Contents



About this book viii
Acknowledgements ix
How to use your revision guide x
About the companion website xiv



Essentials of excellent nursing care 1

Fundamentals of nursing care 2

Fundamentals of nursing care 2

Communication 4

- 2 Communication 4
- 3 Documentation 6

Assessment and monitoring 8

- 4 Assessment and monitoring 8
- 5 Eating and drinking 10

Symptom control and management 12

- Symptom control and management 12
- 7 Breathlessness 14
- 8 Diarrhoea and constipation 16
- 9 Nausea and vomiting 18
- 10 Pain and discomfort 19
- 11 Incontinence 20
- 12 Nursing older people 21
- 13 Nursing people at the end of life 22

Risk assessment and management 24

- 14 Risk assessment and management 24
- 15 Medicines management 26
- 16 Pre- and post-operative care 28
- 17 Moving and positioning 30
- 18 Infection prevention and control 31
- 19 Adult basic life support 32
- 20 In-hospital resuscitation 34
- 21 Wound management 36

Health education and promotion 39

22 Health education and promotion 39

Discharge planning 40

23 Discharge planning 40

Evaluation 42

24 Evaluation 42

Research and service development 43

25 Research and service development 43



Nursing people with common disorders 44

Nursing people with cardiovascular disorders 46

- 26 Nursing people with cardiovascular disorders 46
- 27 Signs, symptoms, assessment and emergencies 48
- 28 Nursing people with hypertension 50
- 29 Nursing people with coronary heart disease (stable angina) 52
- 30 Nursing people with CHD (acute coronary syndromes) 54
- 31 Nursing people with arrhythmias 56
- 32 Nursing people with valve disease 58
- 33 Nursing people with heart failure 60
- 34 Nursing people with aneurysms 62
- 35 Nursing people with peripheral vascular disease 64

Nursing people with respiratory disorders 66

- **36** Nursing people with respiratory disorders 66
- 37 Signs, symptoms, assessment and emergencies 68
- 38 Nursing people with respiratory failure 70
- 39 Nursing people with respiratory infections 72
- 40 Nursing people with asthma 74
- 41 Nursing people with COPD 76

Nursing people with digestive disorders 78

- 42 Nursing people with digestive disorders 78
- 43 Signs, symptoms, assessment and emergencies 80
- 44 Nursing people with infections of the digestive system 82
- Nursing people with gastro-oesophageal reflux disease 84
- 46 Nursing people with stomach disorders 86
- 47 Nursing people with intestinal disorders 88
- 48 Nursing people with disorders of the intestines and anal canal 90
- 49 Nursing people with liver disorders 92
- 50 Nursing people with gallstone disease 94
- 51 Nursing people with pancreatitis 96

Nursing people with renal and urinary disorders 98

- 52 Nursing people with renal and urinary disorders 98
- 53 Signs, symptoms, assessment and emergencies 100
- 54 Nursing people with glomerulonephritis 102
- 55 Nursing people with acute renal failure 104
- Nursing people with chronic renal failure 106
- 57 Nursing people with urinary calculi 108
- Nursing people with urinary tract infections 110

Nursing people with blood/lymph disorders 112

- 59 Nursing people with blood/lymph disorders 112
- 60 Signs, symptoms, assessment and emergencies 114
- 61 Nursing people with anaemias 116
- 62 Nursing people with neutropenia 118
- Nursing people with leukaemia 120
- 64 Nursing people with platelet/coagulation disorders 122
- 85 Nursing people with lymphomas 124

Nursing people with endocrine disorders 126

- 66 Nursing people with endocrine disorders 126
- 67 Summary of disorders of the endocrine system 128
- Nursing people with diabetes mellitus 130

Nursing people with musculoskeletal disorders 144 Nursing people with musculoskeletal disorders 144 76 Signs, symptoms and assessment 146 77 Nursing people with disorders of bones 148 78 Nursing people with joint disorders 150 79 Nursing people with muscle disorders 152 Nursing people with nervous system disorders 154 Nursing people with nervous system disorders 154 81 Signs, symptoms, assessment and emergencies 156 82 Nursing people with CNS infections 158 83 Nursing people with epilepsy 160 Nursing people with vascular disorders of the brain 162 Nursing people with multiple sclerosis 164 86 Nursing people with Parkinson's disease 166 87 Nursing people with dementia 168 Nursing people with disorders of the eye or ear 170 88 Nursing people with disorders of the eye or ear 170 89 Nursing people with disorders of the eye 172 Nursing people with disorders of the ear 174 Nursing people with disorders of the reproductive system and breast 176 Nursing people with disorders of the reproductive system and breast 176 Nursing people with vaginal discharge or urethritis 178 Nursing men with disorders of the prostate gland 180 94 Nursing women having hysterectomies 182 Nursing people with breast lumps 184

Nursing people with immune disorders 132 Nursing people with immune disorders 132 Signs, symptoms and emergencies 134

Nursing people with skin disorders 138 Nursing people with skin disorders 138 Signs, symptoms and assessment 140

Nursing people with eczema or psoriasis 142

Nursing people with immunodeficiency and auto-immune diseases 136

70

74



Essential skills: leadership and organisational 188

- 97 Leadership 190
- Management 192
- Managing people and difficult situations 194

Nursing people with cancer 186 Nursing people with cancer 186

- 100 Research utilisation 196
- 101 Time management 198
- 102 Continuing professional development 200
- 103 Practice development 202

Appendix: summary of key features of arrhythmias 204 References and further reading 205 Index 208