

Pediatric Nursing Procedure Principles and Practice

Art of Pediatric Nursing

In the pediatric nursing procedure, the nurse has to follow the principles while performing the procedures in clinical areas as clinical teaching is the heart of nursing. Nursing practice is also a process that is purposeful and goal-directed. Nurse, being an important member of the healthcare team, requires an update on advancement of educational technology. It involves physical and mental response, self-activity, self-direction and self-effort. She has to accept guidelines to gain mastery over it.

To perform the procedures a nurse needs intelligence, maturity, physical health, sound mind, good working condition, fruitful guidance, right directions, apt instructions and willingness to learn and practice. Practice is accompanied by knowledge, excellent clinical skills and bedside manners. In order that these skills can be learnt proficiently, the nurse will need repeated daily practice.

The book has 63 chapters with number of pictures explaining the procedure and making the concepts clear, understandable, and easy to grasp and remember for nursing students. This book will enable nurses to work successfully with clients to promote wellness and restore health, and will help to apply nursing skills to meet the client's needs.

Nursing procedures are presented in a concise, straightforward and simple manner, along with photographs, for further mastery. It will serve as a quick reference for requisite information, therapeutic skills and assessment skills required for safe procedure. Bedside care, which is the backbone of the nursing profession, will give edge and preference to a nurse if she has cultivated knowledge through practical work.

Expertise is required to handle each group, especially when it comes to the nursing care.

The practitioners of pediatric nursing face day-to-day challenges in rendering comprehensive quality care to the children of various age groups. These challenges demand for the right combination of cognition, effective and psychomotor domain in a competent pediatric nurse.

This book exactly emphasizes on the need of the hour towards focusing on performing skillful procedures on children. It is a wholesome book for pediatric procedure covering neonatal to adolescence age group.

This book will serve as a guide for upgrading one's knowledge, confidence and the art of handling pediatric procedures.

Cicilia Correia is former nursing tutor at Cardinal Gracias Memorial Hospital, Vasai, Maharashtra. She has been in the nursing profession since 1985. She has authored 13 other books on nursing. Her vast knowledge in the field of nursing at different levels has contributed immensely in the compilation of this book.



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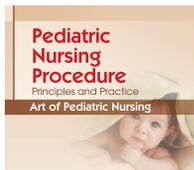


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I humbly dedicate this book to my cousin Richard Pascol Lopes. May his soul rest in peace and may he continue to live through this book.

I pay respect to the children who are victims of child labor, child abuse, starvation and hunger, torture and abandonment, orphan, malnourishment, abortion and killing in the mother's womb. May they have their fundamental rights to live with respect, dignity and love. May all of us cherish the precious gift of life God has given to each one of us. Let saving girl child be our motto.

Foreword

Pediatrics is relatively a younger science in comparison to the advancement of technology, research and development in other related fields. Pediatric as a superspecialty has comparatively lower number of practitioners and superspecialty nurses may be even fewer. If we look at this field from a broader perspective, then we will find that it has many more subcategories like neonatal, infancy, toddlerhood, preschooler, schooler and adolescent group.

Expertise is required to handle each group, especially when it comes to the nursing care. Thus the practitioners of pediatric nursing face day-to-day challenges in rendering comprehensive quality care to children of various age groups. These challenges demand for the right combination of cognition, affective and psychomotor domain in a competent pediatric nurse.

In general, it is found that most of the pediatric textbook completely encompasses the various diseases, conditions and ailments but on the other hand a strong neglect has been found for description and demonstration of procedure.

Here is where the book of *Pediatric Nursing Procedures: Principles and Practice* (Art of Pediatric Nursing) steps in. This book exactly emphasizes on this need of the hour towards focusing on performing skilful procedures on children. It is a wholesome book for pediatric procedure which has covered the age group of neonatal to adolescence. This book may become one of the historical contributions of nursing procedures in pediatric nursing. I recommend this book as a guide towards upgrading one's knowledge, confidence and the art of handling pediatric procedures.

Mrs Anita Lopes

MSc (Pediatric Nursing)

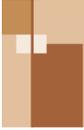
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Preface

Learning a nursing procedure is vital to the nursing profession. Procedure skills and knowledge acquired is result of practice. By practice, nurse can undergo modification and change in the hospital or field areas of work. By this, she will grow in her experience. It is the result of her practice, insight, observation (like a nurse who learns a new nursing procedure) and growth in her experience which improves her efficiency.

Nursing practice is also a process; that is purposeful and goal directed. It is an active process, which involves physical and mental response, self-activity, self-direction and self-effort. No one leans in vacuum, if she has purpose and motive in learning skills she can be a good nurse.

She has to overcome odds to reach her goal. She has to accept guidelines to gain mastery over it. She adapts herself to the correct line of action, overcomes barriers, strengthens motivation, searches for appropriate solutions and practices.

She needs intelligence, maturity, physical health, sound mind, good working condition, fruitful guidance, directions, and instructions and willingness to learn and practice. Whenever any activity is repeated, it becomes easy and definite. Most nursing skills and procedures are learnt through practice, classroom teaching is only an introduction. Practice is accompanied by knowledge.

While learning a nursing skill we learn from teachers the skills, manner of speech, her seriousness of purpose, her confidence. Learning is repetition, insight and observation. There are many skills that a nurse has to acquire. These skills include applying and adjusting bandages, making a bed, manipulating instruments, bathing and messaging patients, cleaning wounds, clothing and handling other articles.

Modern nursing requires skills in many complicated techniques; in order that these skills can be learnt proficiently, the nurse will need repeated daily practice. Her movements in the beginning will be random and irrelevant but they will become precise, and smooth gradually.

Besides practice, she needs to observe and attentively demonstrate techniques to understand the instructions given by the teachers and make use of her intelligent, thinking, memory, logicity, and common sense. The technique called mind mapping is based on this principle.

Do not be in hurry, as you cannot travel a long journey in a single day. The law of nature is based on gradual development and not a sudden leap, and there is no exception to this in any profession. To establish solid foundation requires a long period and you cannot have a foundation just by talking a leap.

Maintaining competitiveness in an increasingly globalize world. We live in a world that is constantly growing smaller. As our planet shrinking, everyone is increasingly gaining access to the best that each has to offer. Knowledge, information and advances in science, technology and other fields are spreading faster than ever before, aided in great measure by the growth in information technology. Therefore, one must remain competitive. Be excellent in clinical skills and bedside manners. We must identify our strengths, nurture them and find our niche in skills in order to improve patient care and reduce the risk and errors in practice, this book provide a standard approach.

Practical skill will enhance and groom, polish your outer and inner self and make you refine nurse. It will boost your confidence, improve your abilities, widen your scope of knowledge and strengthen your strength.

Times are valuable, do not waste it, and invest it in study and research. Be creative and do something new all the time in this era of science, we cannot afford to neglect the use of technology in the field of nursing to render quality patient care. The sharing system of computer helps in collecting history of patient with all the laboratory diagnosis leading to better nursing diagnosis and care. Hence, nurses being important member in the health care team; definitely requires an update in the advancement of educational technology. So keep your knowledge updated with changing technology. So pay attention to:

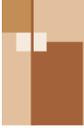
- All the procedures described in this book should be supervised according to the standards of care in each practice situation in each unique circumstances.
- This book will enable nurses to work successfully with clients to promote wellness and restore health, and will help to apply nursing skills to meet client's different unmet needs.
- The text would differ from other books because of the unique manner in which it captures and its unique presentation and layout.
- Nursing procedures are presented in a concise, straightforward and simplified manner, it accompanies with photography for further re-inforces mastery.
- Will serve quick reference for needed information, therapeutic skills, assessment skills, that is required for safe procedure.
- The chapters have been written keeping in mind the needs of nursing students of today and in helping them to successfully provide nursing care to people with complex needs.
- This book will never get outdated except some updates and latest research to be added as the years go.
- Bedside care is the backbone of the nursing profession, which will give edge and preference to a nurse if she has cultivated knowledge through practical work.

Clinical teaching is a heart of nursing. It involves planning, organizing, teaching, supervising and evaluating. Teaching in clinical nursing is the vehicle that provides opportunity for learning. It gives students many opportunities to pursue and focus. Teachers need organize structures that provide them with reasonable privilege and they need to maintain their expertise knowledge, and need to have access to resources contributing to new ideas about teaching. They need to be encouraged to discover alternative ways of teaching, need to have freedom of selecting, planning and implementing their own ideas.

Observation should be conducted at frequent and sufficient period and evaluated students in accord with there objective and their theoretical insights "learning by doing" teaching is not a rule-of-thumb procedure. It is a genuine intellectual adventure. It demands the ability to adapt boldly, to invert, to ever changing. It is a master architect; the successful teacher must have a through knowledge of the fundamental essential to her work. Communicating the treasures of mind, encouraging the eager, steadies the unstable. Education is the firstline defence in the present day world involving new technological discoveries, innovation and revolution.

The book has 63 chapters with number of pictures explaining the procedure and making the concept clear, understandable, and easy for students to grasp and remember. The author has tried to give all relevant figures in each chapter procedure. It will develop the imagination and bring the procedure vividly in front of the eyes.

I am sure the student nurses and the nursing faculty will appreciate and welcome the book. May it bring knowledge and wisdom to all.



Acknowledgements

It gives me immense joy and happiness to thank CBS Publishers & Distributors Pvt. Ltd. for accepting and publishing my title.

I am happy to know that Mr Satish Kumar Jain, CMD of CBSPD, is a great visionary and dynamic person and I salute to him with his committed and dedicated team.

I am grateful to Mr Ramesh Krishnamachari who coordinated with me on behalf of CBSPD. I want to acknowledge the entire team and technicians (Neeraj Prasad, Manish Raj, Jyoti Kaur, Surendra Jha, Sanjay Chouhan) who have done a tireless work in completing this title. The book layout, design, is wonderful. May God bless each one of them for their effort and dedication towards this task.

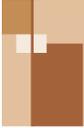
May God bless the nursing faculty who will use this book for the suffering humanity to reduce pain and wipe out the tears of all those whom they come in contact with.

Cicilia Correia

Contents

<i>Foreword</i>	v
<i>Preface</i>	vii
Introduction	xv
1. Newborn Care	1
2. Neonatal Reflexes	4
3. Weighing a Newborn	9
4. Newborn Assessment	12
5. Newborn Resuscitation	15
6. Health Assessment	24
7. Planning Care of the Normal Newborn Infant	32
8. Levels of Neonatal Care	35
9. Anthropometry	38
10. Breastfeeding the Ill or Hospitalized Infant	42
11. Sponge Bath of Newborn	48
12. Traditional Newborn Bathing	53
13. Formula Feeding	60
14. Feeding with Cup/Wati and Spoon	65
15. Gastrostomy Feeding	67
16. Gavage Feeding of the Newborn	75
17. Nasojejunal Feeding	79
18. Artificial or Nipple Feeding	82
19. Hand Washing Procedure	86
20. Care of Child in Incubator and Phototherapy	88
21. Critical Care Unit	96
22. Neonatal Intensive Care Unit (NICU)	102
23. Airway Suctioning and Oral-Nasal Suctioning	110
24. Immunization	116
25. Administering an Enema to a Child	122
26. Administering Tepid Water Sponge for Fever	124
27. Counseling and Therapy for Parenting	129
28. Administration of Intramuscular Injection	135

29. Administration of Medicine and Calculation of Drugs	142
30. Intravenous Fluid Therapy	148
31. Baby's Achilles Heel Blood Test	156
32. Exchange Transfusion Procedure	160
33. Total Parenteral Nutrition (Hyperalimentation)	168
34. Collecting Urine Specimen	171
35. Collecting a Stool Specimen	175
36. Collecting Rectal Swab	181
37. Collecting Throat Swab	183
38. Colostomy Care	187
39. Fluid and Electrolyte for Infants and Children	192
40. Oxygen Therapy for Children	195
41. Promoting Postural Drainage	202
42. Concept of Neonatal Surgery	209
43. Child with a Cast, Splint or Brace	215
44. Child in Traction	220
45. Chest Physiotherapy	228
46. Performing Heimlich Maneuvers	233
47. Nebulization Procedure	238
48. Assisting with a Percutaneous Suprapubic Bladder Aspiration	244
49. Lumbar Puncture	248
50. Bed-Wetting	251
51. Epileptic Children	254
52. Learning Disabilities	257
53. Pattern of Normal Development and Screening Tests	259
54. Building Bond with Your Kids	266
55. Dialysis	268
56. Stem Cell Banking	274
57. Assisting with Blood Collection	279
58. Nutrition Status in Clinical Practice	284
59. The Choice of the Food	289
60. Play Therapy in Children	293
61. Nursing Process	300
62. Advances in the Field of Prenatal Medicine	304
63. Meaning of Terms, Definitions and Abbreviations	334
<i>Index</i>	343



Introduction

Give a breath-save a life, receive child as a God given gift

Newborn with clenched fists reminds or we get an idea you are his heart, imagine the little heart throbbing inside, the eternal miracle of birth. Life is precious and equally fragile.

The childhood shows the man as morning shows the day. Children are the embodiment of our dreams and hopes of the future. They are the most vulnerable group of the society.

Traditionally, women go to their parents' home for delivery. Your parents need an occasional break and you should be able to provide it. Newborn will keep you awake, so it is important to sleep whenever you get a chance. The responsibilities of child care need to be shared and they will alter your lifestyle largely.

What worked for grandmother in pre-independence era, need work for you as well. Make sure you both go to pre- and post-pregnancy counseling when planning for a baby. It goes a long way in preparing you for what's to come ; your newborn may make your days shorter, nights longer, bank balance smaller, and sex life non-existence but it will also make your life for more fulfilling.

Having children is one of the most satisfying and rewarding jobs in the world. It brings sleepless nights and couples realize that life will never be the same. As attention shifts, couples forget themselves and cope new parenthood. Pregnancy and birth leave woman feeling exhausted yet looking after someone so vulnerable can be just overwhelming. Sleep when baby sleeps and make everything else wait to bank your energy, parenting new baby does not last forever, while this is an amazing time, enjoy every moment because before you know it, you will now waving your little one off at the school gates.

Babies are life affirming and rewarding. Babies come with a beefy price tag. They say time flies when you are having fun and when a baby arrives, days roll into weeks and weeks into months. It is about balance out the dynamics of working along with having a family embrace the change.

In today's high-tech world, parents are able to find out any genetic trouble in fetus. Using mother's blood, parents may soon be able to find whether their unborn child is prone to any inherited diseases. Researchers developing a non-invasive technique to draw the entire gene map of the human fetus. By analyzing sample of the mother's blood, which contains DNA from the fetus, are able to identify all the DNA strains that belong to the child and piece them together. One can screen for number of diseases that are prevalent in any particular population.

The research teams have discovered that the mother's plasma holds the entire fetal genome and you can look for diseases that are genetically inherited. In the mother's blood, 90% of the DNA is her own and 10% is the baby's. Half of the fetal genome is from father and half from mother. The teams found the fetus inherited a beta thalassemia, the baby was a carrier of the disease.

Genetic endowment has a major contribution for development of human behaviour.

Parenting is an art and science; therefore, planning to become parent is important.

Both the husband and wife need to equip themselves financially, emotionally, socially to become good parents to have a healthy baby. Home is the primary place and family is vital for child's personality development. Effective communication with parents of critically sick babies is most important.

To have healthy child, exclusive breastfeeding has several advantages. Parents must know alarming signs of child. Physical and emotional causes needs to be identified. Assured loving care gives child a sense of being loved, acceptance of a child, ignoring minor misbehaviors, setting limits of unacceptable behaviour, consistent in your approach, which infuses confidence, and develop special gift and promote creativity.

Nutrition and balanced diet helps in management of growth assessment, and remove the hurdles of growth. Proper eating habits and firm parenting is a necessary part of management.