

Contents

	Guided tour Introduction Acknowledgements	xii xvi xviii
Chapter 1	What is caring?	1
	Introduction Learning objectives What do we mean by 'caring'? Quality The assessment process Summary Key points Points for debate Links to other chapters Further reading References	1 2 2 10 20 27 28 28 28 29 29
Chapter 2	Dignity and privacy	31
	Introduction Learning objectives Dignity in care Culturally sensitive healthcare Communication Communicating with non-English-speaking patients Protecting individuals from abuse Summary Key points Points for debate Links to other chapters Further reading References	31 32 32 40 41 45 46 59 60 60 61 61
Chapter 3	Basic observations	63
	Introduction Learning objectives The importance of basic observations Pulse Respirations	64 64 64 67 76

CONTENTS

	Temperature Summary Key points Points for debate Links to other chapters Further reading References	86 97 99 99 100 100
Chapter 4	Hygiene	102
	Introduction Learning objectives Personal hygiene Oral hygiene Infection control Summary Key points Points for debate Links to other chapters Further reading References	102 103 103 119 121 127 127 128 128 128
Chapter 5	Nutrition	130
	Introduction Learning objectives The importance of good nutrition Essential nutrients Nutritional requirements Factors affecting nutritional choice Nutritional assessment Nutrition in hospital Feeding patients Dysphagia awareness Summary Key points Points for debate Links to other chapters Further reading References	131 131 132 137 139 141 147 150 153 161 162 162 162 163
Chapter 6	Fluid balance and continence care	165
	Introduction Learning objectives Fluid balance Recording fluid balance Urinary continence Incontinence	165 166 166 173 179 184

		CONTENTS
	Catheter care Problems with elimination of faeces Summary Key points Points for debate Links to other chapters Further reading References	197 201 208 209 210 210 210
Chapter 7	Pain management	213
	Introduction Learning objectives What is pain? How is pain felt? Government policy developments in pain management Pain assessment Pain perception Pain management Other methods of pain relief Summary Key points Points for debate Links to other chapters Further reading References	214 214 216 220 221 229 236 248 252 253 253 254 254
Chapter 8	Pressure ulcers	257
	Introduction Learning objectives Why study pressure ulcers? How and why pressure ulcers develop Avoidance of pressure ulcers Screening and assessing the possibility of skin damage due to pressure Pressure ulcer healing Summary Key points Points for debate Links to other chapters Further reading References	257 258 259 261 266 269 275 277 277 278 278 278 278
Chapter 9	Rehabilitation and self-care	280
	Introduction Learning objectives What is rehabilitation?	281 281 282

CONTENTS

	Framework for rehabilitation nursing Factors that impact on individual well-being Summary Key points Points for debate Links to other chapters Further reading References	291 301 305 305 306 306 306
Chapter 10	Record-keeping	308
	Introduction Learning objectives Overview of record-keeping The purpose of records Legal aspects of record-keeping Nursing documentation Standards for record-keeping Summary Key points	309 309 312 314 318 325 330
	Points for debate Links to other chapters Further reading References	332 332 332 332

Index

335