Table of Contents:

Unit I: Introduction to Nursing and the Health Care System

- 1. Nursing and the Health Care System
- 2. Concepts of Health, Illness, Stress, and Health Promotion
- 3. Legal and Ethical Aspects of Nursing

Unit II: The Nursing Process

- 4. The Nursing Process and Critical Thinking
- 5. Assessment, Nursing Diagnosis, and Planning
- 6. Implementation and Evaluation

Unit III: Communication in Nursing

- 7. Documentation of Nursing Care
- 8. Communication and the Nurse-Patient Relationship
- 9. Patient Education and Health Promotion
- 10. Delegation, Leadership, and Management

Unit IV: Developmental, Psychosocial, and Cultural Considerations

- 11. Growth and Development: Infancy Through Adolescence
- 12. Adulthood and the Family
- 13. Promoting Healthy Adaptation to Aging
- 14. Cultural and Spiritual Aspects of Patient Care
- 15. Loss, Grief, and End-of-Life Care

Unit V: Basic Nursing Skills

- 16. Infection Prevention and Control: Protective Mechanisms and Asepsis
- 17. Infection Prevention and Control in the Hospital and Home
- 18. Safe Lifting, Moving, and Positioning of Patients
- 19. Assisting with Hygiene, Personal Care, Skin Care, and the Prevention of Pressure Ulcers
- 20. Patient Environment and Safety
- 21. Measuring Vital Signs
- 22. Assessing Health Status
- 23. Admitting, Transferring, and Discharging Patients
- 24. Diagnostic Tests and Specimen Collection

Unit VI: Meeting Basic Physiologic Needs

- 25. Fluid, Electrolyte, and Acid-Base Balance
- 26. Concepts of Basic Nutrition and Cultural Considerations
- 27. Nutritional Therapy and Assisted Feeding
- 28. Assisting with Respiration and Oxygen Delivery
- 29. Promoting Urinary Elimination
- 30. Promoting Bowel Elimination
- 31. Pain, Comfort, and Sleep
- 32. Complementary and Alternative Therapies

Unit VII: Medication Administration

- 33. Pharmacology and Preparation for Drug Administration
- 34. Administering Oral, Topical, and Inhalant Medications
- 35. Administering Intradermal, Subcutaneous, and Intramuscular Injections
- 36. Administering Intravenous Solutions and Medications

Unit VIII: Care of the Surgical and Immobile Patient

- 37. Care of the Surgical Patient
- 38. Providing Wound Care and Treating Pressure Ulcers
- 39. Promoting Musculoskeletal Function

Unit IX: Caring for the Elderly

- 40. Common Physical Care Problems of the Older Adult
- 41. Common Psychosocial Care Problems of Older Adults

Appendix A: Standard Steps for All Nursing Procedures

Appendix B: NFLPN Nursing Practice Standards for the Licensed Practical/Vocational Nurse

Appendix C: ANA Code of Ethics Appendix D: Standard Precautions

Appendix E: Common Laboratory Test Values

Appendix F: NANDA-I Approved Nursing Diagnoses, 2015-2017

Reader References

Glossary