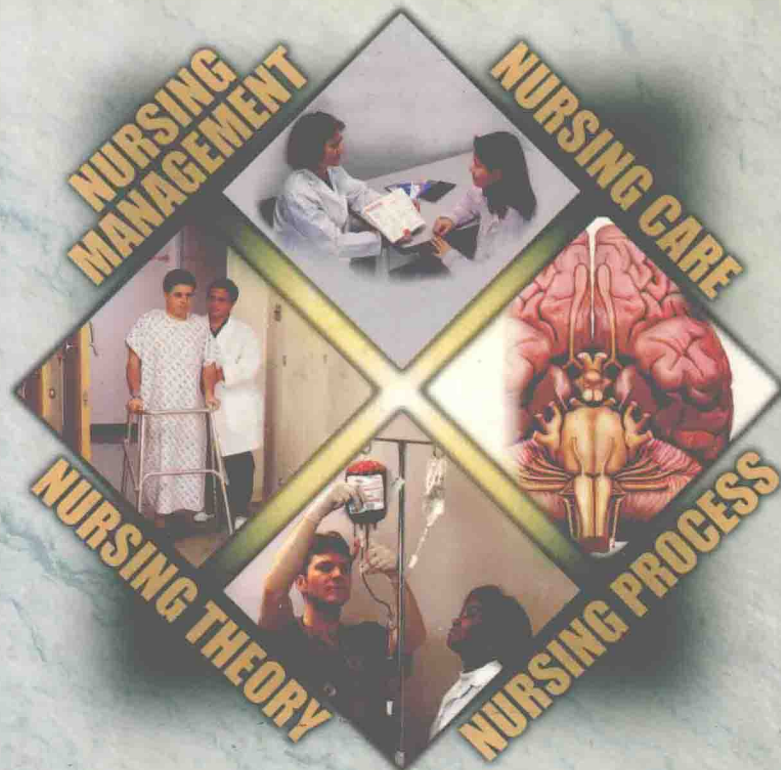


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SECOND EDITION

FUNDAMENTALS of NURSING

Standards & Practice



SUE C. DELAUNE

PATRICIA K. LADNER

FUNDAMENTALS OF NURSING

STANDARDS & PRACTICE

SECOND EDITION

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Fundamentals of Nursing: Standards & Practice, Second Edition

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Printed in the United States of America
2 3 4 5 XX 05 04 03 02

For more information contact Delmar,
5 Maxwell Drive, P.O. Box 8007
Clifton Park, NY 12065-2919

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Web at <http://www.delmar.com>

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Library of Congress Cataloging-in-Publication Data:

Fundamentals of nursing: Standards & practice / Sue C. DeLaune,
and Patricia K. Ladner— 2nd ed.

p. cm.

Includes bibliographical references and index.

ISBN 0-7668-2452-7 (alk. paper)

1. Nursing. 2. Nursing—Practice. I. DeLaune, Sue C.
(Sue Carter) II. Ladner, Patricia K. (Patricia Kelly)

RT41.F8816 2002
610.73—dc21

2001053867

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FUNDAMENTALS OF NURSING

STANDARDS & PRACTICE

SECOND EDITION

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<http://delaune.DelmarNursing.com>

*To Jay, Jennifer, Katie, and Sarabeth. A special thank
you to Carol Ren Kneisl, my friend and mentor,
who continues to open doors for me.
S.C.D.*

*To Wayne, Kelly, Wayne Jr., Gretchen, and Michael
P.K.L.*

*We dedicate this book to our grandchildren,
Camille Anna Cardinal and Leah Marie Ladner.
“Gram” and “Mimi”*



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Preface

*H*ealth care is changing like never before. Every day there are new technologies, new treatments, and new pressures. Changes in response to social, political, and economic factors are challenging and changing everything—including nursing. This text addresses these changes by recognizing that students, now and in the future, will have less clinical experience in acute care settings and more exposure to alternate settings, such as skilled nursing units, home health, and outpatient clinics, for clinical learning experiences.

A holistic concept of people, health, wellness, and healing is used to avoid the fragmentation that may occur in some health care settings. A holistic perspective focuses on all dimensions of an individual, including physiological, psychological, social, cultural, cognitive, and spiritual. An individual cannot be divided into separate entities and still be viewed as a unique being. In keeping with the holistic perspective, many concepts (such as sexuality, spirituality) have been integrated throughout the text.

Special attention has been given to provide a clear, concise presentation of content that is realistic for the beginning nursing student. This text is timely in its approach to content, recognizing the inherent changes affecting the health care delivery system and the nursing curriculum. The authors recognize the student as an active participant who assumes a collaborative role in the learning process. Content is presented to challenge the student to develop critical thinking skills.

ORGANIZATION

Unit I, Nursing's Perspective: Past, Present and Future, explores many aspects that are essential to nursing. A historical overview of early leaders and social forces that have influenced the development of nursing practice is provided. The theoretical frame-

works for guiding professional practice and the significance of incorporating research into nursing practice are emphasized. The evolution of our current health care delivery system is discussed with attention given to proposals for change.

Unit II, Nursing Process, The Standard of Care, explains each component of the nursing process. The nursing process is the framework for delivering holistic care in an organized scientific manner. A chapter on critical thinking leads the unit discussion of the five phases of the nursing process.

Unit III, The Therapeutic Nature of Nursing, discusses the caring nature of nursing as demonstrated through therapeutic communication and actions. Nursing, by definition and purpose, is a therapeutic process. Improving interpersonal and therapeutic effectiveness through knowledge and skills are key to this unit presentation. Nurses' roles in client education are addressed. Complementary and alternative treatment modalities are presented here.

Unit IV, The Individual and Health, focuses on the holistic nature of individuals and nursing as a holistic discipline. The impact on an individual's health related behaviors are discussed in relation to the life cycle, aging, stress, culture, self-concept and reaction to loss.

Unit V, Professional Accountability, addresses accountability from the professional, legal and ethical perspectives. Documentation and quality management are discussed in detail in this unit.

Unit VI, Diagnostic and Therapeutic Interventions, present many of the fundamental skills and tools for providing nursing care. Step-by-step instruction and rationale are provided for each of the skills presented.

Unit VII, Nursing Management of Basic Needs, discusses areas of nursing care that are common to every area of practice. Concepts such as safety and infection control, mobility, fluid and electrolyte balance, skin integrity, and nutrition are described. Step-by-step skill presentation with rationale is also presented for each chapter.

CONCEPTUAL APPROACH

The concept for *Fundamentals of Nursing* arose from a need identified by the authors for a straightforward, well-organized, and easily read and assimilated text. Content is designed to challenge students to view nursing as a holistic and caring practice based on theory and research. Similar concepts have been grouped together to encourage students to learn through association; this method of presentation also prevented duplication of content, which allowed the authors to create several unique chapters.

Chapter 11

Nursing is an art and science of caring and healing that promotes health. The art of caring is implemented through the nursing process. Healing is a process that empowers both the health care recipient and provider. Health is a relative concept focusing on the client's abilities and assets, regardless of the presence or absence of "disease." The caring aspect of nursing is highlighted in this chapter.

Chapter 14

Due to the phenomenal increase in consumer use of complementary and alternative treatment approaches, the authors decided it was imperative that students understand some of the complementary and alternative approaches to healing.

Chapter 17

To present the dynamic, flowing concepts of growth and development, the life cycle is presented in one comprehensive chapter.

Chapter 22

Professionalism and accountability is inherent in nursing practice. Even though beginning students assume no formalized managerial role, it is important for them to understand such leadership skills as delegating and collaborating.

Chapter 25

With emphasis on quality in health care organizations, this chapter was designed to encourage students to start implementing quality initiatives at the beginning of their student careers rather than just before graduation.

CHANGES TO THE NEW EDITION

- Coverage of the nursing process has been moved forward, opening with expanded discussion of critical thinking and the nursing process. This lays the foundation for the content presented in later chapters.
- Content related to spirituality and sexuality is emphasized throughout as appropriate so that students may see how these vital aspects affect clients in vital ways. Tables in Chapter 13 emphasize the sexual dimension.
- Increased coverage of family and community health concepts—especially in Chapter 11 on the legal framework. Home health care content is also emphasized throughout in order to highlight the many arenas of contemporary client care.
- Coverage of Complementary/Alternative Treatments is covered in Chapter 14 and is highlighted in each chapter, as appropriate, reflecting the author's holistic philosophy.
- New unit on "Diagnostic and Therapeutic Interventions," which includes vital signs and physical assessment, diagnostic testing, care of perioperative clients, and medication administration.
- Discussion of quality has been integrated with that of accountability to highlight the importance of keeping the "care" in nursing care in an age of a cost-conscious, business-oriented health care system.
- The chapter on mobility has been totally revised, now emphasizing the impact of immobility on health status. It also presents information on the functional aspects of mobility.
- The overall number of boxed items was reduced to enhance clarity of presentation.
- A clinical companion is available that contains many valuable reference tools as well as every skill presented in the book—perfect for use in a clinical setting.
- Free CD-ROM at back of book contains flashcard software that reviews concepts on a chapter-by-chapter basis.
- DeLaune home page (<http://delaune.Delmar-Nursing.com>) contains free student resources: chapter summaries, frequently asked questions, course notes and more. Instructor resources include downloadable supplements and a library of over 100 nursing case studies.

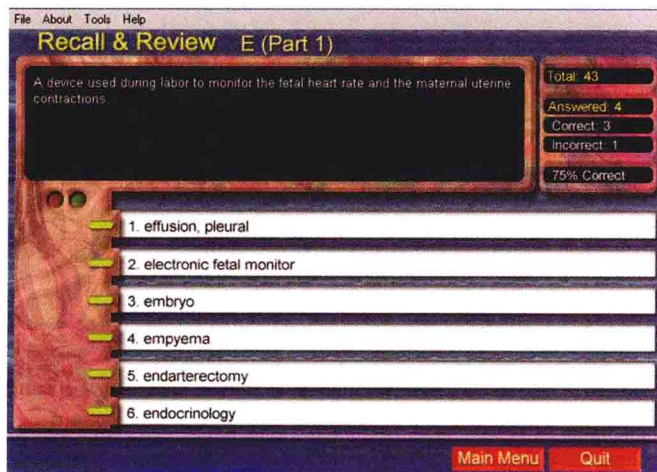
EXTENSIVE TEACHING/LEARNING PACKAGE

The complete Supplements Package was developed to achieve two goals:

1. To assist students in learning the essential skills and competencies needed to secure a career in the area of nursing
2. To assist instructors in planning and implementing their programs for the most efficient use of time and other resources

Student Tutorial CD-ROM

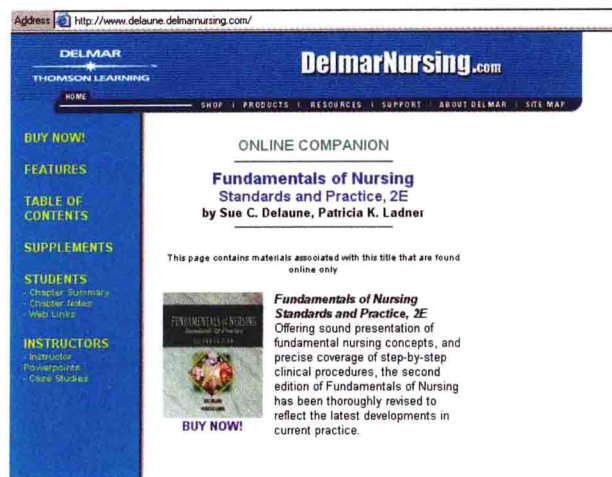
A free student tutorial CD-ROM is packaged with each text. It is a computerized flashcard question-and-answer program designed to help users learn and retain large amounts of information quickly and easily. This CD-ROM contains terms and definitions in a question-and-answer format to aid in overall understanding of the complexity of human illness. This unique program provides a fun, self-paced environment for anyone learning or brushing up on nursing concepts. User-defined preferences control how information is presented—in what order, pause length between questions, and more. FLASH! Displays the question with the answer automatically or manually. System requirements: 100 MHz Pentium, 24 MB RAM, Microsoft Windows 95 or newer SVGA 24-bit color display, 8 MB free disk space.



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- Student resources such as Power Notes (an online PowerPoint presentation that supplements the text's coverage) and chapter summaries that students may access anytime, anywhere.
- Instructor resources such as additional case studies and downloadable supplements.



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Clinical Companion

ISBN 0-7668-2455-1

The *Clinical Companion* is an invaluable resource for any student nurse. A convenient, portable sized volume, the *Companion* includes many useful tools and resources—including every skill presented in the book, many lab findings, and much more.

Student Study Guide

ISBN 0-7668-2453-5

Containing over 500 questions in an easy-to-use format, this study aid builds on and reinforces the content that is presented in the text. Students have an avenue to learn key concepts at a pace that is comfortable for them.

Features:

- Multiple question types—true/false, matching, sequencing, multiple choice, short answer, and essay.
- Various levels of difficulty.
- Questions built upon the key concepts on a chapter-by-chapter basis.

Skills Checklist to Accompany *Fundamentals of Nursing: Standards & Practice, Second Edition*

ISBN 0-7668-2454-3

This teaching/learning tool contains key steps for every procedure in *Fundamentals of Nursing: Standards & Practice*, Second Edition by Sue C. DeLaune and Patricia K. Ladner. These checklists may be used to help students evaluate their comprehension and execution of the procedures.

Key Features:

- Three categories to document performance: able to perform, able to perform with assistance, and unable to perform
- Comments section at each step for constructive feedback
- Easy-to-follow format

Classroom Manager

ISBN # 0-7668-2457-8

A must have for all instructors, this comprehensive and resource packed three-ring binder includes:

Instructor's Guide

- **Key Terms**—The key terms for each chapter are listed alphabetically with corresponding definitions.
- **Instructional Strategies**—Centered around the competencies at the beginning of each chapter, Critical Thinking questions, followed by a student activity (group and/or individual), are provided to enhance student comprehension and critical thinking skills.
- **Additional Resource Aids**—Additional audiovisual, computer programs/software, and web sites are included to increase student awareness of current issues, trends, and skills.
- **Evaluation Strategies**—Five additional discussion questions are provided for each chapter to enhance student writing and thinking skills.

Computerized and Printed Testbank with Electronic Gradebook

- **Testbank**—Computerized testbank includes over 1000 multiple choice questions.
- **PowerPoint Presentation**—A vital resource for instructors, this PowerPoint presentation parallels the content found in the book, serving as a foundation on which instructors may customize their own unique presentations.

CD-ROM Image Library

The Image Library is a software tool that includes an organized digital library of approximately 600 illustrations and photographs from the text. A Microsoft Windows 3.1 and Windows 95 application, it can be used with the most common graphics file formats (BMP, TIFF, GIF). This allows the instructor and student to add new images.

With the Image Library you can:

- Create additional libraries.
- Set up electronic pointers to actual image files or collections.
- Sort art by desired categories.
- Print selected pieces.

The Image Library will work in combination with:

- Microsoft PowerPoint for Windows 95, version 7.0 and higher.
- Other Delmar Image Collections.

Color Transparencies

Includes approximately 50 images from the text that provide the instructor with yet another means of promoting student understanding of skills and concepts.

LEARNING ENHANCEMENTS

Also available are several unique CD-ROMSs.

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- Separate quiz and tutorial modes.

Delmar's Heart and Lung Sounds for Nurses CD-ROM

Single User Version: ISBN 0-7668-2416-0

Institutional Version: ISBN 0-7668-4257-6

Auscultation is one of the most difficult skills for student nurses to master. *Delmar's Heart and Lung Sounds for Nurses CD-ROM* is an excellent learning tool that helps nurses identify and interpret normal and abnormal heart and lung sounds. Features include:

- An extensive library of normal and abnormal heart and lung sounds for students to reference.
- A three-part heart sounds module.
- A skill review section includes Overview, Step-by-Step (with actions and rationales), Variations, and Tips and Errors.

Delmar's Nursing Fundamentals Critical Thinking CD-ROM

Single User version: ISBN 0-7668-2456-X

This CD-ROM is an invaluable resource for any nursing fundamentals course. Containing a content-rich library of 20 nursing cases that emphasize clinical decision-making and a dynamic review of anatomy and physiology, *Delmar's Nursing Fundamentals Critical Thinking CD-ROM* will help users both learn valuable concepts and think like a nurse.

Acknowledgments

*T*his textbook is the product of many dedicated, knowledgeable, and conscientious individuals. First, we would like to thank Carol Kneisl for initiating our work on this text. We would like to thank all the contributors who persevered to produce an outstanding contribution to the nursing literature. The content for nursing fundamentals has changed greatly over the past 20 years in an effort to incorporate the advances in nursing theory and research and technology. Your clinical expertise is evident in this final product.

Likewise, we need to thank all the reviewers who critically read and commented on the manuscript. Your clinical and academic expertise provided valuable suggestions that strengthened the text.

Our friends and professional colleagues provided encouragement throughout the development of this manuscript. Thank you for sharing so many of your resources and support with us.

Our families deserve recognition for their daily queries relative to the book, which often stimulated humor, easing a sometimes tedious task. Special thanks to Jay, Jennifer, Katie, and Sarabeth and Wayne, Kelly, Wayne Jr., Gretchen, and Michael for demonstrating daily understanding and support when the book had to be given priority.

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Sue is a member of the American Holistic Nurses Association, Sigma Theta Tau, and the American Nurses Association. She has been recognized as one of the "Great 100 Nurses" by the New Orleans District Nurses Association.

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