CHAPTER 1

The Nursing Process:
Delivering Quality Care
STUDENT LEARNING OUTCOMES:

1. States the definition of nursing as defined by ANA, 2010.

2. Explains the nursing process.

3. List the step of the nursing process.

4. Identifies ways in which the nursing process enhances nursing practice.

5. Explain how the nursing process promotes the active involvement of the client.
Definition of Nursing

- The essence of nursing is characterized by 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.

(American Nurses Association, 2010)
Definition of Nursing

- Nursing is both a science and an art involving the physical, psychological, sociological, cultural, and spiritual concerns of the individual. 

*The science* of nursing is based on a broad theoretical framework, whereas its *art* depends largely on the individual nurse's skills and ability to care.
The American Nurses Association, in its Nursing Social Policy Statement (1995), identified four essential features of today’s contemporary nursing practice:
THE NURSING PROFESSION

- Attention to the full range of human experience and responses to health and illness without restriction to a problem-focused orientation
- Integration of objective data with knowledge gained from an understanding of the client's or group's subjective experience
- Application of scientific knowledge to the processes of diagnosis and treatment
- Provision of a caring relationship that facilitates health and healing.
The 2003 revision of Nursing's Social Policy Statement recognized nursing's commitment to meeting the broader needs of society and the necessity of adapting to changes in healthcare environments and within the profession. This includes addressing organizational, social, economic, legal, and political factors within the healthcare system and society (ANA, 2003).
In the modern world of nursing, human response, defined as people’s experience with and responses to health, illness, and life processes across the life span, are the phenomena of concern for nurses.

- Thus, nursing’s role includes health promotion as well as activities that contribute to recovery from or adjustment to illness.
- Also, nurses support the right of clients to define their own health-related goals and engage in care that reflect their values.
THE NURSING PROCESS

- Offers an orderly, logical, problem-solving approach for administering nursing care to client care
- Incorporates an interactive/interpersonal approach with a problem-solving and decision-making process
THE NURSING PROCESS

FIVE STEPS

- Assessment
- Diagnosis/Analysis
- Planning
- Implementation
- Evaluation
NURSING PROCESS STEPS

Assessment

evaluation

Nursing diagnosis

implementation

planning
Five nursing process steps are

- sequential
- continuous
- overlapping
- interrelated
STEP 1: Assessment —
the systematic collection of data relating to clients
STEP 2 : Diagnosis —

the analysis of collected data to identify the client’s needs or problems
STEP 3: Planning — a two-part process of:

- identifying goals and desired outcomes
- selecting appropriate nursing interventions
STEP 4: Implementation —
putting the plan of care into action
STEP 5: Evaluation —
- determining the client’s progress
- monitoring the client’s response
The steps of the nursing process are interrelated, forming a continuous circle of thought and action.
HOW THE NURSING PROCESS WORKS

- A process you routinely use to solve problems
- Applies readily to client-care situations
To use the **nursing process**, you must be able to think critically.

- **Critical thinking** is a disciplined mental process of analyzing problems or phenomena that have been gathered from observation, experience, reflection, reasoning or communication.
CRITICAL THINKING

- Critical thinking requires reasonable, rational interpretation and evaluation of information.

- Critical thinking leads you to reasonable solutions to a problems and helps you choose among these possible solutions to make a decision.
HOW THE NURSING PROCESS WORKS

■ FOR EXAMPLE:

You have celebrated completion of your semester final with a very spicy, late-evening pizza. You awaken during the night with a burning sensation in the center of your chest. You are young and in good health and note no other symptoms. You decide that your pain is the result of the spicy food you have eaten. You then determine that you need to relieve the discomfort with an over-the-counter preparation before you will be able to return to sleep. You take a liquid antacid for your discomfort. Within a few minutes, you note the burning sensation is relieved, and you return to bed without further concern.
HOW THE NURSING PROCESS WORKS

FOR EXAMPLE:

- You have celebrated completion of your semester final with a very spicy, late-evening pizza. You awaken during the night with a burning sensation in the center of your chest. You are young and in good health and note no other symptoms. (assessment)

- You decide that your pain is the result of the spicy food you have eaten. (diagnosis)
HOW THE NURSING PROCESS WORKS

FOR EXAMPLE:

- You then determine that you need to relieve the discomfort with an over-the-counter preparation before you will be able to return to sleep.  (planning)

- You take a liquid antacid for your discomfort.  (implementation)

- Within a few minutes, you note the burning sensation is relieved, and you return to bed without further concern.  (evaluation)
Reference


2. Lippincott Williams & Wilkins (2013). Nursing Care Planning made Incredibly Easy-2nd edition. Lippincott Williams & Wilkins