

Fundamental of Nursing

Nursing: A/c WHO, The unique function of the nurse is to assist the individual, sick, or well, in the performance of those activities contributing to health or its recovery (or to peaceful death) that he would perform unaided if he had the necessary strength, will or knowledge.

A/C to Henderson, ICN. Nursing is a unique function of the nurse is to assist the individual, sick or well in the performance of those activities' contribution to health or its recovery (or to peaceful death) that he would perform unaided if he had necessary strength, will or knowledge and to do this in such a way to help him gain independence as quickly as possible.

Florence Nightingale

(Birth 12th May 1820 and Died On 13th August 1910)

Has been called " **THE FOUNDER OF MODERN NURSING**

The era of modern nursing commences with the work of Florence Nightingale in the Crimean war (1854-1856). She was born on **May 12 .1820**. She was the second daughter of wealthy English parents. She felt that God had called to fulfil "**MISSION OF MERCY**". She thought of nursing or education work. She observed the life of poor and tried to relieve the sick in 1854, as the Crimean war began, Nightingale started her service in the military hospitals, where she made reforms with love and compassion, Nightingale with her nurses nursed the wounded soldiers and succeeded in reducing the mortality rate of the soldiers as Nightingale and her nurses made their rounds carrying the lamps in their hands, She became known as the "**LADY WITH THE LAMP**" this remains as the symbol of the nursing profession. In 1860, the Nightingale training school was opened at St. Thomas hospital in London. Towards the end of the 19th century." Nightingale nurses "provided leadership and set a pattern which is the basis of nursing education today. Every year **INTERNATIONAL NURSES DAY** is celebrated on **12th MAY**.

PROFESSIONAL ETIQUETTES FOR NURSES

Etiquette is a code of good manners that a nurse should follow.

- Nurse should be courteous to all. be gentle and polite in your talk
- Nurse should greet your seniors, co-workers, your clients etc. with appropriate words and according to the time of the day.
- Nurse should address the seniors with proper title, e.g. -sir, madam, sister, mister. Etc
- Stand up when people of higher rank enter your room.
- Stand up with when answering questions in the classroom.
- Open the door for the seniors and stand aside for them to pass.
- Excuse yourself when overtaking a senior person
- Maintain silence wherever and whenever necessary, e.g., classroom, library, study room.
- Keep your dress neat and tidy
- While on duty never use any form of jewellery that may interfere with work.
- Obey seniors without arguing .
- Say thank you when someone is doing a favour for you and also when someone corrects you.

- Do not delay the answers to the questions. give the answer immediately and appropriately
- Be punctual always
- Avoid thumb sucking and nail biting
- Keep eye contact and sit face to face when listening to someone
- Say excuse me even if you hurt others accidentally
- Never let others secret go out of you.
- Do not cover the mouth while talking to others. Cover your mouth when you cough or sneeze.
- You should not give and receive any gifts or present especially from the clients and their relatives.

ETHICAL ASPECTS OF NURSING

Ethics are the rules or principles that govern right conduct. They deal with what is good and bad with moral duty and obligation. The code of ethics will state what kind of conduct is expected from the members of a profession, what are responsibilities of its members towards those whom they serve, their co-workers, the profession and the society as a whole.

Principles of Ethics

- **Autonomy** – It refers to the right to make one’s own decisions. Respect for autonomy means that nurses recognize the individual’s uniqueness.
- **Justice** – The principles of fairness, is the basis for the obligation to treat all clients equally and fairly. Justice is the foundation for decisions about resource allocation throughout a society or group.
- **Non - maleficence** – Non- maleficence is the avoidance of harm or hurt .so it is an obligation to never deliberately harm another.
- **Beneficence** – It means promoting good or doing good. In other words, refers to taking positive actions to help others.
- **Fidelity** – It means to keep a promise. Nurses have an obligation to follow through with nursing care.
- **Accountability** – It is an ability to answer for one’s own action. Nursing professional must agree to evaluate practices and actions to preserve nursing excellence.
- **Confidentiality** – It refers to the rights and privileges of clients for protection of privacy without diminishing access to quality care. it is important for trusting relationship.

ICN (International council of nurses) code of ethics for nurses

✓ *Nurses and people*

- The nurse’s primary professional responsibility is to save people requiring nursing care.
- In providing care, the nurse promotes an environment in which the human rights, values, customs and spiritual beliefs of the individual, family and community are respected.
- The nurse holds in confidence personal information and uses judgement in sharing this information.

✓ *Nurses and practice*

- The nurse carries personal responsibility and accountability for nursing practice, and for maintaining competence by continual learning.
- The nurse maintains a standard of personal health such that the ability to provide care is not compromised.
- The nurse uses judgement regarding individual competence when accepting 3rd delegating responsibility

✓ *Nurses and society*

- The nurse shares with other citizens the responsibility for initiating and supporting action to meet the health and social needs of the public

✓ *Nurse and co-workers*

- The nurse sustains a co-operative relationship with co-workers in nursing and other fields.
- The nurse takes appropriate action to safeguard individuals, families and communities when their health is endangered by co - worker or any other person.

✓ *Nurses and the profession*

- The nurse plays a major role in determining and implementing desirable standards of nursing practice and nursing education.
- The nurse is active in developing a core of research-based professional knowledge.

✓ *Nurse and the legislation*

- The nurse should familiar with some of the legal principles that are to be practised in her profession.
- A nurse in order to discharge her functions as a legally qualified person, should register herself as a licensed nurse
- The nurse must hold a valid certificate and license showing that she has met the requirements to practice as a registered nurse (R.N) in the state in which she /he employed.

Legal and Ethical Aspects in Nursing Practice

1. **Torts** – it is a civil wrong committed against a person or property

2. **Intentional torts** – wilful acts that violet another’s rights

- **Assault** – it is an act of unlawful threat or attempt to do badly injury to another.
- **Battery** – it is an act of unlawful or intestinally touching of a person without consent that may or may not cause harm.
- **Defamation of character** – it is communication of false statements that result in damage to the reputation of a person. There are two types of defamation. It includes
- **Libel** - this type of defamation can be take place in the form of print, writing or picture.
- Slander (oral)- defamation occur in the form of spoken words of false words .

- *Fraud* – purposeful false
- *Invasion of privacy* –it is a unwanted intrusion into person’s private affairs
- *Intrusion* –when a person invades another person’s private affairs
- *Public disclosure* –it is an act of revealing or something information about a person’s private life.
- *False light* – it occurs when information publish that is false or place a person light.
- *Appropriation*- it refers use of a person’s name or age for unauthorized commercial use without his /her knowledge.

3. Unintentional torts.

- *Negligence* – it is an act or conduct that falls below the standard of care. The standard is established by law for the protection of others an against unreasonably great risk of harm.
- *Malpractice* - it is professional negligence or carelessness committed by a professional person. If the professional does not meet the standard while performing care, they may be held liable for negligence

4. Crime – an act committed in violation of law where the consequence of conviction by a court is punishment, especially where the punishment is a serious one such as imprisonment.

- *Felony* – a crime of serious nature, penalty of imprisonment for greater than 1 year or death.
- *Misdemeanour* - it is a crime of less serious nature; penalty is usually a fine or imprisonment for less than 1 year.

5. Good Samaritan law- It protects the health care provider who renders first aid in an emergency to an injured person unless there is gross negligence or willful misconduct. It is expected that nurse should meet a standard of care which is expected by a reasonably prudent profession all with same education.

Health

Health is holistic concept. It relates to a person as whole.

Health is a State of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity. (WHO)

Health is a positive quality of life which helps us to live life to its fullest and serve our fellowmen to the best of our ability.

Health in its social policy statement is a dynamic state of being through which the development and behavioral potential of an individual.

Concept of Health

Biomedical concept: This has been viewed that health is an absence of disease and if one was free from disease then the person was considered as healthy. This concept has its basis in germ theory.

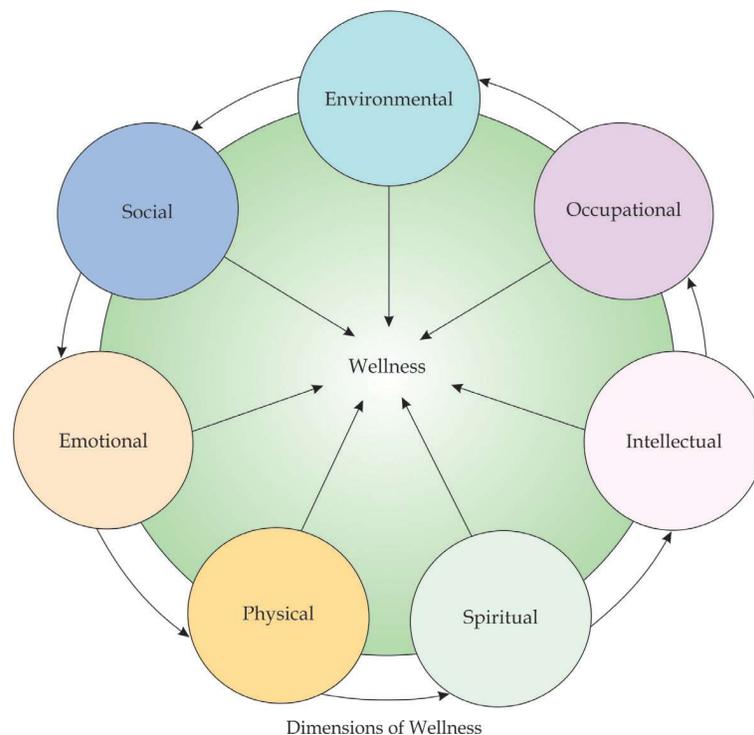
Ecological concept: This has been viewed that health is a dynamic equilibrium between man and his environment and disease is maladjustment of the human being to the environment.

Psychosocial concept: According to this concept health is influenced by social, psychological, cultural, economic and the political factors.

Holistic concept: This model is a synthesis of all the above concepts. It recognizes the strength of social, economic, political and environmental influences on health. This approach implies that all sectors of society have an impact on health.

Dimensions of Health

1. Physical dimensions
2. Mental dimensions
3. Social dimensions
4. Spiritual dimensions
5. Emotional dimensions
6. Vocational dimensions



Illness: It is a subjective form to an individual's experience of mental and physical sensations or state and may not necessarily indicate the presence of disease.

Disease: It is a to diagnosable abnormalities in organs, body systems.

Sickness: Biological concept of social dysfunction

Stages of illness behavior

- Experience of symptoms
- Assumptions of sick role
- Medical care contact
- Dependent client role
- Recovery and rehabilitation

Code of Ethics for Nurses

Code of ethics serves as a means of self-regulation and set the standard of individual behavior for the profession. Professional codes of ethics are a system of rules and principles for its members and adhere to the professional practice standards.

The Nurse's code was first established by the **International Council of Nurses Codes in 1953**.

The International Council of Nursing code of ethics for nurses, most recently revised in the year 2012.

Four Principal Elements of ICN Code of Ethics:

- Nurses and people
- Nurses and practice
- Nurses and the profession
- Nurses and co-workers.

Stages of Death and Dying

STAGES (DABDA)

Denial: Shock, doubt and disbelief about the loss are the primary response.

Anger: Characterized by anger often towards others. This stage is often very short-lived. **Bargaining:** When denial and anger fail to work, people make an effort to bargain for a better outcome rather than a current situation.

Depression: When it becomes obvious that the loss/death is obvious, people feel depressed characterized by persistent sadness. This stage is important one to go through. If a person is able to complete the stage of depression successfully, the acceptance will follow.

Acceptance: In this stage, the person gradually and peacefully accepts death. He quietly expects the arrival of death.

NURSING PROCESS

Nursing process is a dynamic, therapeutic and educative process in meeting the health needs of the individual, family and society.

Nursing Process is a systematic, organized method of planning and providing quality and individualized nursing care.

Purpose of Nursing process

- To establish a plan of care to meet identified needs
- To provide nursing interventions to meet those needs
- To evaluate effectiveness of care provided
- To promote recovery from illness
- To provide an individualized nursing care

Steps of Nursing process

1. Assessment
2. Nursing diagnosis
3. Objective /goal
4. Plan of action
5. Nursing implementation
6. Evaluation

Methods of Physical Examination

- **Inspection** - It is observation with naked eye or observation of expression of patient to determine his /her general condition with naked eye.
- **Palpation**- It is feeling with the hands to note the size and position of the organs. soft tissues are examined by palpation.
- **Percussion** - Examination by tapping with the fingers on the body to determine the conditions of the internal parts by the sounds that are produced.
- **Auscultation** - It is listening to sounds within the body with the aid of stethoscope or ear to patients' body
- **Manipulation**-It is examining a patient by moving certain parts of the body to note its flexibility or limitation in movement.

Vitals Signs

Body Temperature

It is degree of heat maintained by the body. It is balance between the heat produced and heat lost.

Normal Adult Temperature Ranges

- Oral 36.5 – 37.5 °C
- Axillary 35.8 – 37.0 °C
- Rectal 37.0 – 38.1 °C
- Tympanic 36.8 – 37.9°C

Sites and Time for Taking Temperature

- **Mouth:** 1 to 2 minutes
- **Axilla:** 3 to 5 minutes
- **Rectum:** 3 to 5 minutes
- **Groin:** 3 to 5 minutes

Body Temperature Abnormalities

1. Fever/hyperthermia/hyperpyrexia
 - An abnormally high temp mainly results from infection from bacteria (& their toxins) & viruses. (Stimulates prostaglandin secretion)
 - Other causes: heart attacks, tumours, tissue destruction by x – ray, surgery or trauma.
2. Heat cramps and Heat exhaustion
 - Due to fluid & electrolyte loss
3. Heat Stroke
4. Hypothermia

Pulse

It is the alternate expansion (rise) and recoil (fall) of the arteries produced by the wave of blood forced into them as the heart's left ventricles contracts.

Normal Pulse Rate - **70 to 80 beats per minutes**

Characteristics of Pulse

- Rate
- Rhythm
- Volume
- Tension

Common sites where pulse may be felt

- Temporal artery
- Carotid artery
- Brachial artery
- Radial artery
- Femoral artery
- Popliteal artery
- Posterior tibial artery
- Dorsalis pedis artery

Factors Affecting Pulse Rate

1. Age-As age increases, the pulse rate gradually decreases
2. Sex-After puberty, the average male's pulse rate is slightly lower than the female's.
3. Exercise-Pulse rate usually increases with activity
4. Fever-The pulse rate increases in response to the lowered blood pressure that results from peripheral vasodilation associated with elevated body temperature, and because of the increased metabolic rate.
5. Medications-Some medications decrease the pulse rate, and others increase it.
6. Haemorrhage-Loss of blood from the vascular system normally increases pulse rate.
7. Stress-In response to stress, sympathetic nervous stimulation increases the overall activity of the heart. Stress increases the rate as well as the force of the heartbeat.
8. Position changes.

Respiration

It is the act of breathing .it is the process of taking in oxygen and giving out carbon dioxide.

Respiration consists of an inspiration, expiration and pause.

The exchange of gases between the blood and the air in the lungs is called external respiration or pulmonary respiration

The exchange of gas between the blood and the tissue cells is called internal or tissue respiration.

Normal respiration - **16 to 20 breath per minute.**

- Characteristics of respiration
- Rate
- Character of respiration, regularity and easiness
- Volume

Blood Pressure

It is the force exerted by the blood against the walls of the blood vessels as it flows through them.

Systolic Blood Pressure – It is the highest degree of pressure exerted by the blood against the arterial walls as the left ventricle contracts and forces the blood from it into the aorta.

Diastolic Pressure – It is the lowest degree of pressure when the heart is in its resting period just before contraction of the left ventricle

Pulse Pressure - It is the difference between systolic and diastolic pressure.

Normal Blood Pressure – **120/80mm of Hg.**

Principles of Medication Administration

“Six Rights” of drug administration

1. **The Right Medication:** When administering medications, the nurse compares the label of the medication container with medication form.

The nurse does this 3 times:

- a. Before removing the container from the drawer or shelf
 - b. As the amount of medication ordered is removed from the container
 - c. Before returning the container to the storage
2. **Right Dose:** When performing medication calculation or conversions, the nurse should have another qualified nurse check the calculated dose.
 3. **Right Client:** An important step in administering medication safely is being sure the medication is given to the right client.
 - a. To identify the client correctly:
 - b. The nurse checks the medication administration form against the client’s identification bracelet and asks the client to state his or her name to ensure the client’s identification bracelet has the correct information.
 3. **Right Route:** If a prescriber’s order neither does nor designates a route of administration, the nurse consult the prescriber. Likewise, if the specified route is not recommended, the nurse should alert the prescriber immediately.
 4. **Right Time**
 - a. The nurse must know why a medication is ordered for certain times of the day and whether the time schedule can be altered
 - b. Each institution has are commended time schedule for medications ordered at frequent interval
 - c. Medication that must act at certain times are given priority (e.g insulin should be given at a precise interval before a meal)

- 5. Right Documentation:** Documentation is an important part of safe medication administration
- a. The documentation for the medication should clearly reflect the client's name, the name of the ordered medication, the time, dose, route and frequency
 - b. Sign medication sheet immediately after administration of the drug.
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