



Nursing Foundation

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Unit

I

Introduction to Nursing



A GENERAL VIEW

As a first impression, the word nursing represents the care given to a patient or looking after sick person. But the real expectation of nursing is not only giving care to the patient for a temporary relief, cure or well-being, but also the restoration and improvement of health and prevention of disease. By doing such a service, the client gets physical and mental comfort along with the maximum effect of the treatment given by the physician. The patient should be considered as a valuable individual with body and mind and we should remember that the disease of the body will affect the mind and the illness of the mind will affect the body. It is because of this understanding, that any procedure being performed on/for the patient should be done only with his/her knowledge about the procedure, his/her consent and cooperation if patient is conscious, to achieve maximum effect and satisfaction. Therefore, a nurse should provide care of not only the mind but also the body of normal and abnormal/diseased human beings.

The word 'nurse' comes from the Latin word 'nutire' which means nursing mother 'that nourishes, fosters and protects'. We find in the dictionary that 'Nursing' has a wide range of meanings, like 'to nourish', 'to sustain' and 'to give curative care and treatment to sick and infirm'.

ORIGIN OF NURSING

Nursing in its simplest form has been practiced since the time immemorial. Mothers are the first practitioners of the art of nursing and women have always taken care of children, the aged and the sick. From old days to the modern times, we find women protecting children and caring for the sick and old members of the family. The impulse to serve is the basis on which the spirit of nursing has been fostered through the ages.

Throughout the history of civilization, it has been observed that the family is the smallest unit in the society or a living group. It became the duty of the women of the family to care for the young and helpless and to look after the sick. So, for many years the nursing was carried on only inside the family or a group. Women also offered their services to the neighbors during illness. Later, the meaning extended to cover the care of sick and suffering people of all ages and in helpless conditions of human beings. Simple procedures, like the application of cold compress to the forehead, applying pressure over a bleeding injury, etc. were adopted in olden times.

As society became highly organized and religious, the vocational groups shared this responsibility with the family members. With different times and conditions, the needs of the humanity changed. Nursing developed as broader interests and functions, out of the same impulse to serve. This development explained the need for nursing care of the patient's mind and body as a whole, and the care of the patient's environment—physical as well as social, health education and health services to the individual, family and society for the prevention of disease and promotion of health.

DEVELOPMENT OF MODERN NURSING

Miss Florence Nightingale is the founder of modern professional nursing. She was born in Italy on May 12, 1820. Right from her childhood she had a feeling of an inner call that she was created by the Almighty to serve humanity and she directed her life in such a way to fulfill the 'Mission of Mercy'. From the period 1854–1856, during the Crimean war, she looked after the wounded soldiers at Crimea. Her services were accepted and appreciated by the people and rulers of that period. She proved the need of education, developed theories of nursing practice and hygienic techniques, and emphasized the preparation of nurses to care the sick and wounded to protect and promote the health of the individuals and families. Her performances demonstrated that leadership is needed to train the nurses to be efficient workers in the field of healthcare (Fig. 1).



Figure 1: Miss Florence Nightingale

During her services in the Crimean War, she used to walk with a lamp in her hand, among the wounded soldiers at night and because of this, she is named as 'Lady with the Lamp'. She collected a number of educated ladies from Europe and started the first Nursing School at St Thomas Hospital, London in 1860, under the name as "The Nightingale School of Nursing, St Thomas Hospital London". She chalked out the rules and regulations, and the curriculum for the school. A good number of women were trained and they were sent to other countries to start nursing schools. In India, the first Schools for Midwives were started in 19th Century in Madras and Calcutta by Europeans and Anglo Indians, which later evolved as nursing schools and colleges. Thus nursing flourished as a profession of educated people, noble service and a career avenue having a global glitter.

On August 13, 1910, Florence Nightingale died peacefully in her sleep. In respect of her, May 12th, the birthday of Florence Nightingale, is celebrated as 'International Nurses Day' throughout the world. Her humanitarian services are followed and remembered by all.

In Kerala, the first Nursing School was started in 1942 with two-year training for general nursing at Thiruvananthapuram and in 1945 it was upgraded as four-year General Nursing and Midwifery course. Post-Basic BSc Nursing course was started at Thiruvananthapuram in 1963, later it was stopped and was restarted as Basic BSc Nursing Training, in college of nursing. The number of General Nursing Schools, Junior Public Health Nursing Training (JPHNT) Schools and Colleges increased in the State. Now, there are many JPHNT Schools, general nursing schools and colleges of nursing in Kerala.

In our country, especially in Kerala, opportunities are available for:

- General Nursing and Midwifery (GNM)
- Basic BSc in Nursing [BSc (N)]
- Post Basic BSc in Nursing [PBSc (N)]
- MSc in Nursing [MSc (N)]
- MPhil in Nursing [MPhil (N)]
- PhD in Nursing [PhD (N)]

CONCEPTS OF NURSING

The word, 'concept' means an 'idea or general notion'. Therefore, concept of nursing means the idea or mental image of nursing. Concept formation results out of better understanding or the knowledge of nursing. Everybody has his/her own concepts regarding nursing based upon his/her understanding of the profession.

It is important to have a clear concept of one's own profession to perform the duties and responsibilities efficiently because one's own concepts will control his/her action and attitude toward the profession. Concepts are stepping stones by which theories are made. According to some eminent experts, "Nursing is a science, an art and a vocation for caring the patient, which requires head, hand and heart."

Florence Nightingale, the founder of modern nursing had a clear concept of nursing. According to her opinion, "nursing is to bring the healthy and those who are suffering from disease, to a condition for nature to act for preserving health, preventing disease and injury, to cure disease and to restore health".

DEFINITIONS OF NURSING

- Nursing has been defined in many ways. The expansion of scientific knowledge and the changes in the social customs alter definitions of nursing and these definitions designed for one age won't fit into another age. Considering many aspects of Modern Nursing, we can define nursing as follows:
 - Nursing is a science, art and a profession by which we render service to human beings to help them regain or keep a normal state of body and mind and when it's not possible to accomplish this, we help humans in getting relief from physical pain, mental anxiety or spiritual discomfort, for a peaceful death.
 - Another definition for nursing accepted by the International Council of Nurses (ICN) is that "Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings. Nursing includes the promotion of health, prevention of illness, and the care of ill, disabled and dying people. Advocacy, promotion of a safe environment, research, participation in shaping health policy and in patient and health systems management, and education are also key nursing roles (ICN, 2002)."



3 H's in Nursing:

- i. H – Head
- ii. H – Hands
- iii. H – Heart

The science of nursing is learned by the theory classes from the classroom and books and the student gets the knowledge of nursing for which we need an intelligent head.

The Art of Nursing is learned from the practical knowledge by practicing what we studied in the classroom and books and develop skill by repeating the procedure to produce certain results for which we need the strong hands.

Nursing is a profession which teaches the art of doing the works with good attitude which needs a sympathetic heart.

The Requirements to Become a Nurse

- **Basic requirements:** Intelligent head, strong hands and a sympathetic heart.
- **General education:** As prescribed by the governing board.
- **Professional education:** This training is given in the nursing school.

A professional nurse is a graduate of a recognized nursing school, who has met the requirements for a Registered Nurse in a state in which he/she is licensed to practice.

NURSING—A PROFESSIONAL SERVICE

Nursing is a professional service (Fig. 2).

Goals of Nursing

The ultimate goals of nursing is **patient care** and it is achieved by:

- Alleviation of pain
- Curing of disease
- Restoration and promotion of health
- Prevention of disease
- Early detection and correction of defects

Scope of Nursing

By attaining the goals of nursing, a nurse renders service to individuals. Through individuals, his/her services reach families, society and ultimately to the country. Thus a nurse is an important member of the health team of a country (Fig. 3).

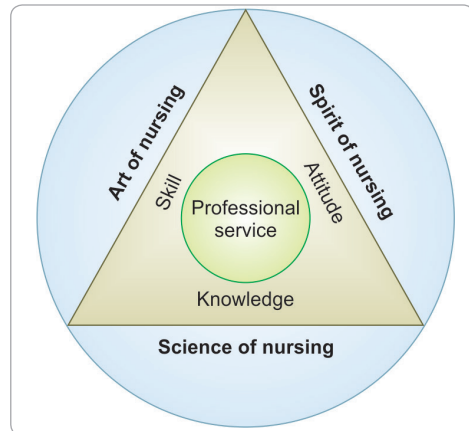


Figure 2: Nursing—A professional service

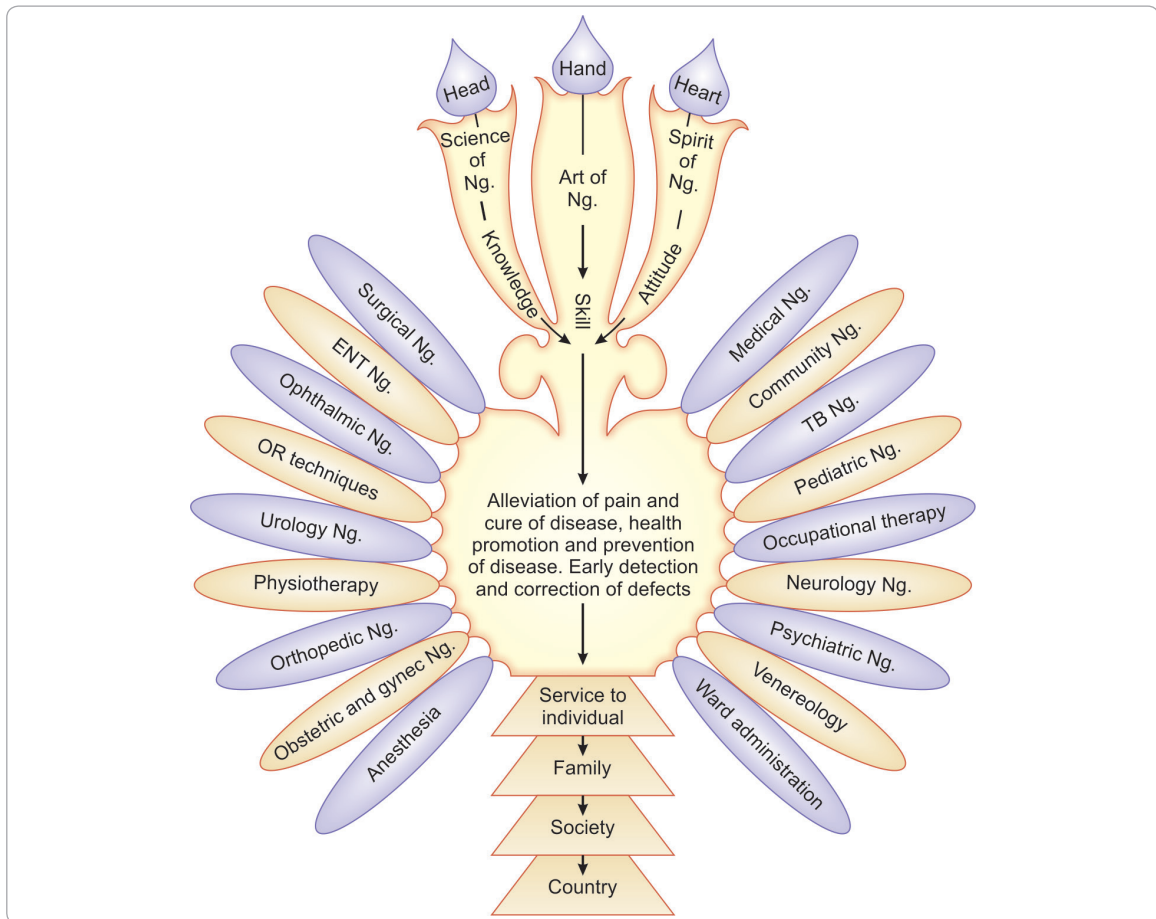


Figure 3: Diagrammatic representation of basic requirements, goals, branches and extent of service of nursing

Abbreviations: ENT, ear, nose and throat; Ng., nursing; or, operation research; TB, tuberculosis

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Qualities Required for a Nurse

Nursing is a career, which needs certain special qualities. In addition to the qualities of a good citizen he/she should not be a vain talker but should be a good listener. She should be a dedicated person, honest and must respect her vocation.

Some of the other essential qualities required for a nurse are:

- Honesty and loyalty
- Discipline and obedience
- Alertness and intelligent observation
- Technical competence
- Dependability and adjust ability
- Ability to inspire confidence
- Resourcefulness, economy of time, material and energy
- Courtesy and dignity
- Sympathy, empathy, tact and poise
- Intelligence and common sense
- Patience and sense of humor
- Good physical and mental health
- Generosity
- Gentleness and quietness



Stimulant

An Accepted Version of the Word Nurse

N—Noble
U—Understanding
R—Responsible
S—Sympathetic
E—Efficient

Duties and Responsibilities of the Nurse

- Providing physical care and emotional support to the sick, injured and disabled.
- Helping in the diagnosis and carrying out the treatments prescribed by the physician.
- Observing, reporting and evaluating the response of the patient's illness, hospital treatment and care.
- Teaching patients and his/her family about good health habits and encouraging them to practice it in their life.
- Coordinating the services of all groups and departments of the hospital contributing to the care of patient and his/her family.
- Helping in the education of medical and paramedical students.

- Arranging and supervising the works of the auxiliary nursing personnel in the ward.
- Protecting and preventing the loss and damages of medicines and other articles in the hospital.
- Upholding and maintaining the dignity and status of the profession.
- Helping in the research works related to healthcare.
- Maintaining his/her own physical and mental health and planning a safe and happy future.
- Utilizing opportunities for continuing education to keep his/her knowledge up-to-date.

The nurse is a person who is directly or indirectly helping in the construction of the health of the nation. A nurse is directly helping the individuals for cure of disease, restoration of health and prevention of diseases. Indirectly, she is contributing services for the health of the nation, i.e., through the individual to the family and through the family to the society; and through the society to the nation.

By the intellectual capacity and technical competence and constant experience, a nurse has to realize and anticipate the needs of the individuals. In this way, he/she is conscious to unconsciousness, love of life to the desperate, crutches to the amputee, sight to the blind, walking stick to weak, mother to newborn, confidence to the young mother, knowledge to the illiterate and a real friend and support to the helpless.

His/her functions are directed toward herself also, by equipping physically and mentally and by renewing his/her professional weapon of knowledge, skill and attitude through further education and participating in the professional activities, and by enriching a happy personal life.

Some more responsibilities of the nurse are:

- A nurse should trustfully deal with the patient and relatives, and establish a desirable relationship with them. He/she should be polite while talking and behaving with a pleasing face, instead of always being highly official and such presentation will develop an unquestionable belief in others about him/her.
- When doing procedures, if at any time a nurse happened to touch the body of a patient, it should be soft and should not elicit any pain to him/her. If a nurse, while doing a procedure, makes unpleasant face, the patient would lose his/her confidence in that nurse and would not trust her.
- Do not disclose or share any unnecessary information about the patient, disease or treatment, to others
- Matters disclosed by the patient even in unconscious stage, should not be conveyed to others except to the doctor attending that patient.
- As if helping and trying to preserve the health of others, a nurse should take care of her own health and possess a good individuality.
- Considering the importance of risks in the service entrusted, the need of developing skill and attitude and the livelihood of the future, a nurse should give prime importance and seriousness to his/her own health and wellbeing.
- Nurse should try to improve himself/herself by reading, modeling the leaders of the profession and participating in the professional conferences to increase knowledge and skill.
- Nurse should not talk or whisper anything in front of the patient about disease or about his/her family. The unquestionable belief and affection entrusted upon the nurse by the patient and others, is the core of his/her success or work. In healthcare service caste, creed, wealth, status, beauty, age or sex should not be a bar to give care. We should respect and deal with the patient according to their personality and individuality.
- All must follow daily routines strictly and take the required amount of nutrients proper rest, sleep and exercise as is required to keep good health.

ETIQUETTES IN NURSING

Etiquette means the rules for the behavior or the good manners that the professional people should practice. A nurse is one of the important members of the health team and works in co-operation with others for the care of patients. People are of different kinds and cultures. For the smooth running and for good interpersonal relationship in the group, nurses should follow some rules for their good behavior.

Some of the common etiquettes to be followed by a nurse are:

- A nurse should be courteous, gentle and polite to all. He/she should be approachable and has a pleasing nature but it should not overcome his/her official status.
- Address the seniors appropriately as Sir, Madam, Miss, etc.
- Greet others according to the time of the day, e.g., good morning, good evening, etc.
- Stand up when senior members enter your room, if you are sitting there, or answering their questions.
- Open the door for seniors and stand aside for them to pass in or out.
- Say excuse me when overtaking seniors or passing between two persons.
- In staircases or corridors, stand aside and give way to the seniors.
- Maintain silence in group or whenever needed. Use neat and tidy dress to have a professional look such as combed hair and put up sarees/uniform well-arranged and fixed with pins.
- Do not use cutex/nail paint or jewellery during duty time as it may interfere in work.
- Obey seniors without arguing.
- Say 'Thank you' when someone do a favor to you or correct you.
- Give seats to seniors when traveling and help them to carry heavy loads if you find them on the way.
- Get permission from seniors if you need something from the department.
- Give proper answers in the proper time to others.
- Be punctual and honest in duty time and work.
- Follow mannerism while talking or listening to others like keep eye contact and sit face to face on such occasions.
- If you happened to hurt others accidentally say 'excuse me'.
- Avoid talking about others unnecessarily, otherwise people will lose their confidence and trust in you.
- Always close the doors when you get into the room or when you get out of the room, if required.
- Knock at the door and wait for response before you enter in other's room.
- Cover the mouth when you cough or sneeze, but do not cover it when you talk to others.
- Say 'excuse me' when you interfere the talk or work of others.
- Do not receive gifts or presents from the patient or relatives of patient.
- If you happened to leave the patient alone or leave the ward, get the permission of the seniors or other responsible persons.

INTERPERSONAL RELATIONSHIP (IPR) IN NURSING

The smooth running of any work depends upon the proper relationship of the members of the team. A nurse being one of the important members of the health team, should establish a very good relationship with all the other members, for better cooperation and harmony in the working field. The principles of good interpersonal relationships are:

- Be familiar with the name of the patient and relations but do not use nick names
- Respect the individuals according to their status
- Do not impose any work upon others
- Always have good emotional control
- Willingly accept mistakes and ignorance
- Do not impose your mistakes on others
- Be calm in problems and focus attention to solve it
- Try to get the confidence of the patient, relatives and co-workers
- Be impartial to all
- Be honest and obedient to the seniors, doctors and all others
- Mingle with others as if you are one of the members of a family and always remember that the patient is the central figure of your work

- Behave nicely with all, as you expect from others
- Demonstrate responsibilities by your behavior and consider that the satisfaction of others is greater than yours
- Accept the work and problems of others, instead of projecting difficulties and works faced by you
- Include other people whenever possible to get the maximum effect of your work
- Do the procedures skillfully to get better cooperation and help of the patient and relatives
- Do not create situations for any arguments
- Consider the interests of others while talking to them
- Be a good listener than becoming a good speaker and answer in a soft voice while replying others
- Utilize the opportunities around, to enhance the knowledge
- When someone is angry unnecessarily or using foul language, do not try to defend yourself but approach and try to clear the misunderstanding when the person is calm
- Appreciate and encourage the goodness of others
- Always have a pleasant face
- Practice tolerance with others
- Avoid gossiping and try not to keep company with people who are in habit of gossiping
- Do not try to degrade any one as it may come back to you any time
- Show your interest in listening to the experience of the patients or elders
- Whenever possible, try to teach the healthy habits to patients and relatives and help them to practice these
- When work is finished or you get leisure time, try to help others to complete their work so that you may get from others more acceptance and help.
- You should not be selfish in dealing with others but should be dedicated for the welfare of the patient

People Interrelated with a Nurse

- **The persons related to nurses in the profession are:** Patients, relatives, physicians, nursing teachers, fellow nurses, nonprofessional hospital people, nursing administrators, senior nurses and ward sisters.
- **Members of the health team are:** Doctors, therapists, pharmacists, dietitians, technicians, medical representatives, social workers, chaplains and other nurses.

Central Figure and Triangular Connections

Wherever and whoever is the client, the most important aim of every treatment and care is the cure and welfare of the patient as an individual and not the name of the disease or 'case'. **Individual means a living mind in a living body.** The interconnected factors for the treatment and care of an individual are the relatives, doctors and the nurses (Fig. 4).

- Relatives bring the patient to the doctor, disclose the required information about the patient and his/her illness and meet the expenses.
- A doctor examines the patient, does the investigations, diagnoses the condition and prescribes the expert treatment.
- A nurse carries out the instructions of the doctor and gives required efficient nursing care to the patients and deals with the relatives politely.

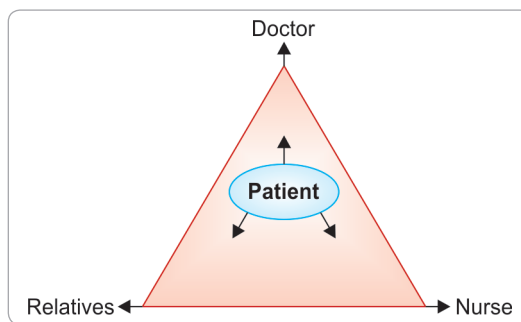


Figure 4: Triangular connection of patient care

For the cure and wellbeing of the central figure, **the patient**, the three factors are connected with each other. Apart from this triangular connection, a nurse is a link between all the members and all departments of the hospital and the members of the health team in the healthcare system of the country.

Interaction with the Patient

The dealings of the nurse with the patient should be respectful and he/she should be considered as an important member of his/her family. More than a patient, he/she is an individual whose disease of the body will affect the mind and discomforts of the mind will affect the body too. When a person becomes a patient, he/she is more dependent, afraid, emotional and more anxious in that environment. He/she wishes to get love, sympathy and sincerity from the care givers as if he would have received from his/her family if he/she was at home. A patient expects expert treatment, efficient nursing care, perfect safety and full comfort when he/she is in the bed.



The nurse should not forget the fact that more than his/her own matters or mingling with the bystanders, the central point of attention is the patient, who is entrusted to care.

The patient is most valuable individual in the service field of a nurse. He/she should be alert to satisfy the basic needs of the patient such as rest and sleep, hygiene, food, elimination, diversion, etc. which are highly essential for healthcare and comfort.

Interaction with the Relatives

In connection with the treatment and care of the patient a nurse has to interact with the relatives or bystanders. Their fear and anxiety may be considered with sympathy and make situations favorable for them to talk with the doctor for clearing their doubts about the patient and diseases. A nurse should explain to them within limit. Out of ignorance, relatives may ask some flimsy or funny questions to the nurse about the patient or diagnosis and a nurse should console and comfort them with suitable answers. Visiting of close relatives may be soothing for the patient. But at times when the patient is extremely weak or expected to be tired because of visitors, the nurse should avoid such visitors tactfully. Talking for a long time or any other exertion is not desirable when one is sick or exhausted.

Interaction with Doctor

Instructions given by the doctor about the treatment should be carried out faithfully. If there is any doubt about any medicine or treatment, it should be cleared by asking the doctor without hesitation. Occurrence of any mistake in the treatment or care may result in a threat to the life of the patient. The reaction and the result of prescribed medicine or treatment should be observed and reported to the doctor during his/her next visit to the patient. Submission of a short report to doctor, about the patient and treatment given to the patient will increase the trust and faithfulness of the nurse. A written report should include the following points:

- Temperature, rate of pulse and respiration
- Details and frequency of urination and defecation
- Measurement of intake and output
- Type and time of sleep
- Details of appetite, food and eating
- Presence of pain and the given care or medication for it
- Vomiting, if any, and details

- Cough and details of sputum, if any
- Effects of given medicine and reactions, if any

BASIC NURSING PRINCIPLES

Schools of nursing prepares the nurses by instilling knowledge and skill in them so that they could do their work by fulfilling the basic nursing principles. In doing nursing procedures, the knowledge and skills are to be integrated to cover the following principles:

- **Safety:** It is the protection from hazards to patients and the members of the health team from the possible mechanical, chemical, thermal, bacteriological and psychological injuries.
- **Therapeutic effectiveness:** It is the result of the work, that is, whether the purpose of the procedure is fully achieved or not.
- **Comfort:** Every nursing procedure is aimed for the comfort of the patient. It should give the satisfaction to the patient, relatives and the nurse on completion of the work.
- **Use of resources:** The use of time, energy and material should be economic. A procedure should not be cancelled due to the shortage of one or two items required if they are not extremely essential. In such situations, adjustments can be done by improvising materials with the available resources.
- **Good workmanship:** It is the basic skill while doing procedures. There is great difference in doing things by a fresh hand and by an experienced hand. Such skill or the art of doing procedures is developed only by doing the same repeatedly. Nursing is learning by doing and not merely by reading.
- **Individuality:** The likes and dislikes are different in different persons. So when you are planning nursing care for a person, his/her needs are to be anticipated, problems are to be identified, and feelings are to be considered.

NURSING TECHNIQUES AND PROCEDURES

Nursing Techniques

The nursing techniques include the skillful handling of patient with the least discomfort, the skillful handling of sterile apparatus without contamination and the elimination of unnecessary movements so as to ensure the maximum speed with the highest efficiency.

Nursing Procedure

It means a method of carrying out a treatment. Details of procedure differs in various hospitals, although the underlying principles remain the same.

Important Factors of a Procedure

There are three factors involved in doing a procedure:

The Nurse

- Every nurse should have an interest in her work and should radiate joy while doing it.
- He/she should wash hands before and after every treatment.
- Have the correct equipment at hand before beginning, have it in good working condition and arranged conveniently.
- Always carry the equipment in a tray.
- Observe the condition of the patient while doing a treatment and report any unusual signs and symptoms to the supervisor. Note the effect of treatment and report it.
- Always chart procedure only **after** they have been done, not before. Otherwise, the charting may be dishonest.

The Patient

- The patient's mental and physical comfort should always be the first priority.
- A brief explanation about the procedure should always be made to all patients undergoing treatment for the first time in order to make him/her understand the purpose and be willing to cooperate.
- The patient should be placed in a comfortable position as far as possible before beginning a procedure and should be left in a comfortable position after treatment.
- The patient should never be exposed more than what is absolutely necessary and if any exposure is necessary screens should be used.

The Environment

- The room should be in the right temperature and there should be proper light.
- Draughts should be avoided.
- The ward or room should be left in order, after carrying out a procedure.
- All equipment for a procedure should be clean and in a good working condition and must be checked for their efficiency before beginning the procedure.
- After use, all equipment should be given appropriate care, that is, it should be scrubbed, washed, boiled, dried, aired, etc. as needed and put back in their proper places in good condition for future use.
- All broken equipment should be reported and replacement obtained.

STEPS OF PROCEDURE

The steps of procedure have been discussed here as follows:

- **Preliminary assessment of the patient and situation:**
 - The first step before starting a procedure is to identify the patient.
 - Then he/she will see the doctor's order to note any specific instructions in doing the procedure.
 - He/she will meet the Senior Sister of the ward to get the further instructions about the patient and procedure.
 - After this he/she will see the patient and note general condition, ability of self-help, his/her mood for acceptance, hygienic status, positions to be changed, need of the procedure and need of assistance required or not.
 - Then nurse has to find out the availability of articles required in the unit, alterations to be made or improvisation of articles.
- **Preparation and organization of articles (requisites):** In this step, the nurse has to remember three important points:
 - i. Articles for the preparation of procedure
 - ii. Articles for the actual performance of procedure
 - iii. Articles for the termination of the procedure

To collect and organize the articles according to the order of use, the nurse must have a thorough knowledge about the details of the procedure. That is, nurse should judge him/herself what all things are required to prepare for the procedure, what are essentially required to perform the actual procedure and what will be required to terminate the procedure. On the basis of this judgment, a thoughtful nurse will collect and organize all the articles to meet the needs throughout the procedure, and concentrate in the performance. Carelessness in this regard may cause adverse results on patient as well as on the concerned nurse and doctor.

- **Preparation of the patient:** If the patient is not prepared well then there is no meaning of a skilled nurse or arranging the articles in order. Patient has to be prepared mentally and physically.
 - **As far as mental preparation** of the patient is concerned, nurse makes the patient understand politely about the procedure and need of doing the same and the good effect that is expected after doing it. Thus win the trust, cooperation and confidence of the patient.
 - With regard to **physical preparation**, the nurse should provide privacy to the patient. He/she should expose only that part of the body which is necessary for doing the procedure, make only the minimum disturbance to the patient by movement and change of position and so on.
- **Performance of the procedure:** Even though the materials of the procedure are arranged well, if the nurse is not thorough about actual procedure to be done, it will not be accepted by the patient and the desired effect will not be obtained. This knowledge is obtained from the classrooms, books and demonstration and by assisting the senior sisters in the ward in the beginning. The sincere effort on behalf of students and junior staff in learning, observing and practicing is the real method of developing knowledge and skill in doing procedures.
- **After-care of the patient and articles:** Once the procedure is completed, the patient is made comfortable. The effect of the treatment is observed, proper recording is made in the chart with signature of the nurse. All the articles are well cleaned and sterilized (if needed) and replaced at the proper place, so that they could be ready for the next use.