

Concept Definitions with Exemplars

Concept	Definition	Exemplars
Accountability	Accountability is being morally responsible for the consequences of personal actions. The nurse is accountable for the care provided to clients and the responsibilities associated with being a professional (Marquis & Huston, 2012).	<ul style="list-style-type: none">• Competence• Professional Development
Acid-Base	Acid-base refers to the balance of hydrogen and bicarbonate ions within the body (the acidity and alkalinity of body fluids). An arterial blood gas (ABG) analysis is used to determine blood pH, and homeostatic mechanisms regulate acid-base levels to keep the pH within a normal range. Acid-base imbalances occur when the pH of the blood falls outside the range 7.35 to 7.45. These imbalances can be respiratory or metabolic in origin. Managing acid-base balance is an important role of the nurse, especially in high-acuity settings (Braun & Anderson, 2011).	<ul style="list-style-type: none">• Acid-Base Balance• Respiratory and Metabolic Acidosis• Respiratory and Metabolic Alkalosis
Advocacy	Advocacy means to protect and defend what others believe (Macmillan Dictionary, 2009). An important role in health care professions, the nurse acts as an advocate by protecting the personal rights of clients and providing all necessary information so that clients are able to make informed decisions. The nurse also advocates for others unable to make decisions for themselves, as well as for the nursing profession (Marquis & Huston, 2012).	<ul style="list-style-type: none">• Patient-Centered Care• Patients' Rights• Protecting Vulnerable Populations
Assessment	Assessment is the first phase of the nursing process in which the nurse collects subjective and objective data to identify actual or potential client health problems (Craven & Jensen, 2013).	<ul style="list-style-type: none">• Assessing Abnormal• Assessing Normal• Holistic Health Assessment Across the Life Span
Behaviors	Behaviors are actions that promote, maintain, or restore health (Hinkle & Cheever, 2014). Maladaptive behaviors involve patterns of actions that result in physiological and/or psychological problems for clients. Nurses caring for clients with maladaptive behaviors use therapeutic treatment modalities in an effort to reverse these actions.	<ul style="list-style-type: none">• Addiction• Alcohol Abuse• Assaultive Behaviors• Nicotine Use• Perinatal Substance Abuse• Substance Abuse

Concept	Definition	Exemplars
Caring	Caring is considered to be a core value of the nursing profession. Caring behaviors demonstrate the nurse's willingness to give both time and effort to meet the physical and emotional needs of clients and families (Mohr, 2013).	<ul style="list-style-type: none"> • Caring Behaviors
Caring Intervention	Caring interventions are actions performed by the nurse while meeting the physical and emotional needs of clients and families (Taylor et al., 2011). These actions enable the achievement of specific client outcomes and are based on previous experience and a professional body of knowledge.	<ul style="list-style-type: none"> • Blood Transfusion • Central Lines • Chest Tubes • CNA I Skills • Enemas • Foley Catheterization • Gastrostomy (G) Tubes • Holistic Physical Assessment Including Vital Signs • IV Medications • Medication Administration • Mobility Techniques • Nasogastric (NG) Tubes • Nasopharyngeal/Oral Suctioning • Personal Hygiene • Starting an IV • Sterile Technique • Tracheostomy Care (Suctioning) • Wound Care: Ostomy, Surgical, Pressure
Cellular Regulation	Cellular regulation is a broad term that encompasses the growth and replication process of cells. This regulation is aimed at maintaining homeostasis, which is a steady state within the body. The nurse must understand how alterations in cellular regulation can affect health and disease in the clients receiving care (Braun & Anderson, 2011).	<ul style="list-style-type: none"> • Breast Cancer • Cancer • Colon Cancer • Leukemia • Lung Cancer • Prostate Cancer • Skin Cancer • Anemia • Sickle Cell Anemia

Concept	Definition	Exemplars
Clinical Decision Making	Clinical decision making is the process used by the nurse to identify client problems using assessment, then planning and implementing the most appropriate interventions to achieve specified outcomes. These outcomes are then evaluated for effectiveness. Nurses must possess clinical decision-making skills to provide safe and effective nursing care (Craven & Jensen, 2013).	<ul style="list-style-type: none"> • Critical Thinking • Decision Making • Nursing Process • Problem Solving
Cognition	Cognition is the processing, retention, and use of information so as concentrate, learn, and solve problems (Videbeck, 2014). Nurses caring for clients with disruptions of cognition may encounter problems with orientation, attention, memory, vocabulary, calculation ability, and abstract thinking (Mohr, 2013).	<ul style="list-style-type: none"> • Alzheimer's Disease/Dementia • Confusion • Delirium • Schizophrenia
Collaboration	Collaboration is the act of assembling and directing activities to provide services harmoniously (Craven & Jensen, 2013). The nurse, as a member of the health care team, uses collaboration to ensure quality care with achievable client outcomes.	<ul style="list-style-type: none"> • Case Management • Chain of Command • Conflict Resolution • Interdisciplinary Communication • Interdisciplinary Teams • Management Theories
Comfort	Comfort is a sense of mental, physical, or social well-being (Hinkle & Cheever, 2014). Nurses play a key role in providing comfort measures to clients receiving care and in evaluating those measures for effectiveness.	<ul style="list-style-type: none"> • End-of-Life Care • Fatigue • Fibromyalgia • Pain: Acute and Chronic • Sleep-Rest Disorders
Communication	Communication is a process by which information is exchanged by senders and receivers using multiple methods. The nurse uses communication while caring for clients and families, and with other members of the health care team (Mohr, 2013).	<ul style="list-style-type: none"> • Assertive Communication • Documentation • Group Process • Reporting • Therapeutic Communication

Concept	Definition	Exemplars
Critical Thinking	Critical thinking is a disciplined and systematic process that is based on the ability to collect data, reflect on the data collected, and make appropriate conclusions and/or decisions. Nurses must use critical thinking skills in all aspects of client care to ensure the attainment of identified outcomes (Craven & Jensen, 2013; Taylor et al., 2011).	<ul style="list-style-type: none"> • Clinical Decision Making • Concept Mapping
Culture	Culture refers to the human behaviors and social characteristics exhibited by an identified group, and these traits are then passed down through generations. Nurses must understand the impact of cultural influences on client beliefs and health care practices to provide appropriate care and education (Taylor et al., 2011).	<ul style="list-style-type: none"> • Acculturation • Cultural Sensitivity/Multiculturalism • Discrimination • Health/Health Care Disparity • Religion • Stereotyping • Values, Beliefs
Development	Development is the process of change during a person's life (Craven & Jensen, 2013). During this process, increases in both mental and physical abilities should occur (Pillitteri, 2014). The nurse must be aware of the client's developmental stage to provide appropriate care and education.	<ul style="list-style-type: none"> • Attention Deficit Hyperactivity Disorder (ADHD) • Autism • Cerebral Palsy • Down Syndrome • Failure to Thrive
Diversity	Diversity refers to the differences between people based on a shared set of beliefs, customs, and lifestyles (American Nurses Association Position Statement, 1991). Nurses must be sensitive to diversity by not imposing personal beliefs on others, avoiding stereotyping, and recognizing the impact that these differences may make on clients' health care decisions and practices (Taylor et al., 2011).	<ul style="list-style-type: none"> • Abilities • Age • Gender • Individual Life Experiences • Race • Sexual Orientation • Vulnerable Populations

Concept	Definition	Exemplars
Elimination	Elimination refers to the secretion and excretion of body wastes (Craven & Jensen, 2013). The nurse plays an important role in establishing and maintaining proper elimination patterns while caring for clients.	<ul style="list-style-type: none"> • Benign Prostatic Hypertrophy • Bladder Incontinence and Retention • Bowel Incontinence • Constipation/Impaction • Irritable Bowel Disease • Kidney Stones • Urinary Incontinence and Retention
Ethics	Ethics is the systematic study of what a person's conduct and actions should be with regard to self, other humans, and the environment (Marquis & Huston, 2012). Nurses use ethical conduct and decision making to guide actions during client care and to represent nursing as a moral profession in society.	<ul style="list-style-type: none"> • ANA Code of Ethics • Ethical Dilemmas • Ethical Principles • ICN Code of Ethics • Patient Rights
Evidence-Based Practice	Evidence-based practice refers to nursing care that is supported by scientific evidence rather than traditional or preferential decisions (Taylor et al., 2011). Nursing, as a profession, must embrace this approach to health care, participate in research, and use research findings to establish new best practice evidence.	<ul style="list-style-type: none"> • Best Practices • Community Preferences • Develop a Question • Identifying Clinical Questions • Individual Preferences • Patient Care Guidelines
Family	Family is a broad term used to describe "two or more persons who are joined together by bonds of sharing and emotional closeness" (Harkness & DiMarco, 2012, p. 212). The nurse cares for both clients and families in various health care settings, and must understand the family structure as well as individual family members' roles to provide appropriate care.	<ul style="list-style-type: none"> • Community Support • Family Dynamics • Family Response to Health Alterations • Family Response to Health Promotion • Family Structure and Roles • Family-Centered Care

Concept	Definition	Exemplars
Fluids & Electrolytes	Fluid and electrolyte balance requires the regulation of fluid and electrolytes in a dynamic process that is crucial for homeostasis and life. Nurses encounter potential and actual alterations in fluid and electrolyte balance in all types of clients and health care settings, and nurses play an important role in ensuring that the intake of fluid and electrolytes is balanced by the output of both from the body (Hinkle & Cheever, 2014).	<ul style="list-style-type: none"> • Acute Renal Failure • Chronic Renal Failure • Electrolyte Balance • Fluid Balance • Shock
Grief & Loss	Grief encompasses subjective emotions that occur in response to a loss in one's life. Loss is a part of the life cycle and is experienced in the form of change, growth, and transition (Hinkle & Cheever, 2014). Loss may be planned, expected, or sudden and can be beneficial, devastating, and debilitating (Videbeck, 2014). The emotional responses in grief are experienced in different ways, and when the grieving process is not completed, psychological and physiological health issues can occur (Hinkle & Cheever, 2014). The nurse plays a role in facilitating the grieving process while caring for clients and families.	<ul style="list-style-type: none"> • Anticipatory Grieving • Children's Response to Loss • Death and Dying • Elder's Response to Loss • Perinatal Loss • Response to Loss Across the Life Span • Situational Loss
Health Care Systems	Health care systems are social, political, and economic structures in place for the delivery of health care services. Each health care system has established processes for the delivery of services, and the role of the nurse may vary within the types of settings in which care is provided (Hinkle & Cheever, 2014).	<ul style="list-style-type: none"> • Access to Health Care • Allocation of Resources • Diagnosis-Related Groups • Disaster and Emergency Preparedness • Nursing Care Delivery Systems • Primary, Secondary, and Tertiary Care • Resource Utilization

Concept	Definition	Exemplars
Health Policy	<p>"Health policy refers to decisions, plans, and actions that are undertaken to achieve specific health care goals within a society" (White & Lippitt, 1960). These policies can provide guidelines for achieving outcomes, as well as identify roles for specific groups of people. Nurses must be aware of ways to influence health policy and the implications of policy change on health care options.</p>	<ul style="list-style-type: none"> • Access to Health Care • Accrediting Bodies (TJC) • Healthy People 2010/2020 • Professional Organizations • Regulatory Agencies (OSHA, Licensure, DHHS, DHSR) • Types/Systems of Reimbursement
Health, Wellness, & Illness	<p>Health, wellness, and illness are terms related to a continuum of states that clients may experience throughout all stages of life. "Health is a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity" (Harkness & DiMarco, 2012, p. 45). Wellness is a dynamic balance of the physical, psychological, social, and spiritual aspects of a person's life (Craven, Hirnle, and Jensen, 2013). "Illness is an abnormal process in which any aspect of the person's functioning is altered, in comparison to the previous condition of health" (Taylor et al., 2011, p. 42).</p>	<ul style="list-style-type: none"> • Adjustment to Health and Illness • Alternative Therapies • Consumer Education/Prevention Exercise • Health Beliefs (Individual/Cultural) • Hospitalized Individual • Immunizations • Lifestyle Choices • Normal Sleep and Rest Patterns • Nutrition • Oral Health • Physical Fitness • Screening • Self-Management • Wellness/Illness Continuum
Illness	<p>"Illness is an abnormal process in which any aspect of the person's functioning is altered, in comparison to the previous condition of health" (Taylor et al., 2011, p. 42).</p>	<ul style="list-style-type: none"> • Health-Illness Continuum • Psychosocial Response to Illness

Concept	Definition	Exemplars
Immunity	Immunity refers to the body's protective response to infection and disease (Hinkle & Cheever, 2014). The nurse must be knowledgeable regarding active and passive immunity, as well as the effects of alterations in immune function for clients receiving care.	<ul style="list-style-type: none"> • HIV/AIDS • Hypersensitivity • Immune Response • Lupus • Rheumatoid Arthritis • Transplant Rejection
Infection	Infection, or infectious disease, is a state of tissue destruction resulting from invasion of microorganisms into the body (Braun & Anderson, 2011). Nurses play an important role in the prevention, detection, and treatment of infection for clients receiving care.	<ul style="list-style-type: none"> • Antibiotic-Resistant Infection • Cellulitis • Conjunctivitis • Influenza • MRSA • Nosocomial Infection • Otitis Media • Pneumonia • Septicemia • Tuberculosis (TB) • Urinary Tract Infection (UTI)
Inflammation	Inflammation, or inflammatory response, is the body's protective response to injury, allergens, or infection. With infection, this response eliminates pathogens, and with injury, it allows for tissue repair (Taylor et al., 2011). Nurses must identify clients at risk for inflammation as well as provide treatment for clients experiencing inflammatory responses to infection or injury.	<ul style="list-style-type: none"> • Appendicitis • Gallbladder Disease • Inflammation Process • Inflammation Response • Inflammatory Bowel Disorders and Diseases • Nephritis • Pancreatitis • Peptic Ulcer Disease

Concept	Definition	Exemplars
Informatics	<p>Informatics, or nursing informatics, as defined by the American Nurses Association (ANA), is a specialty that integrates nursing science, computer science, and information science to manage and communicate data, information, and knowledge in nursing practice (American Nurses Association, 2000). Nurses, as well as other members of the health care team, use informatics to improve safe client care and communicate to other disciplines.</p>	<ul style="list-style-type: none"> • Clinical Decision-Making Support Systems • Computer-Based Reminder Systems • Computers in Health Care Organizations • Electronic Health Records • Individual Information at Point of Care
Intracranial Regulation	<p>Intracranial regulation involves the processes that affect equilibrium within the brain and, therefore, neurological function (Pellico, 2013). Nurses must understand the impact of alterations in intracranial regulation to provide effective client care.</p>	<ul style="list-style-type: none"> • Increased Intracranial Pressure • Seizures
Leadership/Management	<p>Leadership and management are skills nurses need to motivate and direct members of the health care team to provide safe and effective client care. Ward's (2009) definition of leadership as "the art of motivating a group of people to act towards achieving a common goal" demonstrates that effective leadership depends on the wish of others to follow the leader, often because of personality traits and/or charismatic qualities (Marquis & Huston, 2012, p. 31). Management is the process of leading and directing through the deployment and manipulation of resources (Marquis & Huston, 2012). Management is often formalized through titles, positions, and authority, but these do not always ensure leadership.</p>	<ul style="list-style-type: none"> • Cost-Effective Care • Delegation • Interdisciplinary Collaboration • Leadership Principles • Mentoring • Skills/Personal Traits • Workplace Goals

Concept	Definition	Exemplars
Legal Issues	<p>Legal issues involve legislation and laws that are in place to protect the client and the nurse. These sources include constitutions, statutes, administrative agencies, and court decisions. The boundaries for nursing practice are defined in the Nurse Practice Act of each state. The nurse must practice within these prescribed boundaries, as well as be aware of what constitutes malpractice or professional negligence. Other legal issues that nurses must understand are related to informed consent, documentation, incident reporting, the Patient Self-Determination Act, and licensure (Marquis & Huston, 2012).</p>	<ul style="list-style-type: none"> • Advance Directives • Civil Law • Criminal Law • Duty to Care • HIPAA • Licensure • Nursing Practice Act • Obligation to Report • Professional/Unprofessional Conduct • Risk Management • Whistle Blowing
Managing Care	<p>Managing care is required of all nurses, even new graduates, as it begins with the care of individual clients. Nurses become proficient in performing and directing client care, and then begin to visualize the activities involved in managing the work environment and, finally, the larger organization. Nurses who excel in managing client care and possess strong interpersonal skills often assume additional management duties when assigned the role of charge nurse or nurse manager (Taylor et al., 2011).</p>	<ul style="list-style-type: none"> • Care Coordination • Cost-Effective Care • Delegation • Prioritizing Individual Care
Metabolism	<p>Metabolism refers to the sum of all physical and chemical processes by which living organisms are produced and maintained (Grossman & Porth, 2014). The nurse plays an important role in monitoring the metabolic and nutritional needs of clients during states of health and illness.</p>	<ul style="list-style-type: none"> • Diabetes • Liver Disease • Obesity • Osteoporosis • Thyroid Disease

Concept	Definition	Exemplars
Mobility	Mobility refers to acts of movement like walking, exercise, and performing self-care activities (Craven, Hirnle, and Jensen, 2013). While caring for clients, nurses play a key role in the maintenance and restoration of mobility as well as the detection and prevention of complications associated with immobility.	<ul style="list-style-type: none"> • Back Problems • Fractures • Hip Fractures • Multiple Sclerosis • Osteoarthritis • Parkinson's Disease • Spinal Cord Injuries
Mood & Affect	Mood and affect refer to emotional states observed in clients. Whereas mood is the client's emotional state, affect is the outward expression of that emotional state (Videbeck, 2014). Nurses assess for inconsistencies among mood, affect, and situation while caring for clients.	<ul style="list-style-type: none"> • Bipolar Disorder • Depressive Disorders (Including Postpartum Depression) • Schizophrenia
Nursing Process	Nursing process refers to the systematic approach to providing nursing care using assessment, diagnosis, outcome identification, planning, implementation, and evaluation. Nurses use the nursing process as a problem-solving method in all settings with clients of all ages to identify and treat potential or actual health problems (Craven, Hirnle, and Jensen, 2013).	<ul style="list-style-type: none"> • Assessment • Diagnosis (NANDA) • Planning • Intervention • Evaluation
Oxygenation	Oxygenation refers to the process of providing cells with oxygen through the respiratory system and is accomplished by pulmonary ventilation, respiration, and perfusion (Taylor et al., 2011). Nurses encounter potential and actual alterations in oxygenation in all types of clients and must detect problems and intervene early to prevent life-threatening complications.	<ul style="list-style-type: none"> • Acute Respiratory Distress Syndrome (ARDS) • Asthma • Chronic Obstructive Pulmonary Disease (COPD) • Cystic Fibrosis • Respiratory Assessment • Respiratory Syncytial Virus (RSV) • Sudden Infant Death Syndrome (SIDS)

Concept	Definition	Exemplars
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Perfusion

Perfusion refers to the passage of oxygenated capillary blood through body tissues (Taylor et al., 2011). Adequate perfusion depends on normal functioning of both the respiratory and cardiac systems. Nurses encounter potential and actual alterations in perfusion in all types of clients and must detect problems and intervene early to prevent life-threatening complications.

- Angina
- Arteriosclerosis
- Cardiomyopathy
- Cerebrovascular Accident (Stroke)
- Circulatory Assessment
- Deep Vein Thrombosis
- Disseminated Intravascular Coagulation (DIC)
- Heart Failure
- High Cholesterol
- Hypertension
- Life-Threatening Dysrhythmias
- Myocardial Infarction (MI)
- Peripheral Vascular Disease (PVD)
- Pregnancy-Induced Hypertension (PIH)
- Pulmonary Embolism
- Shock
- Ventricular Septal Defect

Professional Behaviors

Professional behaviors involve a specialized skill set essential to the performance of a unique and professional role. Two main concepts that indicate professional behavior in the nursing profession are accountability and autonomy (Nursing Management, 2010). Other characteristics of professional behavior include dedication to the profession, compassion and caring, and compliance with legal, ethical, and practice standards.

- Accountability
- Commitment to Profession
- Leadership Principles
- Professional Standards
- RN Scope of Practice
- Work Ethics

Concept	Definition	Exemplars
Quality Improvement	Quality improvement is a systematic process that monitors existing quality in client outcomes and strives for continuous improvement (Marquis & Huston, 2012). Nurses participate in quality improvement activities and are often responsible for the identification of areas for improvement as well as the implementation of new or revised processes.	<ul style="list-style-type: none"> • Benchmarking • Methods to Evaluate Client Care • Quality Improvement Cycle: Plan-Do-Study-Act • Reporting • Root Cause Analysis • Sentinel Events
Reproduction	Reproduction refers to the fusion of female and male gametes to create human offspring. Within reproduction are the processes of conception, gestation, and childbirth. Nurses play a key role in the multiple aspects of reproduction in maternal and pediatric settings (Pillitteri, 2014).	<ul style="list-style-type: none"> • Antepartum Care/Prenatal Care • Intrapartum Care • Newborn Care • Placental Abruption • Placenta Previa • Postpartum Care • Prematurity
Safety	Safety refers to being protected from potential or actual harm and is considered a basic human need (Taylor et al., 2011). Nurses incorporate multiple strategies into practice to ensure safe client care, including the Quality and Safety Education for Nurses (QSEN) competencies of patient-centered care, teamwork and collaboration, evidence-based practice, quality improvement, safety, and informatics (Craven, Hirnle, and Jensen, 2013).	<ul style="list-style-type: none"> • Anticipatory Guidance • Environmental Control • Environmental Safety • Hand-Off Communication • Injury/Illness Prevention • National Patient Safety Goals • Reporting • Responsible Sexual Behavior • SBAR Format • Standard Precautions
Self	Self refers to "a person's unique dimensions, potentials, and purpose" (Craven, Hirnle, and Jensen, 2013, p. 1238). Nurses must examine personal feelings about self so as to meet the needs of the unique and varied clients receiving care.	<ul style="list-style-type: none"> • Eating Disorders • Identity • Personality Disorders • Self-Esteem • Self-Perception and Body Image

Concept	Definition	Exemplars
Sensory Perception	Sensory perception involves receiving and interpreting environmental stimuli, and depends on normal sensory receptors, an intact reticular activating system (RAS), and functional nervous pathways to the brain (Craven, Hirnle, and Jensen, 2013). The nurse is responsible for assessing sensory perception functioning as well as implementing treatment or altering the client's plan of care when dysfunction is present.	<ul style="list-style-type: none"> • Cataracts • Eye Injuries • Glaucoma • Hearing Impairment • Macular Degeneration • Peripheral Neuropathy
Sexuality	Sexuality refers to a "person's characteristics and perceptions concerning sexual expression," but also includes function of the sexual organs (Craven, Hirnle, and Jensen, 2013). Nurses must be comfortable with personal feelings of sexuality to care for clients experiencing dysfunction.	<ul style="list-style-type: none"> • Erectile Dysfunction • Family Planning and Preconception Care • Infertility Counseling • Menopause • Menstrual Dysfunction • Sexually Transmitted Diseases
Spiritual	Spiritual, or spirituality, is defined by Vachon, Fillion, and Achille (Craven, Hirnle, and Jensen, 2013) as "a developmental and conscious process characterized by two movements of transcendence; either deep within the self or beyond the self" (Craven, Hirnle, and Jensen, 2013, p. 1369). Clients experiencing spirituality have a sense of wholeness and harmony within self, with others, and with God or a higher power (Craven, Hirnle, and Jensen, 2013). In holistic nursing care, the nurse addresses both the physical and spiritual needs of the client but respects all individual beliefs and does not project personal beliefs during care.	<ul style="list-style-type: none"> • Higher Consciousness • Morality • Religion • Spiritual Distress • Spiritual Health • Spiritual Well-Being • Spiritual/Ethical Caring • Spirituality
Stress & Coping	Stress and coping are physiological and psychological responses of the body to occurring events. Stress is a state of arousal of mind and body in response to the demands of life, whereas coping is the problem-solving process used to manage this stress (Craven, Hirnle, and Jensen, 2013). Nurses assess stress levels and coping mechanisms in clients and intervene with therapeutic treatment modalities when indicated.	<ul style="list-style-type: none"> • Anxiety • Crisis • Generalized Anxiety Disorder • Obsessive-Compulsive Disorder • Panic Disorder • Phobias • Post-Traumatic Stress Disorder

Concept	Definition	Exemplars
Teaching & Learning	Teaching and learning describe a process of systematic steps carried out in the education of clients. These steps include: assessing learning needs and learner readiness; diagnosing the learning needs; developing learning outcomes; developing a teaching plan; implementing a teaching plan and strategies; and evaluating learning (Taylor et al., 2011).	<ul style="list-style-type: none"> • Consumer Education/Prevention • Mentor • Patient Educator • Patient Teaching • Staff Education
Technical Skills	Technical skills are essential to nursing practice and include, but are not limited to, the following: performing physical exams; providing education and counseling; administering medications; performing wound care; interpreting client data and using clinical decision making to implement actions; collaborating with other members of the health care team; directing and supervising the care delivered by other health care personnel; conducting research to improve practice and outcomes (Nursing World).	<ul style="list-style-type: none"> • Blood Transfusions • Central Lines • Chest Tubes • Enemas • Enteral Tubes • Foley Catheterization • IV Insertion • IV Medication • Medication Administration • Newborn Assessment • Physical Assessment • Postpartum Assessment • Sterile Technique • Trach Care/Nasopharyngeal Suctioning • Wound Care
Therapeutic Communication	Therapeutic communication is a focus on the interpersonal interaction between the nurse and the client. During this exchange, the nurse focuses on the effective exchange of information to facilitate meeting the client's needs (Videbeck, 2014).	<ul style="list-style-type: none"> • Change of Shift Report • Conflict Resolution • Counseling/Support • Documentation • Interdisciplinary Communication • Patient Education • Reporting • Therapeutic Communication

Concept	Definition	Exemplars
Thermoregulation	Thermoregulation involves the control of body temperature. Multiple factors affect this regulation, including core body temperature, metabolic needs, the hypothalamus and thermoreceptors, heat loss, and compensatory mechanisms in the body (Grossman & Porth, 2014).	<ul style="list-style-type: none"> • Hyperthermia • Hypothermia • Multiple System Injury/Failure • Newborn Thermoregulation
Time Management/ Organization	Time management and organization are skills essential to delivering safe and effective nursing care. Time management is defined as making optimal use of available time. Good organizational skills provide more available time. Three basic steps to time management are setting time aside for planning and establishing priorities; completing the highest-priority task first whenever possible, as well as finishing one task before beginning another (organization); and reprioritizing what tasks will then be accomplished (Marquis & Huston, 2012).	<ul style="list-style-type: none"> • Care Coordination • Prioritizing Care
Tissue Integrity	Tissue integrity refers to intact skin and mucous membranes in place to protect and support secretion, excretion, and healing (Hinkle & Cheever, 2014). Nurses play a key role in assessing and maintaining tissue integrity for clients receiving care.	<ul style="list-style-type: none"> • Burns • Cellulitis • Contact Dermatitis • Pressure Ulcers • Wound Healing
Violence	Violence refers to "threatened or actual physical force by one person or group against another... that causes or is likely to result in psychological or physical injury or death" (Mohr, 2013, p. 723). Nurses may work with clients who have inflicted or received acts of violence, and must report any act of violence observed to the appropriate authorities.	<ul style="list-style-type: none"> • Addiction • Alcohol Abuse • Assault/Homicide • Child Abuse • Elder Abuse • Intimate Partner Abuse • Rape-Trauma Syndrome • Sexual Abuse • Substance Abuse • Suicide • Unintentional Injury

Concept	Definition	Exemplars
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Wellness

Wellness is a dynamic balance of the physical, psychological, social, and spiritual aspects of a person's life (Craven, Hirnle, and Jensen, 2013). Nurses assist clients to progress toward an individualized state of wellness, regardless of the client's health state (Taylor et al., 2011).

- Adjustment to Health and Illness
- Alternative Therapies
- Consumer Education/Prevention
- Health Beliefs (Individual/Cultural)
- Immunizations
- Lifestyle Choices
- Screening
- Self-Management



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