

FOURTH EDITION

*C*  
*LINICAL*  
*NURSING*  
*SKILLS*  
*TECHNIQUES*

**PERRY**  
**POTTER**



Mosby

# CLINICAL NURSING SKILLS & TECHNIQUES

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#### A NOTE TO THE READER

The practice of nursing is a field that is continually advancing and, as a result, our knowledge base continues to expand. Therefore we highly recommend that the reader *always* consult current literature and/or institutional policy, especially regarding delegation to unlicensed assistive personnel, infection control guidelines, or other dynamic areas of practice.

#### FOURTH EDITION

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*To my children, Rebecca Lacey Perry and Chip Perry, who have taught me how to enjoy life to its fullest.*

*To the invaluable friends who are my family.*



# PREFACE

The fourth edition of *Clinical Nursing Skills and Techniques* has been developed to continue the commitment to excellence of the first three editions. This market-leading skills text has been the favorite of nursing faculty and practitioners for its

- Current, comprehensive coverage of skills using the nursing process framework
- Readable, easy-to-follow 2-column format with rationales
- Hundreds of illustrations that show accurately and visually “how-to”

This edition includes over 220 procedures that cover basic, intermediate, and advanced skills. It has been designed to be used throughout the nursing program, including the medical-surgical courses and clinicals. It is also a valuable resource for today’s nurses working in acute, community-based settings, and home care agencies who may encounter clients with needs that encompass many of these procedures.

## ORGANIZATION

The 45 chapters have been logically grouped into 15 units. Each chapter begins with objectives and key terms along with a list of the skills to be covered. A brief introduction of pertinent information and **Guidelines** for implementing the skills provide a foundation for the skills in the chapter.

A new feature, **Delegation Considerations**, provides guidelines for the nurse’s responsibilities when assigning the skill to unlicensed assistive personnel. Professional nurses are becoming more involved with client assessment and delivery of complex therapies requiring problem solving and individualization of approaches. For this reason, the appropriate delegation of nursing tasks to unlicensed assistive personnel is crucially important. Delegation is not based on which client requires care but rather on what tasks can safely be delivered by unlicensed personnel. In developing the **delegation considerations** for this textbook, it is assumed that registered nurses work collaboratively with personnel and that unlicensed staff have received appropriate training. Several principles were followed in selecting tasks suitable for delegation:

*Right task*—Includes those tasks that are repetitively performed, involve little or no invasive procedures, and require minimal supervision. This includes monitoring *not* assessment activities.

*Right supervision*—The RN is available for monitoring, evaluation, and intervention.

*Right direction*—The RN is responsible for providing a clear description of any task, including its purpose, limits, and expectations. Client variations must be communicated to personnel.

Delegation requires decision making. The recommendations for delegation are guidelines only and should not be applied if, in the RN’s judgment, a client requires professional nursing intervention.

The presentation of each skill is attractive and easy to follow, using the 5-step nursing process as the organizational framework. Each skill begins with a brief description of the purpose and the equipment needed. The steps of the skill are then presented in a clear, easy to understand 2-column format with rationales for every step. Hundreds of large, clear drawings and photographs help students visualize key techniques. The Planning section focuses on **Expected Outcomes**, with possible **Unexpected Outcomes** noted under the Evaluation section. **Critical Decision Points** appear throughout the skills to alert the nurse to key information to consider while performing the skill to ensure safe and effective outcomes. Each skill ends with **Recording and Reporting** that provides a sample of what and how to record. **Follow-up Activities** provide further learning and aid critical thinking development. Individual client considerations are presented at the conclusion of each skill that cover **Special, Teaching, Pediatric, Gerontologic and Home Care Considerations**. This expanded section provides comprehensive coverage of care of specific client needs. Each chapter concludes with **Critical Thinking Activities**, based on realistic clinical situations, that promote development of decision-making abilities and integrate the knowledge covered within the chapter. References and Additional Readings for each chapter provide the sources of content and suggested resources for further study.

## FEATURES

The comprehensive, current, and accurate coverage of skills needed by students and practitioners has made *Clinical Nursing Skills and Techniques* a favorite of both faculty and health-care agencies. Current research, as well as input from practitioners and educators, provided direction for this new edition. Key features include:

- Comprehensive, current coverage of more than 220 skills
- A 5-step **nursing process** format that provides a consistent, clear presentation to help students learn to apply the process while learning each skill
- Easy-to-follow two-column format that features a spacious two-color design and clear, bold print
- Clearly written scientifically based **rationales** for every step to promote learning and understanding
- **Expected outcomes** that reflect the results of effective nursing interventions
- **Unexpected outcomes** that alert students to potential problems
- Nearly **1000 drawings and photographs** that add visual understanding of the performance of specific steps
- **Critical Thinking Exercises** at the end of each chapter integrate the knowledge covered within the chapter with real-life situations and promote the development of clinical decision-making abilities

### NEW TO THIS EDITION

- **Delegation Considerations** discuss the nurse's responsibilities when assigning skills to unlicensed assistive personnel
- **Critical Decision Points** focus on key information to consider while performing skills to ensure safe and effective outcomes
- **Unit on Home Care** focuses on the teaching and safety aspects of skills often performed in the home. Home Care Considerations are also integrated in all skills.
- **Chapter on Communication** provides helpful guidelines for this vital aspect of nursing care
- **New skills** cover:
  - Skill 2-1 Establishing Therapeutic Communication
  - Skill 2-2 Establishing Communication Throughout the Phases of the Nurse-Client Relationship
  - Skill 2-3 Communication with the Anxious Client
  - Skill 2-4 Verbally Deescalating the Potentially Violent Client
  - Skill 4-1 Fall Prevention
  - Skill 4-2 Designing a Restraint-Free Environment
  - Skill 4-4 Seizure Precautions
  - Skill 20-8 Discontinuing Peripheral Intravenous Access

Skill 22-3 Aspiration Precautions

Skill 30-5 Assisting with Ambulation

Skill 35-1 Preparing the Client for Surgery

Skill 42-5 Enteral Nutrition in the Home

### TEACHING-LEARNING PACKAGE

The complete teaching-learning package includes:

*Instructor's Resource Manual* that provides an outline of the key content in each chapter with page reference, answers to the critical thinking questions, educational strategies to assist in teaching the skills, and independent learning activities for students

*Skills Performance Checklists*, which students may purchase separately or at a special price when packaged with the text.

*Mosby's Nursing Skills Video Series* that parallels the content of the text. Adopters of the text receive a special discount on the series.

*Mosby-FITNE Applying Critical Thinking to Nursing Skills: An Interactive Videodisc Series* teaches students to learn to *think* about the procedure they are performing and to be prepared for the unexpected. Simulations take place in hospital, extended care, and home settings. The four titles are: Activity and Mobility, Promoting Oxygenation, Nutrition and Elimination, and Shift Assessment. For information or to order, contact FITNE, Inc. at 1-800-337-4107.

### ACKNOWLEDGMENTS

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To our reviewers whose expertise and astute recommendations helped develop a text of high standards that reflects the current practice of nursing today.

To you, our readers, who continue to challenge us

to make the very best textbook. We appreciate your insight, your ideas, and your continued desire to have the best information available for the care of your clients.

To our continued relationship as friends and co-authors. The experience of writing texts for over 15 years has taught us a great deal about one another. We look forward to continuing to collaborate so as to remain innovative and creative. The challenge is easier with the rewarding friendship that we have.

*Anne G. Perry*  
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