

# *Critical Care Procedures and Protocols*

*A Nursing Process Approach*

*Carol B. Persons*

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# CRITICAL CARE

*procedures and protocols*

## A NURSING PROCESS APPROACH

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The authors and publisher have exerted every effort to ensure that drug selection and dosage set forth in this text are in accord with current recommendations and practice at the time of publication. However, in view of ongoing research, changes in government regulations, and the constant flow of information relating to drug therapy and drug reactions, the reader is urged to check the package insert for each drug for any change in indications and dosage and for added warnings and precautions. This is particularly important when the recommended agent is a new or infrequently employed drug.

# CRITICAL CARE *procedures and protocols*

A N U R S I N G P R O C E S S A P P R O A C H

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*To my parents, Gordon and Millie Batten, with love*

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# PREFACE

Unlike other current texts on critical care nursing, *Critical Care Procedures and Protocols: A Nursing Process Approach* is designed to be a generic technique manual. The essence of procedures routinely performed in the critical care arena has been condensed to provide a rapid reference and step-by-step guidelines for the skills required by critical care nurses. The text is not designed to stand alone, but rather to augment available texts in critical care and subspecialties. Selected references provided at the conclusion of each section direct the reader to current literature and books in which in-depth information on each technique is readily available.

*Critical Care Procedures and Protocols* has been written using the nursing process as a framework, that is, assessment, planning, implementation, and evaluation. The implementation section of each technique description is written using a two-column format to provide rationale side by side with nursing actions. The evaluation section is presented as expected outcomes for the technique. Precautions are included with each technique and are highlighted in boldface to draw attention to them. Product availability is presented at the end of each section. The text is liberally illustrated with photographs and line drawings to clarify proposed nursing actions. The following headings are used to present the techniques and protocols:

BACKGROUND	
<i>Objectives</i>	
ASSESSMENT PHASE	
PRECAUTIONS	
PLANNING PHASE	
<i>Equipment</i>	
<i>Client/Family Teaching</i>	
IMPLEMENTATION PHASE	
Nursing Actions	Rationale/Amplification
EVALUATION PHASE	
Anticipated Outcomes	Nursing Actions
PRODUCT AVAILABILITY	
SELECTED REFERENCES	

The focus of the text is on adult clients. Caring for neonates or children in the critical care setting is a subspecialty in itself, and an attempt to cover this area would be too vast an undertaking. The resultant text is manageable, and its usefulness in the clinical setting, where quick reference and clarification are essential, is enhanced.

Principles of infection control as recommended by the Centers for Disease Control (CDC) have been incorporated within the technique descriptions. Additionally, infection control protocols have been presented for each system. Although it is recognized that good handwashing is one of the most effective ways of preventing nosocomial infections, this is not repeated over and over throughout the technique descriptions.

The reader should consult institutional policies on matters regarding informed consent, the qualifications and licensure of personnel who can perform specific tech-

niques, and procedures requiring a physician's order. Institutional policies will be guided by existing laws and regulations, and these may vary from state to state. It is also critical that personnel consult instruction manuals provided by the manufacturers of biomedical equipment before employing such equipment in caring for clients. The overwhelming array of available instrumentation makes a generic text desirable because the material presented is applicable regardless of which manufacturer supplies the equipment.

Throughout the book the generic names for medications are used. In most cases dosages are not specified because these often require individual adjustments. Nurses who are administering medications should consult package-insert information or other appropriate literature before administering medications. Measurements are presented in metric terms with appropriate equivalents in parentheses.

In the interest of space, descriptions of the techniques of basic life support have been purposely omitted. These techniques are available in basic medical-surgical texts and are presently taught to the public. This book focuses instead on advanced cardiac life support (ACLS) techniques, many of which are specific to the role of the critical care nurse.

Although there is an emphasis on procedures in this book, the psychosocial aspects of giving nursing care should not be overlooked. Nursing care must be provided within the concept of holism, with genuine concern for the person's physical, biological, psychosocial, and cultural needs. As presented in this book, the family includes those persons important to the client rather than only those persons who are related through traditional family ties.

Current regulations in health care have created a trend toward early discharge from the hospital. The client's family members or significant others are now performing care in the home that would usually have been considered within the realm of the health professional. With this trend in mind, discharge planning and teaching must begin much earlier in the hospital stay, and they are receiving much more emphasis in the critical care areas. Client and family teaching is emphasized in each technique description. Adequate preparation and explanation before performing a procedure serves to allay the anxiety of the client and family members as well as to prepare the person for home care.

It should be kept in mind that any nursing technique will have to be adapted to meet the needs of the individual client. Because the fastest growing segment of the population in the United States is people over the age of 65, elderly clients will be seen in the critical care unit in greater numbers. Nurses must be aware of the special needs of the elderly who are admitted to the critical care unit and must be able to adapt nursing techniques to accommodate these needs.

Contributions of clinical experts in critical care have added dimension to *Critical Care Procedures and Protocols*. The information offered in this book is basic to critical care, and both beginning and advanced practitioners as well as educators should profit from its use.

Carol Batten Persons, R.N., M.S.N., Ed.D.

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# I *Cardiovascular techniques*

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