

# **MEDICAL-SURGICAL NURSING**

*Assessment and Management of Clinical Problems*

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**Sharon Mantik Lewis**

**Idolia Cox Collier**

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**SECOND EDITION**

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## *Assessment and Management of Clinical Problems*

SECOND EDITION

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## NOTICE

As new medical and nursing research and clinical experience broaden our knowledge, changes in treatment and drug therapy are required. The editors and the publisher of this work have made every effort to ensure that the drug dosage schedules herein are accurate and in accord with the standards accepted at the time of publication. Readers are advised, however, to check the product information sheet included in the package of each drug they plan to administer to be certain that changes have not been made in the recommended dose or in the contraindications for administration. This recommendation is of particular importance in regard to new or infrequently used drugs.

## MEDICAL-SURGICAL NURSING: ASSESSMENT AND MANAGEMENT OF CLINICAL PROBLEMS

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The knowledge base upon which nurses make decisions changes rapidly. In order to accommodate these changes, a revised edition of *Medical-Surgical Nursing: Assessment and Management of Clinical Problems* has been prepared. The strengths of the first edition have been retained, including the use of the nursing process as an organizational thread and its commitment to the place of nursing in the health care team.

The editors recognize that learning occurs in a variety of ways. This book intentionally addresses both the verbally oriented and the pictorially oriented learner. Accordingly, the authors utilize both approaches and have selected many tables, drawings, and photographs to supplement the text. Readability has been analyzed to keep content at the appropriate level.

Content is organized into two major divisions. The first division (Section 1: Chapters 1 through 7) discusses general nursing concepts related to adult clients, including a new chapter related to professional issues and opportunities. Material usually covered in nursing fundamentals textbooks has intentionally been omitted to avoid overlap.

The second division (Sections 2 through 10: Chapters 8 through 62) presents both nursing assessment and the nursing role in management of medical-surgical problems. The various body systems are grouped by section in a sequence that reflects their interrelated functions in order to promote the reader's understanding of the body as an integrated whole. Each section is organized around two main themes: assessment and management. Chapters dealing with the first theme, assessment of a body system, include a discussion of the following:

1. Anatomy and physiology in brief review focusing on information that will promote understanding of nursing care
2. Health history and noninvasive physical assessment skills to expand the data base on which decisions are made
3. Common diagnostic studies, expected results, and related nursing care

The second theme is the nursing role in management of the various disorders of body systems. Chapters embracing this theme focus on the significance of the problem, pathogenesis and/or pathophysiology, clinical manifestations and complications with explanations of pathophysiological bases, and expected abnormalities of diagnostic studies. In addition, each chapter presents a concise discussion of medical management for major diseases and problems.

Two major additions to content are evident in the second edition. The first is in response to changing population demographics related to an increase in older adults. This has prompted an expanded coverage devoted to the older adult in both the assessment and the management chapters. In addition, changes in technique and findings related to older adults have been added to the assessment chapters. Common health problems of older adults have increased the coverage of age-specific nursing interventions.

The second major content addition involves nursing diagnosis as an integral part of the nursing management of the adult client. The increasing use of nursing diagnosis as an organizing framework for nursing care prompted the editors to add nursing diagnoses while retaining the client problem approach. Applicable nursing diagnoses have been added to all nursing care plans, giving the second edition flexibility to be useful in different educational and care settings. The theoretical background for nursing diagnosis has been added to Chapters 3 and 4.



The nursing process is the basis for the organization of nursing management and it enables the nurse to provide care in the following areas:

1. Health maintenance and promotion
2. Acute intervention
3. Rehabilitative or chronic management

This approach is used in discussing nursing management of all major health problems.

Client education is a major concern in all areas of nursing care. Over 100 nursing care plans have been developed that include client problems, nursing diagnoses, expected outcomes, and nursing interventions. For each major medical-surgical problem there is a specific discussion of pharmacological and nutritional intervention. Critical care content is included where appropriate.

Appendix A contains a listing of nursing diagnoses accepted by the membership of the North American Nursing Diagnosis Association following the Seventh National Conference in 1986. A health history organized around client functional health patterns compatible with nursing diagnoses is also presented. Appendix B deals with laboratory values and the significance of alterations. Appendix C includes samples of therapeutic diets and diets based on cultural preferences for traditional American, Spanish-American, and black-American populations.

Learning objectives precede each chapter to focus on essential content, and review questions follow each chapter to enable the reader to assess mastery of the content. (Appendix D lists answers to the review questions.) Each management chapter includes a case study with discussion questions. Sample charting for normal assessment of each body system is included in tabular form.

Contributors were selected for their acknowledged excellence in a specific content area. Final rewriting and editing was done by the two editors to achieve internal consistency. In addition, each chapter was thoroughly reviewed by one or more specialists in the subject area.

Note that to avoid the cumbersome repetition and alternation of the pronouns "he" and "she," the text consistently refers to the nurse as "she" and the client (with obvious exceptions) as "he." This usage of the traditional pronoun in referring to the nurse should not be interpreted as either an exclusion of the contributions of male nurses or a failure to acknowledge and support the increasing number of male nurses.

The editors are especially grateful to many people at the McGraw-Hill Book Company who assisted with this major revision effort. In particular, we wish to thank Sally J. Barhydt, Nursing Editor, and James W. Bradley, Senior Editing Supervisor.

Our perservering typists have earned our special thanks and include Shirley King, Jim Calvert, and Robbin Burge. Robert Telck was most helpful with many of the photographs added to this edition. Marilyn Williams provided invaluable assistance as a consultant on nursing diagnosis and revisions of nursing care plans.

We are particularly grateful to the nurses and student nurses who have put their faith in our book to assist them on their path to excellence. The use of the first edition throughout the United States and Canada in increasing numbers each year has been gratifying. This faith kept us going through the enormous task of revision. We are grateful to the many users who shared their comments and suggestions on the first edition.

And, of course, we wish to thank our contributors and reviewers for their conscientious attention to detail through the revision process. Their commitment to nursing kept them at their tasks until the job was done. We sincerely hope that this book will assist both students and clinicians in practicing truly professional nursing.

Sharon Mantik Lewis  
Idolia Cox Collier

**MEDICAL-SURGICAL NURSING**  
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List of Contributors	xi
Preface	xv

## **SECTION 1 GENERAL CONCEPTS OF NURSING PRACTICE**

---

1 General Concepts: Experience of Health and Illness <i>Patricia Palmer Stephens</i>	3
2 Professional Issues and Opportunities <i>Idolia Cox Collier</i> <i>Charlene Harrington</i> <i>Virgil H. Lewis II</i>	21
3 General Concepts: Nursing Process <i>Dorothy Hendel Clough</i>	39
4 Nursing Assessment: Health History and Physical Examination <i>M. Carolyn Cecere</i> <i>Dorothy Hendel Clough</i>	55
5 General Concepts: Adult Development and the Impact of Disruption <i>Charlotte R. Abbink</i>	71
6 Nursing Assessment and Role in Management: Stress <i>Susan Erin O'Neill</i> <i>Patricia Palmer Stephens</i>	91
7 General Concepts: Client Education <i>Carol Cox Smith</i>	105

## **SECTION 2 PATHOPHYSIOLOGIC MECHANISMS OF DISEASES**

---

8 Nursing Role in Management: Cell Injury and Inflammation <i>Sharon Mantik Lewis</i>	123
9 Nursing Role in Management: Altered Immune Responses <i>Sharon Mantik Lewis</i> <i>Susan Searle Jackson</i>	145
10 Nursing Role in Management: Problems with Abnormal Cell Growth <i>Joyce M. Yasko</i>	179
11 Nursing Role in Management: Fluid and Electrolyte Imbalances <i>Nancy R. Adams</i> <i>Steven C. Ackerman</i>	231

## **SECTION 3 THE SURGICAL EXPERIENCE**

---

12 Nursing Role in Management: Preoperative Client <i>Susan Noble Walker</i> <i>Carol Wikoff Love</i>	259
13 Nursing Role in Management: Client during Surgery <i>Patricia Robertson Hercules</i>	275
14 Nursing Role in Management: Postoperative Client <i>Susan Noble Walker</i> <i>Carol Wikoff Love</i>	291



**SECTION 4 PROBLEMS RELATED TO ALTERED SENSORY INPUT**

---

- |    |   |     |
|----|---|-----|
| 15 | Nursing Assessment: Vision and Hearing<br><i>Carol Fair Keith</i>                             | 313 |
| 16 | Nursing Role in Management: Problems of Vision and Hearing<br><i>Carol Fair Keith</i>         | 335 |
| 17 | Nursing Assessment: Integumentary System<br><i>Idolia Cox Collier</i>                         | 373 |
| 18 | Nursing Role in Management: Problems of the Integumentary System<br><i>Idolia Cox Collier</i> | 381 |
| 19 | Nursing Role in Management: Burn Client<br><i>Sue E. Elster</i><br><i>Melva Kravitz</i>       | 407 |

**SECTION 5 PROBLEMS OF OXYGENATION**

---

- |    |  |     |
|----|--|-----|
| 20 | Nursing Assessment: Respiratory System<br><i>Leslie H. Kirilloff</i>   | 439 |
| 21 | Nursing Role in Management: Upper Respiratory Problems<br><i>Leslie H. Kirilloff</i>                                 | 467 |
| 22 | Nursing Role in Management: Lower Respiratory Problems<br><i>Joyce Carol Tremper</i><br><i>Sharon Mantik Lewis</i>   | 501 |
| 23 | Nursing Role in Management: Obstructive Pulmonary Diseases<br><i>Trisch Van Sciver</i><br><i>Sharon Mantik Lewis</i> | 553 |
| 24 | Nursing Role in Management: Critical Care of the Respiratory Client<br><i>Trisch Van Sciver</i>                      | 597 |
| 25 | Nursing Assessment: Hematologic System<br><i>Bonnie Mowinski Jennings</i>  | 639 |
| 26 | Nursing Role in Management: Hematologic Problems<br><i>Bonnie Mowinski Jennings</i>                                  | 655 |
| 27 | Nursing Assessment: Cardiovascular System<br><i>Carol E. Smith</i>   | 705 |
| 28 | Nursing Role in Management: Blood Pressure Disturbances<br><i>Judith J. Barrows</i>                                  | 729 |
| 29 | Nursing Role in Management: Coronary Artery Disease and Congestive Heart Failure<br><i>Sue E. Elster</i>             | 767 |
| 30 | Nursing Role in Management: Critical Care of the Cardiac Client<br><i>Mary Ann Cammarano House</i>                   | 811 |
| 31 | Nursing Role in Management: Inflammatory and Valvular Heart Diseases<br><i>Larry L. Burden</i>                       | 869 |
| 32 | Nursing Role in Management: Vascular Disorders<br><i>Jeanne E. Doyle</i>   | 893 |

## **SECTION 6 PROBLEMS WITH INGESTION, DIGESTION, ABSORPTION, AND ELIMINATION**

---

- |    |  |      |
|----|--|------|
| 33 | Nursing Assessment: Gastrointestinal System<br><i>Rachel Elrod</i>                                       | 929  |
| 34 | Nursing Role in Management: Problems of Ingestion<br><i>Rachel Elrod</i>                                 | 953  |
| 35 | Nursing Role in Management: Problems of Nutrition<br><i>Gladys Elizabeth Deters</i>                      | 977  |
| 36 | Nursing Role in Management: Problems of Digestion<br><i>Gladys Elizabeth Deters</i>                      | 1009 |
| 37 | Nursing Role in Management: Problems of Absorption and Elimination<br><i>Earnestine Huffman White</i>    | 1045 |
| 38 | Nursing Role in Management: Problems of the Liver, Biliary Tract,<br>and Pancreas<br><i>Rachel Elrod</i> | 1089 |

## **SECTION 7 PROBLEMS WITH URINARY FUNCTION**

---

- |    |  |      |
|----|--|------|
| 39 | Nursing Assessment: Urinary System<br><i>Sharon Mantik Lewis</i>   | 1135 |
| 40 | Nursing Role in Management: Renal and Urological Problems<br><i>Marie E. Folk-Lighty</i><br><i>Sharon Mantik Lewis</i> | 1153 |
| 41 | Nursing Role in Management: Acute and Chronic Renal Failure<br><i>Sharon Mantik Lewis</i>                              | 1189 |

## **SECTION 8 PROBLEMS RELATED TO REGULATORY MECHANISMS**

---

- |    |  |      |
|----|--|------|
| 42 | Nursing Assessment: Endocrine System<br><i>Linda B. Haas</i>                         | 1229 |
| 43 | Nursing Role in Management: The Client with Diabetes<br><i>Martha J. Price</i>       | 1251 |
| 44 | Nursing Role in Management: Endocrine Problems<br><i>Linda B. Haas</i>               | 1289 |
| 45 | Nursing Assessment: Reproductive System<br><i>Ellen Frances Olshansky</i>            | 1325 |
| 46 | Nursing Role in Management: Breast Disorders<br><i>Katherine L. Chipman</i>          | 1349 |
| 47 | Nursing Role in Management: Sexually Transmitted Diseases<br><i>Linda C. Carnago</i> | 1369 |
| 48 | Nursing Role in Management: Female Reproductive Problems<br><i>Linda C. Carnago</i>  | 1385 |
| 49 | Nursing Role in Management: Male Reproductive Problems<br><i>Michael A. Carter</i>   | 1425 |

## SECTION 9 PROBLEMS RELATED TO MOVEMENT AND COORDINATION

---

50	Nursing Assessment: Nervous System <i>Judith M. Ozuna</i>	1443
51	Nursing Assessment and Role in Management: Pain <i>Barbara J. Boss</i>	1469
52	Nursing Role in Management: Unconscious Client <i>Connie A. Walleck</i>	1497
53	Nursing Role in Management: Critical Care of the Client with Increased Intracranial Pressure <i>Connie A. Walleck</i>	1505
54	Nursing Role in Management: Stroke Client <i>Christina M. Mumma</i>	1537
55	Nursing Role in Management: Chronic Neurological Problems <i>Judith M. Ozuna</i>	1561
56	Nursing Role in Management: Peripheral Nerve and Spinal Cord Problems <i>Connie A. Walleck</i>	1591
57	Nursing Assessment: Musculoskeletal System <i>Phyllis Gappa Jensen</i>	1623
58	Nursing Role in Management: Musculoskeletal Problems <i>Phyllis Gappa Jensen</i>	1643
59	Nursing Role in Management: Arthritis and Other Rheumatic Disorders <i>Gayle Ziegler Casterline</i>	1697

## SECTION 10 PROBLEMS IN SPECIAL SITUATIONS

---

60	Nursing Role: Medical and Traumatic Emergencies <i>Barbara J. Lockwood</i>	1741
61	Nursing Role: Radiation Accidents <i>Anita A. W. Garman</i>	1761
62	Nursing Role in Management: Addictive Behavior <i>Patsy L. Orth Duphorne</i>	1773

## APPENDIXES

---

Appendix A	Nursing Diagnosis and Functional Health Patterns Assessment Tool	1807
Appendix B	Laboratory Values <i>Diane Germain</i>	1813
Appendix C	Diet Therapies <i>Donna J. Rodriguez</i> <i>Virginia M. Hunter</i>	1827
Appendix D	Answer Key to Review Questions	1841
INDEX		1845



*SECTION 1*

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***GENERAL CONCEPTS  
OF NURSING PRACTICE***