

NURSING FUNDAMENTALS



Ernstmeyer & Christman (Eds.)
Chippewa Valley Technical College

Nursing Fundamentals (OpenRN)

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TABLE OF CONTENTS

About the Book

Licensing

Preface

Standards and Conceptual Approach

1: Scope of Practice

- 1.1: Scope of Practice Introduction
- 1.2: History and Foundation
- 1.3: Regulations and Standards
- 1.4: Health Care Settings and Team
- 1.5: Nursing Education and the NCLEX
- 1.6: Legal Considerations and Ethics
- 1.7: Professional Organizations
- 1.8: Quality and Evidence-Based Practice
- 1.9: Learning Activities
- 1.10: I. Glossary

2: Communication

- 2.1: Communication Introduction
- 2.2: Basic Communication Concepts
- 2.3: Communicating with Patients
- 2.4: Communicating with Health Care Team Members
- 2.5: Documentation
- 2.6: Putting It All Together
- 2.7: Learning Activities
- 2.8: II Glossary

3: Diverse Patients

- 3.1: Diverse Patients Introduction
- 3.2: Diverse Patients Basic Concepts
- 3.3: Patient's Bill of Rights
- 3.4: Cultural Competence
- 3.5: Health Disparities
- 3.6: Culturally Sensitive Care
- 3.7: Cultural Assessment
- 3.8: Culturally Responsive Care
- 3.9: Putting It All Together
- 3.10: Learning Activities
- 3.11: Supplementary Videos
- 3.12: III Glossary

4: Nursing Process

- 4.1: Nursing Process Introduction
- 4.2: Basic Concepts
- 4.3: Assessment
- 4.4: Diagnosis
- 4.5: Outcome Identification
- 4.6: Planning
- 4.7: Implementation of Interventions
- 4.8: Evaluation
- 4.9: Summary of the Nursing Process
- 4.10: Learning Activities
- 4.11: IV Glossary

5: Safety

- 5.1: Safety Introduction
- 5.2: Basic Safety Concepts
- 5.3: Safety Strategies
- 5.4: Culture of Safety
- 5.5: National Patient Safety Goals
- 5.6: Preventing Falls
- 5.7: Restraints
- 5.8: Safety Considerations Across the Life Span
- 5.9: Environmental Safety
- 5.10: Putting It All Together
- 5.11: Learning Activities
- 5.12: V Glossary

6: Cognitive Impairments

- 6.1: Cognitive Impairments Introduction
- 6.2: Basic Concepts
- 6.3: Alzheimer's Disease
- 6.4: Applying the Nursing Process
- 6.5: Putting It All Together
- 6.6: Learning Activities
- 6.7: VI Glossary

7: Sensory Impairments

- 7.1: Sensory Impairments Introduction
- 7.2: Sensory Impairments Basic Concepts
- 7.3: Applying the Nursing Process
- 7.4: Putting It All Together
- 7.5: Learning Activities
- 7.6: VII Glossary

8: Oxygenation

- 8.1: Oxygenation Introduction
- 8.2: Oxygenation Basic Concepts

- 8.3: Applying the Nursing Process
- 8.4: Putting It All Together
- 8.5: Learning Activities
- 8.6: VIII Glossary

9: Infection

- 9.1: Infection Introduction
- 9.2: Basic Concepts
- 9.3: Natural Defenses Against Infection
- 9.4: Infection
- 9.5: Treating Infection
- 9.6: Preventing Infection
- 9.7: Applying the Nursing Process
- 9.8: Putting It All Together
- 9.9: Learning Activities
- 9.10: IX Glossary

10: Integumentary

- 10.1: Integumentary Introduction
- 10.2: Integumentary Basic Concepts
- 10.3: Wounds
- 10.4: Pressure Injuries
- 10.5: Braden Scale
- 10.6: Applying the Nursing Process
- 10.7: Putting It All Together
- 10.8: Learning Activities
- 10.9: X Glossary

11: Comfort

- 11.1: Comfort Introduction
- 11.2: Comfort Basic Concepts
- 11.3: Pain Assessment Methods
- 11.4: Pain Management
- 11.5: Applying the Nursing Process
- 11.6: Putting It All Together
- 11.7: Learning Activities
- 11.8: XI Glossary

12: Sleep and Rest

- 12.1: Sleep and Rest Introduction
- 12.2: Basic Concepts
- 12.3: Applying the Nursing Process
- 12.4: Putting It All Together
- 12.5: Learning Activities
- 12.6: XII Glossary

13: Mobility

- 13.1: Mobility Introduction
- 13.2: Basic Concepts
- 13.3: Applying the Nursing Process
- 13.4: Putting It All Together
- 13.5: Learning Activities
- 13.6: XIII Glossary

14: Nutrition

- 14.1: Nutrition Introduction
- 14.2: Nutrition Basic Concepts
- 14.3: Applying the Nursing Process
- 14.4: Putting It All Together
- 14.5: Learning Activities
- 14.6: XIV Glossary

15: Fluids and Electrolytes

- 15.1: Fluids and Electrolytes Introduction
- 15.2: Basic Fluid and Electrolyte Concepts
- 15.3: Intravenous Solutions
- 15.4: Electrolytes
- 15.5: Acid-Base Balance
- 15.6: Applying the Nursing Process
- 15.7: Putting It All Together
- 15.8: Learning Activities
- 15.9: XV Glossary

16: Elimination

- 16.1: Elimination Introduction
- 16.2: Basic Concepts
- 16.3: Urinary Tract Infection
- 16.4: Urinary Incontinence
- 16.5: Urinary Retention
- 16.6: Constipation
- 16.7: Diarrhea
- 16.8: Bowel Incontinence
- 16.9: Applying the Nursing Process
- 16.10: Putting It All Together
- 16.11: Learning Activities
- 16.12: XVI Glossary

17: Grief and Loss

- 17.1: Grief and Loss Introduction
- 17.2: Basic Concepts
- 17.3: Applying the Nursing Process to Grief
- 17.4: Palliative Care Management
- 17.5: Nursing Care During the Final Hours of Life

- 17.6: Applying the Nursing Process at End of Life
- 17.7: Putting It All Together
- 17.8: Learning Activities
- 17.9: XVII Glossary

18: Spirituality

- 18.1: Spirituality Introduction
- 18.2: Basic Concepts
- 18.3: Common Religions and Spiritual Practices
- 18.4: Applying the Nursing Process
- 18.5: Spiritual Care of Self
- 18.6: Putting It All Together
- 18.7: Learning Activities
- 18.8: XVIII Glossary

19: Care of the Older Adult

- 19.1: Care of the Older Adult Introduction
- 19.2: Basic Concepts
- 19.3: Applying the Nursing Process
- 19.4: Learning Activities
- 19.5: XIX Glossary

20: Answer Key

- 20.1: Chapter 1 (Scope of Practice)
- 20.2: Chapter 2 (Communication)
- 20.3: Chapter 3 (Diverse Patients)
- 20.4: Chapter 4 (Nursing Process)
- 20.5: Chapter 5 (Safety)
- 20.6: Chapter 6 (Cognitive Impairments)
- 20.7: Chapter 7 (Sensory Impairments)
- 20.8: Chapter 8 (Oxygenation)
- 20.9: Chapter 9 (Infection)
- 20.10: Chapter 10 (Integumentary)
- 20.11: Chapter 11 (Comfort)
- 20.12: Chapter 12 (Sleep and Rest)
- 20.13: Chapter 13 (Mobility)
- 20.14: Chapter 14 (Nutrition)
- 20.15: Chapter 15 (Fluids and Electrolytes)
- 20.16: Chapter 16 (Elimination)
- 20.17: Chapter 17 (Grief and Loss)
- 20.18: Chapter 18 (Spirituality)
- 20.19: Chapter 19 (Care of the Older Adult)

[Index](#)

[Glossary](#)

[A: Sample NANDA-I Diagnoses](#)

[B: Template for Creating a Nursing Care Plan](#)

[C: Sample Abbreviated Care Plan for Scenario C](#)

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This book introduces the entry-level nursing student to the scope of nursing practice, various communication techniques, and caring for diverse patients. The nursing process is used as a framework for providing patient care based on the following nursing concepts: safety, oxygenation, comfort, spiritual well-being, grief and loss, sleep and rest, mobility, nutrition, fluid and electrolyte imbalance, and elimination. Care for patients with integumentary disorders and cognitive or sensory impairments is also discussed. Learning activities have been incorporated into each chapter to encourage students to use critical thinking while applying content to patient care situations.

The Open Resources for Nursing (Open RN) project is supported by a \$2.5 million grant from the Department of Education. This book is available for free online and can also be downloaded in multiple formats for offline use. The online version is required for interaction with adaptive learning activities included in each chapter. Affordable print versions may also be purchased from XanEdu in college bookstores and on Amazon.

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3. Wisconsin State Legislature. (2018). Chapter 6: Standards of practice for registered nurses and licensed practical nurses. Board of Nursing. <https://docs.legis.wisconsin.gov/statutes/statutes/441> ↵

Standards and Conceptual Approach

The Open RN *Nursing Fundamentals* textbook is based on several external standards and uses a conceptual approach.

External Standards

American Nurses Association (ANA):

The ANA provides standards for professional nursing practice including nursing standards and a code of ethics for nurses.

- <https://www.nursingworld.org/ana/about-ana/standards/>

The National Council Licensure Examination for Registered Nurses: NCLEX-PN and NCLEX-RN Test Plans

The NCLEX-RN and NCLEX-PN test plans are updated every three years to reflect fair, comprehensive, current, and entry-level nursing competency.

- <https://www.ncsbn.org/nclex.htm>

The National League of Nursing (NLN): Competencies for Graduates of Nursing Programs

NLN competencies guide nursing curricula to position graduates in a dynamic health care arena with practice that is informed by a body of knowledge and ensures that all members of the public receive safe, quality care.

- <http://www.nln.org/professional-development-programs/competencies-for-nursing-education/nln-competencies-for-graduates-of-nursing-programs>

Quality and Safety Education for Nurses (QSEN) Institute: Pre-licensure Competencies

Quality and safety competencies include knowledge, skills, and attitudes to be developed in nursing pre-licensure programs. QSEN competencies include patient-centered care, teamwork and collaboration, evidence-based practice, quality improvement, safety, and informatics.

- <https://qsen.org/competencies/>

Wisconsin State Legislature, Administrative Code Chapter N6

The Wisconsin Administrative Code governs the Registered Nursing and Practical Nursing professions in Wisconsin.

- https://docs.legis.wisconsin.gov/code/admin_code/n/6

Healthy People 2030

Healthy People 2030 envisions a society in which all people can achieve their full potential for health and well-being across the life span. Healthy People provides objectives based on national data and includes social determinants of health.

- <https://health.gov/healthypeople>

Conceptual Approach

The Open RN *Nursing Fundamentals* textbook incorporates the following concepts across all chapters:

- **Holism.** Florence Nightingale taught nurses to focus on the principles of holism, including wellness and the interrelationship of human beings and their environment. This textbook encourages the application of holism by assessing the impact of developmental, emotional, cultural, religious, and spiritual influences on a patient's health status.
- **Evidence-Based Practice (EBP).** Textbook content is based on current, evidence-based practices that are referenced by footnotes. To promote digital literacy, hyperlinks are provided to credible, free online resources that supplement content. The Open RN textbooks will be updated as new EBP is established and with the release of updated NCLEX Test Plans every three years.
- **Cultural Competency.** Nurses have an ethical and moral obligation to provide culturally competent care to the patients they serve based on the ANA Code of Ethics.^[1] Cultural considerations are included throughout this textbook.
- **Care Across the Life Span.** Developmental stages are addressed regarding patient assessments and procedures.

- **Health Promotion.** Focused interview questions and patient education topics are included to promote patient well-being and encourage self-care behaviors.
- **Scope of Practice.** Assessment techniques are included that have been identified as frequently performed by entry-level nurse generalists.^{[2] [3] [4] [5]}
- **Patient Safety.** Expected and unexpected findings on assessment are highlighted in tables to promote patient safety by encouraging notification of health care providers when changes in condition occur.
- **Clear and Inclusive Language.** Content is written using clear language preferred by entry-level pre-licensure nursing students to enhance understanding of complex concepts.^[6] “They” is used as a singular pronoun to refer to a person whose gender is unknown or irrelevant to the context of the usage, as endorsed by APA style. It is inclusive of all people and helps writers avoid making assumptions about gender.^[7]
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- **Open Pedagogy.** Students are encouraged to contribute to the Open RN textbooks in meaningful ways. In this textbook, students assisted in reviewing content for clarity for an entry-level learner and also assisted in creating open source images.^[8]

Supplementary Material Provided

Several supplementary resources are provided with this textbook.

- Supplementary, free videos to promote student understanding of concepts and procedures
- Sample documentation for assessments and procedures
- Online learning activities with formative feedback
- Critical thinking questions that encourage application of content to patient scenarios
- Free downloadable versions for offline use

An affordable print version of this textbook is published by XanEdu and is available on Amazon and in college bookstores. It has been reported that over 65% of students prefer a print version of their textbooks.^[9]

1. American Nurses Association. (2015). *Code of ethics for nurses with interpretive statements*. American Nurses Association. <https://www.nursingworld.org/practice-policy/nursing-excellence/ethics/code-of-ethics-for-nurses/> ↵
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6. Verkuyl, M., Lapum, J., St-Amant, O., Bregstein, J., & Hughes, M. (2020). Healthcare students’ use of an e-textbook open educational resource on vital sign measurement: A qualitative study. *Open Learning: The Journal of Open, Distance and e-Learning*. <https://doi.org/10.1080/02680513.2020.1835623> ↵
7. American Psychological Association (2021). *Singular "They."* <https://apastyle.apa.org/style-grammar-guidelines/grammar/singular-they> ↵
8. [The Open Pedagogy Notebook](#) by Steel Wagstaff is licensed under [CC BY 4.0](#) ↵
9. Verkuyl, M., Lapum, J., St-Amant, O., Bregstein, J., & Hughes, M. (2020). Healthcare students’ use of an e-textbook open educational resource on vital sign measurement: A qualitative study. *Open Learning: The Journal of Open, Distance and e-Learning*. <https://doi.org/10.1080/02680513.2020.1835623> ↵

CHAPTER OVERVIEW

1: Scope of Practice

- 1.1: Scope of Practice Introduction
- 1.2: History and Foundation
- 1.3: Regulations and Standards
- 1.4: Health Care Settings and Team
- 1.5: Nursing Education and the NCLEX
- 1.6: Legal Considerations and Ethics
- 1.7: Professional Organizations
- 1.8: Quality and Evidence-Based Practice
- 1.9: Learning Activities
- 1.10: I. Glossary

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1.1: Scope of Practice Introduction

Learning Objectives

- Discuss nursing scope of practice and standards of care
- Compare various settings in which nurses work
- Describe contributions of interprofessional health care team members
- Describe levels of nursing education and the NCLEX
- Discuss basic legal considerations and ethics
- Outline professional nursing organizations
- Examine quality and evidence-based practice in nursing

You are probably wondering, “What is scope of practice? What does it mean for me and my nursing practice?” **Scope of practice** is defined as services that a trained health professional is deemed competent to perform and permitted to undertake according to the terms of their professional nursing license.^[1] Nursing scope of practice provides a framework and structured guidance for activities one can perform based on their nursing license. As a nurse and a nursing student, is always important to consider: Just because your employer asks you to do a task...can you perform this task according to your scope of practice – or are you putting your nursing license at risk?

Nurses must also follow legal standards in when providing nursing care. Standards are set by several organizations, including the American Nurses Association (ANA), your state’s Nurse Practice Act, agency policies and procedures, and federal regulators. These standards assure safe, competent care is provided to the public.

This chapter will provide an overview of basic concepts related to nursing scope of practice and standards of care.

1. American Nurses Association. (n.d.). *Scope of practice*. <https://www.nursingworld.org/practice-policy/scope-of-practice/>

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