

INTRODUCTION TO NURSING

(Core Course in Nursing)

(2 Units)

1. Syllabus:

This is an introductory course providing a grounding in the study of nursing. It will consider such themes, issues, methods and problems as are thought to be both basic and common to general nursing activities. It should provide a firm basis upon which subsequent knowledge and experience can be built according to students' individual requirements.

Some of the themes will be covered perfunctorily only to be developed in more depth throughout the subsequent four years of study.

There will be discussions on the nature of nursing as a field of academic study and of its relationship to other sciences and to practices in the clinical field.

Practical nursing experience, as part of the syllabus, is provided for in and through the Middlesex Hospital.

The 'where and how' of current nursing practice will be examined, drawing examples from students' own experiences and from comparative studies.

Traditional nursing having followed medicine's lead by concerning itself essentially with diseases and their symptoms, this course will explore a re-orientation of nursing towards a functional model of optimal health in relation to both individuals and to populations.

While the implication of this re-orientation may produce contradictions between what is understood at theoretical level and what is practised particularly in hospitals, the exploratory nature of the course should help students to integrate new knowledge into existing structures when opportunities present themselves.

Topics:

Towards a definition of nursing:

Health/illness dichotomy;

Institutions concerned with the delivery of health care, i.e. hospitals, 'community' health centres, schools, patients' own homes, etc.;

The organisation of nursing work, i.e. the 'Nursing Process', team-nursing, 'task' nursing, patient-centred nursing.

Towards the development of optimal health:

How to maintain a safe environment;

on the nature of communication;

underlying principles relating to breathing;

underlying principles relating to eating and drinking;

underlying principles relating to processes of bodily elimination, i.e. voiding and defaecation;

personal cleansing and dressing;

controlling body temperature;

underlying principles of exercising of limbs (mobilisation);

sleeping and drinking;

the dying patient.

There will be lectures, seminars and clinical teaching periods. The final examination will include questions which focus on the themes outlined and which will take into consideration reports from practical learning experience.

### Nursing Practice

The practice of nursing as it applies to general nursing will be covered as the course unfolds and will be determined from time to time according to individual and group requirements. Practical skills such as, for example, lifting, the bedding of sick patients, toileting etc. will be taught in the classroom and on the wards depending on availability of appropriate teaching material. This applies likewise to the theoretical considerations of such practical skills. As time and placements within a practice-oriented occupational course cannot be immutably fixed, a flexible time-table will have to evolve depending to a large extent on student participation and self-determination.

### 2. Essays

Four essays are required; two during the first term and two during the second term. Preferably they are to be typewritten, otherwise they must be legible. They should cover a subject of choice relating to the topics outlined, one of which should include a report on the nursing needs of one patient. Though there are no stipulations on the length of an essay, sheer verbosity will not count favours with examiners. Essays are to be written on one side of paper only, double-spaced with a margin all round. Re - quotations and paraphrasing: Direct quotations are to be put between quotation marks and source cited at the end of the quotation. The source of paraphrases and summaries from the literature are likewise to be cited in the text. The examiner should find a list of the books and articles read at the end of the text.

### 3. Class Papers

Individual students will be assigned the task of preparing a paper on seminar topics which can be read out either verbatim or preferably paraphrased in the form of a series of points for discussion. The aim is for a talk of about 15 minutes providing basic information about the topic, and a list of the points, problems, and questions about the topic to guide and provoke discussion. Everyone in the group is expected to have done basic reading for the topic. The paper will be handed in at the end of the seminar and will constitute one of that student's essays for the session. If students want to work together on a project, appropriate arrangements can be made.

### 4. Reading

Though specific material has been selected for this course, there is much else that can usefully be read - check with course supervisor and librarians. Students of nursing and the social and natural sciences must keep up to date. This requires the reading of the quality press which includes weekly periodicals of both the local and the international scene. The subject areas of the periodicals can focus on nursing, medicine which includes psychology and psychiatry, and the social and the biological sciences.



READING LISTApproaches to Studying:

- BERGER, J. Ways of Seeing. BBC and Penguin, 1972.
- BERGER, J. & MOHR, J. A Fortunate Man.  
Writers & Readers Publ. Co-operative, 1967.
- BELSEY, C. Critical Practice. Methuen, 1980.
- BARTHES, R. Mythologies. Paladin, 1972.
- YOUNG, R. The Historiographic and Ideological Contexts of the Nineteenth Century Debate on Man's Place in Nature, in: Teich, M. & Young, R. (eds.) Changing Perspectives in the History of Science; London, Heinemann, 1973.
- OAKLEY, Ann Subject Women; Martin Robertson, Oxford, 1981.

Towards a Definition of Nursing: What do Nurses Do?

- ABEL-SMITH, B. A History of the Nursing Profession.  
Heinemann Educational Books, 1960.  
Chapters 3 and 6.
- BALY, M. Nursing and Social Change.  
William Heinemann Books Ltd., 1973.
- BRUNNER, L. & SUDDAR, D. Textbook of Medical/Surgical Nursing.  
Lippincott,
- CARPENTER, M. The New Managerialism and Professionalism in Nursing, in: Health and the Division of Labour,  
M. Stacey (ed.), Croom Helm, London, 1977.  
pp.165-195.
- DAVIES, C. Rewriting Nursing History. Croom Helm, London, 1980.  
Chapters i, iv, v.
- DOYAL, L. The Political Economy of Health. Pluto Press, 1979.  
pp. 201-205; 209-210; 213-214.
- (Editorial) Nursing Mirror, 2nd July 1981, discussing theme of  
International Conference of Nurses in Los Angeles,  
1981.
- (Editorial) Nursing Times, Leader, 8th July, 1981, p.1185.
- EHRENREICH, B. & ENGLISH, D. Witches, Midwives & Nurses. The Feminist Press, 1973.
- GODDARD The Work of Nurses in Hospital Wards.  
London, Nuffield Prov. Hosp. Trust, 1953.
- GAMARNIKOW, E. Sexual Division of Labour: The case of Nursing;  
in: Feminism and Materialism. Routledge & Kegan  
Paul, London, 1978. pp. 96-123.

- LUCKMANN, J. & SORENSEN, K.C. Medical/Surgical Nursing: A psychophysiologic approach. W.B. Saunders, 1980.
- PEARCE, E. A General Textbook of Nursing. Faber & Faber, 1980.
- MacGUIRE, J. The Expanded Role of the Nurse. King's Fund Centre, 1980.
- MERRISON, Sir A. Royal Commission on the National Health Service. Report. London, H.M S.O., 1979.
- WIDGERY, D. Health in Danger. The Macmillan Press Ltd., 1979.
- Towards Standards.  
Royal College of Nursing Publication, April 1981.

Approaches to Health/Illness Complexity.

(What is health; Inequalities of health)

- The Black Report Inequalities in Health. Report of the Research Works Group, D.H.S.S., 1980.
- BLOOR, M. Bishop Berkeley and the Adenotonsillectomy Enigma: an exploration of variation in the social construction of medical disposals. J. of Brit.Soc. Assocn. Vol.10, No.1, January 1976, pp. 43-61.
- DINGWALL, R. Inequalities and the National Health Service; in: Atkinson, P. et al (eds.), Prospects for the National Health; Croom Helm, 1979, pp. 14-33.
- DOYAL, L. The Political Economy of Health, Pluto Press, 1979. Chapters 2, 6.
- EHRENREICH, J. The Cultural Crisis of Modern Medicine. Monthly Review Press, New York, 1978.
- KENNEDY, Jan The Unmasking of Medicine. Allen & Unwin, 1981.
- MURCOTT, Anne Health as an Ideology, in: Atkinson, P. et al (eds.) Prospects for the National Health; Croom Helm, 1979. pp. 34-52.
- MECHANIC, D. Politics, Medicine and Social Sciences. John Wiley & Sons, 1974,
- NAVARRO, V. The Political Economy of Medical Care; Int.J. of Health Serv., Vol.5, (1), 1975. pp. 65-94.
- MILES, I. & EVANS, J.(eds.) Demystifying Social Statistics. Pluto Press, 1979. Chapters, 1, 3, 5, 6, 9, 10, 12.
- RADICAL STATISTICS GROUP (1977) In Defence of the N.H.S. c/o BSSRS, 9 Poland Street, London W.1.

- TUCKETT, D. An Introduction to Medical Sociology. Tavistock Publications, 1976. Chapter 9.
- TUCKETT, D. & KAUFERT, J. Basic Readings in Medical Sociology. Tavistock Publications, 1978. Editors' Introduction and Chapters 10,11,17,30.
- TOTMAN, R. Social Causes of Illness. A Condor Book. Souvenir Press (E. & A.) Ltd., 1979.
- WIDGERY, D. Health in Danger. Macmillan Press, 1979. Chapters 3,4.

Institutions concerned with Health/Illness Care Delivery:

- AUSTIN, R. Practising Health Care: The Nurse Practitioner, in: Atkinson, P. et al (eds.), Prospects for the National Health. Croom Helm, London, 1979. pp.145-159.
- BOWLING, Anne
- DAVIES, C. Hospital-Centred Health Care: Policies and Politics in the National Health Services; in: Atkinson, P. et al (eds.), Prospects for the National Health. Croom Helm, 1979. pp.53-73.
- HONIGSBAUM, F. The Division in British Medicine. Kogan Page, 1979. Chapters 10,11,12,16,18,21,27,28,29,30.
- NURSING TIMES 10th June 1976, p.875.  
Health Planning for 1980.  
D.H.S.S.: Priorities for Health.
- D.H.S.S. Priorities for Health and Personal Social Services in England. Consultative Document. HMSO 1976.
- SHOENBERG, E. A Hospital looks at Itself. Cassirer, 1972.
- TUCKETT, D. An Introduction to Medical Sociology. Tavistock Publ. 1976. Chapter 8.
- TUCKETT, D. & KAUFERT, J. Basic Readings in Medical Sociology. Tavistock Publ., 1978. Chapters 12,13,14,22.
- WIDGERY, D. Health in Danger. Macmillan Press, 1979. Chapter 4.
- W.H.O. W.H.O. Expert Committee, 1975.  
The Community, New Focus for Nursing.  
W.H.O. Chronicle, 29, pp. 91-96.

The 'Nursing Process'

- ANDERSON, E.R. The Role of the Nurse. Royal College of Nursing Series 2, No.1, 1973.
- ASHTON, K. The Process: Not Evolution, Revolution. Nursing Times, Vol.75, No.8, 22nd January 1979. p.314.



- ASHWORTH, P., CASTLEDINE, G. & MCFARLANE, J.K.  
The Process in Practice; Nursing Times, Vol. 74,  
No. 45, supplement 30., Nov. 1978. pp. 3-4.
- BRINK, P.J. Transcultural Nursing
- CARPENTER, M. Left Orthodoxy and the Politics of Health;  
Capital and Class, No. 11, 1980 (Summer).
- CROW, J. The Nursing Process - 1. Theoretical Background.  
Nursing Times, Vol. 73, 23rd June 1977, pp. 892-896.
- The Nursing Process - 2. How and Why to take a  
Nursing History. Nursing Times, Vol. 73, 23rd June  
1977. pp. 950-957.
- The Nursing Process - 3. A Nursing History Question-  
naire for Two Patients. Nursing Times, Vol. 73,  
June 1977, pp. 978-982.
- Nursing Care using a Care Plan. Nursing Times,  
Vol. 74, 30th June 1977. pp. 983-984.
- DAUBENMIRE, M.J. & KING, I.M.  
Nursing Process Models: A Systems Approach;  
Nursing Outlook, Vol. 21, No. 8, August 1973.  
pp. 512-517.
- MARRINER, A. The Nursing Process - A Scientific Approach to  
Nursing Care. The C.V. Mosby Company, 1975.
- NORTON, D. The Quiet Revolution: Introduction of the Nursing  
Process in a Region; Nursing Times, 17th June, 1981.  
pp. 1067-1069.
- AUSTIN, R. Practising Health Care: The Nurse Practitioner;  
in: Atkinson, P. et al (eds.), Prospects for the  
National Health. Croom Helm, 1979. pp. 145-159.
- RYAN, B.J. Nursing Care Plans: A Systems Approach to Criteria  
for Planning and Evaluation. J. of Nursing Adminis-  
tration, Vol. 3, May-June 1973.
- SIMMON, S. Case for a Stranger; Nursing Times, 16th February  
1978. pp. 269-272.
- YURA, H. & WALSH, M. (eds.)  
Human Needs and the Nursing Process. Appleton  
Century Crofts, 1973.

Communication:

- ALTSCHUL, A. Patient-Nurse Interaction. Churchill Livingstone,  
1972.
- ARGYLE, M. The Psychology of Interpersonal Behaviour. Penguin,  
1978.

- ASHWORTH, P. Care to Communicate.  
Royal College of Nursing, 1980.
- BOORE, J. Pre-Op. Care of Patients; Nursing Times,  
24th March, 1977. pp. 409-411.
- CARTWRIGHT, A. Human Relations and Hospital Care.  
Routledge & Kegan Paul, 1964.
- CLARK, J.M. Communication in Nursing; Nursing Times, 1st  
January 1981, pp.12-18.
- BRADSHAW, P., KINCEY, J. & ASHERTON, S.  
Increasing Patients' satisfaction with Commun-  
ication; Brit.J. of Social Clinical Psychology,  
15, 1976, pp. 403-413.
- FAULKNER, A. Aye, There's the Rub; Nursing Times, Vol.77, No.8,  
19th February 1981. pp. 332-336.
- HALL, D. & STACEY, M. (eds.)  
Beyond Separation: Further Studies on Children  
in Hospital; Routledge & Kegan Paul, 1979.
- HARRISON, S. Family in Stress; Royal College of Nursing series,  
1977.
- HAYWARD, J. Information - A Prescription against Pain.  
Royal College of Nursing, 1975.
- MORRIS, D. Manwatching. Jonathan Cape, 1977.
- STOCKWELL, F. The Unpopular Patient. Royal College of Nursing,  
1972.
- YEARWOOD, G. An Anatomy of Communication; Nursing Times, Vol.74,  
No.41, 12th October 1978, pp. 1672-1679.
- WILSON-BARNETT, J. Patients' Emotional Responses to Barium X-Rays;  
J. of Advanced Nursing, 3, 1978. pp. 37-46.
- WILSON-BARNETT, J. & CARRIGY, A.  
Factors affecting Patients' Responses to Hospit-  
alisation; J. of Adv. Nursing, 3 (3), 1978,  
pp. 221-228.
- MENZIES, I.E.P. The Functioning of Social Systems as a Defence  
against Society. Centre for Applied Social Research,  
Tavistock Institute of Human Relations, 1961.

Breathing:

Oxygen Administration; Nursing Times, 74, 26th January 1978.

Lung Volume Measurement; Nursing Times, 74, 23rd February, 1978.

Gas Transfer and Bold Gases; Nursing Times, 23rd March 1978.

Monitoring Artificial Ventilation; Nursing Times, 24th April 1978.

Respiratory Failure; Nursing Times, 25th May 1978.

Nebulisers and Inhalation Therapy; Nursing Times, 29th June, 1978.

Differential Lung Function Studies; Nursing Times, 27th July 1978.

Clinical Aspects of Inhalation Therapy; Nursing Times, 28th September 1978.

The Clinical Use of Test Results; Nursing Times, 26th October 1978.

Challenge Testing; Nursing Times; 30th November 1978.

Research; Nursing Times; 21st/28th December 1978.

DE MOERLOOSE, J. Legislative Action to combat Smoking around the World; W.H.O. Chronicle, 31; pp.362-372.

Issue on Breathing, Part I; Nursing, No.6, Sept. 1979. pp. 249-291.

Issue on Breathing, Part II; Nursing, No.7, Nov.1979. pp.293-340.

Nurses and Smoking; Nursing Mirror, 2nd April 1981, pp.16-18

Eating & Drinking:

Eating for Health, D.H.S.S. H.M.S.O., 1978.

Prevention & Health: Everybody's Business; D.H.S.S., H.M.S.O. 1976.

HAMILTON-SMITH, S. Nil by Mouth. Royal Coll.of Nursing Series, 1972.

JONES, D.C. Food for Thought. Royal Coll.of Nursing Series, 1977.

MACLEOD, S. The Art of Starvation; Virago, 1981.

" Manual of Nutrition; Ministry of Agric.Fish.& Food, H.M.S.O., 1976.

" Issue on Fluids in Balance; Nursing, No.13, May 1980 pp. 542-584.



- MACLEOD, S. Issue on Nutrition and Health; Nursing, No.11, March 1980, pp. 461-504.
- Issue on Nutrition in Illness; Nursing, No.12, April 1980, pp. 505-540.
- TOWNSEND, P. Poverty in the United Kingdom; Penguin, 1979.
- TUDGE, C. Sorting the Advice from the Chaff; The Guardian, 7th May 1981, pp. 25-27.
- WRIGHT, H. Lacking in Taste; New Statesman, 27th March 1981. pp.14-16.
- " Our Poison, Their Profit; New Statesman, 5th June 1981. pp.6-9.

Elimination:

- FOULKES, B. Stoma Care; Nursing Mirror, Supplement 146 (23) 8th June, 1978.
- GIBSON, J.A. & WILSON, D.M. The Diarrhoeas; Nursing Mirror 143 (22), 25 November i-iv, Nursing Care Supplement.
- ISAACS, B. (ed.) Incontinence. Smith & Nephew, Southalls, Ltd.
- MANDELSTAM, D. Incontinence. Heinemann Health Books. The Disabled Living Foundation, 1977.
- MANDELSTAM, D. Incontinence and its Management. Croom Helm.
- Issue on Faecal Elimination. Nursing, No.17, September, 1980, pp. 717-760.
- Issue on Urinary Elimination. Nursing, No.18, October, 1980. pp. 761-804.
- SWAFFIELD, L. Living with a Stoma; Nursing Times Community Outlook, 75 (10), 8th March, 1979. pp.66-76.
- TIERNEY, A.J. Toilet Training; Nursing Times, 69 (51/52) December 20th/27th. pp.1740-1745.
- WILSON, D. Changing the Body Image; Nursing Mirror, 152, No.14, 2nd April, 1981. pp.38-40.
- WRIGHT, L. Bowel Function in Hospital Patients; Royal College of Nursing Series, 1974.

Personal Cleansing and Dressing:

- CAMPLING, J. Better Lives for Disabled Women; Virago, 1979.
- CLARK, M.O., BARBANEL, J.C., JORDAN, M.M., NICOL, S.M. Pressure Sores; Nursing Times, 74 (9), 2nd March, 1978. pp.363-366.

- HALE, G. The Source Book for the Disabled. Imprint Books, 1979.
- HOWARTH, H. Mouth Care Procedures for the Very Ill; Nursing Times, 73 (10), pp.354-355.
- NORTON, D, McLAREN, R. & EXTON-SMITH, A. An Investigation of Geriatric Nursing Problems in Hospital. Churchill Livingstone, 1975.
- NORTON, D. Research and the Problems of Pressure Sores; Nursing Mirror, 140 (7), 23 February 1975. pp.65-67.  
Nursing Times, Vol.75, No.25, 28 June 1979, pp.1087-1088.  
" " Vol.75, No.26, 5 July 1979, pp.1128-1132.
- TAYLOR, L.J. An Evaluation of Hand-Washing Techniques; Nursing Times 74 (2), 12 January 1978. pp.54-55.  
Nursing Times, 74 (3), 19 January 1978. pp.108-110.

Controlling Body Temperature:

- BLAKE, J. Accidental Hypothermia in Fit Young Adults; Nursing Mirror, 141 (8), 21 August 1975. pp.46-49.
- BRISLEN, W., SMART, G.I. & COLLINS, A.M. Assessment of a Single-Use Clinical Thermometer; Nursing Times, 72 (6), 12 February 1976. pp.235-237.
- KETEFIAM, Application of Selected Research Findings into Nursing Practice; Nursing Research, 24 (2), 1975. pp.89-92.
- MILLARD, P.H. Hypothermia in the Elderly; Nursing Mirror, 145 (18) 3 November 1977, pp. 23-25.
- MOORAT, D.S. The Cost of Taking Temperatures; Nursing Times, 72, (20), 1976, pp.767-770.
- NICHOLS, G.A., RUSKIN, M.M., BLOR, B.A.K. & KELLY, W.H. Oral Axillary, and Rectal Temperature Determinations; Nursing Research, 15 (4), pp.307-310.
- NICHOLS, G.A. & KUCHA, D.H. Taking Adult Temperatures: Oral Measurements; American J. of Nursing, 72, pp.1091-1092.
- SIMS-WILLIAMS, A.J. Temperature-Taking with Glass Thermometers: A Review; J. of Advanced Nursing, 1 November 1976. pp.481-493.

Mobilising:

- ANWAR, M. The Mechanics of Walking: Putting your Best Foot Forward; Nursing Mirror, 147 (22), 30 November 1978. pp.36-39.
- Care of Disabled People in Britain; Central Office of Information, 131, 1975. H.M.S.O.

- Handling the Handicapped; Chartered Society of Physiotherapy, 1975; Woodhead-Faulkner, Cambridge.
- Coping with Disablement; Consumer Association (WHICH), 1976.
- Disability, Prevention and Rehabilitation; WHO Chronicle, 30, (8) 1976, pp.324-328.
- FALLON, B. So You're Paralysed; London Spinal Injuries Assocn., 1975.
- HALE, S. Source Book for the Disabled; Imprint Books, 1978.
- NORTON, D. By Accident or Design; Churchill Livingstone, 1970.
- Nursing Issue on Activity and Movement; Nursing, No.3, June 1979. pp. 109-152.
- Nursing Issue on Activity and Trauma; Nursing, No.4, July 1979. pp.153-200.
- Physical Impairment: Social Handicap; Office of Health Economics, 1977.
- Avoiding Low Back Injuries among Nurses; Royal College of Nursing Series, 1979.

People with Spinal Injuries - Treatment and Care  
-----  
Spinal Injuries Association, 1980.  
-----

Sleeping and Resting:

- BENTLEY, S., MURPHY, F. & DUDLEY, H.  
Perceived Noise in Surgical Wards and an Intensive Care Area; British Medical Journal, 2, 1977, pp. 1503-1506.
- HILTON, B.A. Quantity and Quality of Patients' Sleep and Sleep-Disturbing Factors in a Respiratory Intensive Care Unit; Journal of Advanced Nursing, 1, 1976, pp. 453-468.
- MURPHY, F., BENTLEY, S. & DUDLEY, A.A.F.  
Sleep Deprivations in Patients Undergoing Operations; A factor in the stress of Surgery; Brit.Medical Journal, 2, 1977, pp. 1521-1522.
- NORRIS, C.M. Restlessness: A Nursing Phenomenon in search of a Meaning; Nursing Outlook, 23, 1975. pp. 103-107.
- Issue on Sleep and Comfort. Nursing, No.20, December 1980. pp.849-892.
- OSWALD, I. Why Do We Sleep? Nursing Mirror, 143 (2), 8 July 1976, pp. 70-71.
- " The Biological Clock and Shiftwork; Nursing Times, 67, 30 September 1971, pp.1207-1208.
- WHITFIELD, S. Noise on the Ward at Night; Nursing Times, 71 (11) 13 March 1975, pp. 408-412.



Dying:

- BOLAND, M.                    Care of the Dying Patient in Intensive Care Areas;  
Nursing Mirror, 25 August 1977, pp. 20-21.
- BOND, J. & BOND, S.         A Taboo of our Times; Nursing Mirror, 150,  
13 March 1980. pp.23-26.
- BLUEBOND-LANGER, M.       The Private Worlds of Dying Children; Princeton  
University Press, 1978.
- CARTWRIGHT, A., HOCKEY, L. & ANDERSON, J.L.  
Life Before Death; Routledge & Kegan Paul, 1976.
- GUYLAY, J.A.                The Forgotten Grievors; American J. of Nursing, 75,  
9 September. pp.1476-1479.
- KUBLER-ROSS, E.            On Death and Dying; Macmillan, 1969.
- MARRIS, P.                  Loss and Change; Routledge & Kegan Paul, 1974.
- MORGAN, H.G.               Death Wishes; John Wiley, 1979.
- NUTTALL, D.                Attitudes to Dying and the Bereaved; Nursing Times, 73,  
(41), 13th October 1977, pp. 1605-1607.
- RANDALL, N.                Life after Death; Corgi, 1975.
- REED, D.                    Anna; Penguin, 1977.
- SCHIFF, H.S.               The Bereaved Parent; Souvenir Press, 1978 .
- SMITH, K.                   Help for the Bereaved; Duckworth, 1978.
- Terminal Care; Standing Medical Advisory Committee,  
H.M.S.O., 1980.