

# CONCEPTS & EXEMPLARS

## LEGEND:

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**Bold-Literature Supported**

**Ж-Most Common Conditions**

**‡-Most Common ER Visits**

**Ω- Most Common Causes of Death**

**IHI-Institute for Healthcare Improvement**

**TJC- The Joint Commission**

**∑- Most Common Office-based Visits**

**M- Chronic Disease Management**

**E- Emergency Room Admissions**

**O- Office Based Physician Visits**

**A- Adult    P- Pediatrics**

**C – National Center for Health Statistics**

**N – National Institute of Mental Health**

**+ - Chronic Disease Prevention from the CDC**

**^ - Leading Causes of Death in NC**

**HP – Healthy People 2010**

**IOM – Institute of Medicine**

**CDC – Center for Disease Control**

**NCLEX TP – NCLEX Test Plan**

## INDIVIDUAL

Category	Concept	Definition	Exemplar/Topic
Biophysical	Fluid & Electrolyte	Processes that regulate the balance of water and electrolytes and conditions that contributes to imbalances.	<ul style="list-style-type: none"> <li>• <b>Acute Renal Failure</b> <sup>HP</sup></li> <li>• <b>Chronic Renal Failure</b> <sup>HP</sup></li> <li>• Basic Fluid Balance</li> <li>• Fluid balance</li> <li>• Basic Electrolyte Balance</li> <li>• Electrolyte Balance</li> <li>• Shock</li> </ul>
	Acid Base	Regulation of acidity and alkalinity in body fluids and conditions that contribute to imbalances.	<ul style="list-style-type: none"> <li>• Respiratory &amp; Metabolic Alkalosis</li> <li>• Respiratory/Metabolic Acidosis</li> </ul>
	Elimination	The secretion and excretion of body wastes from the kidneys and intestines and their alterations.	<ul style="list-style-type: none"> <li>• Bladder: Incontinence &amp; Retention</li> <li>• Bowel: Incontinence, Constipation &amp; Impaction</li> <li>• Kidney stones</li> <li>• Benign Prostate Hypertrophy</li> </ul>
	Metabolism	All physical and chemical changes that take place to sustain life and conditions that contribute to imbalances.	<ul style="list-style-type: none"> <li>• <b>Diabetes</b> <sup>IOM, HP</sup></li> <li>• <b>Liver disease</b> <sup>CDC</sup></li> <li>• <b>Obesity</b> <sup>HP</sup></li> <li>• Thyroid Disease</li> <li>• Osteoporosis</li> </ul>
	Intracranial Regulation	Processes that impact intracranial compensation and adaptive neurological function.	<ul style="list-style-type: none"> <li>• Seizures</li> <li>• Increased Intracranial Pressure</li> </ul>

	Thermo-regulation	Factors that regulate body temperature.	<ul style="list-style-type: none"> <li>• Hypothermia</li> <li>• Hyperthermia</li> </ul>
	Cellular Regulation	Reproduction, proliferation, & alteration of cellular growth.	<ul style="list-style-type: none"> <li>• <b>Cancer</b> <sup>(A)</sup>, IOM, CDC, HP</li> <li>• <b>Leukemia</b> <sup>(P)</sup> <sup>(A)</sup></li> <li>• <b>Anemia</b></li> <li>• <b>Sickle Cell Anemia</b> <sup>(P)</sup></li> <li>• Breast Cancer</li> <li>• Colon Cancer</li> <li>• Lung Cancer</li> <li>• Prostate Cancer</li> <li>• Skin Cancer</li> </ul>
	Oxygenation	Mechanisms that facilitate or impair the body's ability to supply oxygen to the blood.	<ul style="list-style-type: none"> <li>• <b>Chronic Obstructive Pulmonary Disease</b> <sup>HP, CDC, IOM</sup></li> <li>• <b>Asthma</b> <sup>IOM, HP, CDC</sup></li> <li>• <b>Sudden Infant Death Syndrome</b> <sup>CDC</sup></li> <li>• Acute Respiratory Distress Syndrome</li> <li>• Respiratory Syncytial Virus (RSV)</li> </ul>
	Perfusion	Mechanisms that facilitate or impair circulation of blood through tissue.	<ul style="list-style-type: none"> <li>• <b>Arteriosclerosis</b> <sup>HP</sup></li> <li>• <b>Heart Failure</b> <sup>HP, CDC</sup></li> <li>• <b>Angina</b> <sup>IOM, CDC</sup></li> <li>• <b>High Cholesterol</b> <sup>IOM</sup></li> <li>• <b>MI</b> <sup>HP, IOM, CDC</sup></li> <li>• <b>Stroke</b> <sup>HP, IOM, CDC</sup></li> <li>• <b>HTN</b> <sup>IOM, CDC</sup></li> <li>• <b>Pregnancy Induced Hypertension</b> <sup>HP</sup></li> <li>• <b>Ventricular Septal Defect</b> <sup>(P), CDC</sup></li> <li>• <b>DVT</b></li> <li>• Life Threatening Dysrhythmias</li> <li>• Shock</li> <li>• Peripheral Vascular Disease</li> <li>• Disseminated intravascular coagulation (DIC)</li> <li>• Cardiomyopathy</li> <li>• Pulmonary Embolism</li> </ul>
	Sexuality	The sum of the physical, functional, and psychological attributes	<ul style="list-style-type: none"> <li>• <b>Family Planning &amp; preconception counseling</b> <sup>HP</sup></li> <li>• <b>Sexually Transmitted Diseases</b></li> </ul>

		that are expressed by one's gender identity and sexual behavior, whether or not related to the sex organs or to procreation. Mosby Dictionary p. 1091, 3rd Edition	<p>HP</p> <ul style="list-style-type: none"> <li>• Menstrual dysfunction</li> <li>• Menopause</li> <li>• Erectile dysfunction</li> </ul>
	Reproduction	The process of conception, gestation and childbirth	<ul style="list-style-type: none"> <li>• <b>Antepartum Care</b> <sup>HP</sup></li> <li>• <b>Prematurity</b> <sup>HP</sup></li> <li>• <b>Newborn Care</b> <sup>HP</sup></li> <li>• Intrapartum Care</li> <li>• Postpartum Care</li> <li>• Placenta Abruption</li> <li>• Placenta Previa</li> </ul>
	Inflammation	The physiologic response to injury, infection, or allergens.	<ul style="list-style-type: none"> <li>• <b>Gall Bladder Disease</b> <sup>HP</sup></li> <li>• <b>Appendicitis</b></li> <li>• <b>Peptic Ulcer</b></li> <li>• <b>Nephritis</b></li> <li>• Inflammatory Bowel Disease</li> </ul>
	Tissue Integrity	Mechanisms that facilitate or impair skin and mucous membrane intactness.	<ul style="list-style-type: none"> <li>• <b>Contact Dermatitis</b></li> <li>• Pressure ulcers</li> <li>• Wound healing</li> <li>• Burns</li> </ul>
	Infection	The invasion of body tissue by microorganisms with the potential to cause illness or disease.	<ul style="list-style-type: none"> <li>• <b>Pneumonia</b> <sup>CDC</sup></li> <li>• <b>Otitis Media</b></li> <li>• <b>Influenza</b></li> <li>• <b>Nosocomial Infections</b></li> <li>• <b>UTI</b></li> <li>• <b>Conjunctivitis</b></li> <li>• Septicemia</li> <li>• Tuberculosis</li> <li>• Cellulitis</li> <li>• <b>MRSA</b></li> </ul>
	Immunity	The natural or induced resistance to infection and conditions associated with impaired response.	<ul style="list-style-type: none"> <li>• <b>HIV/AIDS</b> <sup>IOM, HP, CDC</sup></li> <li>• <b>Rheumatoid Arthritis</b> <sup>HP, IOM</sup></li> <li>• <b>Hypersensitivity</b></li> <li>• <b>Lupus</b></li> </ul>
	Sensory/ Perception	Receiving and interpreting stimuli from the environment & utilizing the sense organs and factors contributing to impaired response.	<ul style="list-style-type: none"> <li>• <b>Hearing Impairment</b> <sup>HP</sup></li> <li>• <b>Cataracts</b> <sup>HP</sup></li> <li>• <b>Peripheral neuropathy</b></li> <li>• Glaucoma</li> <li>• Eye injuries</li> </ul>

			<ul style="list-style-type: none"> <li>• Macular Degeneration</li> </ul>
	Mobility	Mechanisms that facilitate or impair a person's ability to move.	<ul style="list-style-type: none"> <li>• <b>Hip fractures</b> ‡</li> <li>• <b>Osteoarthritis</b> <sup>HP, IOM</sup></li> <li>• <b>Parkinson's Disease</b> <sup>CDC</sup></li> <li>• <b>Back problems</b> <sup>HP, IOM</sup></li> <li>• <b>Spinal Cord Injury</b> <ul style="list-style-type: none"> <li>• Fractures</li> <li>• Multiple Sclerosis</li> </ul> </li> </ul>
	Comfort	An experience of emotional, spiritual, psychological and physical well-being.	<ul style="list-style-type: none"> <li>• Pain: Acute &amp; Chronic</li> <li>• Sleep-rest disorders</li> <li>• Fibromyalgia</li> <li>• Fatigue</li> <li>• End of Life Care</li> </ul>
Psychological	Stress and Coping	The body's attempt to return to homeostasis following a physiological response to disequilibrium. (Townsend)	<ul style="list-style-type: none"> <li>• <b>Phobias</b> <sup>N, HP</sup></li> <li>• <b>Panic Disorder</b> <sup>N, HP</sup></li> <li>• <b>Post-Traumatic Stress Disorder</b> <sup>N, HP</sup></li> <li>• <b>Obsessive-Compulsive Disorder</b> <sup>N, HP</sup></li> <li>• <b>Generalized Anxiety Disorder</b> <sup>N, HP</sup></li> <li>• Anxiety</li> <li>• Crisis</li> </ul>
	Grief and Loss	A series of intense & psychological responses that occur following a loss, with a goal of returning to homeostasis. (Delaune & Ladner)	<ul style="list-style-type: none"> <li>• Anticipatory grieving</li> <li>• Death and dying</li> <li>• Perinatal loss</li> <li>• Children's response to loss</li> <li>• Elder's response to loss</li> <li>• Situational loss</li> </ul>
	Mood & Affect	Mechanisms that influence the emotional state of an individual	<ul style="list-style-type: none"> <li>• <b>Depressive disorders including post partum depression</b> <sup>N, IOM, E, O, HP</sup></li> <li>• <b>Bipolar Disorder</b> <sup>N, HP</sup></li> </ul>
	Cognition	Mental operations that relate to logic, awareness, intellect, memory, language, and reasoning powers (Townsend)	<ul style="list-style-type: none"> <li>• <b>Schizophrenia</b> <sup>N, HP</sup></li> <li>• <b>Alzheimer's disease/ Dementia</b> <sup>D, N, C, HP, CDC</sup></li> <li>• Delirium</li> <li>• Confusion</li> </ul>
	Behaviors	Compulsive, problematic patterns of behavior resulting in psychological	<ul style="list-style-type: none"> <li>• <b>Addiction</b> <sup>HP</sup></li> <li>• <b>Nicotine Use</b> <sup>HP, IOM, †</sup></li> <li>• <b>Substance abuse</b> <sup>HP</sup></li> </ul>

		and/or physiological dependence.	<ul style="list-style-type: none"> <li>• Prenatal substance exposure <sup>HP</sup></li> <li>• Alcohol abuse <sup>HP</sup></li> <li>• Assaultive behaviors</li> </ul>
Developmental		The sequential of cognitive, physical, emotional, psychosocial, and spiritual milestones.	<ul style="list-style-type: none"> <li>• Autism <sup>N</sup></li> <li>• ADHD -Attention Deficit Hyperactivity Disorder <sup>N</sup></li> <li>• Failure to Thrive</li> <li>• Cerebral Palsy</li> </ul>
Social functioning	Self	The sum of mind and body that constitutes the identity of a person. (Taber's) Distortion may lead to psychosocial and physical manifestations	<ul style="list-style-type: none"> <li>• Eating Disorders <sup>HP,N,IOM,CDC</sup></li> <li>• Personality Disorders</li> <li>• Self-esteem, identity, self-perception &amp; body image</li> </ul>
	Family	A system that seeks to maintain balance and functions as a unit. Thus if one event affects one family member all other members are affected (Delaune & Ladner)	<ul style="list-style-type: none"> <li>• Family Dynamics</li> <li>• Family Structure and Roles</li> <li>• Family response to health promotion</li> <li>• Family responses to health alterations</li> <li>• Community Support</li> </ul>
	Diversity	Refers to the individual's variation both to innate and acquired characteristics such as: age, gender, race, abilities, individual life experiences, and sexual orientation (Kelly-Heidenthal,2003)	<ul style="list-style-type: none"> <li>• Vulnerable Populations</li> <li>• Age</li> <li>• Gender</li> <li>• Race</li> <li>• Abilities</li> <li>• Individual life experiences</li> <li>• Sexual orientation</li> </ul>
	Culture	Comparative study and analysis of different cultures and subcultures in the world with respect to their caring behavior, nursing, care and health-illness values, beliefs, and patterns of behavior (Kelly-Heidenthal, 2003)	<ul style="list-style-type: none"> <li>• Multiculturalism</li> <li>• Values, beliefs</li> <li>• Religion</li> </ul>
Spiritual		An experience or feeling of being alive, purposeful, and fulfilled with the ability to make sense of life	<ul style="list-style-type: none"> <li>• Spiritual Health</li> <li>• Spiritual Wellbeing</li> <li>• Spirituality</li> <li>• Religion</li> </ul>

		<p>circumstances, beliefs about the universe, feelings of transcendence, joy, hopefulness and love. Kozier &amp; Erb p. 1043, Carson and Arnold, Mental Health Nursing, The Nurse Patient Journey, 1996, Edition p. 164</p>	<ul style="list-style-type: none"> <li>• Higher Consciousness</li> <li>• Morality</li> <li>• Spiritual Distress</li> </ul>
	Violence	<p>Communication or behaviors which threatens or demonstrates harm to self or others</p>	<ul style="list-style-type: none"> <li>• <b>Suicide</b><sup>D, HP,C, N, CDC</sup></li> <li>• <b>Assault/Homicide</b><sup>C, CDC, HP</sup></li> <li>• <b>Elder Abuse</b><sup>HP</sup></li> <li>• <b>Intimate Partner Abuse</b><sup>HP</sup></li> <li>• <b>Child Abuse</b><sup>HP</sup></li> <li>• <b>Sexual Abuse</b><sup>HP</sup></li> <li>• <b>Rape-Trauma Syndrome</b><sup>HP</sup></li> <li>• <b>Unintentional Injury (MVA)</b></li> </ul>
	Health, Wellness and Illness	<p><u>Health</u> is a dynamic state of being or experience in which the developmental and behavioral potential of an individual is realized to the fullest extent possible and may occur in the presence or absence of disease or injury." ANA Social Policy Statement, 1980, p. 5; 2004. p. 48</p>	<ul style="list-style-type: none"> <li>• <b>Self-Management</b><sup>IOM</sup></li> <li>• Adjustment to health &amp; illness</li> </ul>
		<p><u>Wellness</u> is a dynamic state of well-being to include self-responsibility and daily decision making in the areas of nutrition, stress management, physical fitness, preventive health care, and emotional health; and most importantly the whole, being the individual. p. 296, Kozier, Erb Fundamentals of Nursing Concepts, Process, and Practice 8th Edition.</p>	<ul style="list-style-type: none"> <li>• <b>Physical Fitness</b><sup>HP</sup></li> <li>• <b>Exercise</b><sup>HP</sup></li> <li>• <b>Oral Health</b><sup>HP</sup></li> <li>• <b>Nutrition</b><sup>HP</sup></li> <li>• <b>Consumer Education</b><sup>HP</sup></li> <li>• <b>Screening</b><sup>IOM</sup></li> <li>• <b>Immunization</b><sup>HP,IOM</sup></li> <li>• <b>Life Style Choices</b></li> <li>• Normal Rest and Sleep Patterns</li> <li>• Wellness/Illness Continuum</li> <li>• Health Beliefs (Individual, cultural)</li> <li>• Alternative therapies</li> <li>• Hospitalized Individual</li> </ul>
		<p><u>Illness</u> is a highly personal state in which the person's</p>	

		physical, emotional, intellectual, social, developmental, or spiritual functioning is thought to be diminished. p. 305, Kozier, Erb Fundamentals of Nursing Concepts, Process, and Practice, 8th Edition.	
<b>NURSING</b>			
	Professional Behaviors	Professional behaviors are characterized by a commitment to the profession of nursing. The student adheres to standards of professional practice, is accountable for her/his own actions and behaviors, and practices nursing within legal, ethical, and regulatory frameworks. Professional behaviors also include a concern for others, as demonstrated by caring, valuing the profession of nursing, and participating in ongoing professional development. NLN Core Competencies, 2000	<ul style="list-style-type: none"> <li>• Leadership principles</li> <li>• Commitment to Profession</li> <li>• Work ethics</li> </ul>
	Communication	Interactive process of exchange of information that may occur verbally, nonverbally or through information technology.	<ul style="list-style-type: none"> <li>• Therapeutic Communication <sup>NCLEX<sup>TP</sup></sup></li> <li>• Group Process</li> <li>• <b>Documentation</b></li> <li>• Reporting</li> <li>• Assertive Communication</li> </ul>
	Assessment	A holistic, systematic, and continuous collection, analysis, and synthesis of relevant data for the purpose of appraising the individual's health status. NLN Core Competencies 2000	<ul style="list-style-type: none"> <li>• Holistic health assessment across the life span</li> <li>• Assessing normal</li> <li>• Assessing abnormal</li> </ul>
	Clinical	Careful deliberate use of	<ul style="list-style-type: none"> <li>• Problem-solving</li> </ul>

	Decision Making	reasoned analysis for decision making and problem solving to improve outcomes.	<ul style="list-style-type: none"> <li>• Decision-making</li> <li>• Nursing Process</li> <li>• Critical Thinking</li> </ul>
	Caring Interventions	<p>Caring interventions are those nursing behaviors and actions that assist clients in meeting their needs. These interventions are based on a knowledge and understanding of the natural sciences, behavioral sciences, nursing theory, nursing research, and past nursing experiences. Caring is the “being with” and “doing for” that assist clients to achieve the desired results. Caring behaviors are nurturing, protective, compassionate, and person-centered. Caring creates an environment of hope and trust, where client choices related to cultural values, beliefs, and lifestyles are respected. (Educational Competencies for Graduates of ADN Programs: NLN 2000)</p>	<ul style="list-style-type: none"> <li>• Caregiver skills development</li> <li>• <b><u>NUR 111 Skills</u></b></li> <li>• <i>Holistic physical assessment including Vital signs</i></li> <li>• <i>Medication administration</i></li> <li>• <i>Starting an IV</i></li> <li>• <i>All CNA I skills</i></li> <li>• <i>Foley catheterization</i></li> <li>• <i>Enemas</i></li> <li>• <i>Sterile technique</i></li> <li>• <i>NG tubes</i></li> <li>• <i>G tubes</i></li> <li>• <i>Mobility techniques</i></li> <li>• <i>Personal hygiene</i></li> <li>• <i>Wound care: ostomy, surgical, pressure</i></li> <li>• <i>Naso-pharyngeal/oral suctioning</i></li> <li>• <b><u>NUR 112 Skills</u></b></li> <li>• <i>Blood transfusions</i></li> <li>• <i>Trach care (suctioning)</i></li> <li>• <i>Central lines</i></li> <li>• <i>Chest tubes</i></li> <li>• <i>IV medications</i></li> <li>• <i>Refer to core competencies of the NLN</i></li> </ul>
	Teaching & Learning	Facilitator/facilitation of the acquisition of knowledge through learning.	<ul style="list-style-type: none"> <li>• <b>Patient Educator</b> <sup>HP</sup></li> <li>• Mentor</li> <li>• Staff education</li> </ul>
	Collaboration	Participation in an interdisciplinary health care team to promote safe, effective care and positive client outcomes.	<ul style="list-style-type: none"> <li>• Chain of Command</li> <li>• Conflict Resolution</li> <li>• Interdisciplinary Communication</li> <li>• Interdisciplinary teams</li> <li>• Case management</li> <li>• Management Theories</li> </ul>
	Managing Care	Integration of resources focusing on coordination of client care and supervision of nurses in the delivery of	<ul style="list-style-type: none"> <li>• <b>Care Coordination</b> <sup>IOM</sup></li> <li>• Delegation</li> <li>• Cost effective care</li> <li>• Prioritizing Individual Care</li> </ul>



		quality care. (Zerwekh, J. Claborn, J.)	
<b>HEALTHCARE</b>			
	Safety	A practice that ensures protection from harm or injury. To be safe, care must be seamless, supporting the nurse's ability to link the interdisciplinary healthcare team and technologies to perform as a unified whole. Crossing the Quality Chasm Shaping the future of Health, IOM	<ul style="list-style-type: none"> <li>• <b>National Patient Safety Goals</b> <sup>TJC</sup></li> <li>• "Hand off" communication <sup>TJC</sup></li> <li>• <b>Injury/Illness Prevention</b> <sup>HP</sup></li> <li>• <b>Environmental Safety</b> <sup>HP</sup></li> <li>• <b>Anticipatory Guidance</b> <sup>HP</sup> (developmental safety, and health issues )</li> <li>• <b>Responsible Sexual Behavior</b> <sup>HP</sup></li> <li>• <b>Standard Precautions</b></li> </ul>
	Advocacy	Protecting, supporting and intervening on behalf of the individual's rights and interests; Establishing a trusting relationship, and respecting the individual's right to make their own choices	<ul style="list-style-type: none"> <li>• Protector</li> <li>• Protecting Vulnerable Populations</li> </ul>
	Legal Issues	Rights, responsibilities and scope of nursing practice as defined by the state Nursing Practice Acts, as well public and civil laws.	<ul style="list-style-type: none"> <li>• Nursing Practice Act</li> <li>• Criminal Law</li> <li>• Civil Law</li> <li>• Whistle Blowing</li> <li>• Obligation to report</li> <li>• Risk management</li> <li>• Advance Directives</li> <li>• HIPAA</li> </ul>
	Health Policy	Decisions by government bodies and professional organizations aimed at directing and influencing actions and decisions of organizations and individuals within the health care system.	<ul style="list-style-type: none"> <li>• Regulatory agencies (OSHA, licensure, DHHS, DHSR)</li> <li>• Types of Reimbursement (Medicare, Medicaid, Private)</li> <li>• Professional organizations</li> <li>• Accrediting bodies (TJC)</li> </ul>

	Healthcare Systems	Methods of healthcare delivery management and coordination.	<ul style="list-style-type: none"> <li>• <b>Access to healthcare</b> HP</li> <li>• Diagnostic Related Grouping (DRG)</li> <li>• Primary, secondary, tertiary care</li> <li>• Emergency preparedness</li> <li>• Allocation of resources</li> <li>• Resource utilization</li> <li>• Nursing care delivery systems</li> </ul>
	Ethics	A system of moral principles or standards governing relationships that is based on professional nursing beliefs and values. (Taber's Dictionary, Carroll, Nursing Leadership)	<ul style="list-style-type: none"> <li>• ANA Code of Ethics</li> <li>• Ethical dilemmas</li> <li>• Ethical principles</li> <li>• Patient Rights</li> </ul>
	Accountability	Responsibility by health-care professionals for their own actions and judgment	<ul style="list-style-type: none"> <li>• Competence</li> <li>• Professional development</li> </ul>
	Evidence-based Practice	Integrate best research with clinical expertise and patient values for optimum care, and participate in learning and research activities to the extent feasible. (Teaching IOM, 2003a, p. 4)	<ul style="list-style-type: none"> <li>• Best Practices</li> <li>• Individual Preferences</li> <li>• Develop a question</li> </ul>
	Quality Improvement	Systematic processes to measure client outcomes, identify hazards and errors, and develop changes to improve client care.	<ul style="list-style-type: none"> <li>• Sentinel events</li> <li>• Reporting</li> <li>• Benchmarking</li> <li>• Quality Improvement Cycle: Plan-Do-Study- Act</li> <li>• Root Cause Analysis</li> <li>• Breech in Care</li> </ul>

	Informatics	<p>“Communicate, manage knowledge, mitigate error, and support decision making using information technology.” (Teaching IOM, 2003a, p.4)</p>	<ul style="list-style-type: none"> <li>• Computers in health organizations</li> <li>• Computer based reminder systems</li> <li>• Individual information at point of care</li> <li>• Clinical decision support systems</li> </ul>
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