

CONTENTS

| | |
|---|------------|
| Step-by-Step Clinical Skills Procedures | xi |
| Notes on the Editors and Contributors | xiii |
| Acknowledgements | xxi |
| Introduction | xxv |
| PART A LEARNING TO BE A NURSE | |
| 1 What is Nursing and What is a Nurse? | 1 |
| <i>Catherine Delves-Yates, Karen Elcock, Carol Hall, Ruth Northway, Steve Trenoweth</i> | 3 |
| 2 Being a Nursing Student | 15 |
| <i>Catherine Delves-Yates</i> | |
| 3 Core Academic Skills | 29 |
| <i>Gabrielle Thorpe, Jonathan Mason and Catherine Delves-Yates</i> | |
| 4 Academic Writing and Assessment Skills | 47 |
| <i>Gabrielle Thorpe and Jonathan Mason</i> | |
| PART B PROFESSIONAL PRACTICE | |
| 5 Ethics | 63 |
| <i>Ruth Northway and Ian Beech</i> | 65 |
| 6 Law | 77 |
| <i>Graham Avery</i> | |
| 7 Accountability and Professionalism | 91 |
| <i>Karen Elcock</i> | |
| 8 Resilience | 103 |
| <i>E. Jane Blowers</i> | |
| 9 The Role of the Nursing Student in Effecting Change | 115 |
| <i>Jacqueline Phipps</i> | |
| 10 Clinical Governance | 127 |
| <i>Karen Elcock</i> | |
| PART C FUNDAMENTALS OF NURSING CARE | |
| 11 Delivering Effective Care | 141 |
| <i>Fiona Everett and Wendy Wright</i> | |
| 12 Introduction to Nursing Theory | 143 |
| <i>Carol Hall</i> | 157 |

| | |
|---|-----|
| 13 Value-based, Person-centred Care | 169 |
| <i>Catherine Delves-Yates</i> | |
| 14 Patient, Service User, Family and Carer Perspectives | 185 |
| <i>Katrina Emerson and Ruth Northway</i> | |
| 15 Assessment, Planning, Implementation and Evaluation (APIE) | 197 |
| <i>Rebekah Hill</i> | |
| 16 Core Communication Skills | 211 |
| <i>Karen Elcock and Jean Shapcott</i> | |
| 17 Communication and Interpersonal Skills in Challenging Circumstances | 223 |
| <i>Steve Trenoweth and Wasim Allymamod</i> | |
| 18 Assessing and Managing Risk | 239 |
| <i>Melanie Fisher and Margaret Scott</i> | |
| 19 Record-keeping and Documentation | 251 |
| <i>Jill Barnes and Robert Jenkins</i> | |
| 20 Clinical Decision-making | 265 |
| <i>Gemma Hurley</i> | |
| 21 Health Promotion | 281 |
| <i>Daryl Evans</i> | |
| 22 Safeguarding | 299 |
| <i>Robert Jenkins and Jill Barnes</i> | |
| 23 Patient Education | 313 |
| <i>Helen Walker</i> | |
| | |
| PART D SKILLS FOR NURSING CARE | 323 |
| 24 Infection Prevention and Control (IPC) | 325 |
| <i>Rose Gallagher</i> | |
| 25 Clinical Measurement | 349 |
| <i>Valerie Foley</i> | |
| 26 Pain Management | 379 |
| <i>Ann Kettle</i> | |
| 27 Aseptic Technique and Specimen Collection | 403 |
| <i>Rose Gallagher</i> | |
| 28 Skin Integrity | 423 |
| <i>Irene Anderson</i> | |
| 29 Safer Handling of People | 447 |
| <i>Dianne Steele</i> | |
| 30 First Aid | 465 |
| <i>Chris Mulryan</i> | |
| 31 Medicines Administration | 491 |
| <i>Carol Hall</i> | |
| 32 Assisting Patients with their Nutritional Needs | 509 |
| <i>Kate Goodhand and Jane Ewen</i> | |
| 33 Assisting Patients with their Elimination Needs | 533 |
| <i>Mairead Collie and David J. Hunter</i> | |
| 34 Assisting Patients with their Hygiene Needs | 557 |
| <i>Catherine Delves-Yates</i> | |
| 35 Last Offices | 577 |
| <i>Jean Shapcott</i> | |

| | |
|--|------------|
| PART E CONTEXTS OF NURSING CARE | 591 |
| 36 Introduction to the Organization and Settings of Care | 593 |
| <i>Siobhan McCullough</i> | |
| 37 Public Health | 607 |
| <i>Charlene Lobo</i> | |
| 38 Introduction to Interprofessional Working | 621 |
| <i>Adele Atkinson</i> | |
| 39 Introduction to the Psychological Context of Nursing | 633 |
| <i>Janet Ramjeet</i> | |
| 40 Introduction to the Sociological Context of Nursing | 651 |
| <i>Ruth Northway</i> | |
| 41 Introduction to Health Policy and the Political Context of Nursing | 663 |
| <i>Siobhan McCullough</i> | |
| 42 Introduction to the Global Context of Nursing | 679 |
| <i>Catherine Delves-Yates</i> | |

| | | | |
|---|-----|--|-----|
| Using hand sanitizer | 332 | Administering a subcutaneous injection | 689 |
| Glossary | 337 | Administering a transdermal patch | 701 |
| Index | 351 | Administering a vaccine | |
| Comparing a pulse rate | 353 | Administering a topical medication | |
| Measuring a pulse rate | 361 | Administering a topical ointment | |
| Manual blood pressure measurement | 363 | Administering a topical cream | |
| Measuring body temperature | 368 | Administering a topical gel | |
| Understanding a patient's consent | 386 | Administering a topical powder | |
| Principles of asepsis | 407 | Administering a topical spray | |
| Common steps for the collection of all types of specimens | 412 | Administering a topical solution | |
| Taking a wound check | 415 | Administering a topical suspension | |
| Collecting a sputum sample | 417 | Administering a topical ointment | |
| Taking a nasal swab | 417 | Administering a topical cream | |
| Taking a throat swab | 418 | Administering a topical gel | |
| Principles of caring for a patient with a wound | 427 | Administering a topical powder | |
| Efficient movement principles | 436 | Administering a topical solution | |
| A safe way to work up when moving a patient | 457 | Administering a topical suspension | |
| The recovery position | 474 | Administering a topical ointment | |

ON THE COMPANION WEBSITE

| | | | |
|--|-----|------------------------------------|-----|
| Measuring SpO ₂ | 330 | Administering a vaccine | 689 |
| Automated blood pressure measurement | 363 | Administering a topical medication | 701 |
| Measuring capillary refill time | 361 | Administering a topical ointment | |
| Blood glucose monitoring | 368 | Administering a topical cream | |
| Collecting a sputum specimen | 417 | Administering a topical gel | |
| Collecting a urine specimen | 417 | Administering a topical powder | |
| Pressure-related injuries: a quick reference guide | 436 | Administering a topical solution | |
| Administering a subcutaneous injection | 689 | Administering a topical suspension | |
| Administering an intramuscular injection | 701 | Administering a topical ointment | |
| Passing a nasogastric tube | | Administering a topical cream | |