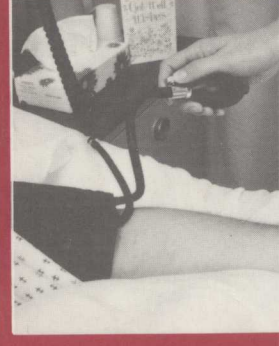
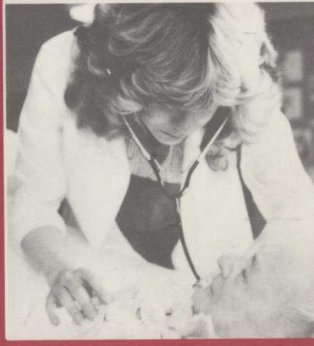


WORKBOOK FOR  
FUNDAMENTALS  
OF *NURSING*



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THE ART AND SCIENCE  
OF NURSING CARE

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Taylor  
Lillis  
LeMone

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J. B. LIPPINCOTT COMPANY

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# Student Workbook for Fundamentals of Nursing

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2000年6月12日

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# **Unit I**

## **The Nurse: Foundations for Nursing Practice**



The four chapters which comprise Unit I introduce the concepts of professional nursing, health-illness, and the health care system in society. The learner explores what it means to be an emerging profession and nursing's role as a provider of care. An introduction to nursing theory is given in chapter four; chapters five and six provide a basis for understanding ethical and legal implications of nursing actions and relationships.





# Chapter 1

## Introduction to Nursing

Chapter 1 of Fundamentals of Nursing (Taylor, 1988) introduces the learner to the historical context of the emerging profession of nursing. The organizational structure of the profession, educational preparation, and contemporary roles of nursing are presented. After studying this chapter and completing the associated workbook exercises the student should be able to

- Define key terms used in the chapter.
- Describe the historical background, the definitions, and the professional status of nursing.
- Identify the aims of nursing, including nursing activities necessary to promote wellness and prevent illness.
- Describe the various levels of educational preparation and offerings in nursing.
- Discuss the impact on nursing practice of nursing organizations, standards of nursing practice, nurse practice acts, and the nursing process.
- Identify current trends and issues in nursing.

### Key Terms Chapter 1

You will want to become familiar with the meaning of the following key terms used in this chapter.

*continuing education*

*dependent nursing actions*

*independent nursing actions*

*in-service education*

*interdependent nursing actions*

*licensure*

*nurse practice act*

*profession*

*standards*

## Contributions of Florence Nightingale

Florence Nightingale, the "Lady with a Lamp," challenged prejudices against women and had an indisputable impact on nursing and health care during the 19th century.

List 5 contributions of Miss Nightingale.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

6. Why were Miss Nightingale's contributions so unique for her time in history?

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## History of Nursing

Place one word in each blank to complete the sentence.

7. During the early Christian period visiting of the sick and afflicted was first organized by a group of women called \_\_\_\_\_.
8. In \_\_\_\_\_ (year) Miss Nightingale was born in Florence, Italy to a wealthy English family.
9. In the United States, schools of nursing were organized within hospitals and were based more on an \_\_\_\_\_ model rather than on an educational model.

## The Art of Nursing

Nursing has been defined in many ways but there are essential elements present in most thoughtful perspectives. In your own words, expand on the following short definitions.

10. Nursing is **caring** \_\_\_\_\_
11. Nursing is **sharing** \_\_\_\_\_

12. Nursing is **touching**

13. Nursing is **feeling**

14. Nursing is **listening**

15. Nursing is **accepting**

16. Nursing is **respecting**

## Key Terms: Match

Match the terms with the appropriate definitions.

### Terms:

- |                                   |                                |
|-----------------------------------|--------------------------------|
| a. dependent nursing actions      | g. independent nursing actions |
| b. nursing                        | h. holistic health care        |
| c. in-service education           | i. continuing education        |
| d. licensure                      | j. nurse practice act          |
| e. interdependent nursing actions | k. nursing process             |
| f. nursing education              | l. professional standards      |

### Definitions:

17. \_\_\_\_ The education of L.P.N.'s and R.N.'s.
18. \_\_\_\_ Lays the foundation for the practice of professional nursing.
19. \_\_\_\_ A method of organizing and giving nursing care.
20. \_\_\_\_ Laws regulating nursing.
21. \_\_\_\_ Collaboration with other members of the health care team.
22. \_\_\_\_ The education and training of employees by an institution.
23. \_\_\_\_ Activities carried out in following orders of other members of the health care team.
24. \_\_\_\_ Planned learning experiences beyond basic nursing education.
25. \_\_\_\_ Activities based on assessment, knowledge, and judgment.
26. \_\_\_\_ Became more formalized with the advent of Christianity.
27. \_\_\_\_ Incorporates physical, psychosocial, and spiritual dimensions.
28. \_\_\_\_ Legal right to practice nursing.

## Crossword puzzle

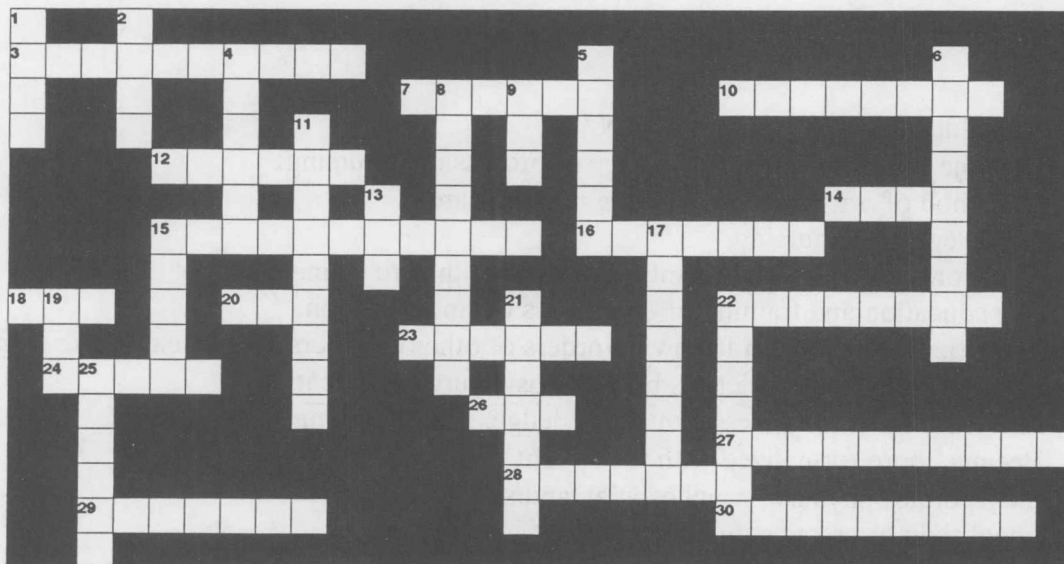
Use the clues below to solve the crossword puzzle.

### DOWN

1. Nurse practice acts
2. The focus of nursing is \_\_\_\_\_.
4. Proposed A.D. nursing education programs
5. Nursing's response to society
6. Step four of the nursing process
8. Basis of post WWII nursing schools
9. Licensed practical nurse
11. Wellness-illness
13. American Nurses' Association
15. "Nutrix"
17. Step two of nursing process
19. National League for Nursing
21. First school of nursing
22. Core of nursing
25. Focus of nursing care

### ACROSS

3. First step of nursing process
7. Nursing aims to restore
10. Professional characteristic
12. May be dependent, interdependent, or independent
14. Number of steps in the nursing process
15. Established first schools of nursing
16. Growing client population
18. Canadian Nurses' Association
20. First international organization of professional women
22. Step three of nursing process
23. Facilitated by nursing
24. National Council Licensure Exam
26. Nursing organization open to non-nurses
27. Final step of nursing process
28. Preparation for specialty practice
29. Never exists in isolation
30. Defines activities of nurses





## Nursing Organization Acronyms

Write out the names of the organizations associated with the acronyms listed below.

29. ANA

30. ICN

31. NLN

32. NSNA

33. CNA

## Expanded Nursing Roles

Differentiate between the nursing roles listed below by completing the table.

<b>TITLE</b>	<b>Education/Preparation</b>	<b>Role Description</b>
<i>Example:</i> <i>Nurse Researcher</i>	<i>advanced degree</i>	<i>conducts research relevant to nursing practice and education</i>
34. Nurse Midwife	a.	a.
35. Nurse Practitioner	b.	b.
36. Nurse Anesthetist	c.	c.

## Additional Enrichment Activities

1. Obtain a copy of the nurse practice act for your state. Examine/read in order to be familiar with the law in your state.
2. Explore the various educational programs for graduate nurses in your community. Are they accredited by the National League for Nursing?
3. Locate the addresses of national headquarters for the ANA, NLN, and ICN. How would membership in each organization benefit you?
4. List the **independent** nursing actions which nurses on the unit where you work are implementing. Contrast this list with the dependent nursing actions.
5. Plan a bulletin board display of current newspaper articles and pictures of nursing.
6. Develop a five minute speech and/or slide show about early nursing.

## Suggested Readings

- American Nurses' Association: Nursing and Social Policy Statement. Kansas City, MO, American Nurses' Association, 1980*
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- Sullivan TJ et al: Nursing 2020: A study of nursing's future. Nursing Outlook 35(5):233-5, 1987*

# Chapter 2

## Promoting Wellness in Health and Illness

Chapter 2 of Fundamentals of Nursing (Taylor, 1988) is concerned with how the practice of nursing is influenced by both the person receiving care and the nurse giving care. Individualized, holistic care requires that health and illness be understood from the point of view of the client receiving the care.

After studying this chapter and completing the workbook exercises the student should be able to

- Define key terms used in the chapter.
- Define health and illness, using a variety of models.
- Explain the influence of the human dimensions, basic human needs, and self-concept on health and illness status, beliefs, and practices.
- Compare acute illness with chronic illness.
- List the causes of disease and death.
- Summarize the activities of the nurse in promoting wellness and preventing illness, incorporating risk factors, illness behaviors, and the effects of illness on the family.
- Describe the levels of nursing care in promoting wellness and preventing illness.

## Key Terms Chapter 2

You will want to become familiar with the meaning of the following key terms used in this chapter.

*acute illness*

*agent-host-environment model*

*basic human needs*

*chronic illness*

*health*

*health-belief model*

*health-illness continuum*

*health-risk appraisal*

*high-level wellness*

*illness*

*primary preventive care*

*risk factors*

*secondary preventive care*

*self concept*

*tertiary preventive care*

*wellness*

## Factors Influencing Health-Illness Status, Beliefs, and Practices

The following questions are related to factors affecting health and illness. Answer the questions in the space provided.

1. List the six human dimensions that influence behaviors of persons receiving health care.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

2. A person who becomes ill progresses through the stages of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

3. In the space below draw and explain the health-illness continuum.

### Health Illness Continuum



4. Where do you fit on the health-illness continuum and why?

---



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5. List, in descending order, the five leading causes of death in the United States.

- 1st \_\_\_\_\_  
 2nd \_\_\_\_\_  
 3rd \_\_\_\_\_  
 4th \_\_\_\_\_  
 5th \_\_\_\_\_

6. Name six causes of disease.

- a. \_\_\_\_\_  
 b. \_\_\_\_\_  
 c. \_\_\_\_\_  
 d. \_\_\_\_\_  
 e. \_\_\_\_\_  
 f. \_\_\_\_\_

7. List four acute illnesses.

- a. \_\_\_\_\_  
 b. \_\_\_\_\_  
 c. \_\_\_\_\_  
 d. \_\_\_\_\_

8. List four chronic illnesses.

- a. \_\_\_\_\_  
 b. \_\_\_\_\_  
 c. \_\_\_\_\_  
 d. \_\_\_\_\_