Fundamentals of Nursing 10th edition Taylor Solutions Manual

SKU: 9781975168155-SOLUTIONS

Suggested Answers to Assignments, Chapter 1, Introduction to Nursing and Professional Formation

Written Assignments	**Learning Outcome(s)**
1. Profession is based on the following defining criteria: • Well-defined body of specific and unique knowledge • Strong service orientation • Recognized authority by a professional group • Code of ethics • Professional organization that sets standards • Ongoing research • Autonomy and self-regulation It should be reflected that increased emphasis on nursing knowledge as the base for nursing practice has led to the growth of nursing as a professional discipline.	1, 3
2. The aims of nursing are to promote health, prevent illness, restore health, and facilitate coping with disability or death. To meet these aims, nurses design and implement nursing actions based on their knowledge, skills, and critical thinking. These actions represent a blend of the art and science of nursing in	2

Written Assignments	Learning Outcome(s)
that the science of nursing is the knowledge base for the care that is given, and the art of nursing is the skilled application of that knowledge to help others reach maximum health and quality of life.	
3. Basically defined, nursing is the care of others, which may involve all types of activities and blended skills. Each nurse will define nursing based on their own personal experiences and knowledge of nursing at the time. The U.S. Department of Labor identifies nursing as a hazardous occupation because of the number of nurses who miss workdays owing to occupational injuries or illness. The ANA Code of Ethics for Nurses reminds nurses that their primary duty is to the patient; it also reminds them (ANA, 2015a) that "the nurse owes the same duties to self as to others, including the responsibility to promote health and safety, preserve wholeness of character and integrity, maintain competence, and continue personal and professional growth."	1. 7

Group Assignments	**Learning Outcome**
1. Nurses promote health by maximizing the patient's own individual strengths. Identifying and analyzing the patient's strengths is a component of preventing illness, restoring health, and facilitating coping with disability or death. The nurse identifies and uses these strengths to help the patient reach maximum function and quality of life or to meet death with dignity.	2
2. Educational preparation for nursing practice involves several different types of programs, including entering a practical nursing program to become a licensed practical nurse (LPN) or entering a diploma, associate degree, or baccalaureate program to be a registered nurse (RN). Questions that should be explored include: • What is technical nursing? • What is professional nursing? • Should graduates of different programs take the same licensing examination and have the same title?	4

Clinical Assignments	**Learning Outcome**

Clinical Assignments	**Learning Outcome**
1. Nurses systematically enhance the quality and effectiveness of nursing practice and evaluate their own practice in relation to professional practice standards, guidelines, statutes, rules, and regulations. Nurses also consider factors related to safety, effectiveness, cost, and impact on practice in the planning and delivery of nursing services.	5
2. The National Advisory Council on Nurse Education and Practice (NACNEP) identifies critical challenges to nursing practice in the 21st century—a growing population of hospitalized patients who are older and more acutely ill, increasing health care costs, and the need to stay current with rapid advances in medical knowledge and technology. The older adult population is expanding more rapidly than any other age group. This population trend means patients in health care settings are increasingly older and need teaching and nursing interventions designed to meet their needs. Nursing will continually need to research health issues related to the oldest, old, ethnically diverse populations, quality of life, and innovative systems of care.	6

Web Assignments	**Learning Outcome**
1. Table 1-1 in the textbook lists people important to the development of nursing in North America, including Florence Nightingale, who initiated many reforms in health care and nursing training in England; Clara Barton, founder of the American Red Cross; and Lavinia Dock, a nursing leader and women's rights activist instrumental in the Constitutional amendment giving women the right to vote. Any of these people and many others would be excellent studies in nursing reform.	1
2. Current trends in nursing include nursing shortages, evidence-based practice, community-based nursing, decreased length of hospital stay, aging population, increase in chronic health conditions, independent nursing practice, and culturally competent care. These trends and many others provide the background for nursing in the new century and present nurses with new challenges to define their own practice and find their own special and distinctive role in caring for others.	6

Suggested Answers to Case Studies, Chapter 1, Introduction to Nursing and Professional Formation

1a. The nurse should recognize the following significant cues require further analysis based on the patient information provided:

- Preoperative activity level
- Preoperative independence
- Patient's knowledge of available staff members and their roles
- Patient's understanding of her assistive needs
- Patient's personal, physical goals
- Patient's understanding of her care plan
- Patient's psychosocial support person/system

1b. The nurse can assist this patient for maximal health by:

- Teaching the patient the typical rehabilitation regimen for her condition and assisting her with its implementation.
- Encouraging the patient to focus on her goals.
- Offering the patient pertinent education regarding staff involved in her care and their varying roles.
- Using comforting, caring, and counseling skills to help the patient cope with the progress and/or setbacks in her rehabilitation.
- Attempting to engage the patient in social aspects of the rehabilitation unit.
- Advocating for the patient while collaborating with other health care providers.

1c. The nurse should ask oneself the following questions when caring for the patient to facilitate maximal health and quality of life:

- Have I properly assessed the patient's educational needs?
- Have I identified the patient's best learning style?
- Have I effectively evaluated the patient's areas of strength and needed growth?
- Have I provided enough assistance and training to the patient so that she can meet her goals independently?
- Have I promoted this patient's self-reliance?
- Have I encouraged the patient to voice her feelings, concerns, and triumphs regarding her rehabilitative progress?
- Have I collaborated with the patient and the health care team to adjust her care plan as needed?
- Since she lives alone, what legal/ethical considerations do I need to investigate prior to her discharge home?
- How can I effectively advocate for the patient to address her greatest concerns (e.g., independence, return to home, driving, and the like)?
- Have I assisted in the development of a discharge plan and adequately communicated this to the patient?

2a. The patient is noting current trends in nursing including:

- The population is aging and has numerous chronic illnesses/comorbidities
- Rapid changes in technology and research
- Shortage of nurses

Fundamentals of Nursing 10th edition Taylor Solutions Manual

- Aging workforce
- Institute of Medicine (IOM) call for nurses to achieve higher levels of education
- Pressure within the nursing profession to advance professionally
- Need for improved self-care to avoid burnout on the job

2b. To address these challenges, employers will seek nurses who have knowledge, skills, and attitudes that are aligned with the requirements of their practice environments, can work effectively in interprofessional teams across a variety of health care settings, and can provide traditional nursing services, as well as other needed services such as case and practice leadership, case management, health promotion, and disease prevention.

2c. To help adapt your nursing career to these trends, you can:

- Seek the knowledge and skills related to areas such as population-based care, genomics, palliative care, alternative therapies, and disease prevention
- Stay current with technology and research
- Participate in health policy
- Commit to lifelong learning
- Develop self-care habits by elevating the six strategies: energy source, nurturing kindness, emotional hygiene, refocusing purpose, germinating positivity, and appreciating your uniqueness (ENERGY)

Suggested Answers to Discussion Topics, Chapter 1, Introduction to Nursing and Professional Formation

Suggested Answers to Discussion Topics	Learning Outcome
1. Student discussion should include the following: • Diploma, ADN, and BSN graduates all take the same NCLEX-RN examination to become a registered nurse. • Financial restrictions may be one reason students choose the ADN route over the BSN route, as they can graduate and begin working quicker. • BSN-prepared nurses have more courses related to leadership and community nursing than ADN-prepared nurses. • Nurses with higher education generally have positions requiring more responsibility and accountability. • Many factors such as experience, age, finances, and ability should be considered when making this decision. • Discuss resources available in the community for high school students making the decision of where to go to college. • *It is illegal to practice nursing unless one has a license verifying completion of an accredited (by state) program in nursing and has passed the licensing examination.* • Extended roles beyond basic caregiver nursing roles require higher degrees. • Research has demonstrated better outcomes in patient care with less adverse events when a higher population of nursing staff has at least a BSN degree. • BSN students are usually exposed to more theory related to the nursing roles of communicator, teacher, counselor, leader, researcher, advocate, and collaborator. • Hospitals working on Magnet status often require BSN-prepared nurses and will not hire ADN nurses not enrolled in a BSN program. • ADN students receive a strong basic education in implementing nursing care with opportunity to practice skills. • ADN degree forms strong foundation for continued education if desired. • ADN degree allows for quick entry into the workforce in times of shortage. • ADN educational programs attract more men, more minorities, and more nontraditional students than do the other types of programs.	4

Suggested Answers to Discussion Topics	Learning Outcome
• Graduates of ADN program need to embrace the need to be a life-long learner and consider continuing formal education for BSN while working as an RN. Many hospitals have a tuition reimbursement plan for RNs continuing their education.	
2. Answers should include the following: • As defined by the World Health Organization, one's health includes physical, social, and mental components and is not merely the absence of disease or infirmity. • Wellness, a term that is often associated with health, is an active state of being healthy by living a lifestyle that promotes good physical, mental, emotional, and spiritual health. • Health can change day to day. • A level of health or wellness is also strongly influenced by what is termed "health literacy." • Health literacy, defined by the U.S. Department of Health and Human Services in the document *Healthy People 2030*, is the ability of patients to obtain, process, and understand the basic information needed to make appropriate decisions about health. • Health is in the eye of the beholder. • Discuss *Healthy People 2030* definition of health, wellness, and health promotion guidelines and Box 1-3: Healthy People 2030: Foundational Principles. • The nurse considers the patient's self-awareness, health awareness, and use of resources while providing care. • Environment can and does influence health and access to health care. • Nurses prevent illness primarily by teaching and by personal example. • Nurses promote health by identifying, analyzing, and maximizing each patient's own individual strengths as components of preventing illness, restoring health, and facilitating coping with disability or death. • Nurses facilitate decisions about lifestyle that enhance quality of life and encourage acceptance of responsibility for one's own health. • Nurses increase health awareness by assisting in the understanding that health is more than just not being ill, and by teaching that certain behaviors and factors can contribute to or diminish health. • Nurses teach self-care activities to maximize achievement of goals that are realistic and attainable; this serves as a role model. • Nurses encourage health promotion by providing	2

Suggested Answers to Discussion Topics	Learning Outcome
information and referrals.	
3. Answers should include the following: • Ability to remain current with issues and trends in nursing and health care, as they are discussed and reviewed within the professional organization • Method of influencing health care policy and legislation • Vehicle for networking with colleagues • May provide certification in area of specialty • American Nurses Association (ANA): Its primary mission is to be involved in public education, clinical nursing standards, and lobbying state and federal lawmakers to advance the profession of nursing. • The ANA addresses ethics, public policy, and the economic and general welfare of nurses. • Publications of the ANA include *Code of Ethics*, *American Nurse Today*, *The American Nurse*, *OJIN: The Online Journal of Issues in Nursing,* and *NurseBooks.org.* ANA electronic newsletters include *ANA SmartBrief*, *Nursing Insider*, *ANA ImmuNews*, and *Capitol Update.* • The ANA's 2021 *Nursing: Scope and Standards of Practice* defines activities that are specific and unique to nursing. • ANA lobbies state and federal lawmakers to advance the profession of nursing. • ANA publishes recommendations for transforming the nursing profession. • Nurse practice acts are laws established in each state in the United States to regulate the practice of nursing. This protects nurses and the public against people not adequately prepared to become a nurse.	5

Key Terms

burnout
compassion fatigue
health
healthy nurse
licensure
mindfulness
nurse practice acts
nursing
nursing process
profession
reciprocity
resilience
secondary traumatic stress
standards

Fundamentals of Nursing 10th edition Taylor Solutions Manual

Assignments, Chapter 1, Introduction to Nursing and Professional Formation

Written Assignments	**Learning Outcome(s)**
1. Describe the status of nursing as a profession and as a discipline.	1, 3
2. The focus of nursing is on the person receiving the care. Explain the aims of nursing as they interrelate to facilitate maximal health and quality of life for patients.	2
3. Write a paragraph defining nursing from your own personal perspective and experience. Be sure to include the importance of practicing self-care in relation to the demands of the nursing profession.	1, 7

Group Assignments	**Learning Outcome**
1. Each group member will explore one of the aims of nursing as they interrelate to facilitate maximal health and quality of life for patients assigned to them by the faculty member. Group members should write examples of the aim in practice from their own clinical experiences and note the appropriate nursing interventions that accompanied each example. Results	2

Group Assignments	**Learning Outcome**
should be shared with the class through a discussion.	
2. Introduce yourself to students who are in different nursing programs from your own. Prepare a list of interview questions that will help you learn about these programs and the reasons students chose them. Compare these students' learning experiences of the various levels of education preparation in nursing with your own.	4

Clinical Assignments	**Learning Outcome**
1. Observe nurses working in an acute care setting and describe how they are using the ANA standards of nursing practice to protect themselves, their patients, and the institution in which the care is being provided.	5
2. Visit a nurse working in an assisted-living center for seniors. Engage the nurse in a discussion about how the increasing elderly population might have played a role in the nurse's current career choice. Explore the type of care needed by this population.	6

Web Assignments	**Learning Outcome**
1. Using the ANA Hall of Fame page on the ANA NursingWorld website: http://www.nursingworld.org/Hall-of-Fame, research a historical figure in nursing, reporting on that person's accomplishments, contributions to the nursing profession, and effect on the role of nurses in today's society.	1
2. Using the information found at the site linked below, review the 7 macrotrends in nursing as identified in the white paper available for download. Based on the nursing trends discussed, write a brief essay summarizing the major points. Web site: 7 Macrotrends in Nursing	6

Case Studies, Chapter 1, Introduction to Nursing and Professional Formation

1. You are a nurse caring for an 87-year-old retired teacher who underwent hip replacement surgery 2 weeks ago and has transferred to your rehabilitation unit for physical therapy and nursing care until she is physically able to return home. Before her surgery, she lived alone, maintained an immaculately clean house, and was very socially active, with several events scheduled throughout her week. She travelled extensively but limited her personal driving to daylight hours. Upon admission to your rehab unit, the patient wonders aloud how she'll return to her former lifestyle and who will help her. (Learning Outcome 2)
    a. What significant cues should be further analyzed based on available patient information?
    b. How should you assist the patient to facilitate maximal health?
    c. What questions should you ask yourself when caring for this patient to help facilitate maximal health and quality of life?

2. You are a nursing student observing a primary nurse completing an admission history on a 55-year-old woman. The patient shared that she was currently working as a nurse in a subacute unit of a long-term care facility. She indicated that she felt pressured to continue her education and advance her professional role. She was having a hard time adapting to electronic health records, and felt more drained after every shift than she had been previously due to the stress of the job. She commented on the patient population being "sicker" than she

Fundamentals of Nursing 10th edition Taylor Solutions Manual

remembered, and noted a high nursing turnover rate at her current facility Obviously frustrated, she stated, “I just want to retire and enjoy my life.” (Learning Outcome 6)

a. What current trends in nursing do you note in her comments?
b. How are employers addressing these trends?
c. What can you do to help adapt your nursing career to these trends?

Discussion Topics, Chapter 1, Introduction to Nursing and Professional Formation

Discussion Topics	Learning Outcome
1. A high school student is questioning his career choice and asks you which degree in nursing he should pursue as an initial degree---an associate degree in nursing (ADN) or bachelor of science in nursing (BSN). He heard that graduates from both programs take the same NCLEX-RN exam to be licensed to practice nursing. • What would you tell the student and why? • What are the benefits of obtaining a BSN as foundation for practice as a registered nurse? What would the downside be to obtaining an initial BSN? • What are the benefits of obtaining an ADN as foundation for practice as a registered nurse? What would the downside be to obtaining an initial ADN?	4
2. An 18-year-old boy just graduated from high school. He played on the golf team while in high school. He has just been diagnosed with leukemia. • Do you think he is healthy? Why or why not? • Do you think he considers himself healthy? Why or why not? • If he had no family and no job, would this change your opinion of his health status? • What components determine health and why? • What is the nurse's role in the prevention of illness and the promotion of health?	2
3. A new registered nurse (RN) just started his first job working on a medical-surgical nursing unit. He asks his newly assigned preceptor if it is important to join a professional nursing organization. • What are four benefits the preceptor could share with the new RN about the benefits of joining a professional organization? • Which organization would provide standards appropriate for his practice on a medical-surgical unit? Why? • How do nursing organizations empower nurses?	5

Chapter 1, Introduction to Nursing and Professional Formation

Learning Outcomes

After completing the chapter, you will be able to accomplish the following:

1. Describe the historical background of nursing, definitions of nursing, and the status of nursing as a profession and as a discipline.
2. Explain the aims of nursing as they interrelate to facilitate maximal health and quality of life for patients.
3. Explain how nursing qualifies as a profession.
4. Describe the various levels of educational preparation in nursing.
5. Discuss the effects on nursing practice of nursing organizations, standards of nursing practice, nurse practice acts, and the nursing process.
6. Identify current trends in nursing.
7. Discuss the importance of self-care in relation to the demands of the nursing profession and the duty to model healthy behaviors.