Chapter 1
Introduction to Nursing
Historical Perspective/Pre-Civilization

- Theory of animism
- Belief that good and evil spirits bring health or illness
- Physician as medicine man
- Nurse portrayed as mother caring for family (nurturing role)
Tell whether the following statement is true or false.

In the beginning of civilization, the role of the physician was carried out by the priest.

A. True
B. False
Answer: A. True.

In the beginning of civilization, the role of the physician was carried out by the priest.
Historical Perspective/Beginning of Civilization

- The belief existed that illness is caused by sin and gods’ displeasure
- Temples were centers of medical care
- Priests were highly regarded as physicians
- Nurses were viewed as slaves carrying out menial tasks ordered by priests
Historical Perspective/Beginning of 16th Century

- Focus on religion replaced by focus on warfare
- Exploration and expansion of knowledge occurred
- Shortage of nurses—criminals recruited
- Nursing considered disreputable
Historical Perspective/18th–19th Century

• Hospital schools organized
• Female nurses under control of male hospital administrators and physicians
• Male dominance of healthcare
• Nursing becomes respected occupation
• Modern methods in nursing education founded
Historical Perspective/World War II

- Explosion of knowledge in medicine and technology
  - Broadened the role of nurses
- Efforts to upgrade nursing education
- Women more assertive and independent
Historical Perspective/1950s to Present

- Nursing broadened to become a profession
  - Emphasis placed on evidence-based practice
  - Recognized role of nurse in health promotion
- Varied healthcare settings were created
- A specific body of knowledge was developed
- Nursing research was conducted and published
Contributions of Florence Nightingale

- Defined nursing as both an art and a science
- Differentiated nursing from medicine
- Identified personal needs of patient and role of nurse in meeting them
- Established standards for hospital management
- Established nursing education and nursing as a respected occupation for women
Contributions of Florence Nightingale (cont.)

- Stressed the need for continuing education for nurses
- Recognized two components of nursing—health and illness
- Recognized nutrition as important to health
- Instituted occupational and recreational therapy for sick people
- Maintained accurate records/beginning of nursing research
Definitions of Nursing

• Originated from the Latin word *nutrix* (to nourish)

• ICN definition—Promotion of health, prevention of illness, collaborative care

• ANA definition—Social policy statement
  - Includes physical, emotional, social, and spiritual dimensions of the patient
A hospital nurse works collaboratively with a physician, social worker, physical therapist, and home healthcare nurse to provide nursing care for a patient following a MVA. What should be the central focus of this care?

A. The nurses  
B. The physician  
C. The nursing care plan  
D. The patient  
E. The physical therapist
Answer: D. The patient

Rationale:
The central focus in all definitions of nursing is the patient (person receiving care) and includes the physical, emotional, social, and spiritual dimensions of that person. Nursing is no longer considered to be concerned primarily with illness care.
Nursing as a Profession and Discipline

• Practice in a wide variety of settings.
• Develop a specific body of knowledge.
• Conduct and publish nursing research.
• Recognize role in promoting health.
• Use nursing knowledge as base for nursing practice.
Aims of Nursing

- To promote health
- To prevent illness
- To restore health
- To facilitate coping with disability or death
Meeting the Aims of Nursing

- Nurses use knowledge, skills, and critical thinking.
- Nurses give care in a variety of traditional and expanding nursing roles.
- Nurses use cognitive, technical, interpersonal, and ethical/legal skills.
A nurse who uses critical thinking skills to develop a nursing care plan for an expectant mother of triplets is said to be using which of the following skills?

A. Cognitive  
B. Technical  
C. Interpersonal  
D. Ethical/Legal
Answer: A. Cognitive

Rationale:

Cognitive skills involve thinking about the nature of things sufficiently to make decisions regarding care.

Technical skills enable nurses to manipulate equipment to produce a desired outcome.

Interpersonal skills involve caring relationships.

Ethical/legal skills enable nurses to conduct themselves morally and professionally.
Tell whether the following statement is true or false.

A nurse who explains a surgical procedure to a patient in order to obtain informed consent is fulfilling the role of counselor.

A. True
B. False
B. False.

A nurse who explains a surgical procedure to a patient in order to obtain informed consent is fulfilling the role of advocate.
Nursing Roles in all Settings

- Caregiver
- Communicator, Teacher/Educator
- Counselor
- Leader
- Researcher
- Advocate
Expanded Educational and Career Roles of Nurses

- Clinical nurse specialist
- Nurse practitioner
- Nurse anesthetist
- Nurse–midwife
- Nurse educator
Expanded Educational and Career Roles of Nurses (cont.)

- Nurse administrator
- Nurse researcher
- Nurse entrepreneur
Educational Preparation for Nursing Practice

- Practical and vocational nursing education
- Registered nursing education
- Graduate education in nursing
- Continuing education
- In-service education
Nurse Practice Acts

- Define legal scope of nursing practice.
- Exclude untrained or unlicensed people from practicing nursing.
- Create a state board of nursing.
- Make and enforce rules and regulations.
Nurse Practice Acts (cont.)

• Define important terms and activities in nursing.
• Provide Legal requirements and titles for RNs and LPNs.
• Establish criteria for education and licensure of nurses.
Question

Which one of the following establishes criteria for the education and licensure of nurses?

A. Nursing process
B. Nurse practice acts
C. ANA standards of nursing practice
D. National League for Nursing
Answer: B. Nurse practice acts

Rationale:

Nurse practice acts regulate the practice of nursing including education and licensure.

Nursing process is a guideline for nursing practice enabling nurses to implement their roles.

ANA standards of nursing practice protect and allow nurses to carry out professional roles.

The National League of Nursing fosters the development and improvement of nursing services.
The Nursing Process

• One of the major guidelines for nursing practice
• Helps nurses implement their roles
• Integrates art and science of nursing
• Allows nurses to use critical thinking
• Defines the areas of care that are within the domain of nursing
Current Trends in Nursing

- Nursing shortage
- Evidence-based practice
- Community-based nursing
- Decreased length of hospital stay
- Aging population
- Increase in chronic care conditions
Current Trends in Nursing (cont.)

- Independent nursing practice
- Culturally competent care
National Supply and Demand Projections for FTE Registered Nurses: 2000 to 2020

Source: Bureau of Health Professions, RN Supply and Demand Projections (2002).
Questions

• In the beginning of the 16\textsuperscript{th} century, the focus on religion was replaced by a focus on __________, exploration, and the expansion of knowledge.

• The four aims of nursing practice are to promote health, prevent illness, restore health and facilitate _______.

• In nursing practice, nurses use cognitive, technical, interpersonal, and _______/legal competencies.

• A seminar focused on the use of a new piece of equipment at a hospital is an example of __________ education.

• Nurse _______ acts define the legal scope of nursing practice.