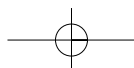
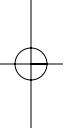
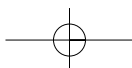
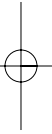
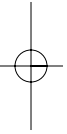
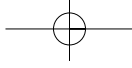
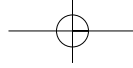


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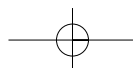
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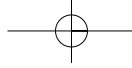
LEADING THE WAY

EDITED BY

RICHARD HOGSTON AND
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First edition 1999
Reprinted three times
Second edition 2002
Reprinted six times
Third edition 2007

Published by
PALGRAVE MACMILLAN
Houndmills, Basingstoke, Hampshire RG21 6XS and
175 Fifth Avenue, New York, N.Y. 10010
Companies and representatives throughout the world

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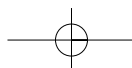
ISBN-13: 978-1-4039-8780-8
ISBN-10: 1-4039-8780-7

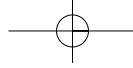
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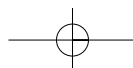
Printed in China





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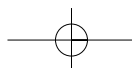
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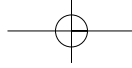
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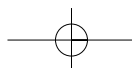
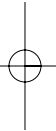
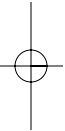
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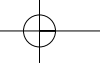




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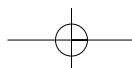
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Notes on Contributors

CATHY ALLEN MSc, BSc(Hons), DipNEd, RNT, RN(Adult) gained an honours degree in Psychology in Portsmouth and an MSc in Health Psychology at City University, London. Her clinical background is in the care of older people, specialising in dementia care. She was employed as the training coordinator for adult protection in Cambridgeshire and Peterborough, and, until recently, was Senior Lecturer with the BSc(Hons) Nursing programme at the University of Lincoln, with a responsibility for practice placement.

WAYNE ARNETT BN(Hons), RGN, CertMan is Lecturer at the University of Southampton. Wayne is the Lead for Moving and Handling in the School of Nursing and Midwifery and teaches the topic within the School of Healthcare Professions. He also leads the orthopaedic module, and teaches in the spinal injuries and physical assessment modules.

SID CARTER MSc, BA, RN(LD), PGCEA, AdvCert(Human Sexuality) is Lecturer (Clinical) in Learning Disabilities at the European Institute of Health and Medical Sciences, University of Surrey. His clinical work centres on the empowerment of people with cognitive impairments. Sid's research interests include the skills of professionals working with people with learning disabilities, and the psychophysiology of emotion as it relates to learning.

NADIA CHAMBERS RGN, BSc(Hons), PgDipEd, MA, PhD is Consultant Nurse for Older People at Southampton University Hospitals NHS Trust. She was previously a Senior Lecturer at the University of Portsmouth, heading up the Clinical Governance and Clinical Leadership Education at the School of Postgraduate Medicine.

IAN DOUGLAS RGN, DPSN, RCNT, RNT, BA(Hons), MSc is Lecturer and Preregistration Deputy Award Leader at Southampton University. His area of speciality is accident and emergency nursing, and his research interest remains the epidemiological distribution of accidents related to A&E services.

DEBRA ELLIOTT MSc, BSc(Hons), RNT, CertEd(FE), CertEd, RGN is Head of Nursing and Midwifery Education in Portsmouth Hospitals NHS Trust. Debra has considerable experience within the Trust, having worked in workforce design, PFI and been a Matron in Medicine. She has also spent 10 years in the military, and six and a half years in higher education as a Nurse Teacher and Senior Lecturer for preregistration nursing and continuing education. Debra's main clinical background has been critical care medicine and, more latterly, emergency medicine.

ANITA J. GREEN PhD, MA, BA(Hons), RCNT, RGN, RMN is Lecturer (Clinical) in the European Institute of Health and Medical Sciences, University of Surrey. She has worked in both acute mental health and drug and alcohol services. She is presently working with the staff of the Drug and Alcohol Service for Sussex Weald and Downs NHS Trust. Anita's research interest focuses on the client's experience of the drug and alcohol service, in particular methadone prescribing. She has a consultancy relationship with the drug and alcohol services and a nursing college in St Petersburg, Russia and is currently completing an evaluation of that project.

SUE M. GREEN RN, BSc, MMedSci, PhD, PGCert gained BSc and Masters degrees in science subjects and a PhD in Biopsychology, qualified as a nurse in London and has worked in a variety of clinical areas including cardiothoracics, acute medical and care of the older adult. Sue is currently Senior Lecturer at the School of Nursing and Midwifery, University of Southampton.

RICHARD HOGSTON MSc(Nurs), PGDipEd, BA(Hons), RN is Dean of the Faculty of Health at Leeds Metropolitan University and Head of the School of Health and Community Care. Prior to that, Richard was at Hull University, joining from the Department of Health where he had been Nursing Officer for Education and Training. Richard held teaching posts at the University of Portsmouth, where his main teaching and research interests concentrated on quality and management. Before entering education, Richard followed a clinical career in Portsmouth.

PAM JACKSON MPhil, BSc(Hons), RGN, RHV, RNT is Senior Lecturer, with research interests in wound care, nutrition and evidence-based practice. Pam is Faculty Lead for curriculum development in Common Learning in Interprofessional Education at the Faculty of Medicine, Health and Life Sciences, University of Southampton.

MELANIE JASPER PhD, MSc, BNurs, BA, PGCEA, RGN, RHV, RM, NDNCert is Head of Health and Social Welfare Studies, Canterbury Christ Church University. Following a professional career in midwifery and health visiting, Melanie entered nursing education in 1990 at the University of Portsmouth, where her abiding interest became the development of reflective strategies as tools for learning

NOTES ON CONTRIBUTORS

within professional practice. She is committed to the concepts of enabling students to develop skills for lifelong learning, and facilitating independent, reflective practitioners who can hold their own in an increasingly technical and accountable profession. Melanie is Editor of the *Journal of Nursing Management*.

ADAM KEEN MSc, MEd, DipHE, MBCS, RN currently works as Senior Lecturer within the School of Health and Social Care at the School of Nursing and Midwifery, Chester College of Higher Education. He is involved in research relating to the potential for medical information systems to lead to dehumanisation. His current teaching interests relate to clinical skills and critical care.

JANET McCRAY PhD, MSc, BSc(Hons), RNT, RN(LD), CertEd is Principal Lecturer in Health and Social Care Management at the University College, Chichester. While working in practice, Janet has had a wide range of experiences supporting people with learning disabilities in community settings. More recently, her research and educational role has been in the interprofessional field, exploring the practice of nurses and social workers. Janet is now working in the field of management in health and social care.

BARBARA A. MARJORAM TD, MA, RN(A), CertEd is Senior Lecturer and Award Leader for the BN(Hons) preregistration programme and Lead for the Academic Development Group for Public Health and Health Promotion at the School of Nursing and Midwifery, University of Southampton. Her previous publications have covered the use of IT in nursing, enquiry-based learning, and elimination.

SUSAN MOORE MSc, MBA, PGDipEd, PGDipCritMan, BA(Hons), DipN(Lond), RMN, RGN is Senior Lecturer in the Mental Health of Older People at the School of Nursing and Midwifery, City University, London. Her main interests are health-care policy, health management and the nursing care of older people. She is currently Programme Leader for the Postgraduate Diploma in Mental Health Nursing. She is currently engaged in research to evaluate 'client attachment' in mental health nurse education.

SOMDUTH PARBOTEEAH PhD, MSc, SRN, RCNT, CertEd, DipN(Lond) is Programme Leader for the MSc in Nursing at DeMontfort University, Leicester and currently teaches physiology and critical care nursing. His research interests include investigating malodorous wounds, and student-centred learning.

DELIA POGSON RN(LD), FETC, CertEd, RNT, MSc, MPhil is Senior Lecturer in the School of Nursing and Midwifery, University of Southampton. Her interests are within genetics and the implications of the developing genetic knowledge base for health and social care, and the education of the workforce required to meet the needs of people arising from these developments in genetics. She is a member of the network of educators for the NHS Genetics Education and Development

Centre. She is undertaking PhD studies focused on breast and ovarian cancer and the needs of individuals arising from the genetic knowledge base of cancer.

ELIZABETH M. J. PORTER BA, MPhil, PGCEA, RN, RM, RHV, FWT practised as a health visitor for ten years, worked as a community tutor for two years and is currently Lecturer at the University of Southampton where she is Award Leader for the MSc and BSc(Hons) public health practice degrees. Her particular interests are health visiting and public health. She is a member and past chair of the United Kingdom Standing Conference on Health Visitor Education.

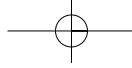
PHIL RUSSELL MSc, MA, BA(Hons), DipEd is Lecturer Practitioner and Bereavement Service Coordinator at The Rowans Hospice and an Associate Lecturer at the University of Portsmouth. He has over 30 years' experience as a nurse and is now a practising counsellor and teacher, with a particular interest in death, loss and palliative care.

PENELOPE M. SIMPSON MSc, DipEd, CertEd, DN(Lond), RCNT, RN is a freelance nurse educator and artist and supplied many illustrations for this text. Her published work covers the nutritional impact of alcohol on elderly people, surgical nursing and client profiles in nursing.

RUTH SADIK MSc, BA(Hons), RNT, RCNT, RSCN, RGN, CertEd(FE) currently teaches applied physiology related to respiratory disorders in both children and adults. She is Senior Lecturer in Child Health at the School of Nursing and Midwifery, Chester College of Higher Education.

CHRIS WALKER MSc, BSc(Hons), DipHE, RN is Senior Nurse for Majors, Accident and Emergency Department, Queen Alexandra Hospital, Portsmouth. His role includes assessing, diagnosing and managing a wide range of major conditions, such as MIs, exacerbations of COPD and abdominal obstruction. He also helps to coordinate the department's strategy for majors' patients, line managing the cardiac nurse practitioners and other major nurse practitioners, and is involved in teaching, audit and research, and deputises for the modern matron in her absence. His MSc in Autonomous Health Care Practice included his dissertation topic of ECG changes secondary to PEs.

GRAHAM WATKINSON RN, PGCE, MA, MIHPE, ILTM, ACMI served in nuclear submarines, undertaking health physics before training as a nurse in the Royal Navy. He specialised in coronary and intensive care nursing and managed an intensive care unit before becoming a lecturer in nursing. Graham has held a number of senior positions in the NHS and universities and is currently the Assistant Director of Public Health in a PCT and Honorary Senior Lecturer at the University of Southampton.

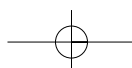


Acknowledgements

Many thanks to Penny Simpson who was the co-editor, with Richard Hogston, of the first two editions of this popular text. Thanks also to the authors and publishers for their support in the production of this third edition.

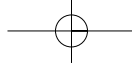
BARBARA A. MARJORAM

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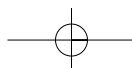
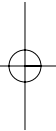
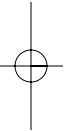
List of Acronyms

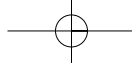
AIDS	acquired immune deficiency syndrome
AMHP	approved mental health professional
ASW	approved social worker
BSE	bovine spongiform encephalitis
CBI	Confederation of British Industry
CJD	Creutzfeldt–Jakob disease
CPA	care programme approach
ECR	electronic care record
FSA	Food Standards Agency
GMS	general medical services
HCAI	health-care associated infection
HIV	human immunodeficiency virus
HPA	Health Protection Agency
HPU	health-promoting university
HSE	Health and Safety Executive
LSAs	local supervising authorities
LSCBs	local safeguarding children boards
LSPs	local strategic partnerships
MHAC	Mental Health Act Commission
MRSA	methicillin-resistant staphylococcus aureus
NGOs	non-governmental organisations
NMC	Nursing and Midwifery Council
NSFs	National Service Frameworks



LIST OF ACRONYMS

PCT	primary care trust
PHCT	primary health-care team
RNLD	registered nurse for people with learning difficulties
SHA	strategic health authorities
vCJD	new-variant CJD
WHO	World Health Organization





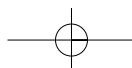
Introduction

This text is designed to be used as a study guide to support many aspects of your learning throughout the common foundation programme. Students on other programmes have also found the text useful, for example those undertaking the Return to Practice foundation degree programmes.

Each chapter has been written by subject specialists and we hope that their enthusiasm for their topic areas is evident when you read them. The chapters are not designed to be read in any particular order and should be tackled when you feel they are relevant to your learning. The interactive style of the chapters is intended to make you think, explore further and reflect on your learning. The learning outcomes give you an idea of what you can achieve when you are working through the chapters, and a glossary of terms used, within each chapter, will enhance your understanding and vocabulary. The cross-referencing between each chapter increases the coherence of the text. Client case studies, drawing on all four branches of nursing as well as featuring a range of settings, are designed to encourage reflection on your reading and its application to clients. Each chapter includes activities that will allow you to explore the topics further. At the end of each chapter, there are a number of Test Yourself! questions so that you can check your knowledge. As well as the references at the end of each chapter, many chapters have suggestions for further reading and also useful websites.

This third edition of *Foundations of Nursing Practice* presents the text in three parts, wherein each chapter discusses a particular topic. Part 1, Nursing in Context, has three chapters. In Chapter 1, the five stages of the problem-solving approach to care known as the nursing process will be used to help you to focus on the example of a client in pain. You will be able to map your own concept of health and, through Chapter 2 on health promotion, identify the concept of health gain. Chapter 3 encourages you to understand the climate in which current developments were conceived.

Part 2, Nursing Interventions, has eight chapters. As nurses tend to deal with uniquely vulnerable clients, and nursing carries its own risks, Chapter 4 will identify some of the safeguards, legal and otherwise, available to protect you and your



clients. Eating and drinking can pose particular problems for clients, so you will be encouraged in Chapter 5 to review your own knowledge and habits, aiming to help clients to achieve optimum nourishment for their changing needs. Logically, elimination follows and so Chapter 6 will help to dispel some taboos and myths, with a healthy emphasis on achieving and attaining relative normality across a life span. Chapter 7, on respiration and circulation, explores the nurse's role in assessing and implementing the care of clients with difficulties of breathing and maintenance of the circulation. Chapter 8 explores body image and sexuality, which can be markedly affected by problems of diminished health; this area demands sensitive and thoughtful care. Mobility and immobility affects not only the client, across many areas of care, but also has an impact on the moving and handling of your clients, issues which are explored in Chapter 9. Nurses cover the life span of clients, from the cradle to the grave, and so Chapter 10 explores how loss and changes to health status can make clients question or confirm their beliefs, particularly when life is limited. Thus this chapter examines spirituality, dying and death. Chapter 11 explores issues related to wound management and how our client's lifestyles can have an impact on the healing process.

Part 3, Professional Issues, contains seven chapters; Chapters 17 and 18 being topics new to this third edition. Knowing yourself better, the topic of Chapter 12, will enable you to give yourself to clients and colleagues without being diminished. The image of nursing that you started out with is likely to change as you progress throughout your career, and reflective practice, which is explained in Chapter 13, will be one tool to help you with this. Working in a team is a key part of nursing, and social behaviour and professional interactions will enhance your skill in therapeutic and other communications and therefore Chapter 14 clearly covers this topic. Chapter 15 will be a clear focus for the future, as will challenges to professional practice, outlined in Chapter 16. Chapter 17 uses the topic of genetics to pose some thoughts for future health care within a legal framework. Informatics is affecting our everyday life and no more so than in health care, and Chapter 18 explores how this impacts across all health-care provision.

Finally, Chapter 19 contains the answers and feedback to the Test Yourself! questions posed in all 18 chapters.

We hope you enjoy this enlarged third edition and find it helpful, stimulating and thought-provoking. We wish you well in your nursing career.

RICHARD HOGSTON AND BARBARA A. MARJORAM