Chapter 1

The Evolution of Nursing

The History of Nursing and Nursing Education

- Factors that have changed nursing
  - How we care for the sick
  - The way people live
  - The relationship of people with their environment
  - The search for knowledge and truth through education
  - Technologic advances

Care of the Sick During Early Civilization

- Evolution of views of health, wellness, and illness
- Ancient practices
Nursing Education in the Nineteenth Century

- Hospitals
  - Overcrowded
  - Poor hygienic practices
  - Untrained people
    - Women of “proper upbringing” did not work
    - Nurses ended up being inmates or prostitutes

Nursing Education in the Nineteenth Century (Cont.)

Florence Nightingale
- Known as “Lady of the Lamp”
- Credited as the first nursing theorist
- Helped to shift the views of nursing education

Nursing from Occupation to Profession
- Florence Nightingale began the reformation of nursing
  - Established nursing school at Saint Thomas Hospital in London
  - Promoted new standards of nursing
  - “Nightingale Plan” established
Changes in Nursing During the Twentieth Century

- **Licensing of Nursing**
  - First states to mandate licensure
  - National League for Nursing (NLN)
  - American Nurses Association (ANA)

Changes in Nursing During the Twentieth Century (Cont.)

- Impact on nursing
  - World War I
  - World War II
- Contemporary nursing

Significant Changes in Nursing During the Twenty-First Century

- Demographic changes
- Women’s health care issues
- Men in nursing
- Human rights
- Medically underserved
- Nursing shortage
Development of Practical and Vocational Nursing

- Attendant nurses—3 months education
- Practical nursing programs improved educational standards
- Federal funds helped recruitment of men and women

Organizational Influence

- Association of Practical Nurse Schools
  - Founded 1941
  - Dedicated to practical nursing
  - Planned the first standard curriculum for practical nursing
  - Name changed in 1959 to current name—National Association for Practical Nurse Education and Service (NAPNES)

Organizational Influence (Cont.)

- National Federation of Licensed Practical Nurses (NFLPN)
  - Founded by Lillian Kuster in 1949
  - Membership limited to LPN/LVNs
- National League for Nursing (NLN)
  - In 1961, established the Department of Practical Nursing Programs
  - Developed an accreditation service for these programs, which today is called the Council of Practical Nursing Programs.
Program Credentialing

- Approved program
  - Minimum standards set by the respective state agency
  - Ensures that a given program
    - Meets the needs of the student
    - Has adequate course content and qualified faculty
    - Is of sufficient length and has adequate facilities
    - Provides clinical experience
- Accreditation

Contemporary Practical and Vocational Nursing Education

- Types of practical nursing programs offered for LPN/LVNs
  - Programs must meet minimum state standards
  - Length 12-18 months
- Articulation agreements

Career Advancement

- Career ladders
- Professional and educational portfolio
Factors that Influenced Practical and Vocational Nursing

- Need for trained caregivers
- World War I
- The self-taught practical nurse
- Duties of LPN/LVNs
- Position paper of the American Nurses Association

Licensure for Practical and Vocational Nursing

- Licensing laws
  - Protect the public from unqualified practitioners
  - Managed by state agencies such as the state board of nursing
- National Council Licensure Examination for Practical Nurses (NCLEX-PN)
  - Exam successfully completed awards licensure for the state

Question 1

Florence Nightingale is known for all of the following except:

1. “Lady of the Lamp”
2. Credited as the first nursing theorist
3. Helped provide care to wounded soldiers during World War I
4. Helped shape views of nursing education
Question 2
Florence Nightingale gained respect from the medical community for: (Select all that apply.)
1. establishing a nursing school in London.
2. instituting sanitary conditions and promoting nutrition to the sick.
3. significantly decreasing the mortality rate of the soldiers.
4. patience, dedication, and empathic treatment of soldiers.

Question 3
What significant change is seen in twenty-first century nursing practice?
1. Number of men in nursing has decreased.
2. Presently, health care costs account for over 28% of the US gross domestic product.
3. Life expectancy is changing, decreasing the needs of our geriatric population.
4. Recognition of the unique health needs of women in areas such as reproductive health, heart disease, and cancer.

Health Care Delivery Systems
Health Care System Defined
- Complete network of agencies, facilities, and providers involved within a specified geographic area
- Goal to achieve optimal levels of health care for a defined population
Wellness-Illness Continuum

1. Range of a person's total health
2. Each individual's position is ever-changing
3. Wellness versus illness
4. Role of holistic health care

Maslow's Model of Health and Illness

- Developed in 1940s by Abraham Maslow
- Most common model utilized
- Placed the essential human needs into a conceptual hierarchy or pyramid

Maslow's Model of Health and Illness (Cont.)

- Maslow's model
  - Physiologic
  - Safety and security
  - Love and belongingness
  - Esteem and self-actualization
Health Promotion and Illness Prevention

- Today three organized levels of health promotion are
  - Maintain wellness
  - Preventing disease-related complications
  - Management of care of those with serious health problems

Continuity of Care

- Patient is the focus in health care
- Due to complexity of health care, system can be frightening

Delivery of Patient Care

- Involves determining patient’s individual needs
- Developing a plan of care
- Meeting the needs of the patient
Participants in the Health Care System

- Professional health care specialist
- Registered nurses (RNs)
- Licensed practical/vocational nurses
- Other caregivers
- Technologists, medical technicians, and paraprofessionals

Economic Factors Affecting Health and Illness

- Rising health care costs
- Increasing number of aging Americans
- Advances in technology
- Health care insurance
- Malpractice insurance

Economic Factors Affecting Health and Illness (Cont.)

- Changes in delivery system
  - Case management nursing utilizes clinical pathways
  - Cross-training allows employers to maximize the use of staff
Social and Environmental Factors that Affect Health and Illness

- Financial hardships
- Lifestyle choices
- Social pressures
- Personal behavior

Health Promotion

- Most people in the United States have a right to health care without discrimination
- Includes treatment of disease
- Health promotion
- Preventive medicine

Health Promotion, (Cont.)

- Patient rights
  - American Hospital Association (AHA) issued Patient’s Bill of Rights in 1972
  - Revised to become Patient Care Partnership (Box-1-1) in 2003
  - Resident’s Bill of Rights for long-term care
  - Health care providers’ rights
Interdisciplinary Approach to Health Care

- Development of comprehensive care plan
- Effective communication
- Accurate documentation (Figure 1-9)

Nursing Care Models

- Have changed to meet the needs of the patient
- Four major concepts
  - Nursing—encompasses the roles and actions of the nurse
  - Patient—the individual receiving the care
  - Health—the area along the wellness-illness continuum that the patient occupies
  - Environment—the setting for the nurse-patient interaction

Contemporary Practical and Vocational Nursing Care

- The role of the LPN/LVN has expanded over time
- Influenced by
  - Nurse practice act depending on the state
  - Changes within health care agencies
  - Availability of workers
  - Needs of the patients
Practical and Vocational Nurse Defined

- LPN/LVN provides direct services under supervision of a registered nurse (RN)
- Is educated to provide safe, responsible, and effective care
- Performs basic therapeutic, rehabilitative, and preventive care
- Provides care in all types of settings

Objectives and Characteristics of Practical/Vocational Nursing Education

- To acquire specialized knowledge and skills needed to provide care
- To be a graduate of a state-approved practical or vocational program
- To take and pass the NCLEX-PN exam
- To acquire a state license to practice

Roles and Responsibilities

- NAPNES issues statement of responsibilities for practice as an LPN/LVN
  - Must demonstrate professional accountability according to legal and ethical standards
  - Effectively communicate
  - Collect and communicate assessment data from multiple sources
  - Collaborate with health care team
Roles and Responsibilities (Cont.)

- Plan care/revise plan of care based on nursing diagnoses
- Demonstrate a caring and empathic approach to safe care
- Implement patient care under the direct supervision of registered nurse, licensed physician, or dentist

Question 4

Which statement is not true regarding Maslow’s hierarchy of needs?

1. Human behavior is motivated by a system of needs.
2. Patient will attempt to satisfy needs at the lowest part of the pyramid before focusing on the higher level.
3. Patient will attempt to satisfy needs at the highest part of the pyramid before focusing on the lower level.
4. When a human need is not satisfied, it can result in a disruption of normal body function or lead to illness.

Question 5

What are the recognized levels of health promotion?

1. Health promotion, prevention of disease, and/or prevention of further complications of current disease
2. Health promotion, Maslow’s promotion, and prevention of disease
3. Maslow’s system of needs, prevention of disease, and/or prevention of further complications
4. Health promotion and prevention of further complications of current disease