Foundations of Nursing, third edition, is designed to cover the six cores of a practical/vocational nursing curriculum (Fundamentals; Medical-Surgical/Adult Health; Maternal-Newborn; Pediatrics; Mental Health; and Leadership). There is a strong emphasis on life span development, older adult needs, and professional adjustments. On bioterrorism, spirituality, and self-concept chapters enhance the student’s learning of current nursing issues. Since the entire curriculum is covered, the student can see how subject matter across different areas is interrelated. Students will also find this text helpful by having all information in one book.

Although a systems approach is presented, the concept of holistic care is fundamental to this text. Throughout the book, boxes highlight special topics regarding critical thinking questions, memory tricks, life span development, client teaching, cultural considerations, professional tips, community/home health care, safety, and infection control.

Each medical/surgical chapter begins with an anatomy and physiology review. Pharmacology basics, medication administration, and diagnostic testing are presented. The concept of critical thinking, presented in the first chapter, lays the foundation for the entire nursing process, presented in great detail and incorporating current NANDA diagnoses and NIC/NOC references. The student is provided with opportunities to demonstrate knowledge and develop critical thinking skills by completing Case Studies included in many of the chapters. Concept Maps and Concept Care Maps challenge the student to incorporate the interrelatedness of nursing concepts in preparation for clinical practice. The student has the opportunity to assess knowledge and critical thinking of essential nursing concepts by answering NCLEX®-style review questions at the end of each chapter.

Health care settings are changing, multifaceted, challenging, and rewarding. Critical thinking and sound nursing judgments are essential in the present health care environment. Practical/Vocational nursing students confront and adapt to changes in technology, information, and resources by building a solid foundation of accurate, essential information. A firm knowledge base also allows nurses to meet the changing needs of clients. This text was written to equip the LPN/VN with current knowledge, basic problem-solving and critical thinking skills to successfully pass the NCLEX®-PN exam and meet the demanding challenges of today’s health care.
• **Unit 5:** HEALTH PROMOTION—addresses self-concept, spirituality, and complementary/alternative therapies. Wellness concepts, basic nutrition, rest and sleep, and safety/hygiene are presented as methods of promoting health.

• **Unit 6:** INFECTION CONTROL—presents the chain of infection, describes various types of pathogenic microorganism, presents the concepts of asepsis and aseptic technique along with Standard Precautions and isolation measures, and discusses issues regarding bioterrorism.

• **Unit 7:** FUNDAMENTAL NURSING CARE—discusses fluid, electrolyte and acid-base balance. Medication administration and IV therapy are presented in nursing process format. Also included are legal considerations, dose equivalents, and dosage calculations. Assessment is covered in great detail, including head-to-toe physical assessment, nursing history, and functional assessment. Pain management is detailed in causes of pain, transmission and perception, assessment methods, and nursing interventions for pain relief. Nursing care for a client encountering diagnostic tests is thoroughly covered. The most commonly-ordered diagnostic tests are presented in tables that provide the normal results and nursing considerations.

• **Unit 8:** NURSING PROCEDURES—basic, intermediate, and advanced procedures follow the nursing process format and are presented in step-by-step fashion. Rationale is given for each step, and figures add to the clarity of the procedures.

**ADULT HEALTH NURSING**

• **Unit 9:** ESSENTIAL CONCEPTS—discusses the various types of anesthesia and the nursing care required for each. Surgery describes the perioperative care of clients. The Oncology chapter covers the various types of cancer, the usual treatments, and the nursing care required.

  The chapters in Units 10 through 14 each include an anatomy and physiology review and a presentation of each disorder, with medical/surgical management, nursing management, pharmacological, dietary, and activity aspects of treatment. The nursing process identifies subjective and objective data with health history questions, possible nursing diagnoses, outcomes, interventions, and evaluation. A sample nursing care plan is found in each chapter in these units. New client case studies have also been added throughout.

• **Unit 10:** NURSING CARE OF THE CLIENT: OXYGENATION AND PERFUSION—includes the respiratory system, cardiovascular system, and hematological and lymphatic systems.

• **Unit 11:** NURSING CARE OF THE CLIENT: DIGESTION AND ELIMINATION—discusses the gastrointestinal system and urinary system.

• **Unit 12:** NURSING CARE OF THE CLIENT: MOBILITY, COORDINATION, AND REGULATION—covers the musculoskeletal system, neurological system, sensory system, and endocrine system.

• **Unit 13:** NURSING CARE OF THE CLIENT: REPRODUCTIVE AND SEXUAL HEALTH—includes the male and female reproductive systems and sexually transmitted infections.

• **Unit 14:** NURSING CARE OF THE CLIENT: BODY DEFENSES—discusses the integumentary system and the immune system.

• **Unit 15:** NURSING CARE OF THE CLIENT: PHYSICAL AND MENTAL INTEGRITY—addresses substance abuse and the care of clients with common mental illnesses. Substance abuse describes substances that are commonly abused, the signs and symptoms of abuse, and treatments available.

• **Unit 16:** NURSING CARE OF THE CLIENT: OLDER ADULT—explains nursing care for the older adult. Psychological changes of aging are presented for each body system.

• **Unit 17:** NURSING CARE OF THE CLIENT: HEALTH CARE IN THE COMMUNITY—defines the role of the nurse in ambulatory, restorative, and palliative care in community settings. Discusses appropriate client assessments and nursing interventions in each healthcare setting.

• **Unit 18:** APPLICATIONS—describes how nursing knowledge is applied in emergencies. Specific information is provided for common emergencies. A number of scenarios describing clients with multisystem problems assist students to see the integration of the body.

**MATERNAL & PEDIATRIC NURSING**

• **Unit 19:** NURSING CARE OF THE CLIENT: CHILD-BEARING—covers preconception education, prenatal care, fetal development, complications of pregnancy, the birth process, postpartum care, and care of the newborn.

• **Unit 20:** NURSING CARE OF THE CLIENT: CHILDREARING—presents the basics of pediatric care. The two chapters in this unit, Infants with Special Needs: Birth to 12 Months and Common Problems: 1 to 18 Years, address the major situations of pediatric care.

**FEATURES**

Each chapter includes a variety of learning aids designed to help the reader further a basic understanding of key concepts. Each chapter opens with a Making the Connection box that guides the reader to other key chapters related to the current chapter. This highlights the integration of the text material. Procedures used for the care of clients with medical/surgical disorders are identified as appropriate. Learning Objectives are presented at the beginning of each chapter as well. These help students focus their study and use their time efficiently. A listing of Key Terms is provided to identify the terms the student should know or learn for a better understanding of the subject matter. These are bolded and defined at first use in the chapter. Each medical/surgical chapter has a brief review of anatomy & physiology to review the organs and functions of the system being discussed.

The content of each chapter is presented in nursing process format. Where appropriate, a Sample Nursing Care Plan is provided in the chapter. These serve as models for
students to refer to as they create their own care plans based on case studies. Case Studies are presented at the conclusion of most chapters. These call for students to draw upon their knowledge base and synthesize information to develop their own solutions to realistic cases. Nursing Diagnoses, Planning/Outcomes, and Interventions are presented in a convenient table format for quick reference. Concept Maps and Concept Care Maps are visual pictures of interrelated concepts as they relate to nursing.

A bulleted Summary list and multiple-choice NCLEX®-style Review Questions at the end of each chapter assist the student in remembering and using the material presented.

References/Suggested Readings allow the student to find the source of the material presented and also to find additional information concerning topics covered. Resources are also listed and provide names and internet addresses of organizations specializing in a specific area of health care.

Boxes used throughout the text emphasize key points and provide specific types of information. The boxes are:

• CRITICAL THINKING: encourages the student to use the knowledge gained to think critically about a situation.
• MEMORY TRICK: provides an easy to remember saying or abbreviation to assist the student in remembering important information presented.
• LIFE SPAN CONSIDERATIONS: provides information related to the care of specific age groups during the life span.
• CLIENT TEACHING: identifies specific items that the client should know related to the various disorders.
• CULTURAL CONSIDERATIONS: shares beliefs, manners, and ways of providing care, communication, and relationships of various cultural and ethnic groups as a way to provide holistic care.
• PROFESSIONAL TIP: offers tips and technical hints for the nurse to ensure quality care.
• SAFETY: emphasizes the importance of and ways to maintain safe care.
• COMMUNITY/HOME HEALTH CARE: describes factors to consider when providing care in the community or in a client’s home, and adaptation in care that may be necessary.
• DRUG ICON: highlights pharmacological treatments and interventions that may be appropriate for certain conditions and disorders.
• COLLABORATIVE CARE: mentions members of the care team and their roles in providing comprehensive care to clients.
• INFECTION CONTROL: indicates reminders of methods to prevent the spread of infections.

The back matter includes a Glossary of Terms. The appendices include NANDA-International Nursing Diagnoses; Recommended Childhood, Adolescent, and Adult Immunization Schedules; Abbreviations, Acronyms, and Symbols; and English/Spanish Words and Phrases. Standard Precautions are found on the inside back cover.

NEW TO THIS EDITION

Added 4 new chapters:
• Chapter 15, Self-Concept, presents a global understanding of the dimensions, formation, and factors affecting self-concept to facilitate client coping and promote overall physical and mental wellness.
• Chapter 16, Spirituality, provides understanding of the basic human need for spirituality and prepares the nurse to integrate the spiritual aspect of each client into the care provided.
• Chapter 23, Bioterrorism, discusses the major agents of bioterrorism, protective measures prior to and following a terrorist attack, and delineates the roles of the nurse, various levels of government, and each person in the event of a terrorist attack.
• Chapter 51, Ambulatory, Restorative, and Palliative Care in Community Settings, defines the role of the nurse, explains the legal issues when providing nursing care, and discusses appropriate client assessments and nursing interventions in each healthcare setting.

Extensively updated chapters:
• Chapter 13, End-of-Life Care, includes sections on fluids and nutrition, palliative care and hospice care, and pain management.
• Chapter 27, Pain Management, features an improved section on patient controlled analgesia (PCA) and oral patient controlled analgesia, medication on demand (MOD®); a discussion of gate control theory of pain; and a presentation of the Joint Commission standards for pain management and the World Health Organization’s (WHO) pain management guidelines.
• Chapter 33, Surgery, now contains additional robotic and minimally invasive surgeries.
• Chapter 36, Cardiovascular System, has improved anatomy and physiology and assessment sections, explanations of cuttingedge diagnostic tests, and extensively updated content on implantable cardioverter-defibrillator, pacemaker, cardiac valve management, angina, minimally invasive surgery, ventricular assist device, and pharmacological care.
• Chapter 53, Integration, includes more in-depth case studies to use as appropriate throughout educational experience.

Updated content within chapters:
• Additional coverage of learning disabilities.
• Information on preparing for exams and test-taking tips.
• Coverage of Scientology beliefs in the Cultural Considerations chapter.
• Dietary recommendations follow the new recommended food pyramid, MyPyramid.
• Updates to the assessment chapter include assessing client using complementary/alternative therapy and assessment of edema.
• Updates to the neurological system chapter include intrathecal chemotherapy, chemotherapy disk-shaped wafers, Stroke Risk Scorecard, diet therapy, position emission
tomography scanning and ablation procedures for Parkinson’s disease; sniff test to diagnose Alzheimer’s disease, Parkinson’s disease, and other neurodegenerative disorders.

- Thorough updating of the basic, intermediate, and advanced procedure chapters with new photos for the visual learner.
- Thorough updating of Diagnostic Tests chapter with addition of new current diagnostic testing procedures.
- Added older adult content to Lifespan Development chapter and emphasized geriatric content in Life Span Considerations boxes.
- Updated Maternal & Pediatric chapters to include current nursing trends.

**Other additions:**

- Added case studies to all chapters as appropriate; case studies have a mixture of critical thinking and nursing process questions.
- Added concept maps to several chapters so the student can link facts with real life clinical practice.
- Added concept care maps to chapters as appropriate for visual picture of the nursing process.
- Increased number of challenging and applicable critical thinking questions.
- Cultural considerations updated and cultural content included throughout the text.
- Added Adult Immunization Schedule along with Childhood and Adolescent Immunization Schedules.
- Added objective and subjective assessment guidelines to medical-surgical chapters for student use in clinical settings.
- Cited research articles in understandable manner for easy application of evidence-based practice.
- Added new NCLEX®-style review questions at the end of chapters to help students challenge their understanding of content while gaining practice with this important question style.
- Added Memory Tricks for ease of student recall of pertinent information.
- Numerous new photos and illustrations for improved presentation of concepts.
- New free StudyWARE™ CD-ROM provides interactive games, animations, videos, heart and lung sounds, and much more to augment the learning experience and support mastery of concepts.

**EXTENSIVE TEACHING/LEARNING PACKAGE**

The complete supplements package for *Foundations of Nursing*, third edition, was developed to achieve two goals:

1. To assist students in learning the information and procedures presented in the text.
2. To assist instructors in planning and implementing their programs for the most efficient use of time and other resources.

**INSTRUCTOR RESOURCES**

*Foundations of Nursing Instructor’s Resource, third edition*

**ISBN-10:** 1-4283-1780-5

**ISBN-13:** 978-1-4283-1780-2

The Instructor’s Resource has four components to assist the instructor and enhance classroom activities and discussion.

**Instructor’s Guide**

- **Instructional Approaches:** Ideas and concepts to help educators manage different presentation methods. Suggestions for approaching topics with rich discussion topics and lecture ideas are provided.
- **Student Learning Activities:** Ideas for activities such as classroom discussions, role play, and individual assignments designed to encourage student critical thinking as they engage with the concepts presented in the text.
- **Resources:** Additional books, videos, and resources for use in developing and implementing your curriculum.
- **Web Activities:** Suggestions for student learning experiences online, including specific websites and accompanying activities.
- **Suggested Responses to the Case Study:** Case studies located throughout the core book challenge student critical thinking with questions about nursing care, with suggested responses provided herein.
- **Answers to Review Questions:** Answers and rationales for all end-of-chapter NCLEX® style questions are provided.

**Computerized Testbank**

- Includes a rich bank of questions that test students on retention and application of material in the text.
- Many questions are now presented in NCLEX® style, with each question providing the answer and rationale, as well as cognitive levels.
- Allows the instructor to mix questions from each of the didactic chapters to customize tests.

**Instructor Slides Created in PowerPoint**

- A robust offering of instructor slides created in PowerPoint outlines the concepts from text in order to assist the instructor with lectures.
- Ideas presented stimulate discussion and critical thinking.

**Image Library**

A searchable Image Library of more than 800 illustrations and photographs that can be incorporated into lectures, class materials, or electronic presentations.
STUDENT RESOURCES

Foundations of Nursing Study Guide
A valuable companion to the core book, this student resource provides additional review on all 61 chapters of Foundations of Nursing with Key Terms matching review questions, Abbreviation Review Exercises, Self-Assessment Questions, and other Review Exercises and Activities. Answers to questions are provided at the back of the book, making this an excellent resource for self-study and review.

Foundations of Nursing Procedures Checklist
This excellent resource helps students evaluate their comprehension and execution of all the basic, intermediate and advanced procedures covered in the core book.

Foundations of Nursing Online Companion
The Online Companion gives online access to all the components in the Instructor’s Resource as well as additional tools to reinforce the content in each chapter and enhance classroom teaching. Multimedia animations, Concept Care Map Model, and Physical Assessment Guide are just some of the many resources found on this robust site. To access the site for Foundations of Nursing, third edition, simply point your browser to http://www.delmar.cengage.com/companions. Select the nursing discipline and then select Foundations of Nursing, third edition.

CL eBook to accompany Foundations of Nursing, third edition
Printed access code ISBN-10: 1-4354-8793-1

Foundations of Nursing WebTutor Advantage on Blackboard

Foundations of Nursing WebTutor Advantage on WebCT
• A complete online environment that supplements the course provided in both Blackboard and WebCT format.
• Includes chapter overviews, chapter outlines, and competencies.
• Useful classroom management tools include chats and calendars, as well as instructor resources such as the instructor slides created in PowerPoint.
• Multimedia offering includes video clips and 3D animations.
• Comprehensive Audio Glossary with all terms and definitions from this text in downloadable audio format.
HOW TO USE STUDYWARE™ TO ACCOMPANY FOUNDATIONS OF NURSING, THIRD EDITION

Minimum System Requirements
- Operating systems: Microsoft Windows XP w/SP 2, Windows Vista w/ SP 1, Windows 7
- Processor: Minimum required by Operating System
- Memory: Minimum required by Operating System
- Hard Drive Space: 500 MB
- Screen resolution: 1024 x 768 pixels
- CD-ROM drive
- Sound card & listening device required for audio features
- Flash Player 10. The Adobe Flash Player is free, and can be downloaded from http://www.adobe.com/products/flashplayer/

Setup Instructions
1. Insert disc into CD-ROM drive. The StudyWare™ installation program should start automatically. If it does not, go to step 2.
2. From My Computer, double-click the icon for the CD drive.
3. Double-click the setup.exe file to start the program.

Technical Support
Telephone: 1-800-648-7450
8:30 A.M.–6:30 P.M. Eastern Time
E-mail: delmar.help@cengage.com

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Getting Started
The StudyWARE™ software helps you learn terms and concepts in Foundations of Nursing, third edition. As you study each chapter in the text, be sure to explore the activities in the corresponding chapter in the software. Use StudyWARE™ as your own private tutor to help you learn the material in your Foundations of Nursing, third edition textbook.

Getting started is easy! Install the software by following the installation instructions provided above. When you open the software, enter your first and last name so the software can store your quiz results. Then choose a chapter or section from the menu to take a quiz or explore media and activities.
HOW TO USE STUDYWARE™ (Continued)

You can access the menu from wherever you are in the program. The Menu includes Animations, Video, Heart & Lung Sounds, Chapter activities for all didactic chapters, and NCLEX®-Style Quizzes for each major unit. You can also access your scores from the button to the right of the main menu button.

This section on your StudyWARE™ CD-ROM provides 35 multimedia animations of biological, anatomical, and pharmacological processes. These animations visually explain some of the more difficult concepts and are an engaging resource to support your understanding.
VIDEO

A selection of 20 high quality video clips on topics ranging from infection control to the cardiovascular and respiratory systems has been provided. Click on the clip you would like to view, then click on the play button on the media viewer in the center of the screen. These video clips, many of which were developed by Concept Media, are a wonderful resource to help visualize difficult processes and skills.

HEART & LUNG SOUNDS

This searchable multimedia program provides a comprehensive library of audio files for different heart and lung sounds that will be encountered by nurses. Sounds can be viewed according to category or specific sounds can be found by using the alphabetical term search function. In addition to hearing the sounds, related information about etiology and auscultation is provided.

CHAPTER ACTIVITIES

For each chapter from Foundations of Nursing, third edition, that contains glossary terms, games and activities are provided to help you master the terminology in a fun and interesting way. Concentration is a memory game that asks you to flip cards to match definitions with their terms. Flash Cards allow you to test your knowledge of a term by reading the term, thinking about the definition, then checking the actual definition. Hangman follows the traditional hangman game format and can be played by one or two players, challenging you to fill in the blanks for a term before the puzzle is completed. Crossword Puzzles provide definitions of key terms as clues so you can fill in the appropriate term and clear the board.
HOW TO USE STUDYWARE™ (Continued)

QUIZZES
For each unit in Foundations of Nursing, third edition, both practice and live quizzes are provided to test your understanding of critical concepts. The quiz program keeps track of your answers and a report can be generated at the end of the quiz outlining the questions, your answer, and the correct answer. Once the quiz has been completed, click on the Scores button for these details. Use the questions you missed as topic areas for additional study.