

Principles of Nursing Care

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Designed for quick reference and deeper study

1. Holistic Care

Aspect	Key Points
Physical	Vital signs, pain management, nutrition, hygiene, mobility.
Psychological	Emotional support, stress reduction, coping strategies.
Social	Family dynamics, cultural beliefs, community resources.
Spiritual	Respect for values, rituals, meaning-making.
Cognitive	Education, decision-making capacity, health literacy.

Takeaway: Treat the patient as a whole person, not just a set of symptoms.

2. Patient-Centered Care

1. **Respect for autonomy** – Involve patients in care planning; obtain informed consent.
 2. **Individualized goals** – Tailor interventions to the patient's values, preferences, and life context.
 3. **Effective communication** – Use clear language, active listening, teach-back method.
 4. **Collaboration** – Work with interdisciplinary team members and the patient's support network.
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3. Evidence-Based Practice (EBP)

1. **Ask** – Formulate a focused clinical question (PICO format).
 2. **Acquire** – Search databases (PubMed, CINAHL, Cochrane).
 3. **Appraise** – Evaluate study validity, relevance, and bias.
 4. **Apply** – Integrate findings with clinical expertise and patient preferences.
 5. **Assess** – Monitor outcomes and adjust care as needed.
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4. Safety & Risk Management

Domain	Core Actions
Medication safety	5?rights (right patient, drug, dose, route, time); double?check high?alert meds.
Infection control	Hand hygiene, aseptic technique, isolation precautions.
Fall prevention	Assess risk, environment modification, assistive devices.
Pressure injury prevention	Repositioning schedule, skin assessment, pressure?relieving surfaces.
Error reporting	Non?punitive reporting, root?cause analysis, system improvements.

5. Therapeutic Communication

Skill	Example
Open?ended questions	“Can you tell me how you’re feeling today?”
Reflective listening	“It sounds like you’re worried about the surgery.”
Clarification	“When you say ‘tired,’ do you mean physically exhausted or emotionally drained?”
Summarizing	“To recap, you’ve been experiencing shortness of breath for three days, and you’ve taken your inhaler as prescribed.”
Empathy statements	“I understand how frustrating this must be for you.”

6. Cultural Competence

1. **Assess cultural background** – Language, health beliefs, family roles.
 2. **Adapt care plans** – Use interpreters, respect dietary restrictions, incorporate traditional practices when safe.
 3. **Self?reflection** – Recognize personal biases; seek cultural education.
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7. Ethical Foundations

Principle	Application in Nursing
Beneficence	Act in the patient's best interest; promote well-being.
Non-maleficence	Avoid causing harm; follow safety protocols.
Autonomy	Honor patients' right to make informed choices.
Justice	Provide equitable care; advocate for underserved populations.
Fidelity	Keep promises, maintain confidentiality, be trustworthy.

8. Documentation & Legal Responsibility

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