

PRINCIPLES AND PRACTICE OF

ADULT

BEARE / MYERS

HEALTH

SECOND EDITION

NURSING

STUDENT
LEARNING GUIDE



STUDENT LEARNING GUIDE FOR
PRINCIPLES AND PRACTICE OF

ADULT

B E A R E / M Y E R S

HEALTH

S E C O N D E D I T I O N

NURSING

STUDENT WORKSHEETS

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Worksheets

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CHAPTER ONE Health and Illness

1. After reading the chapter, develop a set of interview questions for a health interview. Consider:

- a. demographic information
- b. previous health
- c. current health
- d. health beliefs
- e. health maintenance practices
- f. health risk practices
- g. actions to modify health risk practices

2. Develop your own philosophy of health and state it in one paragraph.

CHAPTER TWO Health Promotion Through the Adult Life Span

1. Consider the physical, psychosocial, and cognitive levels of mature adulthood. List changes that would affect the delivery of patient education, and determine ways in which these changes could be accommodated for more effective teaching.

Change	Strategies That Would Accommodate Change

2. Should time and money be spent on health promotion for the middle-aged or mature adult? Justify your response.

CHAPTER THREE Promoting Adaptive Responses to Stressors

1. Prepare a list of questions that will help you assess a patient's stressors and needs.

2. An individual's blood glucose is elevated, and glucose appears in the urine. The doctor attributes these findings to stress. Explain.

3. Discuss how learned coping skills help a person in stress but not in crisis.

4. Explain how denial can be a positive as well as a negative coping skill.

5. Discuss the effects of the autonomic nervous system's fight-or-flight response on:
 - a. the modern business executive who is in an important meeting

 - b. the person about to undergo coronary artery reconstructive surgery

CHAPTER FOUR Epidemiology

1. Obtain mortality and morbidity statistics for your region or state (or province), and compare these figures with national statistics of the same period. What similarities exist? What differences exist?
2. What factors might influence differences between national statistics and your region's?
3. Describe primary, secondary, and tertiary prevention strategies for yourself. (If tertiary prevention strategies are not applicable, develop a hypothetical situation with strategies.)

CHAPTER FIVE Professional Roles of the Nurse

1. Identify the model of nursing practice on the unit to which you are assigned and state your rationale for your choice.

2. After observing a nurse on the unit to which you are assigned, identify the various roles that were assumed.

Role	Circumstances In Which Role Was Observed
Caregiver	
Health Care Coordinator	
Teacher	
Discharge Planner	
Advocate	
Collaborator	
Researcher	
Manager	

(Continued)

3. Interview two nurses with expanded roles, e.g., a clinical nurse specialist and a nurse anesthetist. Complete two columns for comparing their roles in relation to:

	<i>Expanded Role #1</i>	<i>Expanded Role #2</i>
patient care		
teaching		
consulting		
education		

4. Utilizing the “Decision analysis process with possible outcomes” table in this chapter, develop possible options for the following clinical nursing decisions:
- a. The patient problem: Impaired skin integrity related to immobility. Possible clinical decisions:
 1. Turn q2h

 2. Consult nursing enterostomal therapist

 3. Notify physician

 - b. The patient problem: Violence, high risk to self and others, probably related to use of unknown chemicals. Possible clinical decisions:
 1. Use leather extremity restraints

 2. Lock up in specially adapted room

 3. Talk with, counsel patient
5. Beside each of the phrases below, write the letter which best describes to which part of the nursing process the phrase belongs (A = assessment, ND = nursing diagnosis, P = plan/goals, I = implementation, and E = evaluation).
- _____ 1. temp 102 degrees
 - _____ 2. ambulated 20 feet safely with walker
 - _____ 3. teach wife to administer insulin
 - _____ 4. will return demonstrate, without error, insulin injection, by June
 - _____ 5. complains of headache
 - _____ 6. impaired physical mobility
 - _____ 7. hypothermia as evidenced by temp of 95.1 degrees
 - _____ 8. will verbalize absence of pain
 - _____ 9. administer analgesic as ordered
 - _____ 10. verbalized understanding of prostatectomy

4. Select a patient learning need for which the nursing unit to which you are assigned has no written teaching information. Develop a rough draft sheet/pamphlet and share it with the staff nurses. Use their feedback to develop the finished product.
5. Select one teaching plan you have implemented in the clinical setting. State how you would adapt that plan for the patient who is:
 - a. blind
 - b. deaf
 - c. confused
 - d. of low-literacy skills