

1981

Macdonald-Buchanan & Lorna Delve School of NursingActivities of Daily LivingBreathingQuestions

What physiological changes may occur when a person has breathing difficulties?

What psychological problems may be present due to this difficulty, and how may these affect the individual?

What are the major causes of lung disease in Britain today. Have these changed since the beginning of the century? How may their incidence be reduced?

Practical Activities

1. Discuss with a person who has difficulty in breathing the effects this has upon them
2. Visit respiratory function laboratory
3. Observe the work of the physiotherapist in your ward

Suggested Reading

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	3. Gas Transfer & Blood Gases	" "	23.3.'78 " 9 - 12
	4. Monitoring Artificial Ventilation	" "	27.4.'78 " 13 - 16
	5. Respiratory Failure	" "	25.5.'78 " 17 - 20
	6. Nebulisers & Inhalation Therapy	" "	29.6.'78 " 21 - 24
	7. Differential Lung Function Studies	" "	27.7.'78 " 25 - 28
	8. Clinical Aspects of Inhalation Therapy	" "	28.9.'78 " 29 - 32
	9. The Clinical Use of Test Results	" "	26.10.'78 " 33 - 36
	10. Challenge Testing	" "	30.11.'78 " 37 - 40
	11. Research	" "	21/28.12.'78 " 41 - 44

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Activities of Daily Living

Controlling Body Temperature

Questions

What physiological effects occur when the body temperature rises or falls to any considerable degree?

What do research findings show which necessitate changes in nursing practice and what cost implication might there be?

How can hypothermia be prevented a): in the elderly and, b) in babies?

Practical Activities

1. Record own and colleagues temperature orally twice daily for w weeks using a) a clinical thermometer and, b) an electronic thermometer (where available). Compare readings taken with different types of thermometers.
2. Find out the reasons for the 'ritual' of temperature taking in hospital
3. Take and record the temperatures of selected patients on your ward
4. Examine the temperature charts on your ward and link your observations with knowledge of the patient's illness

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Activities of Daily Living

Dying

Questions

What are your own thoughts about death and dying?

Why are many people afraid of dying and what can be done to help?

What are the major causes of death in the U.K.?

What are the social and religious customs surrounding death?

How can nurses be enabled to care more adequately for the dying and their families?

Practical Activities

1. Discuss with one's family and friends their attitudes toward death
2. Meet a friend or colleague who has been bereaved and establish how they coped with their loss
3. Meet the hospital chaplains to discuss their role in the care of dying people
4. Visit a local hospice to examine their philosophies of care
5. Ask some nurses how they reacted to the death of a patient

Suggested Reading

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Activities of Daily Living

Eating and Drinking

Questions

What social, emotional, cultural and physical factors govern how and what we eat?

How is it possible for people with a limited income to receive an adequate diet?

What specific diseases are related to diet, dietary habits and how prevalent are they?

Why do nurses eat so badly?

Practical Activities

1. Keep a detailed record of own dietary and fluid intake for a period of two weeks. Compare this with colleagues records
2. Cost out one weeks' menu supplying all the nutrition factors necessary for a) an elderly British lady, and b) a pregnant Asian lady
3. Visit dietetic department and hospital kitchens
4. Discuss with a patient the changes which have occurred in dietary habits since admission to hospital
5. Feed a colleague with food and fluids

Suggested Reading

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Activities of Daily Living

Eliminating

Questions

What may happen to the body when there is malfunctioning of the organs of elimination?

What factors determine the process of elimination?

How and why may a person's admission to hospital affect the process of elimination?

How widespread is the use of laxatives amongst your family and friends?

What observations would you make in order to make an assessment of a person's bowel and kidney functions?

Practical Activities

1. Keep a record of own patterns of elimination for a period of one week. Compare with colleagues record
2. Discuss with four patients any changes in habit they have experienced since being hospitalised
3. List the 'over the counter' laxatives available in a chemists shop and summarise the advantages claimed by the manufacturers. Examine a selection of magazines to see how much advertising of these products is carried out
4. Ask each patient in your ward on one shift, what, if any, laxatives they normally take

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Activities of Daily Living

Maintaining a Safe Environment

Questions

Can there be such a thing as a safe environment?

How valuable are morbidity and mortality statistics in highlighting environmental problems?

Practical Activities

1. Investigate and compile a dossier on the potential or actual hazards to be found in a home, the street, a ward and the hospital in general
2. Meet the Security and Fire Officers in the hospital, and the Nursing Officer - Infection Control, to discuss all aspects of safety
3. Visit C.S.S.D. and Occupational Health Departments
4. Examine the work of the Health & Safety Committee of the North East District
5. Examine four different pieces of ward equipment and identify potential hazards

Suggested Reading

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Activities of Daily Living

Mobilising

Questions

What factors may cause a lessened degree of mobility?

What may be the effects of this?

How do changes in body image affect people's wellbeing?

What aids are available to help those with problems of mobility?

Practical Activities

1. Study carefully how one's colleagues sit, stand and walk
2. Observe some patients on the ward in order to determine what difficulties they are experiencing
3. Examine the beds, chairs, and other ward equipment in order to detect possible design faults
4. Visit the physiotherapy department
5. Devise a teaching programme to show correct lifting technique
6. Visit the Disabled Living Foundation to see types of equipment available to promote mobility
7. A wheelchair walkabout

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Activities of Daily Living

Personal Cleansing and Dressing

Questions

What effects may imposed routines have on personal habits?

For what reasons do people in hospital spend much of their stay in night clothes?

What part do clothes play in the self-image of an individual?

What 'signals' do clothes give to others?

Practical Activities

1. Establish from one's family and friends their personal habits relating to cleanliness
2. Visit a variety of shops to examine price range, design, ease of care of a range of clothes for 2 patients on your ward
3. Examine the provision of hospital clothing at a) Middlesex Hospital and b) Athlone House. Discuss the problems associated with this provision with the sewing room, laundry, Ward Staff and patients
4. Examine the special types of clothing and aids to dressing which are available for handicapped people

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Activities of Daily Living

Sleeping and Resting

Questions

What influences our sleep patterns?

What effects may changes in sleep patterns have for a person who is  
a) healthy and b) sick?

What could be done to minimise disturbances to people in hospital?

What are the dangers associated with taking sleeping tablets on a long-term basis?

Practical Activities

1. Establish the sleeping patterns of one's colleagues and family and examine the perceived and actual problems which result
2. Observe a group of patients at night and compare their sleeping patterns with those normally experienced at home
3. Observe the time span and frequency of rest periods of 2 people during a shift on the ward

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Activities of Daily Living

Working and Playing

Questions

What part does work play in peoples' lives?

What type of changes may occur as a result of illness and what effects may ensue?

How may the effects of unemployment be seen in the causation of disease?

Practical Activities

1. Discuss the exact nature of their work with members of your family and friends
2. Elicit from 2 patients the exact nature of their work
3. Elicit from 2 different patients all aspects of their recreational activities
4. Visit the Occupational Therapy Department and see a patient assessment
5. Examine the role of the Disablement Resettlement Officer

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