

FUNDAMENTALS  
*of*  
NURSING

A Framework for Practice  
*Second Edition*



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Bigelow  
Kemp

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Brown

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# FUNDAMENTALS OF NURSING

## A Framework for Practice

SECOND EDITION

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*To my sons, Erich, Steven, Jonathan, with love and pride,  
and to my parents, Carol and Walker Bigelow, with love and  
appreciation.*

*B.B.K.*

*To Joe, with love.*

*R.A.P.*

*To my husband, Dennis; and to my children, Christopher,  
Shaun, Nancy, and Tracy; and to Mom and Dad with love and  
gratitude for your patience and encouragement.*

*P. B.*

# Preface

The first edition of *Fundamentals of Nursing: A Framework for Practice* was written for students in basic nursing courses. Like its predecessor, this second edition stresses application of biopsychosocial principles through the nursing process.

Whether it is used as the first nursing resource for new students or as a review by more advanced students (or nurses returning to practice), the text stresses several themes that we consider vital to the study of nursing fundamentals. This approach includes:

- Emphasis on the importance of learning **scientific principles** for students' adaptation to individual circumstances or settings.
- Emphasis on using **nursing theory** as the basis of nursing care. An entire chapter outlines nursing theory and illustrates its application to nursing process.
- Emphasis on the **nursing process** as the basis for nursing care. Throughout, the nursing process is applied to the management of client problems. To illustrate in greater depth, the ends of chapters include examples of nursing care plans based on specific care situations.
- Emphasis on the ability to form a **nursing diagnosis** from assessment data. Nursing diagnoses within the North American Nursing Diagnosis Association (NANDA) text, *Taxonomy I, Revised* (1988), are included as examples throughout the text and are listed further in Appendix C. Nursing Care Plans at the end of chapters are aimed at helping students formulate and act upon those diagnoses.
- Emphasis on the importance of **nursing research** as a contributing factor in continuous, high-quality nursing care. To underscore this concept, Focus on Nursing Research boxes highlight recent nursing investigations that directly relate to aspects of client care discussed in the text.
- Emphasis on viewing clients all through the **life cycle**. Age influences not only physical response to illness and treatment, but psychological response to hospitalization, readiness for learning, and ability to maintain a healthy lifestyle. We have applied life span concepts to the topics in each chapter, adding modifications for children and older clients to the procedures where appropriate.
- Emphasis on the role of the nurse in both ambulatory (including home care) and inpatient settings. Special Focus on Home Care sections accentuate **home care**.
- Emphasis on a **holistic approach** to client care, so that beginning students will view clients as total human beings whose health is influenced by their environment.
- Emphasis on client and nurse **safety**. Many of the Focus on Nursing boxes address safety issues. The Centers for Disease Control (CDC) guidelines for protection of health care workers—from contact with potentially contaminated blood and body secretions—are also indicated. Photographs demonstrate procedures and reflect the details of these guidelines (for example, the proper use of gloves).

While the book as a whole covers the wide range of concepts fundamental to a complete understanding of nursing practice, each chapter has been organized to provide a complete learning experience. Important elements include:

- **Learning Objectives.** Learning objectives at the beginning of each chapter point out the most important concepts to be covered.
- **Terms.** Each chapter also opens with a list of terms essential to an understanding of that chapter's content; these terms are defined in the glossary at the end of the book as well as within that chapter.

- **Nursing Process Focus.** Each chapter includes content on the five phases of the nursing process: assessment, analysis (nursing diagnosis), planning, implementation, and evaluation of care. NANDA-approved diagnoses and specific outcome criteria are referred to throughout.
- **Procedures.** Nursing procedures with accompanying rationales are presented in outline format for easy reference.
- **Focus on Nursing Care Boxes.** Interspersed throughout the book and boxed for quick reference are points of information on safety, research, and home care.
- **References.** Documentation of the rationale for nursing care cited in the text is presented in a reference list for each chapter to stress the scientific basis of nursing's body of knowledge.
- **Suggested Readings.** At the end of each chapter appears an extensive list of up-to-date readings relevant to the topics discussed in that chapter. Readings have been chosen that will be readily available in most nursing school libraries.
- **Questions for Review.** Each chapter concludes with a set of questions designed to help the student review the material covered in that chapter. The answers to these questions, which appear in a variety of formats, are provided in Appendix I.

The chapters in this text were designed for independent reading; they may be used in the order presented or assigned in a differing sequence, depending on the requirements of the program. The current ordering reflects our view that, before students can begin to understand their particular role as nurses, they must become acquainted with the dimensions of nursing as a profession, the health care system as an environment, and the concepts of health and health adaptation that affect all people.

Part I introduces students to nursing as a profession, through topics such as the evolution of modern nursing, standards and theories of nursing, and the role of the nurse in the health care delivery system. The contribution of the nurse to quality care and the role of the consumer as an active participant in care are stressed.

Part II discusses rights of clients, legal and ethical aspects of care, role of nursing theory, value of nursing research, and concepts of leadership.

The nursing process is presented in Part III. Described according to the format chosen by the American Nursing Association (ANA) Council of State Boards of Nursing, *nursing process* includes assessment, analysis (including nursing diagnosis), planning, implementation, and evaluation. Throughout

the text, the nursing process is applied to specific client problems with explanations on how to establish and prioritize nursing diagnoses, set client goals, and establish evaluation criteria. This part has been expanded (since the first edition) to give more attention to each phase of the process.

Part IV introduces the student to the concept that health is a relative state, influenced by individual belief, culture, and level of stress. The total role of the nurse as a protector and promoter of health is emphasized.

Part V presents health care promotion as it applies to differing age spans (with two chapters added in this edition) and as influenced by sexuality, spirituality, family, and community.

Part VI suggests activities necessary to implement the nursing process: effective communication, teaching/learning theories, documentation of nursing care, and—new to this edition—Computer Use in Nursing.

Part VII focuses on assessment measures such as interviewing, physical examination, and laboratory testing necessary to implement nursing process. A separate chapter on vital signs in this edition emphasizes these essential assessment techniques.

Part VIII applies the nursing process to client well-being, in specific areas such as establishing a therapeutic environment, comfort and safety, rest and sleep, nutrition in health and illness, sepsis, and medication administration.

Part IX discusses the role of nurses in meeting specific health care needs such as hygiene, body alignment, fluid and electrolyte balance, thermal application, oxygen administration, gastrointestinal and urinary elimination, and, with a new chapter, wound care.

The final part, X, describes two common nursing situations: admission and discharge of a client, and perioperative nursing care.

In this second edition, the term *client* has been chosen to describe a person for whom a nurse provides care. This term is used to emphasize the self-care potential of people receiving care.

To facilitate the teaching/learning process, *Fundamentals of Nursing, Second Edition*, comes with a complete learning package. For instructors, an *Instructor's Manual/Test Bank* has been prepared by Patricia Brown. The manual provides a chapter summary and teaching strategies for each chapter, including ideas for lectures, class discussion, panel presentations, class projects and reports, guest speakers and topics, nursing care plan applications, values clarification exercises, role-playing, classroom demonstration, laboratory and field experiences, audiovisual and computer resources, and professional/consumer literature resources. Part Two of

the manual provides 25–35 test questions on each chapter of the text.

Test questions may also be found in *computerized test bank software*, available for use in both Apple and IBM-PCs and compatible computers. These testing programs will allow the instructor to generate tests from the bank of questions and also to add and adapt questions of their own.

*Transparency Masters*, based on the artwork from the text and enlarged for easier viewing, are also available to instructors using *Fundamentals of Nursing*.

Finally, students may benefit from a *Study Guide*. Written by Patricia Brown, Sheila Gettelson, and Jean Winter, the study guide summarizes major nursing concepts and provides students with drill and practice situation questions for independent review.

The number of persons who make contributions to a textbook of this size is obviously large. We would like to express our sincere appreciation to Brian S. Smistek, Timothy R. Palaszewski, and Linda Norsen, Department of Medical Photography, Children's Hospital, Buffalo, New York, for their personal concern and their photographic skill; friends and colleagues who offered suggestions and

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We hope that *Fundamentals of Nursing: A Framework for Practice, Second Edition*, will provide students with the beginning knowledge needed to meet the challenges offered by modern nursing—and the enthusiasm needed to continue growing within the profession.

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Adele Pillitteri  
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## **NOTICE**

The indications and dosages of all drugs in this book have been recommended in the medical literature and conform to the practices of the general medical community. The medications described do not necessarily have specific approval by the Food and Drug Administration for use in the diseases and dosages for which they are recommended. The package insert for each drug should be consulted for use and dosage as approved by the FDA. Because standards for usage change, it is advisable to keep abreast of revised recommendations, particularly those concerning new drugs.

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