

Nursing Care and the Activities of Living

second edition



Nursing Care and the Activities of Living

Second Edition

Edited by
Ian Peate

Head of the School of Nursing and Midwifery
Faculty of Health and Human Sciences
Thames Valley University
Middlesex, UK

 **WILEY-BLACKWELL**

A John Wiley & Sons, Ltd., Publication

Nursing Care and the Activities of Living

Dedication

This book is dedicated to all the student nurses who do make a difference.

Nursing Care and the Activities of Living

Second Edition

Edited by
Ian Peate

Head of the School of Nursing and Midwifery
Faculty of Health and Human Sciences
Thames Valley University
Middlesex, UK

 **WILEY-BLACKWELL**

A John Wiley & Sons, Ltd., Publication

This edition first published 2010
© Blackwell Publishing Ltd

Blackwell Publishing was acquired by John Wiley & Sons in February 2007. Blackwell's publishing programme has been merged with Wiley's global Scientific, Technical, and Medical business to form Wiley-Blackwell.

Registered office

John Wiley & Sons, Ltd., The Atrium, Southern Gate, Chichester, West Sussex, PO19 8SQ,
United Kingdom

Editorial office

9600 Garsington Road, Oxford, OX4 2DQ, United Kingdom
2121 State Avenue, Ames, Iowa 50014-8300, USA

For details of our global editorial offices, for customer services and for information about how to apply for permission to reuse the copyright material in this book please see our website at www.wiley.com/wiley-blackwell.

The right of the author to be identified as the author of this work has been asserted in accordance with the Copyright, Designs and Patents Act 1988.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, except as permitted by the UK Copyright, Designs and Patents Act 1988, without the prior permission of the publisher.

Wiley also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books.

Designations used by companies to distinguish their products are often claimed as trademarks. All brand names and product names used in this book are trade names, service marks, trademarks or registered trademarks of their respective owners. The publisher is not associated with any product or vendor mentioned in this book. This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold on the understanding that the publisher is not engaged in rendering professional services. If professional advice or other expert assistance is required, the services of a competent professional should be sought.

Library of Congress Cataloging-in-Publication Data

Nursing Care and the Activities of Living / edited by Ian Peate. 2nd ed.
p. ; cm.

Rev. ed. of: Compendium of clinical skills for student nurses / edited by Ian Peate. 2005.

Includes bibliographical references and index.

ISBN 978-1-4051-9458-7 (pbk. : alk. paper)

1. Nursing-Textbooks. I. Peate, Ian. II. Compendium of clinical skills for student nurses.

[DNLM: 1. Nursing Care-Great Britain. WY 100 C737 2010]

RT41.C7445 2010

610.73-dc22

2009021836

A catalogue record for this book is available from the British Library.

Set in 9/12.5 pt Interstate Light by Aptara® Inc., New Delhi, India
Printed in Malaysia

Contents

Contributors	xi
Acknowledgements	xv
Introduction - <i>Ian Peate</i>	xvii
1 The Nature of Nursing	1
<i>Lynn Quinlivan</i>	
Introduction	1
The Nursing and Midwifery Council	2
Registration and professional accountability	2
Standards of conduct and performance	3
Maintenance of a register of nurses and midwives	3
Duty of care	4
Fitness to practise	5
Nurses and accountability	5
Nursing hierarchy	6
Government directives	9
The structure of the NHS in England	13
The structure of the NHS in Scotland	15
The structure of the NHS in Wales	15
The structure of the NHS in Northern Ireland	15
Conclusions	16
References	17
2 Safeguarding Vulnerable Adults	19
<i>Victoria Darby</i>	
Introduction	20
Defining a vulnerable adult and abuse	20
Ethics and safeguarding the vulnerable adult	23
Policies and legislation for safeguarding the vulnerable adult	28
Safeguarding vulnerable adults from unprofessional nurses	32
Fitness to practise panels	32
Interprofessional collaboration	33
Reporting suspicions of abuse as a nurse	33
Assessing the seriousness of abuse	34
Reporting suspicions of abuse as a student nurse	34
Conclusions	35
References	36

3	Assessing Needs and the Nursing Process	38
	<i>Lynda Sibson</i>	
	Introduction	39
	Models of nursing	39
	Activities of living	40
	Organisation of nursing care	40
	Nursing practice	41
	Nursing history	41
	Elements in nursing	42
	Theories, concepts and models	43
	Nursing process	46
	Conclusions	57
	References	58
4	Promoting Safety	60
	<i>Janet G. Migliozzi</i>	
	Introduction	60
	Risk assessment	61
	Common risks in health care	63
	Common factors affecting patient safety	64
	Minimising the risk of medication error	64
	Minimising the risk of falls	66
	Minimising the risk of health care-associated infection	68
	Conclusions	79
	References	80
5	Communicating Effectively	83
	<i>David Briggs</i>	
	Introduction	84
	Talking to patients, carers and colleagues effectively and clearly conveying and receiving the intended message	85
	Facilitating patients and their carers to communicate effectively	86
	The importance of listening effectively	87
	Potential communication difficulties	87
	The differing methods of communication used by individuals	88
	Communicating with people from different cultures	89
	Coping in a very specific and difficult situation	90
	Using body language effectively	90
	Using the electronic means of distributing information	91
	The ability to know when someone needs to know a piece of information	92
	Information and record keeping	93
	Communication and reflective practice	94
	Conclusions	95
	References	98

6	Eating and Drinking: Fluid and Nutritional Care in Practice	100
	<i>Jane Say</i>	
	Introduction	101
	Nutritional issues and clinical practice	101
	Obesity	101
	Undernutrition	102
	Disease-related factors	102
	Non-disease-related factors	103
	Providing nutritional care in practice	103
	Screening/assessment to identify patients'/clients' nutritional needs	104
	Body mass index	105
	Weight loss	105
	Recent dietary intakes	108
	Stress factors/nature of current illness	108
	Further action, assessment and referral	109
	Planning, implementation and evaluation of nutritional care	109
	Monitoring and re-screening	109
	Factors that affect nutritional care: the hospital and care environment	110
	Assistance with eating and drinking	111
	Food provision	113
	Nutritional support	114
	Improving oral intakes	114
	Oral supplements	114
	Enteral (or tube) feeding	115
	Specific nursing care associated with enteral feeding	116
	Parenteral nutrition	120
	Fluid management in clinical practice	121
	Clinical assessment of fluid balance	121
	Conclusion	125
	References	126
7	Elimination - Alimentary and Urinary Tract	129
	<i>Muralitharan Nair</i>	
	Introduction	129
	The oral cavity	131
	Pharynx	132
	Oesophagus	132
	Stomach	133
	Small intestine	134
	Large intestine	134
	The accessory organs	135
	Care of patients with gastrointestinal disorders	137
	Renal system	143
	The prostate gland	144
	Care of patients with urological disorders	145

viii ■ Contents

Conclusions	148
References	149
8 Breathing	151
<i>Sean Mallon</i>	
Introduction	151
Structure and function of the respiratory tract	152
Assessment of respiration	156
Measuring respiratory rate, depth and rhythm	157
Respiratory sounds	158
Observation of cough and sputum	159
Other methods of assessing respiratory function	162
Aerosols and nebulisers	163
Some common respiratory diseases	164
Conclusions	168
References	169
9 Personal Cleansing and Dressing	171
<i>Laureen Hemming</i>	
Introduction	172
Anatomy and physiology of the skin	173
Cultural perspectives	176
Nursing care	177
Cleansing products	180
Conclusions	184
References	185
10 An Ergonomic Approach to Safe Manual Handling	188
<i>Kim Walter</i>	
Introduction	189
Principles of safe handling and the biomechanics of back injury	189
Ergonomics	192
Risk assessment	193
Controversial techniques and hazardous tasks	203
The management of bariatric patients	205
Conclusions	206
References	208
11 Maintaining Body Temperature	210
<i>Guy Dean</i>	
Introduction: temperature and metabolism	211
Control of temperature	211
Factors influencing body temperature	212
Body heat considerations	213

Taking the temperature	218
Body temperature	218
Hypothermia	220
Conclusions	222
References	223
12 Work and Leisure	224
<i>Jackie Hulse</i>	
Introduction	225
Family life and gender	227
Employment and inequalities	227
Unemployment	228
Health and safety	229
Informal carers	230
Illness and employment	231
Retirement	231
Leisure	232
Conclusions	233
References	234
13 The Sexual Being	236
<i>Ian Peate</i>	
Introduction	237
Policy and key drivers	238
Defining key terms	239
Assessing sexual health	242
Approaches to assessment	244
Older people's sexuality and health	246
Sexual problems	247
Barriers to sexual discussion	248
Conclusions	251
References	252
14 Sleep and Rest	255
<i>Debbie Davies</i>	
Introduction	255
What is sleep?	256
Physiology of sleep	256
The states and stages of sleep	257
Theories of the need for sleep	258
Dreaming and sleep	260
Sleep needs over the life cycle	260
Factors influencing sleep	261
Common primary sleep disorders	265

x ■ Contents

Promoting sleep	267
Nursing assessment	268
Planning care	269
Implementing care	269
Evaluation	269
Conclusions	269
References	270

15 Death and Dying 273

Mary Greeno

Introduction	273
Death and dignity	274
Palliative care	275
Where to die	277
Some of the losses a dying patient or the family may experience	278
Family involvement	278
The needs of the dying patient	279
Good practice in caring for patients and relatives/friends before death	281
Signs of approaching death	282
Procedures after death	282
Last offices	284
Cultural and religious beliefs	285
Breaking bad news	286
Conclusions	290
References	291

Appendix: Normal Values	293
-------------------------	-----

Index	297
-------	-----