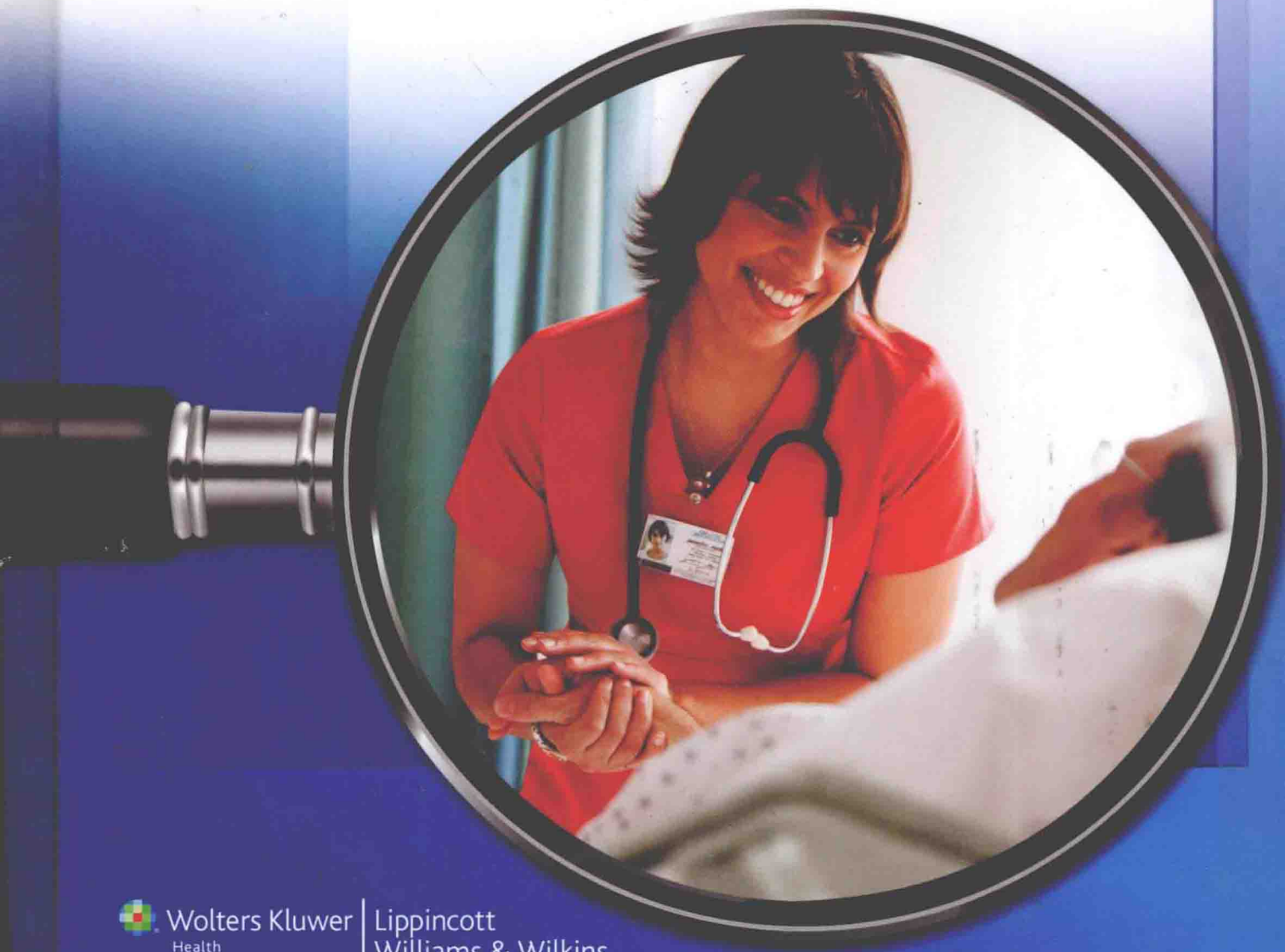


LINDA HONAN PELLICO

# FOCUS ON **ADULT HEALTH** Medical-Surgical Nursing



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# Focus on ADULT HEALTH Medical-Surgical Nursing



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*To Mary and Timothy Honan, who have given me more love and support than any child could hope for; to John, Ryan, and Katie who have made my life complete; to all those who tolerated my many absences over the past two years; and to the graduate entry students at Yale University School of Nursing who have honed my skills as a nurse and educator for nearly a quarter of a century. I am in your debt.*





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# PREFACE

I have researched the experience of becoming a nurse and have discovered what you already know—that learning nursing is more difficult than you anticipated. I have also taught educators of nursing and can tell you that they too discover that teaching basic nursing is more difficult than anticipated. Thus, the idea for this book was to meet the needs of both students and teachers. I began this journey with a thoughtful analysis of what core content, values, and skills should form the foundation of medical–surgical nursing, and that is how this book was built. No, this book will not provide all answers to questions related to internal medical and surgical care; rather it focuses on what is essential. That said, it is not a cursory viewpoint but one that will give depth and breadth to essential content. You, the reader, will be the judge of our success.

Additionally, I wanted expert clinicians to write this book. Nurses who continue to live in the real world of clinical practice and have strong opinions about essential nursing knowing have informed this book with their wisdom.

I also know that often seeing the weight and thickness of medical–surgical texts scares you to the point that you never crack the binding. Thus, we have aimed to distill the essential and place the rest online. As an example, although we rigorously researched current references, we have placed them online for you, if needed, rather than add to the pages in this text. I am hoping for cracked binding, dog-eared pages, multicolored highlights, and notes in the margins of this book. They will stand as evidence of our success.

## FEATURES

We have designed some special features to help engage you, the reader, and assist you in your understanding of the content and the nurse’s role in caring for patients.


**GUIDELINES FOR NURSING CARE** provide steps and rationales for important procedures.

**Focused Assessment** boxes summarize important assessment criteria and significant findings related to a particular disorder.

**Risk Factors** provide a bulleted list of risk factors for a particular disorder, drawing attention to factors that can impair health.

**Patient Education** summarizes patient teaching, home care, and discharge planning.

**Health Promotion** reviews important points the nurse should discuss with the patient to prevent common health problems from developing.

 **Gerontologic Considerations** highlight information that pertains specifically to the care of older adults who comprise the fastest-growing segment of our population.


**Laboratory and Diagnostic Tests** tables list common lab tests for particular disorders along with normal values, critical values, and nursing implications.

**Nursing Research: Bridging the Gap to Evidence-Based Practice** demonstrates the nursing implications of important research.

**Focus on Pathophysiology** highlights and describes important pathophysiologic processes.

**Nutrition Alert** highlights nutritional considerations for particular disorders.

 **NURSING ALERTS** offer brief tips or highlight red-flag warnings for clinical practice.

 **DRUG ALERTS** highlight key nursing considerations and drug safety information.

## PEDAGOGICAL FEATURES

The following features will help you focus your attention on important content and relate it to the challenges of nursing and patient care.


**UNIT CASE STUDY** Each unit opens with a short case study and related questions to help prepare you for the content to be presented and to engage your critical thinking skills. Answers to the unit case studies appear at the end of the book so that you can instantly check your knowledge of the subject.

**Learning Objectives** appear at the beginning of each chapter to help guide and focus you on the important content in the chapter.

**Critical Thinking Exercises** appear at the end of each chapter and use situation-based questions to aid you in applying the knowledge you have gained.

**NCLEX-Style Review Questions** test your comprehension and application of the content. Answers to these review questions are available on the Instructor’s Resource DVD-ROM and the Instructor’s Resources on [thePoint](#).



 **References and Selected Readings** can be found on [thePoint](#), in addition to a large array of resources that will aid your comprehension and expand your knowledge of the subject matter.

**GLOSSARY** appears at the end of the book to assist you in understanding key terminology.

## COMPREHENSIVE LEARNING PACKAGE

A carefully designed ancillary package is available to students who purchase the book and to faculty who adopt the book to further facilitate teaching and learning. A wide variety of multimedia tools are readily available and are just a click away on the Web site that accompanies the text.

Visit <http://thepoint.lww.com/Pellico1e>.

### Resources for Students

Find the following resources on [thePoint](#):

- E-book
- NCLEX-Style Student Review Questions
- Animations
- Video clips
- Audio glossary
- Journal articles
- Learning objectives
- Breath sounds
- Internet resources
- References from the book
- Plan of Nursing Care for selected chapters
- And more!

Additional print resources are also available for students.

**STUDY GUIDE FOR FOCUS ON ADULT HEALTH: MEDICAL-SURGICAL NURSING.** Available at bookstores and [lww.com](#), this study guide presents a variety of exercises to reinforce content and enhance learning.

**HANDBOOK FOR FOCUS ON ADULT HEALTH: MEDICAL-SURGICAL NURSING.** Available at bookstores and [lww.com](#), this clinical reference presents need-to-know information on commonly encountered disorders in an easy-to-use alphabetized format.

**FOCUS ON ADULT HEALTH'S HANDBOOK OF LABORATORY & DIAGNOSTIC TESTS.** Available at bookstores and [lww.com](#), this full-color handbook includes a review of specimen collection procedures followed by an alphabetical list of tests. Tests include important information about reference values and abnormal values as well as associated nursing implications, interfering factors, and essential nursing considerations before, during, and after the test.

### Resources for Instructors

Instructor resources are available on an Instructor's Resource DVD-ROM and online at <http://thepoint.lww.com/Pellico1e>.

In addition to all of the student assets, instructor resources include the following items:

- Test Generator Questions
- PowerPoint Presentations
- Image Bank
- Pre-lecture Quizzes
- Guided Lecture Notes
- Topics for Discussion and Suggested Answers
- Assignments and Suggested Answers
- Case Studies and Suggested Answers
- Syllabus
- E-book
- Answers to NCLEX-Style Chapter Review Questions from the book
- QSEN Competency KSAs Mapped to *Focus on Adult Health: Medical-Surgical Nursing*