

Contents

<i>Foreword</i>	<i>v</i>
<i>About the Author</i>	<i>vii</i>
<i>Preface</i>	<i>ix</i>
<i>Acknowledgments</i>	<i>xi</i>
<i>Reviewers</i>	<i>xiii</i>
<i>List of Abbreviations</i>	<i>xxiii</i>
<i>Viva Voce Questions</i>	<i>xxv</i>
Chapter 1 Nurse-Patient Relationship/Communication	1-4
1.1 Nurse-Patient Relationship/Communication	2
Chapter 2 Vital Signs	5-36
2.1 Temperature Measurement Using a Glass/Bulb Thermometer.....	6
2.2 Temperature Measurement Using an Electronic Thermometer.....	9
2.3 Rectal Temperature Measurement Using a Glass/Bulb Thermometer	12
2.4 Rectal Temperature Measurement Using an Electronic Thermometer.....	15
2.5 Axillary Temperature Measurement Using a Glass/Bulb Thermometer.....	18
2.6 Axillary Temperature Measurement Using an Electronic Thermometer	21
2.7 Radial Pulse and Respiration	24
2.8 Apical Pulse	27
2.9 Blood Pressure Assessment	30
2.10 Pulse Oximetry/Oxygen Saturation Measurement	34
Chapter 3 Health Assessment and Infection Control in Clinical Settings	37-59
3.1 Health History Taking.....	38
3.2 Head-to-Toe Examination/Physical Examination	42
3.3 Surgical Hand Wash/Scrub.....	47
3.4 Antiseptic Dressing.....	50
3.5 Donning of PPE Kit.....	54
3.6 Doffing of PPE Kit	57
Chapter 4 Comfort, Rest & Sleep and Pain	61-131
4.1 Preparing Unoccupied Closed Bed	62
4.2 Preparing Unoccupied Open Bed	66
4.3 Preparing Postoperative/Surgical Bed.....	69

4.4	Preparing Occupied Bed	72
4.5	Preparing Bariatric Bed	76
4.6	Preparing Fracture Bed	79
4.7	Preparing Cardiac Bed.....	82
4.8	Supine Position	85
4.9	Prone Position.....	88
4.10	Lateral Position	91
4.11	Lithotomy Position	94
4.12	Fowler's Position	97
4.13	Sims Position.....	100
4.14	Trendelenburg Position	103
4.15	Reverse Trendelenburg Position	106
4.16	Cold Application	109
4.17	Hot Application.....	112
4.18	Application of Physical Restraints	115
4.19	Application of Binder.....	118
4.20	Physical Bath	122
4.21	Pain Assessment and Scoring	125
4.22	Fall Risk Assessment and Prevention	128
Chapter 5	Hospital Admission and Discharge, Mobility and Immobility	133–157
5.1	Admission Procedure	134
5.2	Discharge Procedure	138
5.3	Performing Range of Motion Exercise.....	142
5.4	Patient Transfer to a Stretcher	146
5.5	Patient Transfer to a Wheelchair	149
5.6	Ambulating Patient with a Walker	152
5.7	Anti-Embolism Stockings.....	155
Chapter 6	Hygiene	159–190
6.1	Oral Hygiene and Care	160
6.2	Hair Washing and Care.....	164
6.3	Pediculosis Treatment.....	168
6.4	Perineal Hygiene and Care.....	172
6.5	Sponge Bath	176
6.6	Back Massage	180
6.7	Measuring Pressure Ulcer/Bedsore.....	184
6.8	Dressing of Pressure Ulcer/Bedsore.....	187
Chapter 7	Nutritional Needs, Elimination Needs, and Diagnostic Testing	191–274
7.1	Nasogastric Tube Insertion	192
7.2	Gastric Lavage/Stomach Wash	196
7.3	Gastric Lavage <i>via</i> Tube with Bulb	200

7.4	Gastric Aspiration	203
7.5	Sitz Bath	206
7.6	Anal/Rectal Suppository	209
7.7	Rectal Enema	213
7.8	Vaginal Suppository	216
7.9	Indwelling Catheterization	220
7.10	External/Condom Catheterization.....	224
7.11	Continuous Bladder Irrigation.....	228
7.12	Catheter Removal	233
7.13	Urine Specimen Collection for Male Patient	236
7.14	Urine Specimen Collection for Female Patient	240
7.15	Providing Bedpan	244
7.16	Bronchoscopy and Endoscopy Assistance	248
7.17	Hemoglobin Estimation	251
7.18	Blood Glucose Monitoring.....	254
7.19	Glucose Tolerance Test (GTT)/Dipsi Test/OGTT	257
7.20	Urine Dipstick Test for Sugar/Albumin.....	261
7.21	Obtaining Blood Culture	264
7.22	Nutritional Assessment	268
7.23	Total Parenteral Nutrition	271
Chapter 8	Oxygenation Needs	275–296
8.1	Oxygen Administration by Nasal Prongs/Cannula	276
8.2	Oxygen Administration by Face Mask	280
8.3	Oxygen Administration by Nasal Catheter.....	283
8.4	Incentive Spirometry	286
8.5	Deep Breathing Exercises.....	289
8.6	Controlled Coughing Exercises	291
8.7	Intake and Output Measurement	294
Chapter 9	Fluid, Electrolyte, and Acid-Base Balances	297–309
9.1	Intravenous Cannulation	298
9.2	Intravenous Infusion	302
9.3	Blood and Blood Product Transfusion.....	305
Chapter 10	Administration of Medications.....	311–357
10.1	Removing Medicine from Ampoule	312
10.2	Removing Medicine from Vial	316
10.3	Drug <i>via</i> Metered Dose Inhaler	319
10.4	Steam Inhalation.....	323
10.5	Subcutaneous Injection	326
10.6	Intramuscular Injection	329
10.7	Intravenous Injection	332

10.8	Intradermal Injection	335
10.9	Oral Medication Administration	338
10.10	Ear Drop Instillation	342
10.11	Eye Drop Instillation.....	345
10.12	Nasal Drop Instillation	348
10.13	Topical Application.....	351
10.14	Ear Irrigation	355
Chapter 11 Sensory Needs and Care of Unconscious Patients, Care of Terminally Ill, Death and Dying & Stress and Adaptation.....		359–391
11.1	Diabetic Foot Examination	360
11.2	Neurological Assessment by Glasgow Coma Scale	364
11.3	Brachioradialis Reflex.....	368
11.4	Triceps Reflex.....	371
11.5	Patella (Knee-Jerk) Reflex.....	374
11.6	Plantar Reflex	377
11.7	Stress Assessment and Coping	380
11.8	Care of Terminally Ill	384
11.9	Dead Body Care and Packing.....	387
11.10	Assessing Stress Level of Patient.....	390
Chapter 12 First Aid and Emergencies.....		393–427
12.1	Bandaging while Dressing.....	394
12.2	Eye Bandage	398
12.3	Ear Bandage	401
12.4	Thumb Spica.....	404
12.5	Triangular Bandage/Sling.....	407
12.6	T-Bandage/Perineal/Groin Bandage	410
12.7	Compression Bandage	412
12.8	Seizure Management.....	414
12.9	Adult Cardiopulmonary Resuscitation	418
12.10	Infant/Pediatric Cardiopulmonary Resuscitation	421
12.11	Automated External Defibrillation	424
Chapter 13 Advanced Procedures		429–551
13.1	Tracheostomy Care.....	430
13.2	Tracheostomy Suctioning	434
13.3	Endotracheal Tube Intubation	438
13.4	Arterial Blood Gas Sampling.....	442
13.5	Continuous Positive Airway Pressure	446
13.6	Bilevel Positive Airway Pressure	449
13.7	Thoracentesis	452
13.8	Chest/Intercostal Tube Insertion/Pleural Drainage	456

13.9 Chest/Intercostal Tube/Pleural Drain Dressing	461
13.10 Peripherally Inserted Central Catheter Line Care	464
13.11 Obtaining Aerobic Wound Culture Sampling.....	467
13.12 Obtaining Anaerobic Wound Culture Sampling	470
13.13 Bone Marrow Aspiration	473
13.14 Bone Marrow Biopsy	480
13.15 Drug and Alcohol Specimen Collection (Urine)	487
13.16 Drug and Alcohol Specimen Collection (Blood).....	492
13.17 Colostomy Irrigation.....	496
13.18 Ostomy Care Procedure	500
13.19 Paracentesis.....	505
13.20 Arthrocentesis	509
13.21 Visual Acuity Test.....	513
13.22 Hearing Aid	516
13.23 Weber Test	519
13.24 Rinne Test.....	522
13.25 Lumbar Puncture Procedure and CSF Sampling.....	525
13.26 Arterial Pressure Monitoring	528
13.27 Central Line <i>via</i> Internal Jugular Vein.....	532
13.28 Central Line <i>via</i> Subclavian Vein.....	536
13.29 Central Line <i>via</i> Femoral Vein	540
13.30 Wound Suturing	544
13.31 Suture Removal	548
Miscellaneous/Other Procedures.....	553-569
Medical Handwashing	554
Surgical Handwashing	557
Placing Client in Radiant Heat Warmer	560
Phototherapy.....	564
Kangaroo Mother Care	567