



المحاضرة الاولى - المرحلة الثانية - الفصل الدراسي الاول

جامعة المعارف - كلية التمريض

Adult Nursing تمريض البالغين

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Adult nursing

Adult nursing expecting to learn students' **practical skills** and **procedures**. Adult nurses work with old and young adults with diverse health conditions, both chronic and acute. Depending on experience and training, As a nurse in the adult branch you will be working at the center of a multi professional team that includes doctors, physiotherapists, occupational therapists, pharmacists, radiographers, healthcare assistants and others.

Special demands

1. Nursing student will need presence of mind and flexibility to juggle the needs of a number of individuals at the same time.
2. Communication skills are fundamental to successful nursing. Nursing student must have personal skills to set people at their ease in pressurized and sometimes difficult circumstances.
3. Nursing student will also have the tremendous satisfaction of knowing your contribution really counts in reducing suffering and promoting the health of the people in your care.
4. The adult branch of nursing will suit individuals who wish to work in a busy, multidisciplinary team but can also use initiative where required.
5. There's a lot to learn in a fast changing, demanding environment, so

it's essential for you to be highly observant and able to assess what is best for the patient.

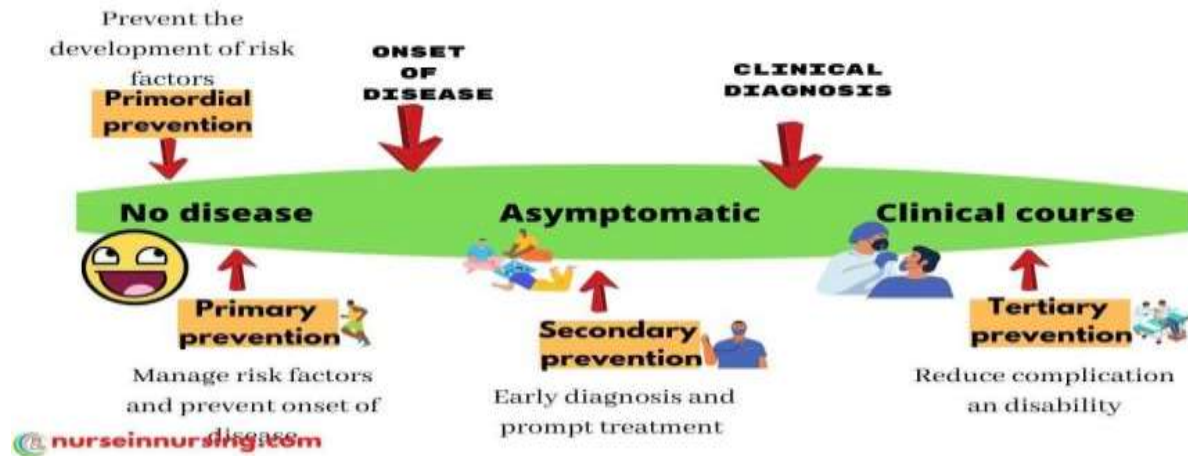
6. Willingness to take responsibility for people's well-being is essential, and a commitment to continuing learning throughout your career is vital.

Medical -surgical nursing

Nurse in this specialty practice primarily on hospital units and care for adult patients who are acutely or chronically ill with a wide variety of medical problems and disease or recovering from surgery.

Medical VS. Surgical

Surgical wards are generally for care of patients undergoing elective (planned) surgical procedures and emergency surgical procedures whereas medical is the care of patients who require care for disease/illness that need nursing and medical management but not necessarily surgical input. Medical wards often deal with complications/illness associated with long term conditions such as COPD, diabetes, heart failure, dementias etc. Surgical cases diabetic foot, breast cancer, hernia, peptic ulcer and appendicitis.



What is the role of a adults nurse?

Adult nurses **assess, plan, coordinate and manage care for their patients, while working closely with other health and social care professionals plus members of the care team.** They can work in a range of place including hospitals and in local community services (like GP practices).

What are the 6 C's of nursing?

The 6Cs of nursing are:

- Care.
- Compassion.
- Competence.
- Communication.
- Courage.
- Commitment.

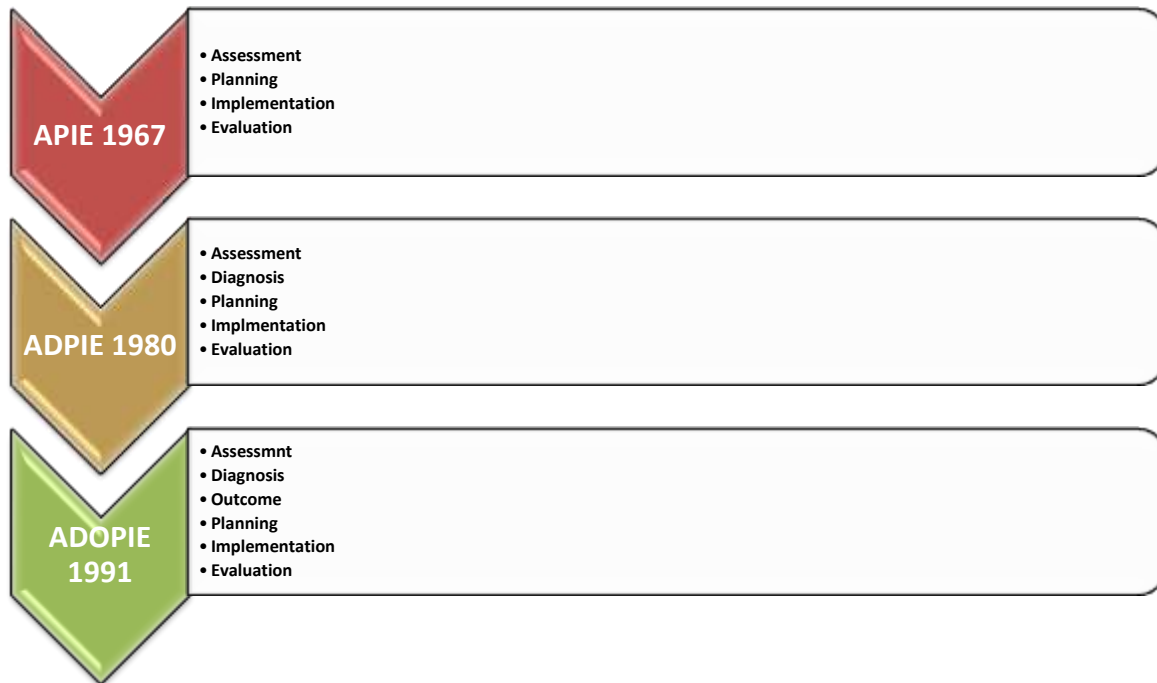
Nursing Process

A **process** is a series of steps or acts that lead to accomplishment of some goal or purpose.

Nursing process: is a systemic method for providing care to clients. The purpose is to provide individualized , holistic, effective client care efficiently. Although the steps of nursing process build on each other, each step overlaps with the previous and subsequent steps.

Nursing Process is a process by which nurses deliver care to individuals, families, and/or communities and is supported by nursing theories. The nursing process was originally an adapted form of problem-solving and is classified as a deductive theory.

The Nursing Process continue to evolve



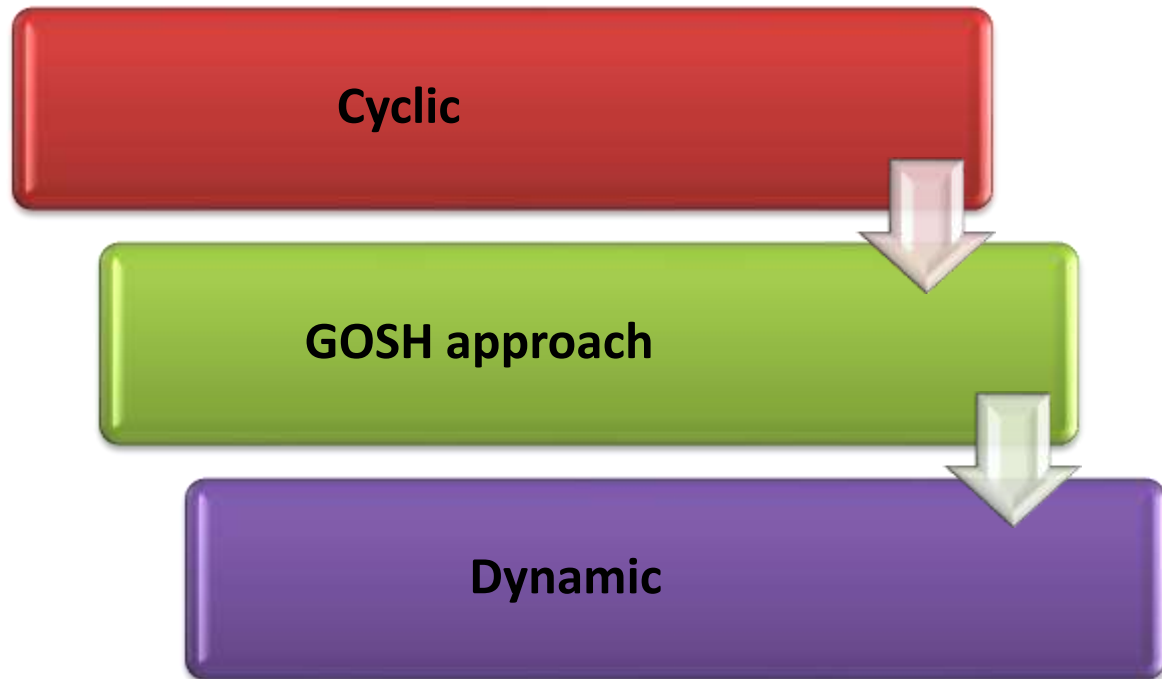
Purpose of Nursing process



Benefits of the Nursing process for the Nurse

- Job satisfaction
- Professional growth
- Avoidance of legal action
- Meeting professional nursing standards
- Meeting standards of accredited hospitals

Characteristics of the Nursing Process



*GOSH / G . goal oriented , O. organized , S. systematic,
H. humanistic care*

Phases of the nursing process include:

ADOPIE



All the Components of the Nursing process are considered and conducted using the *Nursing Care Plan*

The Nursing Care Plan a set of actions that the nurse will implement to resolve existing and potential health problems identified through nursing assessment

Assessment (what is the situation)?

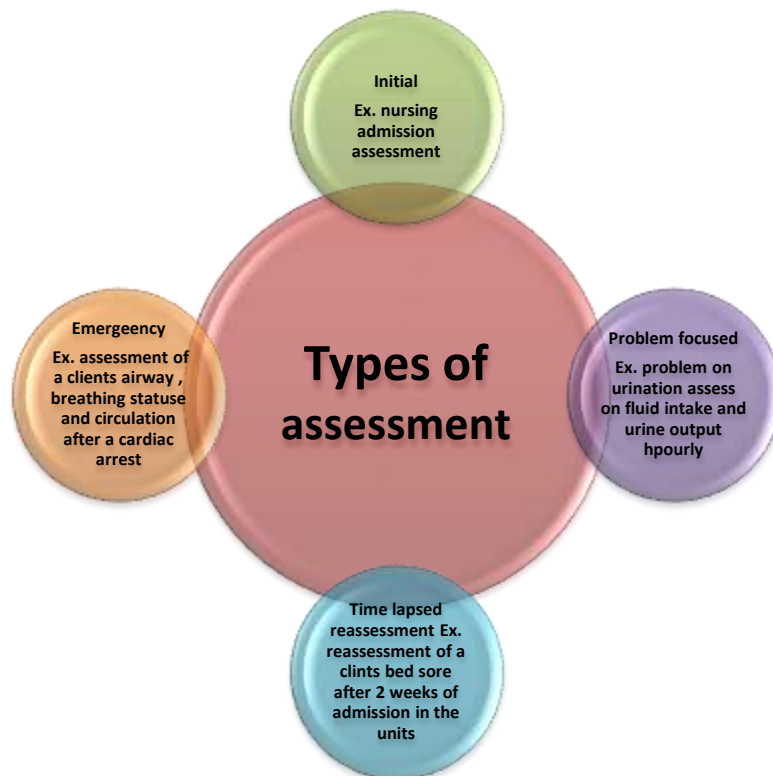
Definition

Is the first and most critical step of nursing process in which the nurse carries out a complete and holistic nursing assessment of every patient's needs, regardless of the

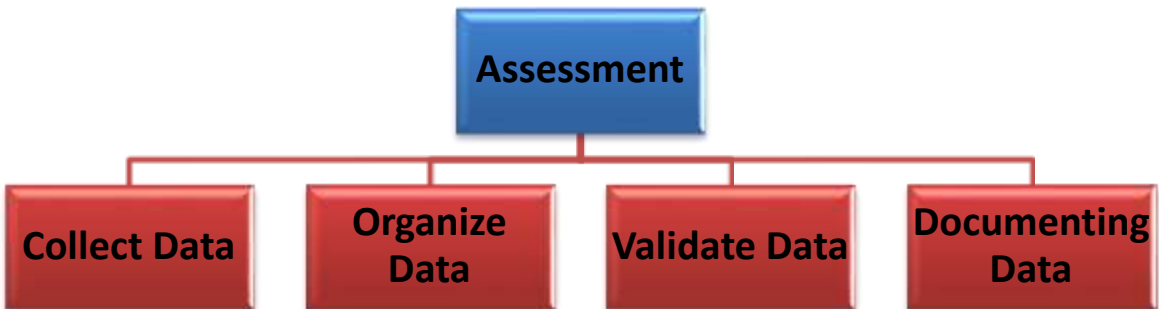
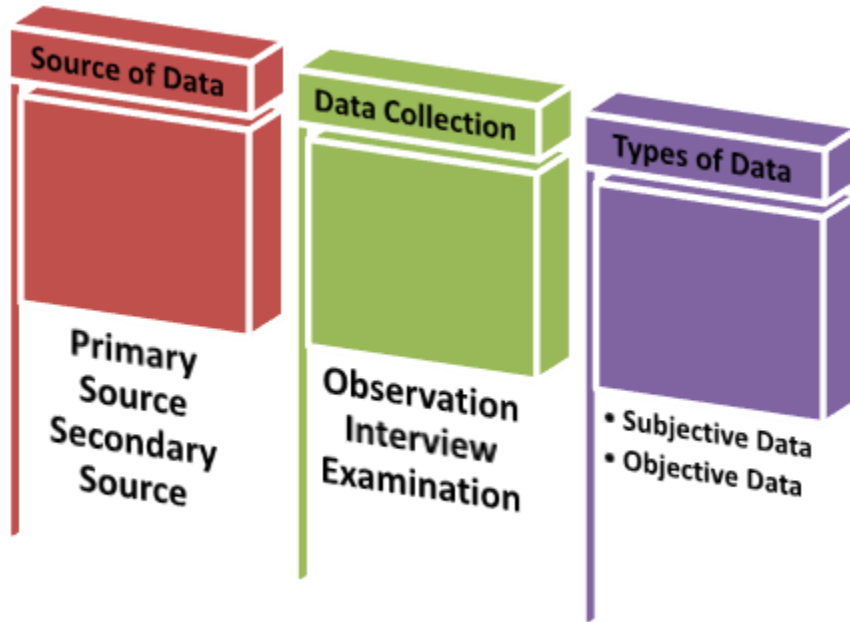
reason for the encounter. Usually, an assessment framework, based on a nursing model is used.

Purpose

- To establish baseline information on the client
- To identify the patient's nursing problems.



Assessing



Diagnosing (what is the problem?)



Definition of Nursing Diagnosis

A **Nursing Diagnosis** is defined as “ a clinical judgment about an individual, family or community responses to actual and potential health problems/life processes. Nursing diagnosis provide the basis for selection of nursing interventions to achieve outcomes for which the nurse is accountable.”(NANDA, 2009).

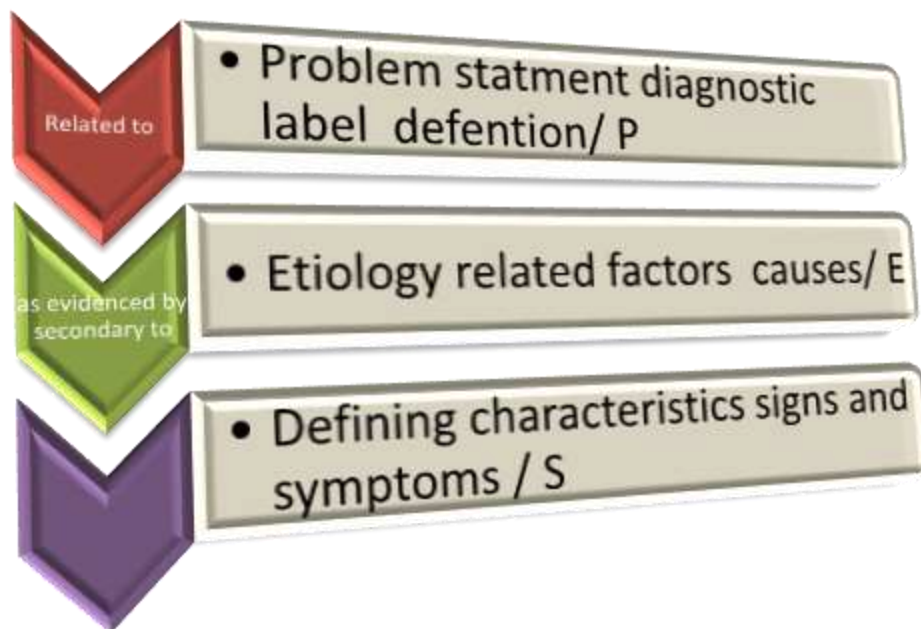
Purpose of Nursing Diagnosis

- Promotes use of standardized language and process.
- Demonstrates professional judgment.
- Organizes decision making.
- Promotes accountability.
- Provides communication among nurses and other health care personnel.
- A means to individualize care.

Characteristics of Nursing Diagnosis

- states a clear and concise health problem.
- is derived from existing evidences about the client.
- is potentially amenable to nursing therapy.
- is the basis for planning and carrying out nursing care.

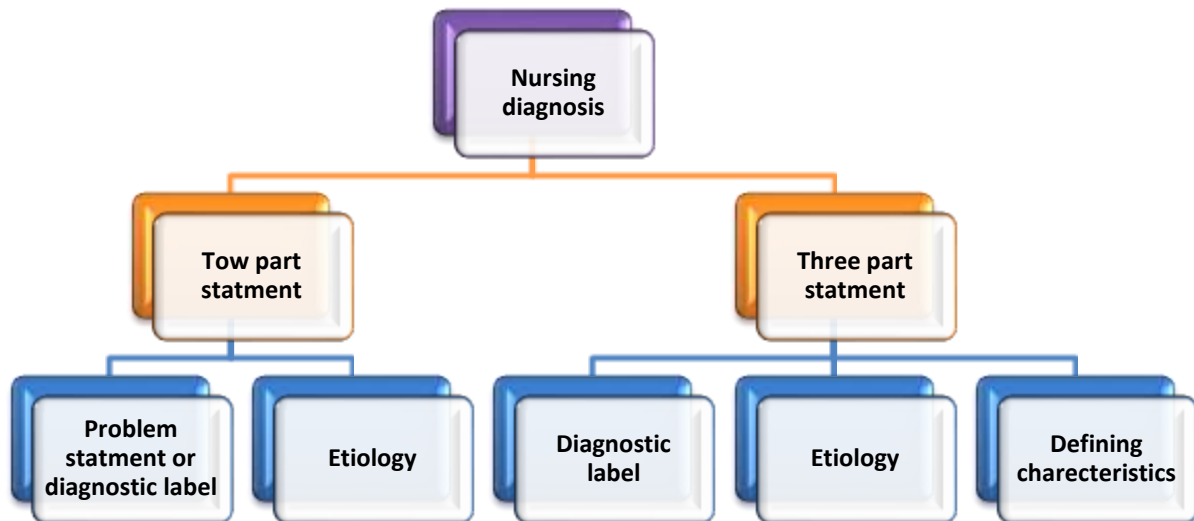
Components of a Nursing Diagnosis



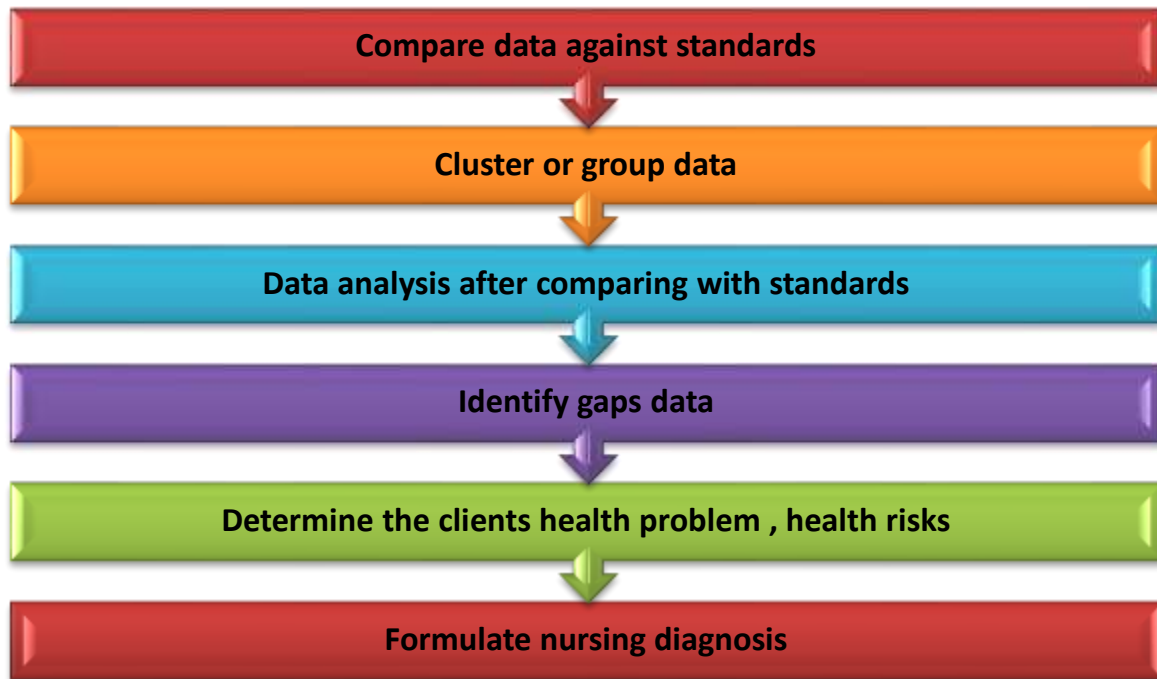
Composed of **3 parts**: PES or **2 parts**: PE

Components of a Nursing Diagnosis

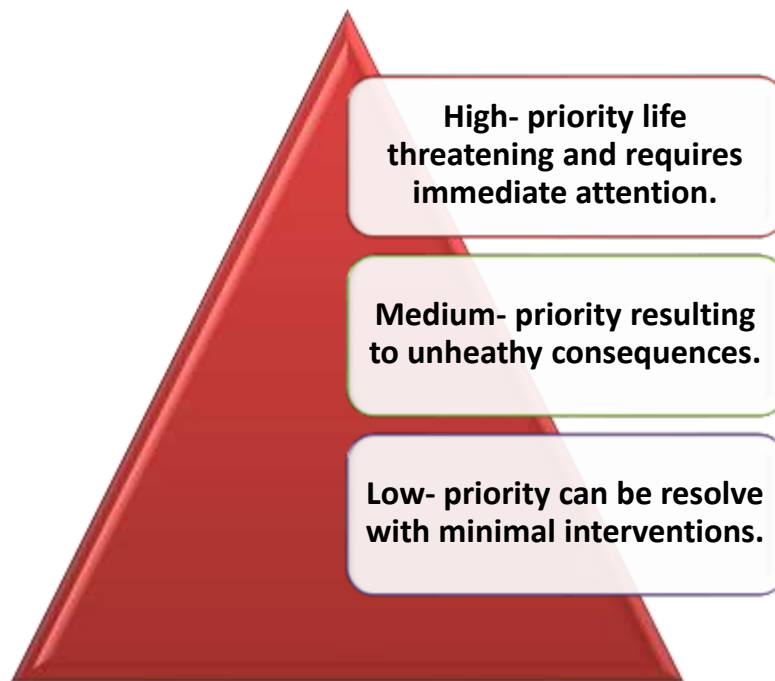
Therefore may be written as :



Process of Diagnosis



Classification of Nursing Diagnosis



Difference between Nursing Diagnosis & Medical Diagnosis

Nursing diagnosis	Medical diagnosis
Within the scope of nursing practice	Within the scope of medical practice
Identify responses to health and illness	Focuses on curing pathology
Can change from day to day	Stays the same as long as the disease is present
Breathing patterns, ineffective	Chronic obstructive pulmonary disease
Activity intolerance	Cerebrovascular accident
Impaired sense of comfort (Pain)	Appendectomy
Body image disturbance	Amputation
Body temperature, risk for altered	Strep throat

Outcome

Definition

It is the third step in the Nursing Process • Refers to formulating and documenting measurable, realistic and client-focused goals • Nursing outcome Classification “NOC”

Purpose

- To promote client participation
- To plan care that is realistic and measurable
- To evaluate the effects of nursing care as a part of health care

Components of Outcomes

- ☺ **Subject:** who is the person expected to achieve the outcome?
- ☺ **Verb:** what actions must the person take to achieve the outcome?

- ☺ **Condition:** under what circumstances is the person to perform the actions?
- ☺ **Performance criteria:** how well is the person to perform the actions?
- ☺ **Target time:** by when is the person expected to be able to perform the actions?

Outcome criteria are: SMART

- S – Specific
- M – Measurable
- A – Attainable
- R – Realistic
- T – Time frame

Example :

- After teaching session, the client will demonstrate proper coughing techniques.
- The client will drink at least 6 glasses of water per day while in the hospital.

Types of goals

- Short-term goal – can be met in a short period
- Long term goal – requires more time

Example : Nursing Diagnosis Impaired Tissue Integrity R/T destruction of tissue 2° pressure and friction AEB stage II pressure ulcer on coccyx

- Long term goal: “Patient’s pressure ulcer will heal before discharge
- Short term goal: “Patient will demonstrate 3 measures that she can do to prevent pressure ulcers during my shift”

Planning(How to fix the problem)

Definition

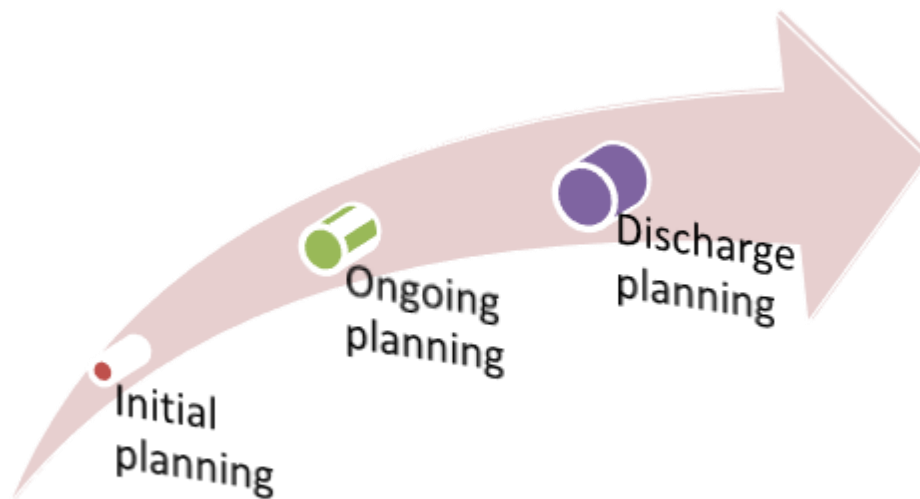
- It is the fourth step in the Nursing Process
- Involve the client and his family

- Begins with the first client contact until client is discharged from the hospital

Purpose

- To determine the goals of care and the course of actions to be undertaken during the implementation phase.
- To promote continuity of care.

Types of planning



Implementation (putting plan into action)

Definition

- It is the fifth in the Nursing Process
- is putting the nursing care plan into action.
- Nursing Interventions Classification “NIC”

Purpose

- To carry out planned nursing interventions to help the client attain goals and achieve optimal level of health.
- To describe the activities that nurses perform

Activities during implementation

Reassessing	Set priorities	Perform nursing interventions	Record actions
To ensure promote attention to emerging problems.	To determine the order in which nursing interventions are carried out	These may be independent. Dependent or collaborative measures	To complete nursing interventions, relevant documentation should be done

Requirements of Implementation:

- **Knowledge** – include intellectual skills like problem-solving, decision-making and teaching.
- **Technical skills** – to carry out treatment and procedures.
- **Communication skills** – use of verbal and non-verbal communication to carry out planned nursing interventions.
- **Therapeutic use of self** – is being willing and being able to care.

Evaluation(did the plan work?)

Definition

- It is the final step in the Nursing Process
- is assessing the client's response to nursing interventions and then comparing that response to predetermined standards or outcome criteria.

Purpose

- To appraise the extent to which goals and outcome criteria of nursing care have been achieved.



Heart of the Nursing Process

- Critical thinking

Nurse as Critical Thinker

No action is performed without critical thinking” (Rubenfeled & Scheffer, 1999)

- Analyze complex data about clients
- Make decisions about the client's problems and alternate possibilities

- Evaluate each problem to decide which applies
- Decide on the most appropriate interventions for the situation



When do nurses use critical thinking?

- To prioritize nursing actions
- To resolve conflict
- To implement change
- To analyze situations
- To solve problems
- To make decisions



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