann Z. Kruszewski, RN, MSN



Preface to the First Edition

I*ntroduction to Nursing* is intended for anyone who anticipates being a professional nurse in the 21st century. Nurses differ in their backgrounds, education, and individual aspirations. Each, however, has the potential for professional growth through both formal education and lifelong learning. Nursing is both an art and a science. As an art, nursing is as old as civilization; as a science, it is relatively new. Professional nursing practice now is developed on a scientific and theoretical foundation. It involves sophisticated decision making and proficiency in certain skills. For both novices and practitioners, this book explores the development of futuristic nursing practice on a scientific foundation that enhances nursing art. Through concepts, issues, and opportunities, *Introduction to Nursing* details professional nursing practice involving decision making and skills beyond those traditionally associated with nursing.

The conceptual framework of the book is the conceptual framework underlying nursing as a science and a profession. The book introduces four concepts that are basic to nursing science: nursing, person, health, and environment. The book also presents additional concepts that shape nursing as an art and a profession: nursing process, the problem-solving process of nursing practice, communication, learning and teaching, and ethics and legal aspects. Other important ideas such as adaptation, culture, research, and spiritual aspects of persons are woven throughout the text. Although the four major concepts are those generally acknowledged to provide a theoretical base for nursing, the authors recognize that emphasis on concepts may vary from institution to institution.

Introduction to Nursing is divided into five parts. Part One is a single overview chapter that briefly represents the conceptual and practical chapters that follow.

Part Two sets forth the conceptual framework by introducing the four basic concepts that are the foundation for nursing science. Chapters 2 and 3

are devoted to *nursing*, the one concept unique to the profession. Chapter 2 presents an historical perspective of nursing as a prelude to the present. Chapter 3 details a current view of nursing as art, science, and profession. Part Two concludes with individual chapters dedicated to person, health, and environment, the other major concepts.

Part Three focuses on nursing practice in the real world of health care delivery. Chapter 7 provides an overview of the health care delivery system today. The remaining four chapters demonstrate how nurses communicate, solve problems and practice inquiry through nursing process, facilitate learning for their clients, and encounter ethical dilemmas and legal aspects of practice. In other words, this section demonstrates actual application of the basic concepts. In the spirit of person-centered care, clients in the clinical examples are referred to by name rather than by initials. Because ethical practice requires maintaining client confidentiality, the names are, of course, fictitious. In actual learning situations, students refer to their clients by initials when writing reports and case studies so that no name-linked information leaves the nursing unit, where care is given.

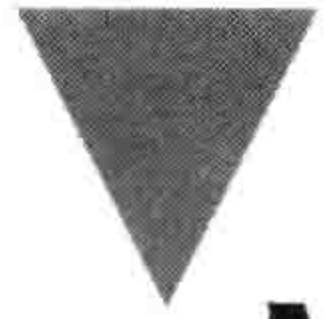
Part Four is a single concluding chapter detailing prospects for the future. Selected opportunities and challenges highlight the incentives to be a nurse in a promising health care profession. These opportunities and challenges are intended to provide answers to questions prospective students might raise and also to offer food for further thought.

Nursing can be understood on a number of levels. Our presentation aims to make this possible for you. The reader may have had previous nursing experience but this is not assumed. As practitioners, educators, and administrators in nursing service and education, we share with you our experience of what makes nursing unique as a profession. You will learn how there is room for creativity in the practice of nursing as both art and science. You will discover what nursing, the health science of caring, offers to its practitioners.

Janice B. Lindberg, RN, MA, PhD

Mary L. Hunter, RN, MS, CS

Ann Z. Kruszewski, RN, MSN



Acknowledgments

An introductory text reflects the motivation and commitment of many experienced nurse clinicians and educators. *Introduction to Nursing* grew out of such a vision for and belief in nursing's contribution to health and society. Many ideas came from faculty colleagues and students through years of learning and growth. These ideas, shared in clinical practice, research, and teaching, form the nucleus of many chapters. Some of these colleagues shared their experiences as contributors to two previous texts:

Bobbie Bloch, RN, PhD, MN, Lima, OH

Martha Keehner Engelke, BSN MPH, CS (Medical-Surgical), Greenville, NC

Sue V. Fink, RN, PhD, Cherry Valley, NY

Marguerite Babaian Harms, RN, MS, Ann Arbor, MI

Sharon Hein Jette, RN, MSN, MPH, Andover, MA

Evelyn Malcolm Tomlin, RN, MS, CCRN, Big Rock, IL

Terry M. Vanden Bosch, RN, MS, Ann Arbor, MI

The authors gratefully express appreciation to certain individuals who offered special expertise:

Troy Grivet contributed technical assistance and patient computer instruction, as well as a layperson's view of care of the aging and persons with AIDS.

Michael Koteles, a friend and former colleague, shared the lived experience of a person with AIDS so that nurses might know first-hand how they could demonstrate their caring.

Donna Hilton, Executive Editor, Nursing Division, J. B. Lippincott Company, provided support from afar long before she met us.

Randy Wendt understood our commitment to caring and used his photographic skills to assist us.

Pat Coleman-Burns, PhD, Director of the Office of Multicultural Affairs, The University of Michigan School of Nursing, reviewed and provided substantive suggestions on the cultural environmental section. Brenda Hayden, BSN, RN, also contributed to our understanding of multiculturalism.

Ruby Patterson provided much needed secretarial assistance.

Tess Briones, RN, Clinical Nurse Specialist and doctoral student, identified research studies that particularly demonstrated implications for practice.

Sandra Garr, RN, MSN, Assistant Professor of Nursing, The University of Michigan, shared her perspective on nursing's past.

Lillian M. Simms, RN, PhD, FAAN, Associate Professor of Nursing, The University of Michigan, contributed her ideas about nursing's future.

Undergraduate students who have used the text offered personal student experiences that provide both credibility and remarkable insight. They are Lynne Michalski, Tara Nichols, and Sonia Prichard.

Many photographs were furnished by The University of Michigan Hospital's Office of Planning and Marketing through the special assistance of Kristen Lidke Finn.

Once again, we offer a special thank-you to our families, whose patience and lasting support have sustained us.



Contents

PART ONE

1	
The Practice and Profession of Nursing.	3
<i>Person-Centered Nursing Care.</i>	5
<i>The Person as a Recipient of Care: Patient versus Client.</i>	14
<i>Caring Related to the Concepts Basic to Nursing Practice.</i>	16

PART TWO

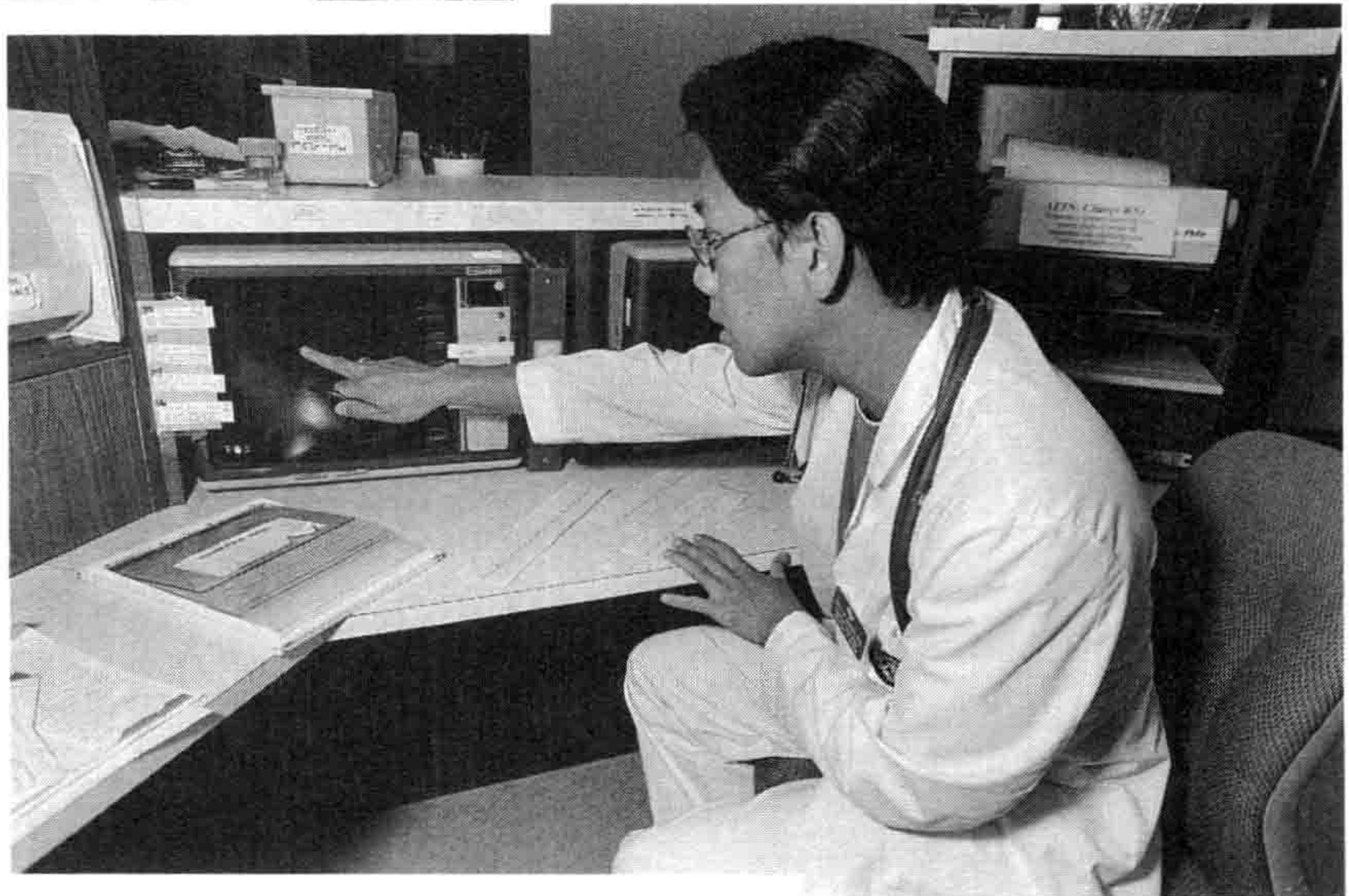
2	
Nursing Through History: A Prelude to the Present.	29
<i>A Philosophic Perspective.</i>	30
<i>Other Historical Highlights.</i>	32
<i>Nursing as an Art.</i>	35
<i>Nursing as a Science.</i>	36
<i>Nursing as a Profession.</i>	38
<i>Lessons of the Past.</i>	44
3	
Nursing Today: The Health Science of Caring.	49
<i>The Nursing Concept Explored.</i>	50
<i>Nursing Theory.</i>	52
<i>Relationship Between Theory, Research, and Practice.</i>	65
<i>Nursing Research for Scientists and Practitioners.</i>	67
<i>Nursing as a Profession.</i>	75
<i>Changing Images.</i>	79

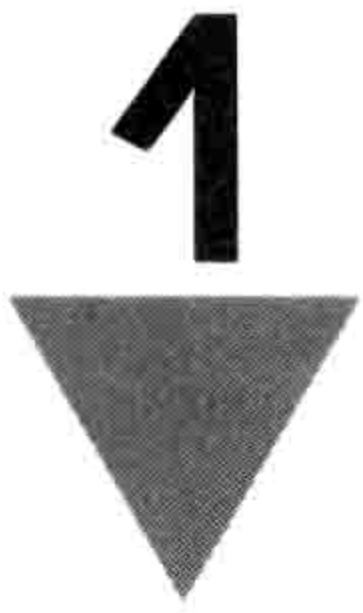
4		
Person.	97
<i>The Person as an Open System.</i>	98
<i>Basic Needs of Persons.</i>	105
<i>Person's Perception of Self.</i>	111
<i>General Principles of Growth and Development.</i>	114
<i>Psychosocial Development: Erikson.</i>	116
<i>Cognitive Development: Piaget.</i>	122
<i>From Developmental Theory to Clinical Application.</i>	127
<i>Other Theoretical Views of Person.</i>	128
<i>This Incredible Being: The Person.</i>	130
5		
Environment.	135
<i>The Concept of Environment.</i>	136
<i>The Physical Environment.</i>	140
<i>The Social Environment.</i>	154
<i>The Cultural Environment.</i>	161
6		
Health: A Nursing Perspective.	175
<i>Models of Health.</i>	176
<i>Nursing Perspectives of Health.</i>	180
<i>Experiential Models of Health.</i>	193
<i>Self-Care.</i>	197
 PART THREE		
7		
Health Care Delivery.	205
<i>Health Care Delivery as a System.</i>	206
<i>Historical Influences in Health Care Delivery.</i>	209
<i>Health Problems of Persons in the United States.</i>	211
<i>Management of Health Care Delivery.</i>	215
<i>Consumerism and Preventive Health Care.</i>	231
<i>Preventive Health Care.</i>	241
8		
The Nursing Process.	247
<i>Before the Nursing Process.</i>	248
<i>The Nursing Process Defined.</i>	248
<i>The Nursing Process as a Problem-Solving Process.</i>	251
<i>Standards of Nursing Practice.</i>	253
<i>Assessing (Collecting Data): Phase 1.</i>	257
<i>Diagnosing: Phase 2.</i>	269
<i>Planning: Phase 3.</i>	285
<i>Implementing: Phase 4.</i>	288
<i>Evaluating: Phase 5.</i>	292

9		
Interpersonal Communication in Nursing.		299
<i>Nurse–Client Interactions as Helping Relationships.</i>		300
<i>Developing Nurse–Client Relationships.</i>		304
<i>Interpersonal Communication Process.</i>		309
<i>Types of Communication Language.</i>		313
<i>Achieving Effective Communication.</i>		319
10		
Learning and Teaching.		333
<i>Theories About Learning.</i>		334
<i>Learning–Teaching Interaction as Problem-Solving Process.</i>		338
<i>The Nurse as a Health Educator.</i>		347
<i>Clinical Example Synthesizing Communication and Learning–Teaching Process.</i>		349
11		
Nursing Ethics and Legal Aspects.		353
<i>Values.</i>		355
<i>A Person Focus for Bioethics.</i>		360
<i>Ethical Conflicts.</i>		371
<i>Theoretical Approaches to Ethical Issues.</i>		374
<i>Public Policy for Health Care Issues.</i>		377
<i>Major Health Care Issues Needing Ethical Resolution.</i>		378
<i>Accountability.</i>		381
<i>Practice Acts and Licensure.</i>		384
<i>Negligence and Malpractice.</i>		385
<i>Legislative Process.</i>		388
 PART FOUR		
12		
Opportunities and Challenges.		395
<i>Opportunities.</i>		396
<i>Challenges.</i>		407
<i>Care Strategies for Self-Development.</i>		421
 Glossary.		429
Index.		439



PART ONE





THE PRACTICE AND PROFESSION OF NURSING

KEY WORDS

Client
Environment
Health
Illness
Nursing process
Patient
Person
Wellness

OBJECTIVES

After completing this chapter, students will be able to:

- Identify the expertise of the nursing profession.
- Identify common elements in several leaders' definitions of nursing.
- Explain the concept of caring in relation to nursing practice.
- Identify the elements of person-centered nursing care.
- Describe the connotations of the terms *patient* and *client*.
- Identify how caring relates to the concepts basic to nursing practice.

Can you tell which occupation meets the following criteria?

Nursing

- Is both new and old
- Claims elements of art, science, and profession
- Is in worldwide demand currently, foresees universal demand in the future, and provides job opportunities in virtually every hometown
- Has current and future personnel needs that exceed all projections of supply
- Offers lifelong career opportunities without changing fields
- Serves society's health and well-being
- Offers participation in life's major events
- Offers interpersonal interaction in a high-technology world