

Basic Nursing Care and Needs of the patient

Fundamental of Nursing

Types of foot and nail problem

- (1) Callus :- It is the thickening of the epidermis and consist of horny cell. Callus is usually flat, painless and found on the surface of the foot.
- (2) Corns :- Corns are also called keratosis. usually caused by frictions and pressure of shoes.
- (3) Plantar warts :-> fungating lesions appear on sole of the foot are caused papilloma virus
- (4) Athlete's foot (Tinea pedis) :- It is a fungal infection of the foot. In this condition scaly, cracking of skin occur between toes and soles of the feet.
- (5) Paronychia :- inflammation of tissue surrounding the nails occur after hang nail or other injury.
- (6) Foot odours :- They are the result of excessive perspiration which promote the growth of micro-organisms.

Nutrition

Definition :- It is the sum total of all the interactions that occur between an organism and the food it consumes.

- Maintenance of good nutrition implies adequate intake of food.

Importance of Nutrition :-

- Nutrition is very important for survival. Its function starts from the time of birth and continues till death.
- Nutrition is very important for growth and development.
- Nutrition is the primary need of every individual.
- Nutrition is very essential for the repair and healing of tissue.
- Nutrition is considered as a symbol of hospitality, social status.
- It also has ritualistic importance.

Factors affecting nutrition :-

- 1) Religion — veg / non veg.
- 2) Ethnicity and culture.
- 3) Age
- 4) Economic status
- 5) Life style
- 6) Biological factor.
- 7) Personal preference.

Psychological factor

- a) Level of stress, emotions
- b) Fasting habits.
- c) Advertisement
- d) Alcohol abuse.

e) Environmental factors :- Temperature, cold, more energy is required. So people prefer to take dry fruits.

Assessing Nutritional Status

- A - Collect anthropometric measurement.
- B :- Determine biochemical data.
- C :- inspect clinical sign of nutritional status
- D :- Dietary history.

$$\text{BMI} = \frac{\text{Weight in kg}}{(\text{Ht. in metres})^2}$$

Clinical sign :- Such as weakness, fatigue, pale color, loss of appetite

Elimination Needs :- Elimination may be defined as the removal of waste material from the body like urine, faeces, sweat, discharge etc. - through the intestine, kidney, lungs, skin.

Characteristics of Normal Urine

Volume:- 1000 to 2000 ml of urine excreted in 24 hrs.
It's depend on the water intake. Output increase in cold weather and decrease in hot weather.

Color:- Normal urine is pale yellow and amber in color.

When quantity increase it becomes pale yellow.

When quantity decrease the color becomes deep yellow.

Factors affecting Normal Urinary Elimination



o) fluid Intake :-> If fluid intake is greatly increased frequency of voiding increase because the bladder fills more quickly. If fluid intake is low, voiding frequency decrease.

o) loss of Body fluid :- When loss the body fluid kidney increase reabsorption to maintain the proper osmolality. Loss can occur by vomit, diarrhea etc.

o) Nutrition :- If diet contain more water, increase urine production. Alcohol and caffeine both contain diuretic and used urine output.

o) Psychologically factor :- stress or anxiety can have an effect on urinary elimination.

Factors Associated with Altered Urinary Elimination

- Obstruction of urine flow.

Infection

Hypotension

Neurologic injury

Decrease muscle tone

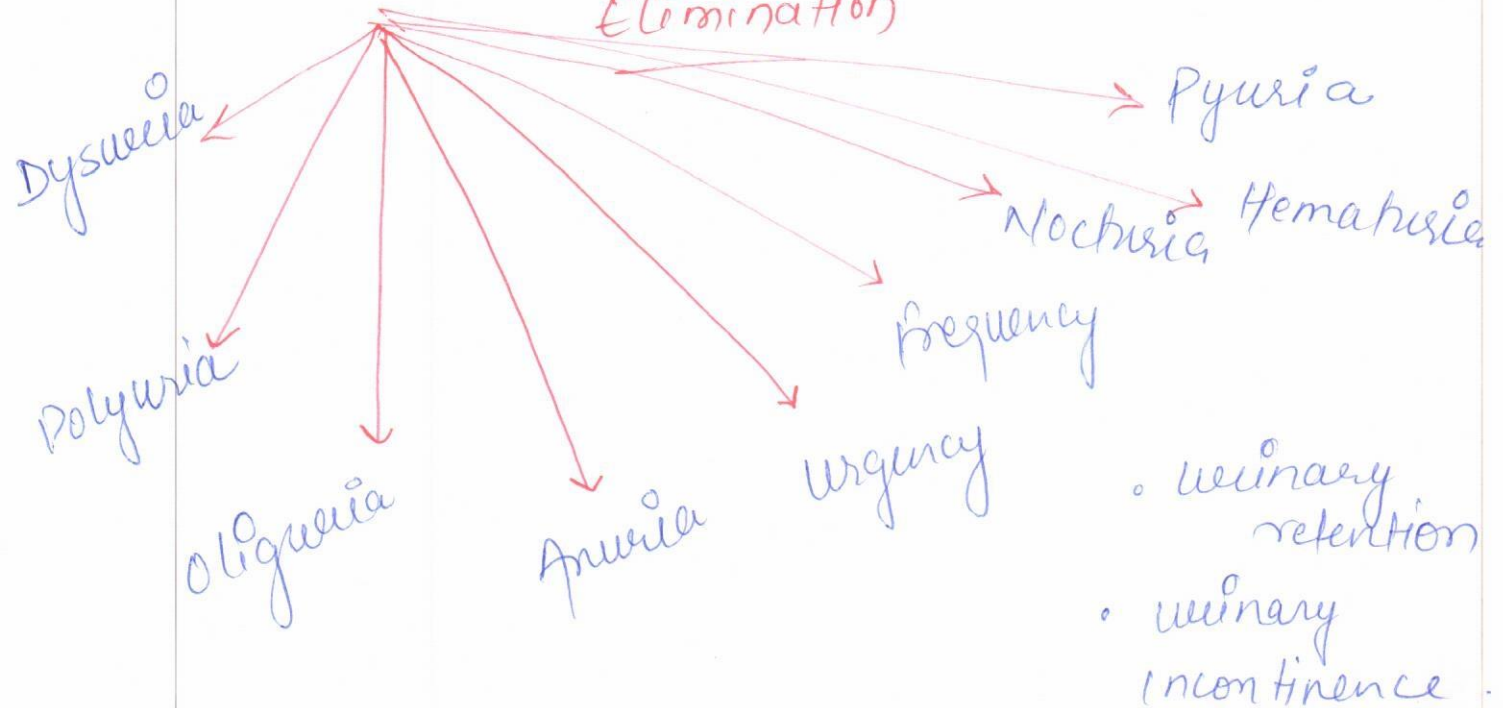
Medication

Surgery

Pregnancy

Urinary diversion.

Alterations in Urinary Elimination



Dysuria:- painful voiding.

Polyuria:- Increase urine output 2500, 3000 ml in 24 hours. It may be due to diabetes, ingestion of diuretics, caffeine and alcohol.

Oliguria:- \rightarrow Decrease urine output less than 500ml in 24 hours.

Anuria:- Absence of urine less than 100ml of urine in 24 hours.

Urgency:- the subjective feeling of being unable voluntarily to delay the urge to void.

Frequency:- voiding at frequent interval is known as frequency.

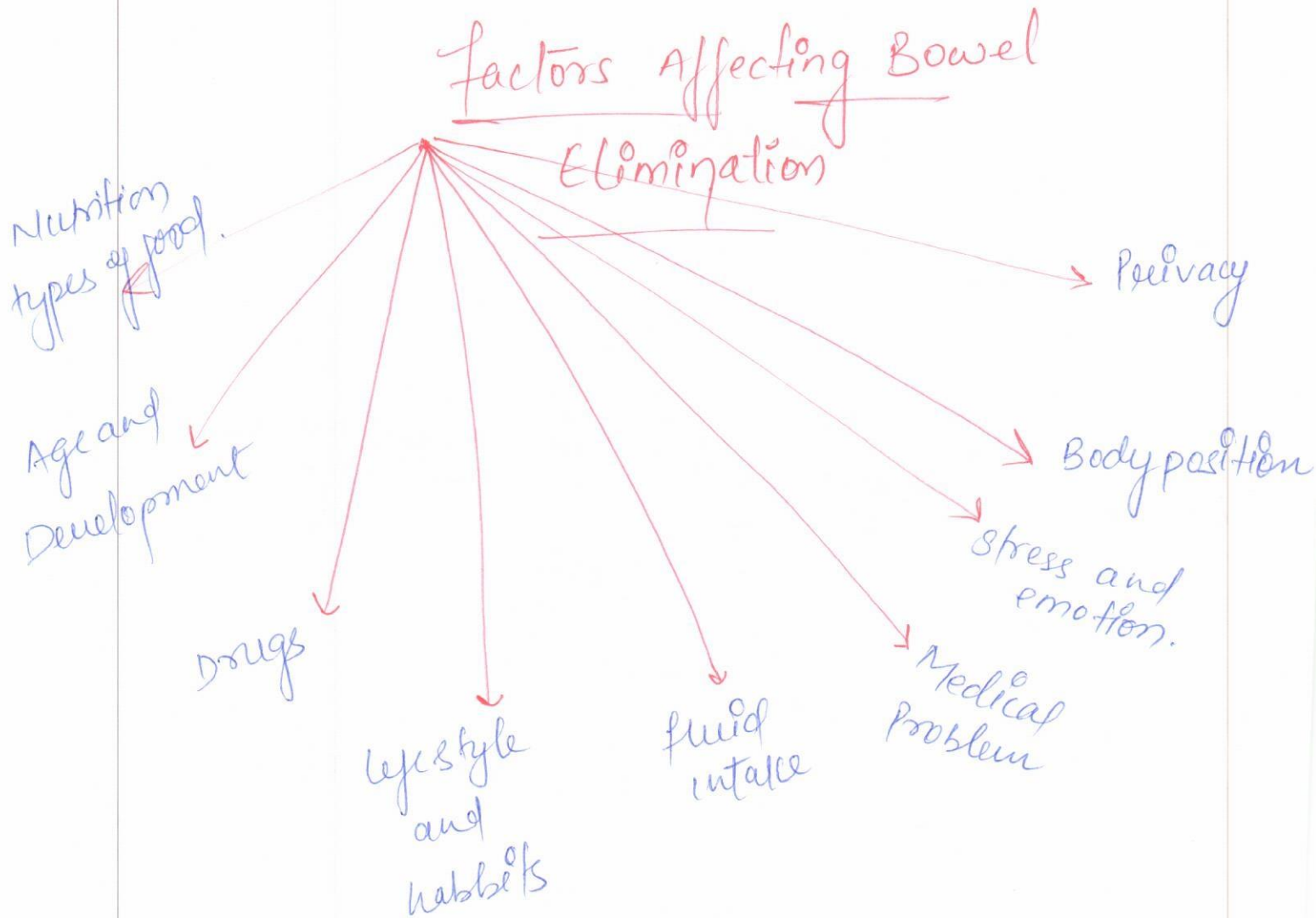
Nocturia:- voiding during normal sleeping hours is called nocturia.

Hematuria:- It indicates blood in urine.

Pyuria:- It indicates pus in urine.

Urinary Retention :- It is the inability to empty the bladder of urine. 5.

Urinary Incontinence :- It is the involuntary loss of urine from the bladder.



Communication

Communication as a process by which information is exchanged between individuals through a common system of symbols, signs or behaviour.

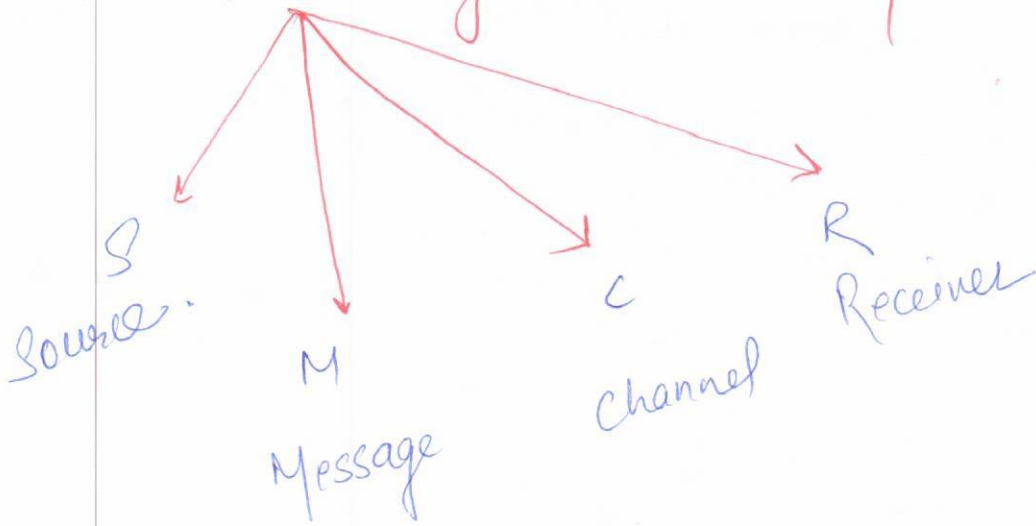
Purpose

- To obtain information.
- To influence others.

Purpose of communication in Nursing :-

- To collect assessment data
- To initiate information.
- To evaluate outcome of intervention.
- To promote health.
- To analyze factors affecting the health team.

Elements of communications



Types of Communication

Based upon relationship

- formal
- informal

Based upon flow

- downward
- upward
- horizontal
- one way
- two way

Others

- visual
- telecommunication
- meta communication

Factors affecting

Communication process

Developmental age

Gender

Perception

Personal space

Role & Relationship

Environment

Congruence

Intra Personal attitude

Barriers of Communication

Physiological barrier

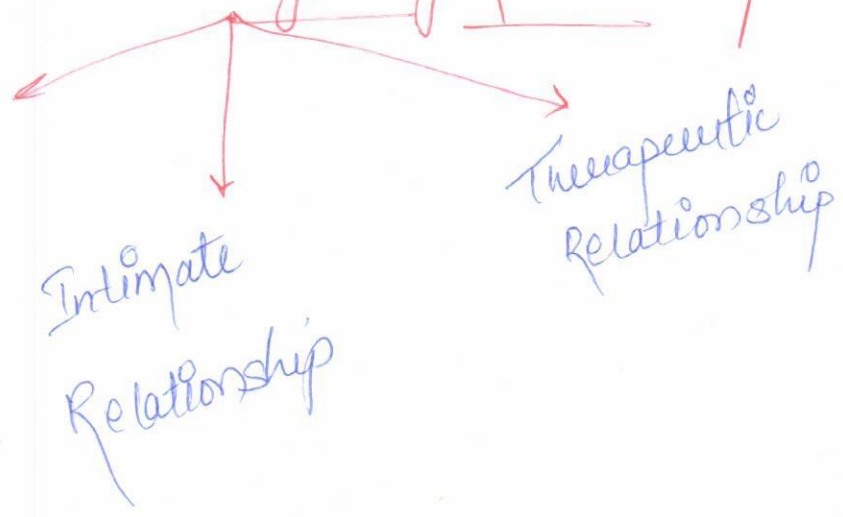
Psychological barrier

Environmental barrier

Cultural barrier

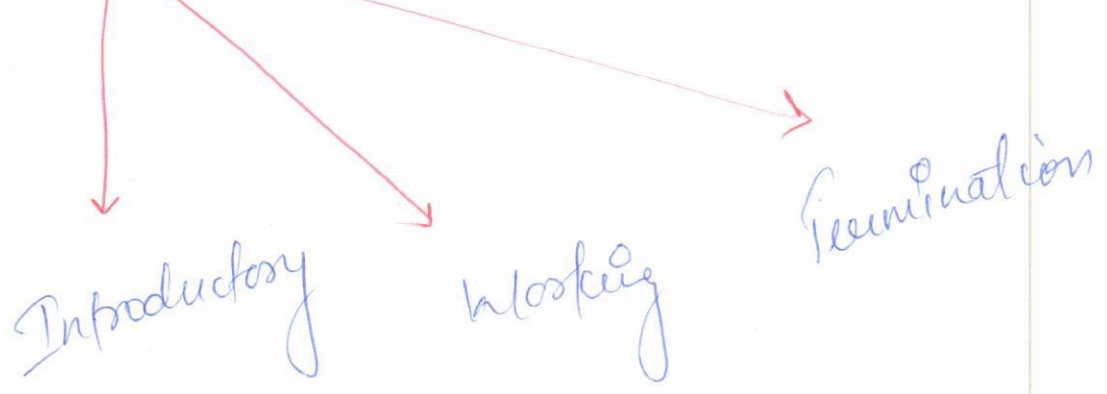
Type of Relationship

Social Relationship.



Phases

Pre-introductory



Obstacles in Therapeutic Communication

Resistance

