

Chapter 1

Nursing and the Health Care System

Chapter 1

Lesson 1.1

Learning Objectives

Theory

- 1) Describe Florence Nightingale's influence on nurses' training.
- 2) Trace the growth of nursing in the United States from the Civil War to the present.
- 3) Explain why nursing is both an art and a science.
- 4) Indicate how evidence-based practice is helpful in nursing.

Clinical Practice

- 1) Write your own definition of nursing.
- 2) Discuss how the standards of practice for the LPN/LVN are applied in the clinical setting.

Historical Overview: Nursing in England and Europe

- With growth of Christianity, caring for sick became function of religious orders
- Nurses under direction of priest-physicians
- Christian St. Paul introduced deaconess named Phoebe, a practical nurse, to Rome
- Nursing became recognized vocation during the Crusades (1100 to 1200 AD)

Florence Nightingale

- In the mid-1800s, experienced a calling by God to become a nurse
- Studied in Germany with a Protestant order of women who cared for the sick
- Cleaned up the wards and improved ventilation, sanitation, and nutrition
- Kept records and statistics that reinforced her theories of care

Florence Nightingale (cont'd)

- First Nightingale training school for nurses, in England at St. Thomas Hospital
- Based her curriculum on the following beliefs:
 - Nutrition is important part of nursing care
 - Fresh, clean air is beneficial to the sick
 - Nurses should identify and meet patients' needs
 - Nursing should be directed toward health and illness
 - Nursing distinct and separate from medicine and should be taught by nurses
 - Nurses need continuing education

Nursing in North America

- The Union government appointed Dorothea Dix to organize women volunteers to provide nursing care for soldiers
- Clara Barton took volunteers into the field hospitals to care for soldiers of both armies
- Lillian Wald took nursing out into the community

A Red Cross public health nurse poses with Model T Ford before setting out on rounds



Photos courtesy American National Red Cross.

Nursing in North America

- Ballard School
 - Started by New York Young Women's Christian Association (YWCA) in 1892
 - 3-month course in practical nursing
 - Students trained to care for infants, children, and elderly in the home
- Household Nursing School in Boston
 - Later called Shepard Gill School of Practical Nursing

Some of the first African American nurses to serve with the U.S. Army



Photos courtesy American National Red Cross.

Nursing in North America

- Students staffed hospitals and worked long hours without pay
- No formal classes
- No formal curriculum
- Education achieved through work
- Instruction performed bedside by physician

Nursing in North America (cont'd)

- In the 20th century, nurses:
 - Moved out into the community
 - Worked with the poor in the cities
 - Provided midwifery services, and taught prenatal, obstetric, and child care
 - Were present during wartime, providing essential care on all fronts

A group of nursing students during the 1930s or 1940s



Photos courtesy American National Red Cross.

Nurses caring for patients on a hospital ship



Photos courtesy American National Red Cross.

A nurse dispensing medication for a civilian patient in Iraq



Courtesy U.S. National Library of Medicine.

Common Goals of Nursing

- To promote wellness
- To prevent illness
- To facilitate coping
- To restore health

Roles of the Practical Nurse

- Caregiver
 - Implement interventions to improve, maintain, or restore health
- Educator
 - Health teaching and counseling to promote wellness, prevent illness
- Collaborator
 - Work with RN and health care team to provide continuity of care
- Manager
 - Assign minor tasks to nurse assistant or other ancillary personnel

Evidence-Based Nursing

- Using the best research evidence to guide clinical decision-making
- Helps determine “best practices”

Question 1

Florence Nightingale's beliefs are still the foundation of nursing today. She was responsible for:

- 1) founding the Ballard School of Practical Nursing.
- 2) the belief that continuing education is necessary for nurses.
- 3) apprenticeship training.
- 4) founding the American Red Cross.

Question 2

The training in the Nightingale schools varied considerably from that of the U.S. nursing schools. Which statement is correct concerning the differences?

- 1) The Nightingale program was less organized.
- 2) Student nurses in the United States worked for minimum wage.
- 3) Curriculum in American nursing schools was more standardized.
- 4) Instruction was done at the bedside by a physician in the United States.

Chapter 1

Lesson 1.2

Learning Objectives

Theory

- 5) Discuss the ways in which the desirable attributes of the nurse might be demonstrated.
- 6) Identify the educational ladder available to nurses.
- 7) Describe educational pathways open to an LPN after graduation.
- 8) Compare methods of delivery of nursing care.
- 9) List four practice settings in which LPNs may find employment.
- 10) Identify segments within the various levels of health care.
- 11) Explain how a health maintenance organization and a preferred provider organization differ.
- 12) Relate how the managed care system has affected your own health care.

Learning Objectives

Clinical Practice

3) List the practice areas in the community in which you could be employed as a vocational nurse.

Current Nursing Practice

- Nurse practice acts
- Established in each U.S. state and Canadian province
- Regulate the practice of nursing
- Designed to protect the public and define legal scope of practice

Nursing Process

- Organized, deliberate, systematic way to deliver nursing care
- Provides a way to implement caregiving
- Combines science and art of nursing
- Focuses nurse on the patient as an individual

Nursing Education Pathways: Practical Nursing

- Provide direct patient care under supervision of registered nurse, physician, or dentist
- Offered in vocational schools, hospitals, proprietary schools, and community colleges

Nursing Education Pathways: Registered Nursing

- Graduates of three different programs are qualified to take the NCLEX-PN® Examination:
 - Hospital-based diploma program
 - 2-year associate degree at community college
 - 4-year baccalaureate nursing program at a college or university
- RNs may provide bedside care or care in the community, or supervise others in managing care of multiple patients

Nursing Education Pathways: Advanced-Practice Nursing

- Graduate programs for master's and doctorate degrees
 - Nurses prepared as specialists in various clinical branches of nursing, in research, or in administration
- Nurse practitioner programs
 - RNs continue their training in a specialty

Delivery of Nursing Care: Functional Nursing Care

- First care delivery system for the practical nurse
- Practical nurses performed tasks, such as administration of medication and treatments

Delivery of Nursing Care: Team Nursing

- Registered nurse was the team leader who coordinated care for a group of patients
- Work tasks assigned to the other team members, practical nurses, and nurse's aides

Delivery of Nursing Care: Total Patient Care

- One nurse carried out all nursing functions for the patient, including medication administration
- To provide less fragmented care for the patient

Delivery of Nursing Care: Primary Nursing

- One nurse plans and directs care for a patient over a 24-hour period
- Eliminated fragmentation of care between shifts
- Often modified with use of cross-trained personnel assigned to help with duties

Practice Settings

- Hospitals
 - Restorative care provided to ill or injured patients
- Extended care facilities
 - Intermediate- or long-term care for rehabilitation or custodial care
- Physicians' offices
 - Ambulatory patients receive preventive care or treatment of illness or injury

Practice Settings (cont'd)

- Ambulatory clinics
 - Ambulatory patients come for preventive care or treatment of an illness or injury
- Renal dialysis centers
 - Patients with kidney failure receive renal dialysis treatments
- Hospices
 - Supportive treatment for patients who are terminally ill

Practice Settings (cont'd)

- Home health agencies
 - In-home care provided by nurses who visit the home
- Neighborhood emergency center
 - Minor emergency care provided to patients within the community setting

Today's Health Care System: Levels of Health Care

- Preventive
- Primary
- Secondary
- Tertiary
- Restorative
- Continuing care

Today's Health Care System: Health Maintenance Organizations (HMOs)

- Enroll patients for a set fee per month
- Provide limited network of physicians, hospitals, and other providers from which to choose
- One goal is to keep patients healthy and out of the hospital

Today's Health Care System: Preferred Provider Organizations (PPOs)

- Offer discount on fees in return for large pool of potential patients
- Allow insurance companies to keep premium rates lower and make insurance coverage of employees less expensive for employers

Today's Health Care System: The Managed Care Environment

- Considerable controversy about effectiveness of this approach
- Nurses must constantly think about cost-containment while trying to give optimal care to patients

Question 3

Assisting a patient with daily hygiene needs is an example of a/an:

- 1) intervention.
- 2) invasive procedure.
- 3) standard of practice.
- 4) nursing goal.

Question 4

As the role of the practical nurse expands, employment opportunities have increased as well. All of the following are appropriate practice settings for the LPN except:

- 1) a physician's office.
- 2) home health agencies.
- 3) public health.
- 4) ambulatory clinics.