

# Contents

## Foreword

<b><u>Chapter 1</u></b>	<b>The role of the nurse on the health care team</b>	<b>1</b>
	Care for the patient	2
	Work with the doctor to cure the patient	3
	Coordinate the care of the patient	3
	Protect the patient	4
	Teach the patient and family	5
	Advocate for the patient	6
<b><u>Chapter 2</u></b>	<b>Communicating with patients and their families</b>	<b>7</b>
	Communicate with the patient	7
	How to communicate with difficult patients	9
	Respond to the patient's needs	9
	Provide information to the patient	10
	How to give the patient bad news	11
	Patients who have difficulty communicating	12
	How to communicate with families	13

*Nursing care of the sick*

<b><u>Chapter 3</u></b>	<b>Monitoring the patient and recording nursing care</b>	15
	Get background information	15
	Observe the patient	16
	Talk with the patient	16
	Examine the patient	17
	Check any equipment in use	17
	Assess the patient's environment	18
	Take the patient's vital signs and nursing care	31
	Evaluate the care given	32
<b><u>Chapter 4</u></b>	<b>Daily care of the patient</b>	33
	Hygiene	33
	Hair care	37
	Shaving the male patient	38
	Eye care	39
	Care of the ears	39
	Nail care	40
	Care of the legs and feet	41
	Back rubs	43
	How to prevent and treat pressure sores	44
	Help the patient get enough rest and sleep	46
	Ensure the patient's safety	46
	Show families how to help with patient care	47

*Contents*

<b><u>Chapter 5</u></b>	<b>Protect the patient from infection</b>	49
	Prevent infection	49
	Clean technique	50
	Hand-washing technique	52
	Care of equipment	53
	Sterile technique	54
	Universal precautions	56
	Gloves	58
	Isolation technique	58
	How to care for the patient with a contagious Disease	60
<b><u>Chapter 6</u></b>	<b>Safe administration of medicines</b>	65
	Giving oral medication	69
	Oral medication for children	70
	Injecting medication	71
	Injections into the skin	73
	Injections under the skin	74
	Injections into the muscle	75
	Intravenous therapy (drip)	78
	How to give intravenous fluids and drugs safely	79
	Starting intravenous therapy	81

<i>Nursing care of the sick</i>		
<b><u>Chapter 7</u></b>	<b>Care for the child in hospital</b>	87
	How to identify and treat children who need urgent care	87
	Care for children with severe diarrhoea and dehydration	91
	Care for the child with severe malnutrition	94
	Care for children with meningitis or malaria	97
	Care for the child with acute respiratory infections	97
	Long-lasting illnesses	103
	Immunizing children	104
	Involve the family in care	104
	Teach mothers to care for their children at home	105
<b><u>Chapter 8</u></b>	<b>Care for the maternity patient</b>	109
	Check for risk conditions in pregnancy	109
	Danger signs during pregnancy	110
	The three stages of labour	111
	Decide if the labour is normal or if there are risk signs	111
	How to examine the mother in labour	113
	How to prevent problems during the first stage of labour	114
	Help to make the birth safer and easier (second stage of labour)	117
	Risk signs during birth (the second stage of labour)	118
	Nursing care of the mother in the first Six hours after the birth	122
	Nursing care of the baby in the first Six hours after birth	123

## *Contents*

What to do in an emergency while waiting for help	123
<b><u>Chapter 9</u> Caring for the patient who has problems with elimination</b>	127
Too little fluid	128
Too much fluid	129
Electrolyte imbalance	130
How to measure and record intake and output	131
Help the patient to take in proper fluids	133
Elimination of waste from the body through urination	134
Help the patient to urinate	135
Urinary catheters	135
Removing an indwelling catheter	137
Faecal elimination	138
How to help the patient who is constipated	138
How to help the patient with diarrhoea	139
How to prevent dehydration in children	141
<b><u>Chapter 10</u> Meeting patients' nutritional needs</b>	143
Nutritional problems of the hospitalised patient	144
How to meet the nutritional needs of the patient	145
Helping the patient to eat	146

*Nursing care of the sick*

<b><u>Chapter 11</u></b>	<b>Care for the patient with limited mobility</b>	149
	Prevent problems caused by Immobility	150
	Correct positioning	152
	Moving the patient or changing position	155
	Exercise the patient	157
	Help the patient to walk	161
	Care for the person in a cast	164
<b><u>Chapter 12</u></b>	<b>Care for the surgical patient</b>	167
	Preparing the patient for surgery	167
	Immediately before surgery	170
	The nurse's role during and immediately After surgery	171
	Care for the patient after surgery	173
	How to help the surgical patient to recover	175
	Watching the patient for complications	178
	Discharging the patient	180
<b><u>Chapter 13</u></b>	<b>Care for the patient in pain</b>	181
	Assess the patient's pain	181
	How to manage the patient's pain	184
	Pain medication	185
	Nursing measures for relieving pain	189

*Contents*

<b><u>Chapter 14</u> Care of patients in life-threatening emergencies</b>	191
Being prepared for emergencies	191
The A, B, C and D of resuscitation	192
How to manage shock	198
How to manage bleeding	199
Establish the diagnosis of the patient	200
Emergency treatment	202
Communicate with the family	203
<b><u>Chapter 15</u> Care for the dying patient and the family</b>	205
Relieve the dying person's pain	206
Keep the patient comfortable	207
How to help the patient to a peaceful death	208
Care after death	209
<b><u>Chapter 16</u> Preparing the patient for discharge</b>	211
The purpose of discharge planning	211
Prepare the patient to go home	212
Basic principles of good patient teaching	215
When the patient leaves the hospital	216

[<< Back to Publications](#)

[<< Back to Main Page](#)