

# Concept Definitions with Exemplars

2022 - 2023 RN Concept Library

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## Concept Definitions with Exemplars

Concept	Definition	Exemplars
Accountability	Accountability is internalized responsibility, whereby an individual agrees to be morally responsible for the consequences of his or her actions. The nurse is accountable for the care provided to clients and the responsibilities associated with being a professional (Marquis & Huston, 2021).	<ul style="list-style-type: none"> <li>• Competence</li> <li>• Professional Development</li> </ul>
Acid-Base	Acid-base refers to the balance of hydrogen and bicarbonate ions within the body (the acidity and alkalinity of body fluids). An arterial blood gas (ABG) analysis is used to determine blood pH, and homeostatic mechanisms regulate acid-base levels to keep the pH within a normal range. Acid-base imbalances occur when the pH of the blood falls outside the range 7.35 to 7.45. These imbalances can be respiratory or metabolic in origin. Managing acid-base balance is an important role of the nurse, especially in high-acuity settings (Norris & Tuan, 2020).	<ul style="list-style-type: none"> <li>• Acid-Base Balance</li> <li>• Respiratory and Metabolic Acidosis</li> <li>• Respiratory and Metabolic Alkalosis</li> </ul>
Addiction	Addiction is a chronic disease marked by compulsive seeking and use of a drug, despite the harm that it causes (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Alcohol Use</li> <li>• Nicotine Use</li> <li>• Opioid Use</li> <li>• Perinatal Substance Use</li> <li>• Substance Use</li> </ul>
Advocacy	Advocacy is helping others to grow and self-actualize by informing others of their rights and being sure that they have sufficient information on which to base their decisions. The nurse acts as an advocate by protecting the personal rights of clients and providing all necessary information so they can make informed decisions. The nurse also advocates for others unable to make decisions for themselves, as well as for the nursing profession (Marquis & Huston, 2021).	<ul style="list-style-type: none"> <li>• Nurse and Caregiver Fatigue</li> <li>• Patient-Centered Care</li> <li>• Patients' Rights</li> <li>• Protecting Vulnerable Populations</li> <li>• Protector</li> </ul>
Anxiety	Anxiety is a vague feeling of dread or apprehension, in response to external or internal stimuli that can have behavioral, emotional, cognitive, and physical symptoms (Videbeck, 2020).	<ul style="list-style-type: none"> <li>• Generalized Anxiety Disorder</li> <li>• Obsessive-Compulsive Disorder</li> <li>• Panic Disorder</li> <li>• Phobias</li> </ul>
Assessment	Assessment is the systematic and continuous collection, analysis, validation, and communication of patient data, or information. These data reflect how health functioning is enhanced by health promotion or compromised by illness and injury (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Assessing Abnormal</li> <li>• Assessing Normal</li> <li>• Holistic Health Assessment Across the Life Span</li> </ul>

Concept	Definition	Exemplars
Behaviors	Behaviors are lifestyle choices that affect one's health either positively or negatively, such as patterns of sleep, nutrition, and health promotion, as well as personal habits such as smoking and the use of illicit drugs, alcohol, and caffeine (Hinkle, Cheever, & Overbauch, 2022). Nurses caring for clients with maladaptive behaviors use therapeutic treatment modalities in an effort to reverse these actions.	<ul style="list-style-type: none"> <li>• Addiction</li> <li>• Alcohol Abuse</li> <li>• Assaultive Behaviors</li> <li>• Nicotine Use</li> <li>• Perinatal Substance Abuse</li> <li>• Substance Abuse</li> </ul>
Caring	Caring in nursing is a special way of being, knowing, and doing with the goal of protection, enhancement, and preservation of human dignity. Applied to daily nursing practice, caring is action and competencies that aim toward the good and welfare of others (Taylor, 2019). According to the American Association of Colleges of Nursing (AACN), the concept of compassionate care refers to the way nurses relate to others with empathy, as human beings, and is an essential principle of person-centered care (The Essentials, April 2021).	<ul style="list-style-type: none"> <li>• Caring Behaviors</li> </ul>
Caring Intervention	Caring interventions are actions performed by the nurse while meeting the physical and emotional needs of clients and families (Taylor, 2019). These actions enable the achievement of specific client outcomes and are based on previous experience and a professional body of knowledge.	<ul style="list-style-type: none"> <li>• Blood Transfusion</li> <li>• Central Lines</li> <li>• Chest Tubes</li> <li>• CNA I Skills</li> <li>• Enemas</li> <li>• Foley Catheterization</li> <li>• Gastrostomy (G) Tubes</li> <li>• Holistic Physical Assessment Including Vital Signs</li> <li>• IV Medications</li> <li>• Medication Administration</li> <li>• Mobility Techniques</li> <li>• Nasogastric (NG) Tubes</li> <li>• Nasopharyngeal/Oral Suctioning</li> <li>• Personal Hygiene</li> <li>• Starting an IV</li> <li>• Sterile Technique</li> <li>• Tracheostomy Care (Suctioning)</li> <li>• Wound Care: Ostomy, Surgical, Pressure</li> </ul>
Cellular Regulation	Cellular regulation is the coordinated function of thousands of physiologic control systems within the body to maintain homeostasis under conditions of change in the internal and external environment (Norris & Tuan, 2020).	<ul style="list-style-type: none"> <li>• Anemia</li> <li>• Breast Cancer</li> <li>• Cancer</li> <li>• Cancer Survivorship</li> <li>• Colon Cancer</li> <li>• Leukemia</li> <li>• Lung Cancer</li> <li>• Prostate Cancer</li> <li>• Sickle Cell Anemia</li> <li>• Skin Cancer</li> </ul>

Concept	Definition	Exemplars
Clinical Decision Making	Clinical decision making is purposeful, goal-directed effort applied in a systematic way to make a choice among alternatives related to patient care or other clinical issues (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Critical Thinking</li> <li>• Decision Making</li> <li>• Nursing Process</li> <li>• Problem Solving</li> </ul>
Clotting	Clotting is the process whereby platelets circulating in the bloodstream collect at the site of vascular injury, form a plug, activate coagulation factors in the blood plasma, and initiate the formation of a stable clot composed of fibrin to prevent excessive blood loss following trauma (Hinkle, Cheever, & Overbauch, 2022).	<ul style="list-style-type: none"> <li>• Blood Products</li> <li>• Deep Vein Thrombosis (DVT)</li> <li>• Disseminated Intravascular Coagulation (DIC)</li> <li>• HELLP Syndrome</li> <li>• Hemophilia</li> </ul>
Cognition	Cognition is the brain's ability to process, retain, and use information. Cognitive abilities include reasoning, judgment, perception, attention, comprehension, and memory. These cognitive abilities are essential for many important tasks, including making decisions, solving problems, interpreting the environment, and learning new information (Videbeck, 2020).	<ul style="list-style-type: none"> <li>• Alzheimer's Disease/Dementia</li> <li>• Confusion</li> <li>• Delirium</li> <li>• Schizophrenia</li> </ul>
Collaboration	Collaboration is functioning effectively within nursing and interprofessional teams, fostering open communication, mutual respect, and shared decision making to achieve quality patient care (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Case Management</li> <li>• Chain of Command</li> <li>• Conflict Resolution</li> <li>• Interdisciplinary Communication</li> <li>• Interdisciplinary Teams</li> <li>• Management Theories</li> </ul>
Comfort	Comfort is a person's sense of mental, physical, or social well-being or ease. In some types of nursing care (i.e., palliative), the patient's comfort is the only goal of treatment (Taylor, 2019).	<ul style="list-style-type: none"> <li>• End-of-Life Care</li> <li>• Fatigue</li> <li>• Fibromyalgia</li> <li>• Pain: Acute &amp; Chronic</li> <li>• Sleep-Rest Disorders</li> </ul>

Concept	Definition	Exemplars
Community-Based Practice	Community-based care is healthcare provided to people living in a defined geographic area, whether a small neighborhood within a large urban area or a large area of rural residents. In contrast to community health and public health nursing, which are population-based and focus on the health of the whole community, community-based care centers on individual and family healthcare needs. Community-based practice sites can be as varied as neighborhood clinics, patients' homes, long-term care facilities, schools, churches, and prisons. Almost 30% of RNs work in such nonacute patient care settings, and this number is growing. When healthcare is provided in the community, the nurse must adapt to the patient's environment and blend clinical skills with flexibility (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Immunizations</li> <li>• Injury/Illness Prevention</li> </ul>
Communication	Communication is the process that people use to exchange information, in which they simultaneously send and receive messages both verbally and nonverbally (Videbeck, 2020).	<ul style="list-style-type: none"> <li>• Assertive Communication</li> <li>• Documentation</li> <li>• Group Process</li> <li>• Reporting</li> <li>• Therapeutic Communication</li> </ul>
Critical Thinking	Critical thinking is an approach to thinking that is systematic, purposeful, exacting, disciplined, comprehensive, based on intellectual standards, and, as a result, well-reasoned (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Clinical Decision Making</li> <li>• Concept Mapping</li> </ul>
Culture	Culture is a shared system of beliefs, values, and behavioral expectations that provides social structure for daily living. Culture influences roles and interactions with others, as well as within families and communities, and is apparent in the attitudes and institutions unique to particular groups (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Acculturation</li> <li>• Cultural Sensitivity/Multiculturalism</li> <li>• Discrimination</li> <li>• Health/Healthcare Disparity</li> <li>• Religion</li> <li>• Stereotyping</li> <li>• Values and Beliefs</li> </ul>
Development	Development is an orderly pattern of changes in structure, thoughts, feelings, or behaviors resulting from maturation, experiences, and learning. Development is a dynamic and continuous process as one proceeds through life, characterized by a series of ascents, plateaus, and declines (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Attention Deficit Hyperactivity Disorder (ADHD)</li> <li>• Autism</li> <li>• Cerebral Palsy</li> <li>• Down Syndrome</li> <li>• Failure to Thrive</li> </ul>

Concept	Definition	Exemplars
Diversity	Diversity within a society refers to differences among people in cultural background, racial and ethnic origin, religion, language, physical size, gender, sexual orientation, age, disability, socioeconomic status, occupational status, and geographic location. Nurses must be sensitive to diversity by not imposing personal beliefs on others, avoiding stereotyping, and recognizing the impact that these differences may make on clients' healthcare decisions and practices (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Abilities</li> <li>• Age</li> <li>• Gender</li> <li>• Individual Life Experiences</li> <li>• Race</li> <li>• Sexual Orientation</li> <li>• Vulnerable Populations</li> </ul>
Elimination	Elimination is the removal of waste products from the body through the skin, lungs, kidneys, and intestines via the processes of perspiration, expiration, urination, and defecation (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Benign Prostatic Hypertrophy (BPH)</li> <li>• Bladder Incontinence and Retention</li> <li>• Bowel Incontinence</li> <li>• Constipation/Impaction</li> <li>• Irritable Bowel Disease</li> <li>• Kidney Stones</li> </ul>
End of Life	End of life refers to the processes of dying and the care required by those who are approaching death (Hinkle, Cheever, & Overbauch, 2022).	<ul style="list-style-type: none"> <li>• Organ Donation</li> <li>• Pediatric End-of-Life Care</li> <li>• Persistent Vegetative State (PVS)</li> </ul>
Ethics	Ethics is a system dealing with standards of character and behavior related to what is right and wrong (Taylor, 2019).	<ul style="list-style-type: none"> <li>• ANA Code of Ethics</li> <li>• Ethical Dilemmas</li> <li>• Ethical Principles</li> <li>• ICN Code of Ethics</li> <li>• Patient Confidentiality</li> <li>• Patient Rights</li> </ul>
Evidence-Based Practice	Evidence-based practice in nursing is a problem-solving approach to making clinical decisions, using the best evidence available (considered "best" because it is collected from sources such as published research, national standards and guidelines, and reviews of targeted literature) (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Best Practices</li> <li>• Community Preferences</li> <li>• Develop a Question</li> <li>• Identifying Clinical Questions</li> <li>• Individual Preferences</li> <li>• Patient Care Guidelines</li> </ul>

Concept	Definition	Exemplars
Family	Family is any group of people who live together and depend on one another for physical, emotional, or financial support (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Aging of Family Members</li> <li>• Community Support</li> <li>• Expanding Family</li> <li>• Family Dynamics</li> <li>• Family Response to Health Alterations</li> <li>• Family Response to Health Promotion</li> <li>• Family Structure and Roles</li> <li>• Family-Centered Care</li> </ul>
Fluids & Electrolytes	Fluid and electrolyte balance refers to the body's maintaining of homeostasis of fluid volume and electrolytes by a number of mechanisms that facilitate fluid and electrolyte movement within the body, including organs and body systems, osmosis, diffusion, active transport, and capillary filtration (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Acute Renal Failure</li> <li>• Chronic Renal Failure</li> <li>• Electrolyte Balance</li> <li>• Fluid Balance</li> <li>• Gastroenteritis</li> <li>• Shock</li> </ul>
Functional Ability	Functional ability is a person's ability to perform activities of daily living (ADLs) and instrumental activities of daily living (IADLs). ADLs are those self-care activities that the patient must accomplish each day to meet personal needs; they include personal hygiene/bathing, dressing/grooming, feeding, toileting, and transferring. Many patients cannot perform such activities easily. IADLs include those complex skills needed for independent living, including meal preparation, grocery shopping, household and financial management, medication management, telephone usage, and transportation (Hinkle, Cheever, & Overbaugh, 2022).	<ul style="list-style-type: none"> <li>• Activities of Daily Hygiene</li> <li>• Personal Hygiene</li> </ul>
Grief & Loss	Grief is an internal emotional reaction to loss, such as caused by separation or by death. Loss occurs when a valued person, object, or situation is changed or becomes inaccessible such that its value is diminished or removed. Normal expressions of grief may be physical (crying, headaches, difficulty sleeping, fatigue), emotional (feelings of sadness and yearning), social (feeling detached from others and isolating oneself from social contact), and spiritual (questioning the reason for your loss, the purpose of pain and suffering, the purpose of life and the meaning of death) (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Anticipatory Grieving</li> <li>• Children's Response to Loss</li> <li>• Death and Dying</li> <li>• Elder's Response to Loss</li> <li>• Perinatal Loss</li> <li>• Response to Loss Across the Life Span</li> <li>• Situational Loss</li> </ul>



Concept	Definition	Exemplars
Health Policy	Health policy refers to the laws that a nation establishes to govern the delivery of healthcare to its people. Nurses can influence legislation on healthcare by active participation in professional organizations and by individual and group lobbying of legislators (Marquis & Huston, 2021).	<ul style="list-style-type: none"> <li>• Access to Healthcare</li> <li>• Accrediting Bodies (TJC)</li> <li>• Healthy People 2010/2020</li> <li>• Professional Organizations</li> <li>• Regulatory Agencies (OSHA, Licensure, DHHS, DHRS)</li> <li>• Types/Systems of Reimbursement</li> </ul>
Health Promotion	Health promotion is the behavior of an individual motivated by a personal desire to increase well-being and health potential (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Exercise</li> <li>• Immunizations</li> <li>• Injury/Illness Prevention</li> <li>• Nutrition</li> <li>• Screening</li> </ul>
Health, Wellness, & Illness	Health is a state of optimal functioning or physical, mental, and social well-being. Wellness is an active state of being healthy, including living a lifestyle that promotes good physical, mental, and emotional health. Illness is the response of a person to a disease, an abnormal process in which the person's level of functioning is changed when compared with a previous level (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Adjustment to Health and Illness</li> <li>• Alternative Therapies</li> <li>• Consumer Education/Prevention</li> <li>• Exercise</li> <li>• Health Beliefs (Individual/Cultural)</li> <li>• Hospitalized Individual</li> <li>• Immunizations</li> <li>• Lifestyle Choices</li> <li>• Normal Sleep and Rest Patterns</li> <li>• Nutrition</li> <li>• Oral Health</li> <li>• Physical Fitness</li> <li>• Psychosocial Response to Illness</li> <li>• Screening</li> <li>• Self-Management</li> <li>• Wellness-Illness Continuum</li> </ul>



Concept	Definition	Exemplars
Healthcare Disparities	Healthcare disparities are differences in health outcomes between populations that are closely associated with a social, economic, or environmental disadvantage influenced by such factors as race and ethnicity, poverty, biological sex, age, mental health, educational level, disabilities, sexual orientation, health insurance, and access to healthcare (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Homelessness</li> <li>• Socioeconomic Status</li> <li>• Veterans</li> </ul>
Healthcare Systems	A healthcare system is the system a nation uses to deliver and pay for healthcare for its inhabitants (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Access to Healthcare</li> <li>• Allocation of Resources</li> <li>• Diagnosis-Related Groups (DRGs)</li> <li>• Disaster and Emergency Preparedness</li> <li>• Nursing Care Delivery Systems</li> <li>• Primary, Secondary, and Tertiary Care</li> <li>• Resource Utilization</li> </ul>
Immunity	Immunity is the body's specific protective response to a foreign agent or organism (Hinkle, Cheever, & Overbauch, 2022). The nurse must be knowledgeable regarding active and passive immunity, as well as the effects of alterations in immune function for clients receiving care.	<ul style="list-style-type: none"> <li>• Anaphylaxis</li> <li>• HIV/AIDS</li> <li>• Hypersensitivity</li> <li>• Immune Response</li> <li>• Lupus</li> <li>• Rheumatoid Arthritis</li> <li>• Transplant Rejection</li> </ul>
Infection	Infection is the presence and multiplication of a microorganism within another living organism, with subsequent injury to the host (Norris & Tuan, 2020).	<ul style="list-style-type: none"> <li>• Antibiotic-Resistant Infection</li> <li>• Cellulitis</li> <li>• Conjunctivitis</li> <li>• Influenza</li> <li>• Meningitis</li> <li>• MRSA</li> <li>• Nosocomial Infection</li> <li>• Otitis Media</li> <li>• Pneumonia</li> <li>• Septicemia</li> <li>• Tuberculosis (TB)</li> <li>• Urinary Tract Infection (UTI)</li> </ul>

Concept	Definition	Exemplars
Inflammation	Inflammation is a complex nonspecific response to tissue injury intended to minimize the effects of injury or infection, remove the damaged tissue, generate new tissue, and facilitate healing (Norris & Tuan, 2020).	<ul style="list-style-type: none"> <li>• Appendicitis</li> <li>• Bronchitis</li> <li>• Celiac Disease</li> <li>• Gallbladder Disease</li> <li>• Gastroesophageal Reflux Disease (GERD)</li> <li>• Hepatitis</li> <li>• Inflammation Process</li> <li>• Inflammation Response</li> <li>• Inflammatory Bowel Disorders and Diseases</li> <li>• Nephritis</li> <li>• Pancreatitis</li> <li>• Peptic Ulcer Disease (PUD)</li> </ul>
Informatics	Informatics is the science of using of technology and data to improve patient care. It is driving innovation and defining future approaches to information and knowledge management in biomedical research, clinical care, and public health (Taylor, 2019)	<ul style="list-style-type: none"> <li>• Clinical Decision Support Systems</li> <li>• Computer-Based Reminder Systems</li> <li>• Computers in Healthcare Organizations</li> <li>• Electronic Health Records</li> <li>• Individual Information at Point of Care</li> </ul>
Intracranial Regulation	Intracranial regulation refers to compensatory mechanisms in the brain that operate to maintain pressure within the cranial cavity in a safe range (0 to 15 mm Hg). Reciprocal compensation occurs among the three intracranial compartments such that small increases in the volume of one component can be compensated for by a decrease in the volume of one or both of the other two components, as CSF and blood can shift and brain tissue comply (Norris & Tuan, 2020).	<ul style="list-style-type: none"> <li>• Increased Intracranial Pressure</li> <li>• Seizures</li> <li>• Traumatic Brain Injury</li> </ul>

Concept	Definition	Exemplars
Leadership/ Management	Leadership is the process of persuading and influencing others toward a goal through mostly noncoercive means; typically composed of a wide variety of roles. Management is the process of leading and directing all or part of an organization through the deployment and manipulation of resources (Marquis & Huston, 2021).	<ul style="list-style-type: none"> <li>• Cost-Effective Care</li> <li>• Delegation</li> <li>• Interdisciplinary Collaboration</li> <li>• Leadership Principles</li> <li>• Mentoring</li> <li>• Skills/Personal Traits</li> <li>• Workplace Goals</li> </ul>
Legal Issues	Legal issues involve legislation and laws that are in place to protect the client and the nurse. Laws and legislation define the scope of acceptable practice and protect individual rights. Nurses who are aware of their rights and duties in legal matters are better able to protect themselves against liability or loss of professional licensure. The boundaries for nursing practice are defined in the Nurse Practice Act of each state. The nurse must practice within these prescribed boundaries, as well as be aware of what constitutes malpractice or professional negligence. Other legal issues that nurses must understand are related to informed consent, documentation, incident reporting, the Patient Self-Determination Act, and licensure (Marquis & Huston, 2021).	<ul style="list-style-type: none"> <li>• Advance Directives</li> <li>• Civil Law</li> <li>• Criminal Law</li> <li>• Duty to Care</li> <li>• HIPAA</li> <li>• Licensure</li> <li>• Nursing Practice Act</li> <li>• Obligation to Report</li> <li>• Professional/Unprofessional Conduct</li> <li>• Risk Management</li> <li>• Whistle Blowing</li> </ul>
Managing Care	Managing care is required of all nurses, even new graduates, as it begins with the care of individual clients. Nurses become proficient in performing and directing client care, and then begin to visualize the activities involved in managing the work environment and, finally, the larger organization. Nurses who excel in managing client care and possess strong interpersonal skills often assume additional management duties when assigned the role of charge nurse or nurse manager (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Care Coordination</li> <li>• Community-Based Nursing Care</li> <li>• Cost-Effective Care</li> <li>• Delegation</li> <li>• Perioperative Care</li> <li>• Prioritizing Individual Care</li> </ul>
Medical Emergencies	The assessment and treatment of acute injury or illness that poses an immediate risk to a client's life or long-term health (Source: ACCS Nursing Philosophy and Concept Curriculum Map, 2/16/2016).	<ul style="list-style-type: none"> <li>• Anaphylaxis</li> <li>• Aneurysms</li> <li>• Burns</li> <li>• Multiple Organ Dysfunction Syndrome (MODS)</li> <li>• Poisonings</li> <li>• Septicemia</li> <li>• Submersion Injuries</li> <li>• Traumatic Brain Injury</li> </ul>

Concept	Definition	Exemplars
Metabolism	Energy metabolism refers to the chemical processes involved in converting carbohydrates, fats, and proteins from the foods we eat into the energy needed for cell functions (Norris & Tuan, 2020).	<ul style="list-style-type: none"> <li>• Addison's Disease</li> <li>• Diabetes</li> <li>• Gestational Diabetes</li> <li>• Liver Disease</li> <li>• Obesity</li> <li>• Osteoporosis</li> <li>• Syndrome of Inappropriate Antidiuretic Hormone (SIADH)</li> <li>• Thyroid Disease</li> </ul>
Mobility	<p>Mobility is the range of motion available at a joint or the ability of a person to move, in general. Mobility may be restricted owing to pain, paralysis, loss of muscle strength, systemic disease, an immobilizing device (e.g., cast, brace), or prescribed limits to promote healing. Assessment of mobility includes positioning, ability to move, muscle strength and tone, joint function, and the prescribed mobility limits (Hinkle, Cheever, &amp; Overbauch, 2022).</p>	<ul style="list-style-type: none"> <li>• Back Problems</li> <li>• Fractures</li> <li>• Hip Fractures</li> <li>• Mobility Techniques</li> <li>• Multiple Sclerosis</li> <li>• Osteoarthritis</li> <li>• Parkinson's Disease</li> <li>• Range of Motion (ROM)</li> <li>• Spinal Cord Injuries</li> </ul>
Mood & Affect	Mood refers to the client's pervasive and enduring emotional state. Affect is the outward expression of the client's emotional state (Videbeck, 2020).	<ul style="list-style-type: none"> <li>• Bipolar Disorder</li> <li>• Depressive Disorders (Including Postpartum Depression)</li> <li>• Schizophrenia</li> </ul>
Nursing Process	The nursing process, a major guideline for nursing practice, consists of the essential activities of assessing, diagnosing, planning, implementing, and evaluating. The nursing process is used by the nurse to identify the patient's healthcare needs and strengths, establish and carry out a plan of care to meet those needs, and evaluate the effectiveness of the plan to meet established outcomes (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Assessment</li> <li>• Diagnosis (NANDA)</li> <li>• Evaluation</li> <li>• Intervention</li> <li>• Planning</li> </ul>

Concept	Definition	Exemplars
Nutrition	Nutrition is the study of the nutrients and how they are handled by the body, as well as the impact of human behavior and environment on the process of nourishment (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Blood Glucose Monitoring</li> <li>• Eating Disorders</li> <li>• Enteral and Parenteral Nutrition</li> <li>• Gastroesophageal Reflux Disease (GERD)</li> <li>• Infant Nutrition</li> <li>• Malnutrition</li> <li>• Nasogastric (NG) Tubes</li> <li>• Nutritional Assessment</li> </ul>
Oxygenation/ Gas Exchange	Oxygenation refers to the process of providing cells with oxygen through the respiratory system and is accomplished by pulmonary ventilation, respiration, and perfusion (Taylor, 2019). Nurses encounter potential and actual alterations in oxygenation in all types of clients and must detect problems and intervene early to prevent life-threatening complications.	<ul style="list-style-type: none"> <li>• Acute Respiratory Distress Syndrome (ARDS)</li> <li>• Asthma</li> <li>• Chronic Obstructive Pulmonary Disease (COPD)</li> <li>• Cystic Fibrosis</li> <li>• Pneumothorax</li> <li>• Respiratory Assessment</li> <li>• Respiratory Syncytial Virus (RSV)</li> <li>• Sudden Infant Death Syndrome (SIDS)</li> </ul>
Perfusion	Perfusion refers to the passage of oxygenated capillary blood through body tissues (Taylor, 2019). Adequate perfusion depends on normal functioning of both the respiratory and cardiac systems. Nurses encounter potential and actual alterations in perfusion in all types of clients and must detect problems and intervene early to prevent life-threatening complications.	<ul style="list-style-type: none"> <li>• Angina</li> <li>• Arteriosclerosis</li> <li>• Cardiomyopathy</li> <li>• Circulatory Assessment</li> <li>• Coronary Artery Disease (CAD)</li> <li>• Deep Vein Thrombosis (DVT)</li> <li>• Disseminated Intravascular Coagulation (DIC)</li> <li>• Heart Failure</li> <li>• High Cholesterol</li> <li>• Hypertension (HTN)</li> <li>• Life-Threatening Dysrhythmias</li> <li>• Multiple Organ Dysfunction Syndrome (MODS)</li> <li>• Myocardial Infarction (MI)</li> <li>• Peripheral Vascular Disease (PVD)</li> <li>• Pregnancy-Induced Hypertension (PIH)</li> <li>• Pulmonary Embolism</li> <li>• Shock (Cardiogenic &amp; Septic)</li> <li>• Stroke</li> <li>• Ventricular Septal Defect</li> </ul>

Concept	Definition	Exemplars
Pharmacology	Pharmacology is the study of the biological effects of chemicals (Karch, 2020).	<ul style="list-style-type: none"> <li>• Dosage Calculations</li> <li>• Management of Intravenous (IV) Therapy</li> <li>• Medication Administration</li> </ul>
Professional Behaviors	Professional behaviors are those that reflect the nurse's commitment to secure the interests and welfare of those entrusted to the nurse's care. These behaviors flow out of the professional values of nursing, as identified by the American Association of Colleges of Nursing (2008): altruism, autonomy, human dignity, integrity, and social justice (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Accountability</li> <li>• Commitment to Profession</li> <li>• Leadership Principles</li> <li>• Professional Standards</li> <li>• RN Scope of Practice</li> <li>• Work Ethics</li> </ul>
Psychosis	Psychosis refers to a cluster of symptoms including delusions, hallucinations, and grossly disordered thinking and behavior (Videbeck, 2020).	<ul style="list-style-type: none"> <li>• Postpartum Psychosis</li> <li>• Schizophrenia</li> </ul>
Quality Improvement	Quality improvement is a process and model that ensures that quality efforts are ongoing and that quality can always be improved (Marquis & Huston, 2021).	<ul style="list-style-type: none"> <li>• Accreditation</li> <li>• Benchmarking</li> <li>• Methods to Evaluate Client Care</li> <li>• Quality Improvement Cycle: Plan-Do-Study-Act</li> <li>• Reporting</li> <li>• Root Cause Analysis</li> <li>• Sentinel Events</li> </ul>
Reproduction	Reproduction is the biological function of producing offspring and is essential for the survival of a species. It involves conception (the joining of the sperm from the male with the ovum from female), development of the fetus within the uterus, and birth (Ricci, Kyle, & Carman, 2021).	<ul style="list-style-type: none"> <li>• Antepartum Care/Prenatal Care</li> <li>• Assessment of the Pregnant Female</li> <li>• Intrapartum Care</li> <li>• Newborn Care</li> <li>• Placental Abrupton</li> <li>• Placenta Previa</li> <li>• Postpartum Care</li> <li>• Postpartum Hemorrhage (PPH)</li> <li>• Preeclampsia</li> <li>• Prematurity</li> <li>• Rh Incompatibility</li> </ul>

Concept	Definition	Exemplars
Safety	Safety refers to being protected from potential or actual harm and is considered a basic human need. Patient safety is a responsibility of all healthcare providers, including nurses, and is a focus in all healthcare facilities as well as in the home, workplace, and community. Many safety and security concerns are universal for all age groups, but there are unique considerations for each developmental stage (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Anticipatory Guidance</li> <li>• Devices and Restraints</li> <li>• Environmental Control</li> <li>• Environmental Safety</li> <li>• Error Prevention</li> <li>• Falls and Fall Precautions</li> <li>• Hand-Off Communication</li> <li>• Injury/Illness Prevention</li> <li>• National Patient Safety Goals</li> <li>• Reporting</li> <li>• Responsible Sexual Behavior</li> <li>• SBAR Format</li> <li>• Standard Precautions</li> </ul>
Self	Self refers to an individual's conscious sense of who he or she is, a perception of one's total being, including self-worth and body image (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Eating Disorders</li> <li>• Identity</li> <li>• Personality Disorders</li> <li>• Self-Esteem</li> <li>• Self-Perception and Body Image</li> </ul>
Sensory Perception	Sensory perception is the conscious process of selecting, organizing, and interpreting data from the senses into meaningful information. Perception is influenced by the intensity, size, change, or representation of stimuli, as well as by past experiences, knowledge, and attitudes (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Cataracts</li> <li>• Eye Injuries</li> <li>• Glaucoma</li> <li>• Hearing Impairment</li> <li>• Macular Degeneration</li> <li>• Peripheral Neuropathy</li> <li>• Visual Impairment</li> </ul>
Sexuality	A critical component of human identity and well-being, sexuality involves how a person exhibits and experiences maleness or femaleness physically, emotionally, and mentally. Sexuality is defined not only by a person's genitalia and hormones but also by attitudes and feelings. It can also be defined as learned behaviors in how a person reacts to one's own sexuality and by how one behaves in relationships with others. Culture profoundly influences learned behaviors involving sexuality. Sexuality is an integral part of a person's identity and is present in one's demeanor through actions, communications, and physical appearance (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Erectile Dysfunction</li> <li>• Family Planning and Preconception Care</li> <li>• Infertility Counseling</li> <li>• Menopause</li> <li>• Menstrual Dysfunction</li> <li>• Sexually Transmitted Diseases</li> </ul>



Concept	Definition	Exemplars
Spiritual	Spirituality is anything that pertains to a person's relationship with a nonmaterial life force or higher power. Spiritual health or well-being is the condition that exists when the person's universal spiritual needs for meaning and purpose, love and belonging, and forgiveness are met (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Higher Consciousness</li> <li>• Morality</li> <li>• Religion</li> <li>• Spiritual Distress</li> <li>• Spiritual Health</li> <li>• Spiritual Well-Being</li> <li>• Spiritual/Ethical Caring</li> <li>• Spirituality</li> </ul>
Stress & Coping	Stress is a condition in which the human system responds to changes in its internal or external environment that disrupt its normal balanced state and are perceived as a challenge, threat, or danger. Coping is any behavior that is used to decrease stress and anxiety. Many coping behaviors are learned, based on one's family, past experiences, and sociocultural influences and expectations. Coping behaviors may be positive or negative in terms of how they affect one's health (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Crisis</li> <li>• Generalized Anxiety Disorder</li> <li>• Obsessive-Compulsive Disorder</li> <li>• Panic Disorder</li> <li>• Phobias</li> <li>• Post-Traumatic Stress Disorder (PTSD)</li> </ul>
Teaching & Learning	Teaching is a planned method or series of methods used to help someone learn. The person using these methods is the teacher. Learning is the process by which a person acquires or increases knowledge or changes behavior in a measurable way as a result of the experience. You assume the role of teacher and your patient assumes the role of learner when there are identifiable learning needs (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Consumer Education/Prevention</li> <li>• Diabetes Education</li> <li>• Mentor</li> <li>• Patient Education</li> <li>• Patient Educator</li> <li>• Patient Teaching</li> <li>• Staff Education</li> </ul>

Concept	Definition	Exemplars
Technical Skills	Technical skills are the manual skills needed in nursing to handle equipment and perform procedures and other clinical activities with competence (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Blood Transfusions</li> <li>• Central Lines</li> <li>• Chest Tubes</li> <li>• Enemas</li> <li>• Enteral and Parenteral Nutrition</li> <li>• Foley Catheterization</li> <li>• IV Insertion</li> <li>• IV Medication</li> <li>• Medication Administration</li> <li>• Newborn Assessment</li> <li>• Physical Assessment</li> <li>• Postpartum Assessment</li> <li>• Sterile Technique</li> <li>• Trach Care/Nasopharyngeal Suctioning</li> <li>• Wound Care</li> </ul>
Therapeutic Communication	Therapeutic communication is an interpersonal interaction between the nurse and the client during which the nurse focuses on the client's specific needs to promote an effective exchange of information. Skilled use of therapeutic communication techniques helps the nurse understand and empathize with the client's experience (Videbeck, 2020).	<ul style="list-style-type: none"> <li>• Change of Shift Report</li> <li>• Conflict Resolution</li> <li>• Counseling/Support</li> <li>• Documentation</li> <li>• Interdisciplinary Communication</li> <li>• Patient Education</li> <li>• Reporting</li> </ul>
Thermoregulation	Thermoregulation is regulation of the body's temperature by cells in the hypothalamus in response to signals from thermal (heat and cold) receptors located close to the skin's surface. Stimulation of these receptors sends sensory messages to the anterior hypothalamus to initiate mechanisms to dissipate heat (through vasodilation and sweating) or to preserve warmth through vasoconstriction and piloerection ("goose bumps") (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Fever</li> <li>• Hyperthermia</li> <li>• Hypothermia</li> <li>• Multiple System Injury/Failure</li> <li>• Newborn Thermoregulation</li> <li>• Parenteral Nutrition</li> </ul>

Concept	Definition	Exemplars
Time Management/ Organization	Time management is making optimal use of available time. The keys to optimizing time management include prioritizing duties, managing and controlling crises, reducing stress, and balancing work and personal time (Marquis & Huston, 2021).	<ul style="list-style-type: none"> <li>• Care Coordination</li> <li>• Prioritizing Care</li> </ul>
Tissue Integrity	Tissue integrity refers to the state of skin or other tissue when it is healthy and intact. When tissue is wounded, its normal integrity and continuity are disrupted and its function of protection is compromised, making it vulnerable to invasion by organisms (Taylor, 2019).	<ul style="list-style-type: none"> <li>• Assessment of the Skin</li> <li>• Burns</li> <li>• Cellulitis</li> <li>• Contact Dermatitis</li> <li>• Pressure Ulcers</li> <li>• Psoriasis</li> <li>• Tinea Pedis</li> <li>• Wound Healing</li> </ul>
Violence	The CDC's Injury Center defines violence as the "[international] use [of] physical force or power to harm others" (CDC, 2017a; Ricci, Kyle, & Carman, 2021).	<ul style="list-style-type: none"> <li>• Addiction</li> <li>• Alcohol Abuse</li> <li>• Assault/Homicide</li> <li>• Child Abuse</li> <li>• Elder Abuse</li> <li>• Intimate Partner Abuse</li> <li>• Rape-Trauma Syndrome</li> <li>• Sexual Abuse</li> <li>• Substance Abuse</li> <li>• Suicide</li> <li>• Unintentional Injury</li> </ul>

# Next Steps

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