



Nursing Sciences

Introduction to Nursing

Learning Objectives:

After completing this lecture, the student will be able to:

- ✓ Define nursing, and health as it relates to the whole person.
- ✓ Describe the scope of nursing and recipients of nursing care.
- ✓ Explain roles and functions of nurse and settings for nursing.
- ✓ List and discuss factors affecting health and illness.
- ✓ Describe the Standards of Nursing Practice.

Definitions of nursing:

The word nurse originated from the Latin word nutrix, meaning " to nourish."

Florence Nightingale (1860/1969) defined nursing as "the act of utilizing the environment of the patient to assist him in his recovery".

Florence Nightingale considered the founder of modern nursing. In 1860, Florence Nightingale described nursing as the "use of fresh air, light, warmth, cleanliness, quiet and the proper selection and administration of diet". She considered a clean, well ventilated, and quiet environment essential for recovery from illnesses.

Virginia Henderson was one of the first modern nurses to define *nursing*. In 1960, she wrote: "The unique function of the nurse is to assist the individual, sick or well, in performing those activities contributing to health or its recovery (or to peaceful death)."

In 1973, the **American Nursing Association (ANA)** described nursing as "direct, goal-oriented, and adaptable to the needs of the individual, the family, and community during health and illness".

In **1980, the American Nursing Association (ANA)** changed the definition of nursing to this: “Nursing is the diagnosis and treatment of human responses to actual or potential health problems”.

The **current definition** of nursing remains unchanged from **2003**: “Nursing is the protection, promotion, and optimization of health and abilities, prevention of illness and injury, alleviation of suffering through the diagnosis and treatment of human response, and advocacy in the care of individuals, families, communities, and populations” (ANA, 2010, p. 10).

Scope of Nursing Practice

Nurses provide care for three types of clients: individuals, families, and communities. Nursing practice involves four areas:

1. Promoting Health and Wellness:

Involve individual and community activities to enhance healthy lifestyles, such as :

- Improving nutrition and physical fitness
- Preventing problematic drug and alcohol use
- Smoking cessation
- Preventing accidents
- Injury in the home and workplace

2. Preventing illness:

The goal of illness-prevention programs is to maintain optimal health by preventing disease. Examples of preventing illness include immunizations, prenatal and infant care, and prevention of sexually transmitted infections

3. Restoring health:

Restoring health **focuses on the ill client**, and it extends from the early detection of disease to helping the client during the recovery period. Examples of nursing activities focused on restoring health include the following:

- Providing direct care to the ill person, such as administering medications, and baths.

- Performing diagnostic and assessment procedures, such as measuring blood pressure.
- Consulting and working collaboratively with other healthcare professionals about client problems
- Teaching clients about recovery activities, such as exercises that will accelerate recovery after a cerebrovascular accident (stroke)
- Rehabilitating clients to their optimal functional level following physical or mental illness, injury, or chemical addiction

4. Caring for the dying

This area of nursing practice involves comforting and caring for people of all ages who are dying. It includes helping clients be as comfortable as possible until death and helping the support people cope with death.

Recipients of Nursing Care

The recipients of nursing are sometimes called consumers, sometimes patients, and sometimes clients.

- **The consumer** is an individual, a group of people, or a community that uses healthcare services.
- **A patient** is a person who is waiting for or undergoing medical treatment and care. The word *patient* comes from a *Latin* word meaning “to **suffer**” or “to **bear**.”
- **A client** is a person who engages the advice or services of another who is qualified to provide this service. Presents the receivers of health care as **collaborators in the care**.

Roles and Functions of Nurse

The goal of nursing is to improve the health of clients. Nursing practice involves a variety of roles, including:



Settings for Nursing

In the past, the acute care hospital was the main practice setting open to most nurses. Today many nurses work in the:

- Hospitals
- Clients' homes
- Community agencies
- Ambulatory clinics
- Long-term care facilities
- health maintenance organizations (HMOs)
- Nursing practice centers

Interrelated concepts of health and wellness

Health is a state of being well and using every power an individual possesses to the fullest extent (Nightingale, 1960/1969). **The World Health Organization (WHO)** defines health as *“a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity”* (WHO, 2006 pg. 1).

Disease is a medical term, *meaning* there is a pathologic change in the structure or function of the body or mind. **Illness** is a highly personal state in which the person's physical, emotional, intellectual, social, developmental, or spiritual functioning is thought to be diminished.

Wellness is an active state of being healthy by living a lifestyle that promotes good physical, mental, and emotional health. Anspaugh, Hamrick, and Rosato (2011) propose seven components of wellness: **physical, environmental, social, occupational/financial, spiritual, emotional, and spiritual**. These components are interdependent and influence each other.

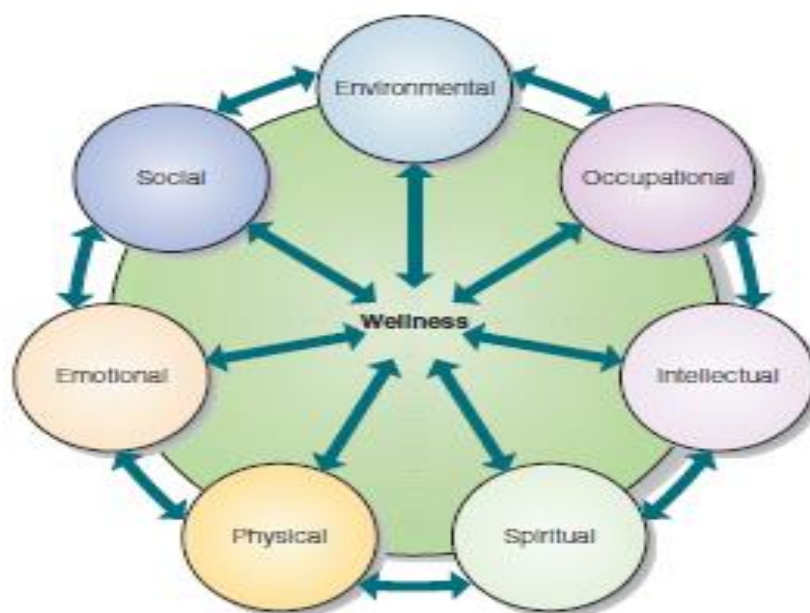


Figure 17-2 ■ The seven components of wellness.
"The Seven Components of Wellness" from *Wellness: Concepts and Applications* by David Anspaugh, Michael Hamrick and Frank Rosato, Copyright ©2011 by McGraw-Hill Education. Used by permission of McGraw-Hill Education.

Factors affecting health and illness:

Many factors influence a person's health status, health beliefs, and health practices. These factors include:

1. Basic Human Needs: A basic human need is essential to the emotional and physiologic health and survival of humans. A person whose needs are met may be considered to be healthy, and a person who has one or more unmet needs is at an increased risk for illness.

Maslow's hierarchy of needs include:

- **Physiological needs:** Include (needs of oxygen, water, food, elimination, rest, sleep, activity, and sex).

- **Safety and security needs:** include both physical and emotional aspects such as (health, employment, safety, and security).
- **Love and belonging needs:** include (love, acceptance, and friendship).
- **Self-esteem needs:** include (confidence, respect, competence, and freedom). Self-esteem is met by achieving success in work and other activities.
- **Self-actualization needs** the highest level of Maslow's hierarchy. Include the needs of acceptance, morality, understanding, creativity, and inner peace.



Figure 1-1 This scheme of Maslow's hierarchy of human needs shows how a person moves from fulfillment of basic needs to higher levels of needs, with the ultimate goal being integrated human functioning and health.

2. The Human Dimensions

The factors influencing a person's health–illness status, health beliefs, and health practices related to the person's human dimensions. Each dimension interrelates with each of the others and influences the behaviors of the person in health and illness.



FIGURE 3-1. The human dimensions. All of these interdependent parts compose the whole person.

3. Self-Concept

Another variable influencing health and illness is a person's self-concept, which incorporates both how the person feels about self (self-esteem) and the way he or she perceives his or her physical self (body image).

Levels of Prevention

TABLE 7.1 Levels of Prevention, Foci, and Activities

Level	Focus	Examples of Activities
Primary prevention	Focuses on health promotion and protection against specific health problems or disease. Precedes disease or dysfunction and is applied to generally healthy individuals or groups	Teaching accident and poisoning prevention, immunizations, family planning, nutrition, exercise, stress management, home and occupational safety; lifestyle and nutrition to prevent cancer or heart disease
Secondary prevention	Focuses on early identification or detection of health problems and prompts intervention to alleviate health problems and limit future disability	Screening for developmental delays and hypertension; tuberculosis skin test; clinical breast examination and testicular examination; annual physical and dental examinations
Tertiary prevention	Focuses on restoration and rehabilitation to the optimal level of functioning. Begins after an illness, when a defect or disability is stabilized or determined to be irreversible	- Teaching foot care to clients with diabetes - Teaching range-of-motion exercises to patients who have suffered a cerebrovascular accident

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