Essentials of Pediatric Nursing
This book is dedicated to my incredible family, without whom I could never have accomplished this monumental task. My husband John has unfailingly stood by my side, providing continuous positive affirmation and infinite support for this project. My son Christian and my daughter Caitlin have blessed me with their patience and faith in me, as well as the opportunity for me to experience all the stages of growth and development first-hand. The book is also dedicated to the wonderful babies born during this project: Natalie, Ben, Grace, and Ella.
The thrilling and challenging experience of authoring this textbook would not have been possible without the tremendous support of the Lippincott Williams & Wilkins family. In particular I want to thank Michelle McIlvain (Regional Sales Manager) for initially querying me about this idea that had long been a secret goal of mine; Elizabeth Nieginski (Senior Acquisitions Editor) for believing so strongly in my ideas and never letting me give up; and Danielle DiPalma (Senior Development Editor) for her vision and organization, but especially for her patience with me. I would like to express immense gratitude to Sarah Kyle (Development Editor) for so clearly being able to see what I wanted and her tireless attention to detail even up through the ninth month of pregnancy and while moving her family across continents. Thank you to Maryann Foley (Development Editor) for stepping in and filling the gaps, Erin Sweeney for assisting with transmission of the manuscript, Brett MacNaughton (Art Director) and the entire art team for the beautiful illustrations, as well as Tom Gibbons (Senior Production Editor) and the production team for their diligent efforts. My good friend and colleague, Susan Carman, deserves special thanks for her significant contribution not only to writing chapters and case studies as well as being involved in the development of the online study guide, but also for always listening to, supporting, and encouraging me. Special thanks to Amy Gellerman (Producer), Gus Freedman (Photographer), Newton-Wellesley Hospital pediatric department, and Boston Shriners Hospital for the beautiful photography they contributed. I would also like to thank all of the pediatric nurses who contributed their wealth of knowledge and expertise to developing chapters for this book. This would not have been possible without all of you.
Terri Kyle earned a Bachelor of Science in Nursing from the University of North Carolina at Chapel Hill and a Master of Science in Nursing from Emory University in Atlanta, Georgia. She is a certified pediatric nurse practitioner and is currently enrolled in the Doctor of Nursing Practice program at the University of Florida. Practicing pediatric nursing for over 20 years, Terri has had the opportunity to serve children and their families in a variety of diverse settings.

She has experience in inpatient pediatrics in pediatric and neonatal intensive care units, newborn nursery, specialized pediatric units, and community hospitals. She has worked as a pediatric nurse practitioner in pediatric specialty clinics and primary care. She has been involved in teaching nursing for over 15 years with experience in both undergraduate and graduate nursing education. Terri is a fellow in the National Association of Pediatric Nurse Practitioners and a member of Sigma Theta Tau International Honor Society of Nursing, the National League for Nursing, the Society of Pediatric Nurses, and the Association of Camp Nurses.

With the limited time allotted in schools to the topic of pediatric nursing, Terri recognized the need for a textbook that “got to the point.” She strongly believes in a concepts-based approach for learning nursing—that is, to teach the basics to students in a broad contextual format so that they can apply that knowledge in a variety of situations. The concepts-based approach to nursing education is time-efficient for nursing educators and fosters the development of critical thinking skills in student nurses.
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Nursing education is founded upon the principle of mastering simpler concepts first and incorporating those concepts into the student’s knowledge base. The student is then able to progress to problem solving in more complex situations. In pediatric nursing, the ability to apply previously learned concepts to new situations is critical. In today’s educational climate, with reduced class time being devoted to specialty courses, it is particularly important for nursing educators to focus on key concepts, rather than attempting to cover everything within a specific topic.

The intent of Essentials of Pediatric Nursing is to provide the nurse with the basis needed for sound nursing care of children. The main objective is to aid the students in building a strong knowledge base as well as to assist with the development of critical thinking skills. The book covers a broad scope of topics, placing emphasis on common issues and pediatric-specific content. The text presents the important differences when caring for children as compared to caring for adults. Rather than repeating medical-surgical content that the student has already mastered, the text builds upon that knowledge base. A nursing process approach provides relevant information in a concise and non-redundant manner. In Unit IV, specific nursing process content is discussed as appropriate for a given disorder.

Organization

Each chapter of Essentials of Pediatric Nursing focuses on a different aspect of pediatric nursing care. The book is divided into four units, beginning with general concepts related to pediatric nursing and followed by normal growth and development and specifics related to caring for children. The fourth unit focuses on nursing management of alterations in children’s health.

Unit 1: Introduction to Pediatric Nursing

Unit 1 presents the foundational material the nursing student needs in order to understand how nursing care of the child differs from that of the adult. The unit provides information about general concepts relating to child health. Perspectives on pediatric nursing, the nursing process, factors influencing child health, the family-centered approach, atraumatic care, and communication are key concepts covered in this unit.

Unit 2: Health Promotion for the Growing Child and Family

Unit 2 provides information related to growth and development expectations of the well child from the newborn through adolescence. Though not exhaustive in nature, this unit provides a broad knowledge base related to normal growth and development that the nurse can draw upon in any situation. Common concerns related to growth and development and client/family education are included in each age-specific chapter.

Unit 3: Foundations of Pediatric Nursing

Unit 3 covers broad concepts that provide the foundation for providing nursing care to children. Rather than reiterating all aspects of nursing care, the unit focuses on specific details needed to provide nursing care for children in general. The content remains focused upon differences in caring for children as compared with adults. Topics covered in this unit include anticipatory guidance and routine well-child care (including immunization and safety), health assessment, nursing care of the child in the hospital as well as in the community, concerns common to special-needs children, pediatric variations in nursing procedures, and pain management in children.

Unit 4: Nursing Care of the Child With a Health Disorder

Unit 4 focuses on children’s responses to health disorders. This unit provides a comprehensive coverage of illnesses affecting children. It is arranged according to broad topics of disorders organized with a body systems approach and also includes infectious, genetic, and mental health disorders as well as pediatric emergencies. Each chapter follows a similar format in order to facilitate presentation of the information as well as reduce repetition. The chapter begins with a nursing process overview for the particular broad topic, presenting differences in children and how the nursing process applies. The approach provides a general framework for addressing disorders within the chapter. Individual disorders are then addressed with attention to specifics related to pathophysiology, nursing assessment, nursing management, and special considerations. Common pediatric disorders are covered in greater depth than less common disorders. The format of the chapters allows for a strong knowledge base to be built and encourages critical thinking. Additionally, the format is nursing process driven and consistent from chapter to chapter, providing a practical and sensible presentation of the information.

Recurring Features

In order to provide the student and educator with an exciting and user-friendly text, a number of recurring features have been developed.
Key Terms
Each chapter includes a list of key terms that are considered to be vital to understanding the content in the chapter. Each key term appears in boldface, with the definition included in the text. The key terms may also be accessed on thePoint.

Learning Objectives
The provision of learning objectives for each chapter helps to guide the student toward prioritizing information for learning. The objectives also provide a method for the student to evaluate understanding of the presented material.

WOW
Each chapter opens with inspiring Words of Wisdom, which offer helpful, timely, or interesting thoughts. These WOW statements set the stage for the chapter and give the student valuable insight into the nursing care of children and their families.

Case Studies
Real-life scenarios present relevant child and family information that is intended to perfect the student’s caregiving skills. Questions about the scenario provide an opportunity for the student to critically evaluate the appropriate course of action.

Watch and Learn Icon
A special icon throughout the book directs students to free video clips that highlight growth and development, communicating with children, and providing nursing care to the child in the hospital.

Healthy People 2010
Throughout the textbook, Healthy People 2010 objectives related to children’s health and well-being are outlined in box format. Nursing implications or guidance related to working toward achievement of these objectives in provided.

Teaching Guidelines
Teaching Guidelines, presented in most of the chapters, serve as valuable health education tools. The guidelines raise the student’s awareness, provide timely and accurate information, and are designed to ensure the student’s preparation for educating children and their families about various issues.

Drug Guides
The drug guide tables summarize information about commonly used medications. The actions, indications, and significant nursing implications presented assist the student in providing optimum care to children and their families.

Common Laboratory and Diagnostic Tests
The Common Laboratory and Diagnostic Tests tables in each chapter of Unit 4 provide the student with a general understanding of how a broad range of disorders is diagnosed. Rather than reading the information repeatedly throughout the narrative, the student is then able to refer to the table as needed.

Common Medical Treatments
The Common Medical Treatments tables in each chapter of Unit 4 provide the student with a broad awareness of how a common group of disorders is treated either medically or surgically. The table serves as a reference point for common medical treatments.

Nursing Care Plans
Nursing Care Plans provide concrete examples of each step of the nursing process. Found within the Nursing Process Overview section of each disorder chapter, these nursing care plans summarize issue- or system-related content, thereby minimizing repetition.

Comparison Charts
These charts compare two or more disorders or other easily confused concepts. They serve to provide an explanation that clarifies the concepts for the student.

Nursing Procedures
Step-by-step nursing procedures provide a clear explanation of pediatric variations in order to facilitate competent performance.

Tables, Boxes, Illustrations, and Photographs
Tables and boxes are included throughout the chapters in order to summarize key content areas. Beautiful illustrations and photographs help the student to visualize the content. These features allow the student to quickly and easily access information.

References and Helpful Informational Resources
References and helpful information resources that were used in the development of the text are provided at the end of each chapter. The listings allow the student to further pursue topics of interest. Multiple online sources are also provided as a means for the student to electronically explore relevant content material.
Chapter Worksheets

Chapter worksheets at the end of each chapter assist the student to review essential concepts. Chapter worksheets include:

• **Multiple choice questions**—these questions test the student’s ability to apply chapter material. The questions are styled similarly to the national licensing exam (NCLEX-RN).

• **Critical thinking exercises**—these exercises serve to stimulate the student to incorporate the current material with previously learned concepts and reach a satisfactory conclusion. The exercises encourage students to think critically, problem solve, and consider their own perspective on given topics.

• **Study activities**—these activities promote student participation in the learning process. This section encourages increased interaction/learning via clinical, online, and community activities.

• **Answers**—answers to the worksheet are provided on thePoint.

Teaching-Learning Package

Instructor’s Resource CD-ROM

This valuable resource for instructors is compatible with WebCT and Blackboard. It includes materials instructors need to teach the pediatric nursing course, including

• **PowerPoint presentations** that correspond to each chapter and serve as a supplement to the instructor’s course development

• A **Test Generator** that features hundreds of questions to help instructors create quizzes and tests

• An **Image Bank** that provides access to photographs and illustrations from the text in a convenient, searchable format

Student Resource CD-ROM

The student resource CD-ROM, which is included for free in the front of the book, features video clips highlighting childhood growth and development, communication, and the nursing care provided to a child in the hospital. Pediatric dosage calculation problems, a Spanish-English audio glossary, and an NCLEX Alternate Item Format Tutorial are also included.

The Point Solution

ThePointSolution thePoint® (http://thepoint.lww.com), a trademark of Wolters Kluwer Health, is a web-based course and content management system providing every resource that instructors and students need in one easy-to-use site. Advanced technology and superior content combine at thePoint to allow instructors to design and deliver online and off-line courses, maintain grades and class rosters, and communicate with students. Students can visit thePoint to access supplemental multimedia resources, such as Key Concepts, Answers to Worksheets, a Glossary, and NCLEX-style student review questions, to enhance their learning experience. ThePoint Solution package also includes an EBook, so students can search their text electronically, and journal articles to help students understand evidence-based practice. Students can also check the course syllabus, download content, upload assignments, and join online study group.

For instructors, a wealth of information can be found at thePoint, all designed to make teaching easier. For example:

• **Pre-Lecture Quizzes**, made up of five True/False and five Multiple-Choice questions, are meant to be given at the beginning of class and help evaluate whether students are keeping up with the reading and the material it covers.

• **Assignments**, broken into four types—written, group, clinical, and Web—and organized by learning objective, provide opportunities for in- or after-class activities.

• **Discussion Topics**, also organized by learning objective, allow students to critically think through scenarios and discuss their ideas with other students.

• **Guided Lecture Notes** organize the chapter objective by objective and provide references to appropriate PowerPoint slides and figures from the text.

• **Sample Syllabi** assist instructors with setting up their courses and are provided for four different course lengths: 4, 6, 8, and 10 weeks.

ThePoint . . . where teaching, learning, and technology click!

Online Study Guide to Accompany Essentials of Pediatric Nursing

This exciting new resource, built for your WebCT or Blackboard Learning Management System, combines all the helpful activities found in print study guides with additional resources only an online guide can provide. The Online Study Guide is divided into three sections: Assessing Your Understanding, which contains knowledge-based questions, such as Matching, Sequencing, and Fill in the Blank; Applying Your Knowledge, which features application-level questions, including case studies as well as questions based on video vignettes, provided for students within the study guide; and Practicing for NCLEX, which provides NCLEX-style review questions to help students apply and retain the key information from each chapter. The Online Study Guide is a great new way to help assess your students’ mastery of information and track their proficiency within the world of pediatric nursing.

Contact your sales representative or visit www.LWW.com/Nursing for more details.
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