Focus on ADULT HEALTH
Medical-Surgical Nursing

Linda Honan Pellico, RN, PhD, CNS-BC
Associate Professor
Yale University School of Nursing
New Haven, Connecticut
To Mary and Timothy Honan, who have given me more love and support than any child could hope for; to John, Ryan, and Katie who have made my life complete; to all those who tolerated my many absences over the past two years; and to the graduate entry students at Yale University School of Nursing who have honed my skills as a nurse and educator for nearly a quarter of a century. I am in your debt.
Lauren Kierol Andrews, PhD, APRN, ACNP-BC
Assistant Professor
Yale University School of Nursing
New Haven, Connecticut
And
Senior Acute Care Nurse Practitioner
Critical Care Medicine
Hospital of Central Connecticut at New Britain General
New Britain, Connecticut
Chapter 10, Nursing Management: Patients With Chest and Lower Respiratory Tract Disorders

Donna M. Avanecean, APRN, CNRN
Nurse Practitioner
Hartford Hospital
Hartford, Connecticut
Chapter 43, Neurologic Function

Lisa M. Barbarotta, RN, MSN, AOCNS, APRN-BC
Nurse Practitioner
Hematology-Oncology Service
Smilow Cancer Hospital at Yale-New Haven
New Haven, Connecticut
Chapter 6, Cancer Care
Chapter 19, Nursing Assessment: Hematologic Function
Chapter 20, Nursing Management: Patient With Hematologic Disorders

Mary E. Bartlett, RN, MSN, FNP-BC, AAHIVS
Family Nurse Practitioner and HIV Specialist
Fair Haven Community Health Center
And
Clinical Instructor
Yale University School of Nursing
New Haven, Connecticut
Chapter 36, Nursing Assessment: Immune Function
Chapter 37, Nursing Management: Patients With Immunodeficiency, HIV Infection, and AIDS

Cynthia Bautista, RN, PhD, CNRN
Neuroscience Clinical Nurse Specialist
Yale-New Haven Hospital
New Haven, Connecticut
Chapter 46, Nursing Management: Patients With Neurologic Disorders

Dawn K. Beland, RN, MSN, CCRN, CS, CNRN
Stroke Center Coordinator
Hartford Hospital
Hartford, Connecticut
Chapter 43, Nursing Assessment: Neurologic Function

Carolyn Spera Bruno, PhD, APRN, CNS, FNP-BC
Lecturer, Adult-Gerontological, Family, and Women’s Health NP Specialty
Yale University School of Nursing
New Haven, Connecticut
Chapter 49, Nursing Management: Patients With Imbalance Disorders
Chapter 50, Nursing Management: Patients With Eye and Vision Disorders

Stephanie Calcasola, RN, MSN, BC
Director of Quality and Medical Management
Division of Healthcare Quality
Baystate Medical Center
Springfield, Massachusetts
Chapter 15, Nursing Management: Patients With Complications From Heart Disease

Patricia Dale Cork, RN, BSN, MS
Assistant Director
Riverside School of Professional Nursing and Riverside School of Practical Nursing
Newport News, Virginia
Chapter 30, Nursing Management: Diabetes Mellitus

Sally R. Dalton, RN, MSN
Assistant Professor
Fairfield University
And
Veteran’s Administration Nursing Academy Faculty
Veteran’s Hospital
West Haven, Connecticut
Chapter 53, Nursing Management: Patients With Burn Injury

Sharon Druce, RN, MSN, NE-BC, CCRN
Nurse Manager Progressive Care and Stroke Unit
Mission Hospital
Mission Viejo, California
Chapter 56, Nursing Management: Emergencies and Disasters
Linda S. Dune, RN, PhD, CCRN, CNL, Dipl ABT
Assistant Professor, Coordinator Second Degree Program
University of Houston—Victoria
Sugar Land, Texas
*Chapter 7, Pain Management*
*Chapter 48, Nursing Assessment: Sensorineural Function*

Christa Palancia Esposito, MS, BSN, CNM
Certified Nurse Midwife
Women's Obstetrics and Gynecology
Trumbull, Connecticut
*Chapter 35, Nursing Management: Patients With Sexually Transmitted Infections*

Geriann B. Gallagher, DNP, APRN, MAOM, Lic.Ac
Orthopedic Nurse Practitioner, Acupuncturist
Connecticut Orthopedic Associates
Bloomfield, Connecticut
*Chapter 40, Nursing Assessment: Musculoskeletal Function*
*Chapter 41, Nursing Management: Patients With Musculoskeletal Disorders*

Priscilla K. Gazarian, RN, PhD
Assistant Professor
Simmons College
Boston, Massachusetts
*Chapter 17, Nursing Management: Patients With Arrhythmias and Conduction Problems*

Nicole C. Gora, RN, MSN, FNP
Adjunct Clinical Faculty
Yale University
New Haven, Connecticut
*Chapter 38, Nursing Management: Patients With Allergic Disorders*

Kelly S. Grimshaw, RN, MSN, APRN, CCRN, CCTN
Service Line Educator, Transplant
Yale New Haven Hospital
New Haven, Connecticut
*Chapter 1, The Nurse's Role in Adult Health Nursing*
*Chapter 55, Nursing Management: Critical Care*

Margaret Campbell Haggerty, APRN, AE-C
Pulmonary Nurse Practitioner
Director, Pulmonary Rehabilitation
Norwalk Hospital
Norwalk, Connecticut
*Chapter 11, Nursing Management: Patients With Obstructive Pulmonary Disease and Asthma*

Rose A. Harding, RN, MSN
Instructor
JoAnne Gay Dishman Department of Nursing
Lamar University
Beaumont, Texas
*Chapter 21, Nursing Assessment: Digestive, Gastrointestinal, and Metabolic Function*

Lianne F. Herbruck, RN, MSN, CNM
Frances Payne Bolton School of Nursing
Hamilton College
Case Western Reserve University
Chagrin Falls, Ohio
*Chapter 32, Nursing Assessment: Female and Male Reproductive Function*

Aaron C. Huston, MSN, ACNP
Nurse Practitioner—Trauma Surgery and Critical Care
Tacoma Trauma Trust
Tacoma, Washington
*Chapter 54, Nursing Management: Shock and Multisystem Failure*

Tara Jennings, MSN, ANP-BC
Adjunct Faculty
Simmons College
*Chapter 45, Nursing Management: Patients With Neurologic Trauma*
Julia Merrill Jones, RN, MSN, AOCNP, CMS
Cancer Care Network Quality Manager
UAB Comprehensive Cancer Center
University of Alabama at Birmingham
Birmingham, Alabama
Chapter 33, Nursing Management: Patients With Female Reproductive and Breast Disorders

Jill Keller, MSN, FNP-BC, OCN
Nurse Practitioner—Oncology
Bridgeport Hospital
Bridgeport, Connecticut
Chapter 44, Nursing Management: Patients With Headache and Oncologic Disorders

Zachary R. Krom, RN, MSN, CCRN
Service Line Educator—Adult Surgery
Yale-New Haven Hospital
New Haven, Connecticut
Chapter 22, Nursing Management: Patients With Oral and Esophageal Disorders

Michelle J. Lajiness, BSN, MS, FNP-BC
Nurse Practitioner—Urology
Beaumont Hospital Royal Oak
Royal Oak, Michigan
Chapter 26, Nursing Assessment: Renal and Urinary Tract Function
Chapter 28, Nursing Management: Patients With Urinary Disorders

James Mark Lazenby, RN, APRN, PhD
Assistant Professor of Nursing
Divinity Core Faculty
Council on Middle East Studies
Yale University School of Nursing
New Haven, Connecticut
And
Advanced Oncology Certified Nurse Practitioner
Smilow Cancer Hospital at Yale New Haven
New Haven, Connecticut
Chapter 3, Chronic Illness and End-of-Life Care

Andrea Rothman Mann, RN, MSN, CNE
Instructor and Third Level Chair
Aria Health School of Nursing
Philadelphia, Pennsylvania
Chapter 13, Nursing Management: Patients With Hypertension
Chapter 27, Nursing Management: Patients With Renal Disorders

Philip R. Martinez, Jr., MSN, APRN-BC, CCRN-CMC
Clinical Faculty/Lecturer
Yale University School of Nursing
New Haven, Connecticut
And
Advanced Practice Registered Nurse
Middlesex Hospital/Critical Care
Middletown, Connecticut
Chapter 4, Fluid and Electrolyte and Acid–Base Imbalances
Chapter 24, Nursing Management: Patients With Intestinal and Rectal Disorders

Jeanine L. May, MSN, MPH, APRN, ACNP-BC
Project Director, PULSE Trial
Yale University School of Nursing
New Haven, Connecticut
And
Nurse Practitioner
Yale Health Center
Chapter 16, Nursing Management: Patients With Structural, Inflammatory, and Infectious Cardiac Disorders

Ruth McCorkle, RN, PhD, FAAN
Florence Wald Professor of Nursing
Yale University
School of Nursing
New Haven, Connecticut
Chapter 3, Chronic Illness and End-of-Life Care

Karin V. Nyström, MSN, APRN
Clinical Coordinator
Department of Neurology
Yale-New Haven Hospital
New Haven, Connecticut
Chapter 47, Nursing Management: Patients With Cerebrovascular Disorders

Janet A. Parkosewich, RN, DNSc, FAHA
Nurse Researcher
Yale-New Haven Hospital
New Haven, Connecticut
Chapter 12, Nursing Assessment: Cardiovascular and Circulatory Function
CONTRIBUTORS

Havovi D. Patel, MD, MS
Associate Professor
Department of Nursing
Oakwood University
Huntsville, Alabama
  Chapter 29, Nursing Assessment: Endocrine Function

Mary G. Pierson, MSN, APRN, ACNS-BC
Clinical Manager, Cardiothoracic and Vascular Surgery
Yale-New Haven Hospital
New Haven, Connecticut
  Chapter 14, Nursing Management: Patients With Coronary Vascular Disorders

Linda Alessie Podolak, RN, DNP, ACNS-BC, CNE
Lecturer
Yale University School of Nursing
New Haven, Connecticut
  And
  Associate Director
  Bridgeport Hospital School of Nursing
  Bridgeport, Connecticut
  Chapter 39, Nursing Management: Patients With Rheumatic Disorders

Vanessa Pomarico-Denino, MSN, FNP-BC, APRN
Nurse Practitioner
Medical Associates of North Haven, LLC
North Haven, Connecticut
  Chapter 33, Nursing Management: Patients With Female Reproductive and Breast Disorders

Janeece Pust-Marcone, RN, MS, CCRN
Nurse Manager—SICU at Bridgeport Hospital
Adjunct Instructor
Bridgeport Hospital School of Nursing
Bridgeport, Connecticut
  Chapter 9, Nursing Management: Patients With Upper Respiratory Tract Disorders
  Chapter 23, Nursing Management: Patients With Gastric and Duodenal Disorders

Susanne A. Quallrich, ANP-BC, NP-C, CUNP
Andrology Nurse Practitioner
Division of Sexual and Reproductive Health
Department of Urology
University of Michigan
Ann Arbor, Michigan
  Chapter 26, Nursing Assessment: Renal and Urinary Tract Function
  Chapter 28, Nursing Management: Patients With Urinary Disorders
  Chapter 32, Nursing Assessment: Female and Male Reproductive Function
  Chapter 34, Nursing Management: Patients With Male Reproductive Disorders

Susan Seiboldt, RN, MSN, CNE
Assistant Professor of Nursing
Carl Sandburg College
Galesburg, Illinois
  Unit Case Studies and Related Answers
  NCLEX-Style Review Questions, Chapters 18, 36, 43, 47, 52

Mary Sieggreen, MSN, NP, APRN-BC, CVN
Nurse Practitioner, Vascular Surgery
Harper Hospital, Detroit Medical Center
Detroit, Michigan
  Chapter 18, Nursing Management: Patients With Vascular Disorders and Problems of Peripheral Circulation

Elaine Siow, RN, MSN, ACNP-BC
Doctoral Student
University of Pennsylvania, School of Nursing
Philadelphia, Pennsylvania
  Chapter 31, Nursing Management: Patients With Endocrine Disorders

Patina S. Walton-Geer, MS, NP-C, RN-BC, CWCN, CFCN
Advanced Practice Registered Nurse
United States Public Health Service Commissioned Corps.
Edgefield, South Carolina
  And
  Wound, Ostomy, Continence, and Foot Care Nurse Clinician
  AnMed Health Medical Center
  Anderson, South Carolina
  Chapter 51, Nursing Assessment: Integumentary Function
  Chapter 52, Nursing Management: Patients With Dermatologic Problems

Carol Ann Wetmore, RN, MSN, ACM
Owner/Partner
Seniors Helping Seniors
Fairfield, Connecticut
  And
  Clinical Faculty and Lecturer
  University of Connecticut
  Mansfield, Connecticut
  Chapter 2, Health Education and Health Promotion

Ena M. Williams, RN, MSM, MBA
Nursing Director, Perioperative Services
Yale-New Haven Hospital
New Haven, Connecticut
  Chapter 5, Perioperative Nursing
Joyce Brasfield Adams, EdS
Instructor
Hinds Community College
Jackson, Mississippi

Hannah M. Anderson, MSN, RN-BC
Associate Professor and Nursing Program Coordinator
Thomas Nelson Community College
Hampton, Virginia

Sheri L. Banovic, RN, MSN, FNP-BC
Associate Professor and Nursing Program Coordinator
Lewis and Clark Community College
Godfrey, Illinois

Wanda G. Barlow, RN, MSN, FNP
Nursing Instructor
Winston-Salem State University
Winston-Salem, North Carolina

Joyce Basham, MN, CNS
Nursing Instructor
Midlands Technical College
Columbia, South Carolina

Mary Bergmann, RN, MSN
Professor
San Antonio College
San Antonio, Texas

Roberta Bernardini, MSN, BSN
Professor
Tidewater Community College
Portsmouth, Virginia

Sabrina T. Beroz, RN, MSN
Professor
Montgomery College
Takoma Park, Maryland

Sophia Beydoun, RN, MSN
Nursing Faculty
Henry Ford Community College
Dearborn, Michigan

Deborah A. Beyer, RN, MSN
Assistant Professor
Miami University
Hamilton, Ohio

Carol Blakeman, MSN, BSN, AA
Professor
College of Central Florida
Ocala, Florida

Jill E. Bobb, RN, BSN
Full-Time Faculty
Edison State Community College
Piqua, Ohio

Cynthia A. Bowman, MSN, RNC, CNE
Nursing Instructor
Penn State
Altoona, Pennsylvania

Victoria Brioso-Ang, RN, MSN, CNE
Associate Professor
Sentara College of Health Sciences
Chesapeake, Virginia

Angie Brindowski, RN, MSN, BSN
Clinical Assistant Professor
Carroll University
Waukesha, Wisconsin

Michele Bunning, RN, MSN
Associate Professor
Good Samaritan College of Nursing & Health Science
Cincinnati, Ohio

Darlene M. Cantu, RNC, MSN
Assistant Professor
San Antonio College
San Antonio, Texas

Cecelia Carew, RN (BC), MA, CNE, CCRN, CPAN, CEN, LNC
Associate Professor
Department of Nursing
Bronx Community College
Bronx, New York

Kristine Carey, RN, MSN
Nursing Faculty
Normandale Community College
Bloomington, Minnesota
Mary Rose Chasler, RN, MSN
Associate Professor of Nursing
Jamestown Community College
Jamestown, New York

Maria J. Colón, RN, MSN
Faculty Professor
Interamerican University of Puerto Rico—Metropolitan Campus
San Juan, Puerto Rico

Ruth S. Conner, RN, PhD(c), FNP-BC
Instructor
Medical University of South Carolina
Charleston, South Carolina

Patricia Dale Cork, RN, BSN, MS
Assistant Director
Riverside School of Professional Nursing and Riverside School of Practical Nursing
Newport News, Virginia

Theresa Delahoyde, RN, EdD
Dean of Nursing and Associate Professor of Nursing
BryanLGH College of Health Sciences
Lincoln, Nebraska

Fernande E. Deno, RN, MSN
Instructor
Anoka Ramsey Community College
Coon Rapids, Minnesota

Larinda Dixon, RN, EdD, MS
Professor of Nursing
College of DuPage
Matteson, Illinois

Sarah J. Doty, MSN, BSN, BSW
Instructor and Student Health
Southeast Missouri Hospital College of Nursing and Health Sciences
Cape Girardeau, Missouri

Linda K. Dunaway, RN, MSN, SANE
Professor
Maysville Community and Technical College
Maysville, Kentucky

Carrin Dvorak, RN, MSN, CNE
Assistant Professor of Nursing
Cuyahoga Community College
Cleveland, Ohio

Stacey Estridge, RN, MN
Nursing Faculty
Midlands Technical College
Columbia, South Carolina

Patricia Ferrell, RN, BSN
Nursing Instructor
San Jacinto College North
Houston, Texas

Julie A. Fisher, PhD, MSN, BSN, RNC
Professor of Nursing
Wesley College
Dover, Delaware

Rebecca Flynn, MSN, ARNP, CPNP
Assistant Professor of Nursing
Mercy College of Health Sciences
Des Moines, Iowa

Kristi France, RN, BSN, MS
National Director of Product Development–Nursing & Allied Health
Lincoln Educational Services
West Orange, New Jersey

Connie P. Gazmen, RN, MS, OCN
Instructor and Program Director of Adult Health Clinical Nurse Specialist Program
School of Nursing and Dental Hygiene
University of Hawaii at Manoa
Honolulu, Hawaii

Christy Gee, RN, MSN, FNP-BC
Doctoral Student
South College
Asheville, North Carolina

Gwendolyn Greene, RN, MSN/ED, BSN
Nursing Instructor
Midlands Technical College
Columbia, South Carolina

Karla Hall, RN, MSN
Assistant Professor
Mercy College of Health Sciences
Des Moines, Iowa

Janet R. Hamilton, RN, MSN
Allied Health Department Chair
And
Assistant Professor
Lamar State College
Port Arthur, Texas

Janice Hancock, RN, MS, BS
Faculty
North Hennepin Community College
Brooklyn Park, Minnesota
Carol Ann Hanna, RN, PhD, BC
Faculty
Delaware County Community College
Media, Pennsylvania

Elaine C. Hannigan, RN, MSN
Continuing Lecturer
Purdue University
West Lafayette, Indiana

Lisa Harding, RN, MSN, CEN
Associate Professor
Bakersfield College
Bakersfield, California

Celia G. Hay, RN, PhD
Chair of Nursing Department
LaGrange College
LaGrange, Georgia

Lori Hendrickx, RN, EdD, CCRN
Associate Professor
South Dakota State University
College of Nursing
Brookings, South Dakota

Barbara A. Hoglund, RN, EdD, MSN, FNP-BC
Associate Professor of Nursing
Bethel University
St. Paul, Minnesota

Nina J. Hollifield, RN, MS
Assistant Professor
College of Southern Idaho
Twin Falls, Ohio

Barbie Hoover, RN, MSN
Instructor
School of Health Sciences
School of Nursing
Pennsylvania College of Technology
Williamsport, Pennsylvania

Laura J. Hope, RN, MSN, CDE
Nursing Faculty
Florence-Darlington Technical College
Florence, South Carolina

Catherine Howell, RN, MSN
Professor of Nursing Education
San Diego City College
San Diego, California

Claudette Jacobs, DNP, MS, BSN, RN-BC
Instructor of Nursing
Howard Community College
Columbia, Maryland

Uletha M. Jones, MSN, CCRN
Nursing Faculty
Pensacola State College
Pensacola, Florida

Melanie M. Jorgenson, RN, BSN
Nursing Instructor
North Seattle Community College
Seattle, Washington

Penny Kessler, RN, MN
Clinical Assistant Professor
School of Nursing
University of Minnesota
Minneapolis, Minnesota

Jonni K. Pielin Kircher, RN, MSN, CSN
Assistant Professor of Nursing
Westmoreland County Community College
Youngwood, Pennsylvania

Andrea Knesek, RN, MSN, BC (DNPe)
Nursing Faculty
Macomb Community College
Clinton Township, Michigan

Stephen D. Krau, RN, PhD, CNE
Associate Professor
School of Nursing
Vanderbilt University Medical Center
Nashville, Tennessee

Donna Kubesh, RN, PhD, MS
Associate Professor
Luther College
Decorah, Iowa

Karen Kulhanek, RN, MEd, BSN
Nursing Professor
Kellogg Community College
Battle Creek, Michigan

Marjorie J. Kurt, RN, MSN
Clinical Professor
Indiana University
School of Nursing
Indianapolis, Indiana

Jill J. Lambert, RN, MSN, GNP/CNS
Associate Professor
Charity School of Nursing
Delgado Community College
New Orleans, Louisiana
Marci L. Langenkamp, RN (AD), MS, BSN
Assistant Professor of Nursing
Edison Community College
Piqua, Ohio

Ronnette C. Langhorne, RN, MS
Assistant Professor
Thomas Nelson Community College
Hampton, Virginia

Heidi Loucks, RN, MS, CNE
Nurse Educator
Casper College
Casper, Wyoming

Lynn Lowery, RN, MSN, FCN, CCHC, CDE
Associate Professor
Charity School of Nursing
Delgado Community College
New Orleans, Louisiana

Jennifer Lunny, RN, MSN
Assistant Professor of Nursing
Broward College
Coconut Creek, Florida

Elisa Mangosing-Lemmon, RN, MSN, BSN, CMSRN
Nursing Instructor
Riverside School of Health Careers
School of Professional Nursing
Newport News, Virginia

Patricia Ann Martin, RN, MSN, FNP-BC, CNE
Associate Professor
West Kentucky Community and Technical College
Paducah, Kentucky

Ellen McAcoy, RN, MA, CNE
Associate Professor
Hillsborough Community College
Tampa, Florida

Connie McFadden, RN, MSN, CNE
Assistant Professor
The Christ College of Nursing and Health Sciences
Cincinnati, Ohio

Barbara McGraw, RN, MSN, CNE
Nursing Instructor and Curriculum Coordinator
Central Community College
Grand Island, Nebraska

Anthony McGuire, RN, PhD, CCRN, ACNP-BC
Nursing School Lecturer
California State—Long Beach
Long Beach, California
Delete this entry and add

Mary Elizabeth McKenna-Dailey, APRN-BC
Professor and Nurse Education/Family Nurse Practitioner
North Shore Community College
Danvers, Massachusetts

Heather M. McKnight, RN, MSN
Assistant Professor
Texarkana College
Texarkana, Texas

Kathleen McNeese, RN, MN, CNS
Tenured Faculty
Glendale Community College
Glendale, California

Cynthia Moore, RN, MSN, PLNC
Nursing Faculty
Minnesota State Community and Technical College
Detroit Lakes, Minnesota

Cindy Neely, RN, MSN
Campus Clinical Lab Coordinator and Professor of Nursing
Oklahoma City Community College
Oklahoma City, Oklahoma

Susan E. Nelson, RN, MSN, WCC, CLNC
Regional Nursing Department Chair
Ivy Tech Community College
Anderson, Indiana

Kathy Newton, RN, MSN, BSN
Nurse Educator
Kellogg Community College
Battle Creek, Michigan

Lynn Noell, RN, MSN
Associate Professor
Department of Nursing Education
Joliet Junior College
Joliet, Illinois

Karen Noss, RN, MSN, OCN
Associate Professor
Luzerne County Community College
Nanticoke, Pennsylvania
Annette Oberhaus, RN, MSN
Clinical Teaching Assistant
Northwest State Community College
Archbold, Ohio

Catherine J. Pagel, RN, MSN
Assistant Professor of Nursing
Mercy College of Health Sciences
Des Moines, Iowa

Karen Parker
Professor and Clinical Coordinator
Lorain County Community College
Elyria, Ohio

Michelle M. Pelter, RN, PhD
Assistant Professor
Orvis School of Nursing
University of Nevada
Reno, Nevada

Sherily Pereia, RNA, PhD, MSN
Instructor
Medical Sciences Campus and School of Nursing
University of Puerto Rico
San Juan, Puerto Rico

Norma Jean Peters, MSN
Nursing Instructor
Madison College–Reedsburg
Reedsburg, Wisconsin

Vicki Plagenz, RN, MSN
Assistant Professor
Montana State University Northern
Lewistown, Montana

Julia R. Popp, RN, MSN
Professor of Nursing
Owens Community College
Toldeo, Ohio

Dale Powis, RN, MSN
Professor
Community College of Rhode Island
Warwick, Rhode Island

Kathleen Puri, RN, MSN
Associate Professor
Chattanooga State Community College
Chattanooga, Tennessee

Loretta G. Quigley, RN, MS
Associate Dean
St. Joseph’s College of Nursing
Syracuse, New York

Sharon Rappold, RN, MSN, BC
Instructor
Wharton County Junior College
Wharton, Texas

Lucille Rayford, MSN
Adjunct Faculty
California State University—Dominguez Hill
Carson, California

Emily Reece, RN, PhD, MSN
Nursing Professor
El Centro College
Dallas, Texas

Gwendolyn E. Richardson, RN, ACNS-BC
Instructor of Nursing
Midlands Technical College
Columbia, South Carolina

Tami Rogers, DVM, MSN, CNE
Lead Nursing Professor, Adult Health
Keiser University
Orlando, Florida

Martha Kathryn Findley Roper, RN, MSN
Nursing Instructor
Wallace State Community College
Hanceville, Alabama

Kathleen S. Rose, RN, MSN, BSN
Associate Professor of Nursing
Coordinator for LPN and Paramedic to RN
Transition Programs
Chattanooga State Community College
Chattanooga, Tennessee

Kristin E. Sandau, RN, PhD
Associate Professor of Nursing and Staff RN at
United Hospital
Department of Nursing
Bethel University
St. Paul, Minnesota

Kathy Sheats, RN, MSN
Associate Professor
University of the Virgin Islands
Kingshill, United States Virgin Islands

Leslee H. Shepard, RN, EdD, MSN, CMSRN
Assistant Professor of Nursing
Winston-Salem State University
Winston-Salem, North Carolina
Margaret Sherer, RN, MS, CEN, CNE
Nursing Faculty
Portland Community College
Portland, Oregon

Mandy M. Sheriff, RN, MSN
Instructor
Western Illinois University
School of Nursing
Macomb, Illinois

Karin Sherill, RN, MSN, CNE
Faculty Nursing Educator and Simulation Coordinator
Maricopa Nursing at Mesa Community College
Mesa, Arizona

Louise A. Shirk, MSN
Instructor, Medical-Surgical Nursing
Midlands Technical College
Columbia, South Carolina

Michelle Sink, RN, MSN
Professor of Nursing
Florida State College at Jacksonville
Jacksonville, Florida

Julie Skrabel, RN, MSN
Assistant Professor
Bryan LGH College of Health Sciences
Lincoln, Nebraska

June R. Soto, RN, MEd, APRN
Assistant Professor of Nursing
Borough of Manhattan Community College
New York, New York

Denise Spohler, RN, MSN
Professor of Nursing
Owens Community College
Toledo, Ohio

Nancy Steffen, RN, MSN
Nursing Instructor
Century College
White Bear, Minnesota

Elizabeth Zion Stratton, RN, MS
Assistant Professor of Nursing
Monroe Community College
Rochester, New York

Stephanie B. Turner, RN, EdD, MSN
Nursing Instructor
Wallace State Community College
Hanceville, Alabama

Timothy J. Voytilla, MSN, ARNP
Nursing Program Director
Keiser University—Tampa Campus
Tampa, Florida

Gerry Walker, RN, MSN, DHEd
Nursing Program Chair and Assistant Professor of Nursing
Park University
Parkville, Missouri

Terri L. Walker, RN, MSN
Assistant Nursing Program Director and Team Leader
NPIV
Oklahoma City Community College
Oklahoma City, Oklahoma

Kathleen Warner, RN, MSN
Assistant Professor of Nursing
Viterbo University
La Crosse, Wisconsin

Cynthia L. Williams, RN, MS, CMSRN
Professor of Nursing
Oklahoma City Community College
Oklahoma City, Oklahoma

Cheryl Winter, RN, MSN, FNP-BC
Associate Professor of Nursing
Erma Byrd Higher Education Center
Bluefield State College
Beaver, West Virginia

Christine Wood, RN, MSN
Nursing Professor
Des Moines Area Community College
Ankeny, Iowa

Mary E. Wright, RN, MSN, BSN, PHN
Professor of Nursing Medical Surgical
Mount San Jacinto College
Menifee, California and
MiraCosta College
Oceanside, California

Regina L. Wright
Assistant Clinical Professor
Drexel University
Philadelphia, Pennsylvania

Jamie Zwicky, RN, MSN-Ed
Faculty
Bryant and Stratton College
Waukesha, Wisconsin
I have researched the experience of becoming a nurse and have discovered what you already know—that learning nursing is more difficult than you anticipated. I have also taught educators of nursing and can tell you that they too discover that teaching basic nursing is more difficult than anticipated. Thus, the idea for this book was to meet the needs of both students and teachers. I began this journey with a thoughtful analysis of what core content, values, and skills should form the foundation of medical–surgical nursing, and that is how this book was built. No, this book will not provide all answers to questions related to internal medical and surgical care; rather it focuses on what is essential. That said, it is not a cursory viewpoint but one that will give depth and breadth to essential content. You, the reader, will be the judge of our success.

Additionally, I wanted expert clinicians to write this book. Nurses who continue to live in the real world of clinical practice and have strong opinions about essential nursing knowing have informed this book with their wisdom.

I also know that often seeing the weight and thickness of medical–surgical texts scares you to the point that you never crack the binding. Thus, we have aimed to distill the essential and place the rest online. As an example, although we rigorously researched current references, we have placed them online for you, if needed, rather than add to the pages in this text. I am hoping for cracked binding, dog-eared pages, multicolored highlights, and notes in the margins of this book. They will stand as evidence of our success.

**FEATURES**

We have designed some special features to help engage you, the reader, and assist you in your understanding of the content and the nurse’s role in caring for patients.

**GUIDELINES FOR NURSING CARE** provide steps and rationales for important procedures.

**Focused Assessment** boxes summarize important assessment criteria and significant findings related to a particular disorder.

**Risk Factors** provide a bulleted list of risk factors for a particular disorder, drawing attention to factors that can impair health.

**Patient Education** summarizes patient teaching, home care, and discharge planning.

**Health Promotion** reviews important points the nurse should discuss with the patient to prevent common health problems from developing.

**Gerontologic Considerations** highlight information that pertains specifically to the care of older adults who comprise the fastest-growing segment of our population.

**Laboratory and Diagnostic Tests** tables list common lab tests for particular disorders along with normal values, critical values, and nursing implications.

**Nursing Research: Bridging the Gap to Evidence-Based Practice** demonstrates the nursing implications of important research.

**Focus on Pathophysiology** highlights and describes important pathophysiologic processes.

**Nutrition Alert** highlights nutritional considerations for particular disorders.

**NURSING ALERTS** offer brief tips or highlight red-flag warnings for clinical practice.

**DRUG ALERTS** highlight key nursing considerations and drug safety information.

**PEDAGOGICAL FEATURES**

The following features will help you focus your attention on important content and relate it to the challenges of nursing and patient care.

**UNIT CASE STUDY** Each unit opens with a short case study and related questions to help prepare you for the content to be presented and to engage your critical thinking skills. Answers to the unit case studies appear at the end of the book so that you can instantly check your knowledge of the subject.

**Learning Objectives** appear at the beginning of each chapter to help guide and focus you on the important content in the chapter.

**Critical Thinking Exercises** appear at the end of each chapter and use situation-based questions to aid you in applying the knowledge you have gained.

**NCLEX-Style Review Questions** test your comprehension and application of the content. Answers to these review questions are available on the Instructor’s Resource DVD-ROM and the Instructor’s Resources on thePoint.
References and Selected Readings can be found on thePoint in addition to a large array of resources that will aid your comprehension and expand your knowledge of the subject matter.

GLOSSARY appears at the end of the book to assist you in understanding key terminology.

COMPREHENSIVE LEARNING PACKAGE

A carefully designed ancillary package is available to students who purchase the book and to faculty who adopt the book to further facilitate teaching and learning. A wide variety of multimedia tools are readily available and are just a click away on the Web site that accompanies the text. Visit http://thepoint.lww.com/Pellico1e.

Resources for Students

Find the following resources on thePoint:

• E-book
• NCLEX-Style Student Review Questions
• Animations
• Video clips
• Audio glossary
• Journal articles
• Learning objectives
• Breath sounds
• Internet resources
• References from the book
• Plan of Nursing Care for selected chapters
• And more!

Additional print resources are also available for students.

Study Guide for Focus on Adult Health: Medical-Surgical Nursing. Available at bookstores and lww.com, this study guide presents a variety of exercises to reinforce content and enhance learning.

Handbook for Focus on Adult Health: Medical-Surgical Nursing. Available at bookstores and lww.com, this full-color handbook includes a review of specimen collection procedures followed by an alphabetical list of tests. Tests include important information about reference values and abnormal values as well as associated nursing implications, interfering factors, and essential nursing considerations before, during, and after the test.

Focus on Adult Health’s Handbook of Laboratory & Diagnostic Tests. Available at bookstores and lww.com, this full-color handbook includes a review of specimen collection procedures followed by an alphabetical list of tests. Tests include important information about reference values and abnormal values as well as associated nursing implications, interfering factors, and essential nursing considerations before, during, and after the test.

Resources for Instructors

Instructor resources are available on an Instructor’s Resource DVD-ROM and online at http://thepoint.lww.com/Pellico1e.

In addition to all of the student assets, instructor resources include the following items:

• Test Generator Questions
• PowerPoint Presentations
• Image Bank
• Pre-lecture Quizzes
• Guided Lecture Notes
• Topics for Discussion and Suggested Answers
• Assignments and Suggested Answers
• Case Studies and Suggested Answers
• Syllabus
• E-book
• Answers to NCLEX-Style Chapter Review Questions from the book
• QSEN Competency KSAs Mapped to Focus on Adult Health: Medical-Surgical Nursing
For 2 years, I have barraged four friends with endless e-mails, phone calls, and visits, and I must thank them for their willingness to go on this seemingly endless journey with me. They include Walter Zawalich, my GEPN soul mate who always came through with answers to my pathophysiology questions; Lisa B. Meland, my pharmacology guru who answered questions from standard dosages to interactions, and everything in between; and, finally, my anatomy sages William Stewart and Shanta Kapadia for all their support. To Megan Klim Duttera, this project’s developmental editor who cajoled me, pushed me, and thankfully edited artfully my often tangential thought processes. Finally, my thanks to all the clinician colleagues who wrote chapters about their day-to-day practice so that this book is grounded in the real world of clinical.
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