

C O N T E N T S

Section I • Fundamental Nursing Concepts

UNIT 1 EXPLORING CONTEMPORARY NURSING 1

1 NURSING FOUNDATIONS 2

- Nursing Origins 2
- The Nightingale Reformation 3
 - The Crimean War 3
 - Nightingale's Contributions 4
- Nursing in the United States 4
 - U.S. Nursing Schools 4
 - Expanding Horizons of Practice 4
- Contemporary Nursing 6
 - Combining Nursing Art With Science 6
 - Integrating Nursing Theory 6
 - Defining Nursing 6
- The Educational Ladder 6
 - Practical/Vocational Nursing 7
 - Registered Nursing 9
 - Baccalaureate Programs 10
 - Graduate Nursing Programs 10
 - Continuing Education 11
- Future Trends 11
 - Governmental Responses 11
 - Proactive Strategies 11
- Unique Nursing Skills 12
 - Assessment Skills 12
 - Caring Skills 12
 - Counseling Skills 15
 - Comforting Skills 15

2 NURSING PROCESS 16

- Definition of the Nursing Process 16
- Characteristics of the Nursing Process 17
- Steps of the Nursing Process 17
 - Assessment 17
 - Diagnosis 20
 - Planning 21
 - Implementation 23
 - Evaluation 25
- Use of the Nursing Process 25
- Concept Mapping 25
- End of Unit Exercises 28

UNIT 2 INTEGRATING BASIC CONCEPTS 33

3 LAWS AND ETHICS 34

- Laws 35
 - Constitutional Law 35
 - Statutory Laws 35
 - Administrative Laws 35

- Common Law 37
- Criminal Laws 37
- Civil Laws 37
- Professional Liability 41
 - Liability Insurance 41
 - Reducing Liability 42
 - Malpractice Litigation 42
- Ethics 44
 - Codes of Ethics 44
 - Ethical Dilemmas 44
 - Ethical Theories 44
 - Ethical Principles 45
 - Values and Ethical Decision Making 46
 - Ethics Committees 46
 - Common Ethical Issues 47

50

Health 50

- Health: A Limited Resource 51
- Health: A Right 51
- Health: A Personal Responsibility 51

Wellness 51

- Holism 51
- Hierarchy of Human Needs 52

Illness 52

- Morbidity and Mortality 52
- Acute, Chronic, and Terminal Illnesses 52
- Primary and Secondary Illnesses 52
- Remission and Exacerbation 53
- Hereditary, Congenital, and Idiopathic Illnesses 53

Health Care System 53

- Primary, Secondary, and Tertiary Care 53
- Extended Care 54
- Health Care Services 54
- Access to Care 54
- Financing Health Care 54
- Outcomes of Structured Reimbursement 56

National Health Goals 56

Nursing Team 57

- Functional Nursing 58
- Case Method 58
- Team Nursing 58
- Primary Nursing 58
- Nurse-Managed Care 58

Continuity of Health Care 59

5 HOMEOSTASIS ADAPTATION

- AND STRESS 60
- Homeostasis 60
- Holism 60
- Adaptation 61

Stress	64	
<i>Physiologic Stress Response</i>	65	
<i>Psychological Stress Responses</i>	66	
<i>Stress-Related Disorders</i>	67	
Nursing Implications	67	
<i>Assessment of Stressors</i>	68	
<i>Prevention of Stressors</i>	68	
<i>Stress-Reduction Techniques</i>	68	
<i>Stress-Management Techniques</i>	68	71
Culture	71	
Race	72	
Minority	72	
Ethnicity	72	
<i>Stereotyping</i>	72	
<i>Generalizing</i>	72	
<i>Ethnocentrism</i>	73	
Culture of the United States	73	
Transcultural Nursing	74	
<i>Cultural Assessment</i>	74	
<i>Biologic and Physiologic Variations</i>	77	
<i>Disease Prevalence</i>	81	
<i>Health Beliefs and Practices</i>	81	
Culturally Sensitive Nursing	82	
End of Unit Exercises	84	
UNIT 3 FOSTERING COMMUNICATION	91	
7 THE NURSE-CLIENT RELATIONSHIP	92	
Nursing Roles Within the Nurse-Client Relationship	92	
<i>The Nurse as Caregiver</i>	93	
<i>The Nurse as Educator</i>	93	
<i>The Nurse as Collaborator</i>	93	
<i>The Nurse as Delegator</i>	93	
The Therapeutic Nurse-Client Relationship	94	
<i>Underlying Principles</i>	94	
<i>Phases of the Nurse-Client Relationship</i>	94	
<i>Barriers to a Therapeutic Relationship</i>	95	
Communication	95	
<i>Verbal Communication</i>	95	
<i>Nonverbal Communication</i>	98	
8 CLIENT TEACHING	101	
Importance of Client Teaching	101	
Assessing the Learner	102	
<i>Learning Styles</i>	102	
<i>Age and Developmental Level</i>	103	
<i>Capacity to Learn</i>	104	
<i>Motivation</i>	105	
<i>Learning Readiness</i>	105	
<i>Learning Needs</i>	105	
Informal and Formal Teaching	105	
Skill 8-1 Teaching Adult Clients	107	
9 RECORDING AND REPORTING	109	
Medical Records	109	
<i>Uses</i>	110	
<i>Client Access to Records</i>	111	
<i>Types of Client Records</i>	112	
Methods of Charting	112	
<i>Narrative Charting</i>	112	
<i>SOAP Charting</i>	113	
<i>Focus Charting</i>	113	
<i>PIE Charting</i>	114	
<i>Charting by Exception</i>	114	
<i>Computerized Charting</i>	114	
Protecting Health Information	115	
<i>Privacy Standards</i>	115	
<i>Workplace Applications</i>	115	
<i>Data Security</i>	117	
Documenting Information	117	
<i>Using Abbreviations</i>	117	
<i>Indicating Documentation Time</i>	118	
Communication for Continuity and Collaboration	119	
<i>Written Forms of Communication</i>	119	
<i>Interpersonal Communication</i>	121	
Skill 9-1 Making Entries in a Client's Record	124	
End of Unit Exercises	126	
Section II • Fundamental Nursing Skills		
UNIT 4 PERFORMING BASIC CLIENT CARE	133	
10 ASEPSIS	134	
Microorganisms	134	
<i>Types of Microorganisms</i>	135	
<i>Survival of Microorganisms</i>	136	
Chain of Infection	136	
<i>Infectious Agents</i>	137	
<i>Reservoir</i>	137	
<i>Exit Route</i>	137	
<i>Mode of Transmission</i>	137	
<i>Port of Entry</i>	137	
<i>Susceptible Host</i>	138	
Asepsis	138	
<i>Medical Asepsis</i>	138	
<i>Surgical Asepsis</i>	144	
Nursing Implications	146	
Skill 10-1 Handwashing	150	
Skill 10-2 Performing a Surgical Scrub	153	
Skill 10-3 Creating a Sterile Field and Adding Sterile Items	157	
Skill 10-4 Donning Sterile Gloves	160	
11 ADMISSION, DISCHARGE, TRANSFER, AND REFERRALS	163	
The Admission Process	163	
<i>Medical Authorization</i>	164	
<i>The Admitting Department</i>	164	
<i>Nursing Admission Activities</i>	164	
<i>Initial Nursing Plan for Care</i>	166	
<i>Medical Admission Responsibilities</i>	166	
<i>Common Responses to Admission</i>	166	
The Discharge Process	168	
<i>Discharge Planning</i>	168	
<i>Obtaining Authorization for Medical Discharge</i>	168	
<i>Providing Discharge Instructions</i>	169	

<i>Notifying the Business Office</i>	169	<i>Extremities</i>	244
<i>Discharging a Client</i>	170	<i>Abdomen</i>	245
<i>Writing a Discharge Summary</i>	170	<i>Genitalia</i>	246
<i>Terminal Cleaning</i>	170	<i>Anus and Rectum</i>	246
The Transfer Process	170	Nursing Implications	247
<i>Transfer Activities</i>	171	Skill 13-1 <i>Performing a Physical Assessment</i>	250
<i>Extended Care Facilities</i>	171	14 SPECIAL EXAMINATIONS AND TESTS	252
The Referral Process	173	Examinations and Tests	252
<i>Considering Referrals</i>	174	<i>General Nursing Responsibilities</i>	253
<i>Home Health Care</i>	174	<i>Common Diagnostic Examinations</i>	257
Skill 11-1 <i>Admitting a Client</i>	179	<i>Diagnostic Laboratory Tests</i>	262
Skill 11-2 <i>Discharging a Client</i>	181	Nursing Implications	266
12 VITAL SIGNS	184	Skill 14-1 <i>Assisting With a Pelvic Examination</i>	269
Body Temperature	185	Skill 14-2 <i>Assisting With a Sigmoidoscopy</i>	272
<i>Temperature Measurement</i>	185	Skill 14-3 <i>Using a Glucometer</i>	275
<i>Normal Body Temperature</i>	186	End of Unit Exercises	279
<i>Assessment Sites</i>	187	UNIT 5 ASSISTING WITH BASIC NEEDS	287
<i>Thermometers</i>	189	15 NUTRITION	288
<i>Elevated Body Temperature</i>	192	Overview of Nutrition	288
<i>Subnormal Body Temperature</i>	194	<i>Human Nutritional Needs</i>	289
Pulse	194	<i>Nutritional Strategies</i>	293
<i>Pulse Rate</i>	194	Nutritional Patterns and Practice	296
<i>Pulse Rhythm</i>	195	<i>Influences on Eating Habits</i>	296
<i>Pulse Volume</i>	195	<i>Vegetarianism</i>	296
<i>Assessment Sites</i>	195	Nutritional Status Assessment	297
Respiration	197	<i>Subjective Data</i>	297
<i>Respiratory Rate</i>	197	<i>Objective Data</i>	297
<i>Breathing Patterns and Abnormal</i>		Management of Problems Interfering	
<i>Characteristics</i>	198	with Nutrition	299
Blood Pressure	198	<i>Obesity</i>	299
<i>Factors Affecting Blood Pressure</i>	199	<i>Emaciation</i>	300
<i>Pressure Measurements</i>	199	<i>Anorexia</i>	300
<i>Assessment Sites</i>	200	<i>Nausea</i>	300
<i>Equipment for Measuring Blood Pressure</i>	200	<i>Vomiting</i>	301
<i>Measuring Blood Pressure</i>	202	<i>Stomach Gas</i>	302
<i>Alternative Assessment Techniques</i>	203	Management of Client Nutrition	302
<i>Abnormal Blood Pressure Measurements</i>	204	<i>Common Hospital Diets</i>	302
Documenting Vital Signs	205	<i>Meal Trays</i>	302
Nursing Implications	205	<i>Feeding Assistance</i>	302
Skill 12-1 <i>Assessing Body Temperature</i>	209	Skill 15-1 <i>Serving and Removing Meal Trays</i>	307
Skill 12-2 <i>Assessing the Radial Pulse</i>	216	Skill 15-2 <i>Feeding a Client</i>	308
Skill 12-3 <i>Assessing the Respiratory Rate</i>	218	16 FLUID AND CHEMICAL BALANCE	311
Skill 12-4 <i>Assessing Blood Pressure</i>	219	Body Fluid	312
Skill 12-5 <i>Obtaining a Thigh Blood Pressure</i>	224	<i>Water</i>	312
Skill 12-6 <i>Assessing for Postural Hypotension</i>	226	<i>Fluid Compartments</i>	312
13 PHYSICAL ASSESSMENT	229	<i>Electrolytes</i>	312
Overview of Physical Assessment	229	<i>Nonelectrolytes</i>	312
<i>Purposes</i>	229	<i>Blood</i>	313
<i>Techniques</i>	230	<i>Fluid and Electrolyte Distribution Mechanisms</i>	313
<i>Equipment</i>	231	<i>Fluid Regulation</i>	314
<i>Environment</i>	231	Fluid Volume Assessment	315
Performing a Physical Assessment	232	<i>Fluid Intake</i>	315
<i>Gathering General Data</i>	232	<i>Fluid Output</i>	317
<i>Draping and Positioning</i>	232	Common Fluid Imbalances	317
<i>Selecting an Approach for Data Collection</i>	233	<i>Hypovolemia</i>	318
<i>Examining the Client</i>	233	<i>Hypervolemia</i>	318
Data Collection	233	<i>Third-Spacing</i>	319
<i>Head and Neck</i>	234		
<i>Chest and Spine</i>	240		

- Intravenous Fluid Administration 320
Types of Solutions 320
Preparation for Administration 322
Infusion Techniques 324
Venipuncture 325
Infusion Monitoring and Maintenance 326
Discontinuation of an Intravenous Infusion 329
Insertion of an Intermittent Venous Access Device 329
- Blood Administration 329
Blood Collection and Storage 329
Blood Safety 329
Blood Compatibility 330
Blood Transfusion 330
- Parenteral Nutrition 331
Peripheral Parenteral Nutrition 332
Total Parenteral Nutrition 332
Lipid Emulsions 332
- Nursing Implications 333
Skill 16-1 Recording Intake and Output 337
Skill 16-2 Preparing Intravenous Solutions 339
Skill 16-3 Starting an Intravenous Infusion 343
Skill 16-4 Changing IV Solution Containers 347
Skill 16-5 Changing IV Tubing 349
Skill 16-6 Discontinuing an Intravenous Infusion 350
Skill 16-7 Inserting a Medication Lock 352
Skill 16-8 Administering a Blood Transfusion 355
- 17 HYGIENE 358**
- The Integumentary System 358
Skin 359
Mucous Membranes 359
Hair 360
Nails 360
Teeth 360
- Hygiene Practices 361
Bathing 361
Shaving 364
Oral Hygiene 364
Hair Care 366
Nail Care 367
- Visual and Hearing Devices 368
Eyeglasses 368
Contact Lenses 368
Artificial Eyes 369
Hearing Aids 369
Infrared Listening Devices 369
- Nursing Implications 371
Skill 17-1 Providing a Tub Bath or Shower 374
Skill 17-2 Administering Perineal Care 376
Skill 17-3 Giving a Bed Bath 380
Skill 17-4 Giving Oral Care to Unconscious Clients 383
Skill 17-5 Shampooing Hair 385
- 18 COMFORT, REST, AND SLEEP 387**
- The Client Environment 388
Client Rooms 388
Room Furnishings 388
- Sleep and Rest 391
Functions of Sleep 391
Sleep Phases 391
Sleep Cycles 391
Sleep Requirements 392
Factors Affecting Sleep 392
- Sleep Assessment 394
Questionnaires 395
Sleep Diary 395
Nocturnal Polysomnography 395
Multiple Sleep Latency Test 396
- Sleep Disorders 396
Insomnia 396
Hypersomnia 397
Sleep-Wake Cycle Disturbances 397
Parasomnia 398
- Nursing Implications 398
Progressive Relaxation 398
Back Massage 398
- Skill 18-1 Making an Unoccupied Bed 403
Skill 18-2 Making an Occupied Bed 409
Skill 18-3 Giving a Back Massage 411
- 19 SAFETY 415**
- Age-Related Safety Factors 415
Infants and Toddlers 416
School-Aged Children and Adolescents 416
Adults 416
- Environmental Hazards 416
Latex Sensitization 416
Burns 417
Asphyxiation 419
Electrical Shock 421
Poisoning 422
Falls 422
- Restraints 423
Legislation 424
Accreditation Standards 425
Restraint Alternatives 425
Use of Restraints 425
- Nursing Implications 426
Skill 19-1 Using Physical Restraints 429
- 20 PAIN MANAGEMENT 434**
- Pain 435
The Process of Pain 435
Pain Theories 436
Types of Pain 436
- Pain Assessment Standards 438
Pain Assessment Data 439
Pain Intensity Assessment Tools 439
Pain Management 440
Treatment Biases 440
Pain Management Techniques 440
Drug Therapy 440
Surgical Approaches 443
Nondrug and Nonsurgical Interventions 443
- Nursing Implications 446
Addiction 446
Placebos 447
- Skill 20-1 Preparing a Patient-Controlled Analgesia (PCA) Infuser 451
Skill 20-2 Operating a Transcutaneous Electrical Nerve Stimulation (TENS) Unit 454

- 1 OXYGENATION 458**
 Anatomy and Physiology of Breathing 458
 Assessing Oxygenation 459
 Physical Assessment 459
 Arterial Blood Gases 460
 Pulse Oximetry 460
 Promoting Oxygenation 462
 Positioning 462
 Breathing Techniques 462
 Oxygen Therapy 465
 Oxygen Sources 465
 Equipment Used in Oxygen Administration 466
 Common Delivery Devices 467
 Additional Delivery Devices 472
 Oxygen Hazards 473
 Related Oxygenation Techniques 474
 Water-Seal Chest Tube Drainage 474
 Hyperbaric Oxygen Therapy 475
 Nursing Implications 475
 Skill 21-1 Using a Pulse Oximeter 478
 Skill 21-2 Administering Oxygen 480
 Skill 21-3 Maintaining a Water-Seal Chest Tube Drainage System 483
- 22 INFECTION CONTROL 488**
 Infection 488
 Infection Control Precautions 489
 Standard Precautions 489
 Transmission-Based Precautions 490
 Infection Control Measures 492
 Client Environment 493
 Personal Protective Equipment 494
 Discarding Biodegradable Trash 496
 Removing Reusable Items 496
 Delivering Laboratory Specimens 496
 Transporting Clients 496
 Psychological Implications 496
 Promoting Social Interaction 496
 Combating Sensory Deprivation 496
 Nursing Implications 496
 Skill 22-1 Removing Personal Protective Equipment 501
 End of Unit Exercises 503
- UNIT 6 ASSISTING THE INACTIVE CLIENT 515**
- 23 BODY MECHANICS, POSITIONING, AND MOVING 516**
 Maintaining Good Posture 516
 Standing 518
 Sitting 518
 Lying Down 518
 Body Mechanics 519
 Ergonomics 519
 Positioning Clients 520
 Common Positions 520
 Positioning Devices 522
 Turning and Moving Clients 523
 Protective Devices 524
 Side Rails 524
 Mattress Overlays 524
 Cradle 525
 Specialty Beds 525
 Transferring Clients 526
 Transfer Handle 527
 Transfer Belt 527
 Transfer Boards 528
 Nursing Implications 528
 Skill 23-1 Turning and Moving a Client 533
 Skill 23-2 Transferring Clients 537
- 24 THERAPEUTIC EXERCISE 543**
 Fitness Assessment 543
 Body Composition 543
 Vital Signs 544
 Fitness Tests 544
 Exercise Prescriptions 546
 Target Heart Rate 546
 Metabolic Energy Equivalent 546
 Types of Exercise 546
 Fitness Exercise 546
 Therapeutic Exercise 547
 Nursing Implications 549
 Skill 24-1 Performing Range-of-Motion (ROM) Exercises 552
 Skill 24-2 Using a Continuous Passive Motion (CPM) Machine 560
- 25 MECHANICAL IMMOBILIZATION 563**
 Purposes of Mechanical Immobilization 563
 Mechanical Immobilizing Devices 564
 Splints 564
 Slings 566
 Braces 566
 Casts 567
 Traction 570
 External Fixators 572
 Nursing Implications 572
 Skill 25-1 Applying an Arm Sling 576
 Skill 25-2 Assisting With a Cast Application 579
 Skill 25-3 Providing Pin Site Care 581
- 26 AMBULATORY AIDS 584**
 Preparing for Ambulation 584
 Isometric Exercises 584
 Upper Arm Strengthening 585
 Dangling 585
 Using a Tilt Table 585
 Assistive Devices 586
 Ambulatory AIDS 587
 Canes 587
 Walkers 588
 Crutches 588
 Crutch-Walking Gaits 589
 Prosthetic Limbs 589
 Temporary Prosthetic Limb 589
 Permanent Prosthetic Components 589
 Client Care 591
 Ambulation With a Lower Limb Prosthesis 591
 Nursing Implications 591
 Skill 26-1 Measuring for Crutches, Canes, and Walkers 595
 Skill 26-2 Assisting With Crutch-Walking 599
 Skill 26-3 Applying a Leg Prosthesis 602
 End of Unit Exercises 605

UNIT 7 THE SURGICAL CLIENT 613**PERIOPERATIVE CARE 614**

Preoperative Period 614

Inpatient Surgery 614*Outpatient Surgery* 615*Informed Consent* 616*Preoperative Blood Donation* 618*Immediate Preoperative Care* 618

Intraoperative Period 624

Receiving Room 624*Operating Room* 624*Anesthesia* 624*Surgical Waiting Area* 625

Postoperative Period 625

Immediate Postoperative Care 625*Continuing Postoperative Care* 626

Nursing Implications 627

Skill 27-1 Applying Antiembolism Stockings 631

Skill 27-2 Performing Presurgical Skin Preparation 633

Skill 27-3 Applying a Pneumatic Compression Device 635

28 WOUND CARE 638

Wounds 638

Wound Repair 639

Inflammation 639*Proliferation* 640*Remodeling* 640

Wound Healing 640

Wound Healing Complications 641

Wound Management 641

Dressings 642*Drains* 643*Sutures and Staples* 644*Bandages and Binders* 644*Débridement* 646*Heat and Cold Applications* 647

Pressure Ulcers 650

Stages of Pressure Ulcers 650*Prevention of Pressure Ulcers* 651

Nursing Implications 651

Skill 28-1 Changing a Gauze Dressing 655

Skill 28-2 Irrigating a Wound 658

Skill 28-3 Providing a Sitz Bath 660

29 GASTROINTESTINAL INTUBATION 664

Intubation 664

Types of Tubes 665

Orogastric Tubes 665*Nasogastric Tubes* 665*Nasointestinal Tubes* 665*Transabdominal Tubes* 667

Nasogastric Tube Management 667

Insertion 667*Use and Maintenance* 670*Removal* 671

Nasointestinal Tube Management 671

Insertion 671*Checking Tube Placement* 672

Transabdominal Tube Management 672

Tube Feedings 672

Benefits and Risks 672*Formula Considerations* 674*Tube-Feeding Schedules* 675*Client Assessment* 675*Nursing Management* 676

Intestinal Decompression 678

Tube Insertion 678*Removal* 678

Nursing Implications 678

Skill 29-1 Inserting a Nasogastric Tube 682

Skill 29-2 Irrigating a Nasogastric Tube 686

Skill 29-3 Removing a Nasogastric Tube 688

Skill 29-4 Administering Tube Feedings 690

End of Unit Exercises 696

PROMOTING ELIMINATION 703

704

Overview of Urinary Elimination 704

Characteristics of Urine 705

Urine Specimen Collection 705*Abnormal Urine Characteristics* 706

Abnormal Urinary Elimination Patterns 706

Anuria 707*Oliguria* 707*Polyuria* 707*Nocturia* 707*Dysuria* 707*Incontinence* 707

Assisting Clients With Urinary Elimination 707

Commode 707*Urinal* 707*Using a Bedpan* 708

Managing Incontinence 708

Catheterization 709

Types of Catheters 710*Inserting a Catheter* 712*Connecting a Closed Drainage System* 712*Providing Catheter Care* 712*Catheter Irrigation* 712*Indwelling Catheter Removal* 714

Urinary Diversions 714

Nursing Implications 715

719

721

723

729

733

736

Defecation 736

Assessment of Bowel Elimination 737

Elimination Patterns 737*Stool Characteristics* 737

Common Alterations in Bowel

Elimination 737*Constipation* 737*Fecal Impaction* 738*Flatulence* 739*Diarrhea* 739*Fecal Incontinence* 740

- Measures to Promote Bowel Elimination 740
Inserting a Rectal Suppository 740
Administering an Enema 740
- Ostomy Care 742
Providing Peristomal Care 742
Applying an Ostomy Appliance 742
Draining a Continent Ileostomy 742
Irrigating a Colostomy 743
- Nursing Implications 744
747
749
751
754
757
- End of Unit Exercises 760
- UNIT 9 MEDICATION ADMINISTRATION 767**
- 32 ORAL MEDICATIONS 768**
- Medication Orders 768
Components of a Medication Order 768
Verbal and Telephone Orders 770
Documentation in the Medication Administration Record 771
- Methods of Supplying Medications 771
Storing Medications 771
Accounting for Narcotics 771
- Medication Administration 771
Applying the Five Rights 771
Calculating Dosages 771
Administering Oral Medications 771
Administering Oral Medications by Enteral Tube 774
Documentation 774
Medication Errors 775
- Nursing Implications 775
- 32-1 Administering Oral Medications 779
32-2 Administering Medications Through an Enteral Tube 781
- 33 TOPICAL AND INHALANT MEDICATIONS 784**
- Topical Route 784
Cutaneous Applications 784
Ophthalmic Applications 786
Otic Applications 786
Nasal Applications 787
Sublingual and Buccal Applications 787
Vaginal Applications 787
Rectal Applications 787
- Inhalant Route 787
- Nursing Implications 789
- 33-1 Instilling Eye Medications 792
33-2 Administering Nasal Medications 794
- 34 PARENTERAL MEDICATIONS 796**
- Parenteral Administration Equipment 796
Syringes 796
Needles 797
Modified Safety Injection Equipment 797
- Drug Preparation 798
Ampules 798
Vials 798
Prefilled Cartridges 799
Combining Medications in One Syringe 800
- Injection Routes 800
Intradermal Injections 800
Subcutaneous Injections 800
Intramuscular Injections 803
- Reducing Injection Discomfort 806
- Nursing Implications 807
- Skill 34-1 Administering Intradermal Injections 810
Skill 34-2 Administering Subcutaneous Injections 812
Skill 34-3 Administering Intramuscular Injections 814
- 35 INTRAVENOUS MEDICATIONS 816**
- Intravenous Medication Administration 816
Continuous Administration 817
Intermittent Administration 817
- Central Venous Catheters 819
Percutaneous Catheters 820
Tunneled Catheters 820
Implanted Catheters 820
Medication Administration Using a CVC 821
- Nursing Implications 822
- Skill 35-1 Administering Intravenous Medication by Continuous Infusion 825
Skill 35-2 Administering an Intermittent Secondary Infusion 828
Skill 35-3 Using a Volume-Control Set 830
- End of Unit Exercises 834
- UNIT 10 INTERVENING IN EMERGENCY SITUATIONS 843**
- 36 AIRWAY MANAGEMENT 844**
- The Airway 844
- Natural Airway Management 845
Liquefying Secretions 845
Mobilizing Secretions 845
Suctioning Secretions 847
- Artificial Airway Management 847
Oral Airway 847
Tracheostomy 848
- Nursing Implications 849
- Skill 36-1 Suctioning the Airway 852
Skill 36-2 Providing Tracheostomy Care 855
- 37 RESUSCITATION 859**
- Airway Obstruction 859
Identifying Signs of Airway Obstruction 860
Relieving an Obstruction 860
- Chain of Survival 861
Early Recognition and Access of Emergency Services 861
Early Cardiopulmonary Resuscitation 861
Early Defibrillation 863
Early Advanced Life Support 865
- Recovery 865
- Discontinuing Resuscitation 866
- Nursing Implications 866
- End of Unit Exercises 869

UNIT 11 CARING FOR THE TERMINALLY ILL 875

38 END-OF-LIFE CARE 876

Terminal Illness and Care 876

Stages of Dying 876

Promoting Acceptance 877

Providing Terminal Care 879

Family Involvement 880

Approaching Death 881

Confirming Death 882

Performing Postmortem Care 884

Grieving 884

Pathologic Grief 884

Resolution of Grief 884

Nursing Implications 884

Skill 38-1 Performing Postmortem Care 887

End of Unit Exercises 889

REFERENCES AND

SUGGESTED READINGS 893

APPENDIX A—CHAPTER SUMMARIES

APPENDIX B—COMMONLY USED

ABBREVIATIONS AND ACRONYMS 9

GLOSSARY OF KEY TERMS 928

INDEX 945