

wellness nursing diagnosis examples

Wellness Nursing Diagnosis Examples: A Comprehensive Guide for Nurses

Are you a nursing student struggling to grasp the concept of wellness nursing diagnoses? Or perhaps a seasoned nurse looking to refine your diagnostic skills? Whatever your experience level, accurately identifying and documenting wellness diagnoses is crucial for providing holistic and effective patient care. This comprehensive guide dives deep into the world of wellness nursing diagnoses, providing numerous examples, explanations, and practical tips to help you master this essential nursing skill. We'll explore what constitutes a wellness diagnosis, how they differ from problem-focused diagnoses, and provide clear examples to solidify your understanding. Get ready to elevate your nursing practice with this in-depth look at wellness nursing diagnosis examples.

Understanding Wellness Nursing Diagnoses: A Foundation for Holistic Care

Before we jump into specific examples, let's establish a solid foundation. Unlike problem-focused diagnoses that identify actual or potential health problems, wellness diagnoses describe a client's readiness to enhance well-being. These diagnoses focus on strengths and potential for growth, rather than deficits or illnesses. They're all about empowering individuals to achieve higher levels of wellness. Think of it as proactively building a stronger foundation for health, rather than just patching up existing problems.

Key characteristics of a wellness diagnosis include:

Focus on strengths: It highlights the client's existing assets and capabilities.

Potential for growth: It identifies opportunities for the client to improve their well-being.

Client-centered: It's based on the client's individual needs, goals, and desires.

Positive language: It uses terms that reflect progress and enhancement.

Differentiating Wellness from Problem-Focused Diagnoses

It's vital to differentiate between wellness and problem-focused diagnoses. A problem-focused diagnosis uses diagnostic labels like "Impaired Gas Exchange"

or "Risk for Falls," indicating an existing or potential health problem. A wellness diagnosis, however, focuses on positive health states and the client's desire for self-improvement. For example, instead of "Ineffective Breathing Pattern," a wellness diagnosis might be "Readiness for Enhanced Breathing Pattern." The subtle difference emphasizes the client's desire to improve, rather than addressing a current deficit. This nuanced approach is crucial for comprehensive nursing care.

Wellness Nursing Diagnosis Examples: A Diverse Range of Applications

Let's delve into some concrete wellness nursing diagnosis examples, categorized for clarity:

I. Readiness for Enhanced Health Behaviors:

Readiness for Enhanced Nutrition: This diagnosis is appropriate for a client who expresses a desire to improve their diet and make healthier food choices. For example, a client recovering from heart surgery who wants to learn about heart-healthy eating habits.

Readiness for Enhanced Activity: This applies to clients wishing to increase their physical activity levels, such as a sedentary individual aiming to begin a walking program.

Readiness for Enhanced Self-Care: This diagnosis is suitable for clients who want to improve their ability to manage their own personal care, like a recovering stroke patient learning to dress themselves again.

Readiness for Enhanced Sleep: For clients struggling with sleep disturbances but actively seeking solutions, such as practicing relaxation techniques or improving their sleep hygiene.

Readiness for Enhanced Coping: This is ideal for clients striving to develop or enhance their coping mechanisms to handle stress more effectively.

II. Readiness for Enhanced Spiritual Well-being:

Readiness for Enhanced Spiritual Well-being: This diagnosis is used when a client expresses a desire to deepen their spiritual connection or explore their spirituality further. This could involve connecting with religious communities or exploring mindfulness practices.

III. Readiness for Enhanced Family Processes:

Readiness for Enhanced Family Processes: This is appropriate for families who want to improve their communication, problem-solving, or support systems. This is especially useful in families experiencing stress related to a member's illness.

IV. Readiness for Enhanced Community Involvement:

Readiness for Enhanced Community Involvement: This diagnosis applies to individuals who wish to become more involved in their communities, perhaps by volunteering or joining social groups. This can contribute significantly to mental and social well-being.

Important Considerations for Using Wellness Diagnoses:

Client's expressed desire: The diagnosis should always reflect the client's own goals and aspirations.

Observable cues: While focused on potential, there should be evidence suggesting the client's readiness for change.

Collaboration with the client: The process of identifying a wellness diagnosis should be a collaborative effort, ensuring the client is actively involved.

Developing Effective Nursing Interventions based on Wellness Diagnoses

Once you've accurately identified a wellness diagnosis, the next step is to develop appropriate nursing interventions. These interventions should be tailored to the specific client and their goals. For example, for a client with "Readiness for Enhanced Nutrition," interventions might include providing nutritional counseling, educating the client about healthy food choices, and assisting with meal planning. The key is to empower the client to take ownership of their health and wellness journey.

Conclusion

Mastering the art of wellness nursing diagnoses is key to delivering truly holistic and effective patient care. By focusing on strengths, potential, and client-centered goals, wellness diagnoses enable nurses to proactively support individuals in achieving optimal well-being. The examples provided in this guide offer a valuable starting point for developing your diagnostic skills and expanding your ability to provide exceptional care. Remember to always prioritize client input and collaborate effectively to create personalized care plans that truly support wellness.

Frequently Asked Questions (FAQs)

1. Can a patient have both a problem-focused and a wellness diagnosis simultaneously?

Yes, absolutely. A patient might have a problem-focused diagnosis like "Impaired Physical Mobility" due to an injury, while simultaneously having a

wellness diagnosis like "Readiness for Enhanced Self-Care" as they work towards regaining their independence.

1. How do I document a wellness nursing diagnosis?

Documenting a wellness diagnosis follows a similar format to problem-focused diagnoses. You'll typically include the diagnostic label, related factors (client's expressed desire and supporting cues), and defining characteristics.

1. Are there any specific assessment tools for identifying wellness diagnoses?

While there isn't one single standardized tool, various assessment techniques, like client interviews, observation, and review of health records, can help identify a client's readiness for enhanced wellness.

1. How do I choose the most appropriate wellness diagnosis from multiple possibilities?

Prioritize the client's expressed desire and the area where they feel they have the most potential for growth and improvement. Focus on the client's most significant health concern or area for self-improvement.

1. What if a client isn't interested in improving a specific area of their wellness?

If a client doesn't express a desire for change in a particular area, a wellness diagnosis is inappropriate. Focus instead on other aspects where the client shows readiness for growth or improvement. Respect the client's autonomy and choices.

wellness nursing diagnosis examples: Wellness Nursing Diagnosis for Health Promotion Karen M. Stolte, 1996 Preventive care and health promotion are essential in today's demanding health care environment. This concise how-to guide gives you the information you need to assess for and write effective, wellness-oriented nursing diagnoses. Let this easy-to-use resource show you how to maximize wellness and client functioning throughout the lifespan; develop key assessment questions based on developmental tasks; assess individual strengths to promote positive health benefits for the

ill and well client; write wellness nursing diagnoses for individuals, groups, families and communities; and link the relationships among wellness nursing diagnosis, client or group behaviors and nursing interventions.

wellness nursing diagnosis examples: Nursing Interventions Classification (NIC) Gloria M. Bulechek, PhD, RN, FAAN, Howard K. Butcher, Joanne M. McCloskey Dochterman, PhD, RN, FAAN, Cheryl Wagner, 2012-11-01 Covering the full range of nursing interventions, Nursing Interventions Classification (NIC), 6th Edition provides a research-based clinical tool to help in selecting appropriate interventions. It standardizes and defines the knowledge base for nursing practice while effectively communicating the nature of nursing. More than 550 nursing interventions are provided - including 23 NEW labels. As the only comprehensive taxonomy of nursing-sensitive interventions available, this book is ideal for practicing nurses, nursing students, nursing administrators, and faculty seeking to enhance nursing curricula and improve nursing care. More than 550 research-based nursing intervention labels with nearly 13,000 specific activities Definition, list of activities, publication facts line, and background readings provided for each intervention. NIC Interventions Linked to 2012-2014 NANDA-I Diagnoses promotes clinical decision-making. New! Two-color design provides easy readability. 554 research-based nursing intervention labels with nearly 13,000 specific activities. NEW! 23 additional interventions include: Central Venous Access Device Management, Commendation, Healing Touch, Dementia Management: Wandering, Life Skills Enhancement, Diet Staging: Weight Loss Surgery, Stem Cell Infusion and many more. NEW! 133 revised interventions are provided for 49 specialties, including five new specialty core interventions. NEW! Updated list of estimated time and educational level has been expanded to cover every intervention included in the text.

wellness nursing diagnosis examples: Nursing Diagnosis Lynda Juall Carpenito-Moyet, 2008 Explains the role of nursing diagnosis in clinical practice; provides information on definitions, characteristics, related factors, and interventions for nursing diagnoses; and offers information on collaborative problems.

wellness nursing diagnosis examples: Nursing Diagnoses for Wellness Arlene DeGangi Houldin, Susan Walls Saltstein, Kathleen Marie Ganley, 1987

wellness nursing diagnosis examples: NANDA International Nursing Diagnoses Heather T. Herdman, Shigemi Kamitsuru, 2017-06-28 Fully updated and revised by authors T. Heather Herdman, PhD, RN, FNI, and Shigemi Kamitsuru, PhD, RN, FNI, Nursing Diagnoses: Definitions and Classification 2018-2020, Eleventh Edition is the definitive guide to nursing diagnoses, as reviewed and approved by NANDA International (NANDA-I). In this new edition of a seminal text, the authors have written all introductory chapters at an undergraduate nursing level, providing the critical information needed for nurses to understand assessment, its link to diagnosis and clinical reasoning, and the purpose and use of taxonomic structure for the nurse at the bedside. Other changes include: 18 new nursing diagnoses and 72 revised diagnoses Updates to 11 nursing diagnosis labels, ensuring they are consistent with current literature and reflect a human response Modifications to the vast majority of the nursing diagnosis definitions, including especially Risk Diagnoses Standardization of diagnostic indicator terms (defining characteristics, related factors, risk factors, associated conditions, and at-risk populations) to further aid clarity for readers and clinicians Coding of all diagnostic indicator terms for those using electronic versions of the terminology Web-based resources include chapter and reference lists for new diagnoses Rigorously updated and revised, Nursing Diagnoses: Definitions and Classification 2018-2020, Eleventh Edition is a must-have resource for all nursing students, professional nurses, nurse educators, nurse informaticists, and nurse administrators.

wellness nursing diagnosis examples: Nursing Diagnoses 2015-17 NANDA International, 2014-08-01 Nursing Diagnoses: Definitions and Classification is the definitive guide to nursing diagnoses, as reviewed and approved by NANDA-I. The 2015-2017 edition of the classic and internationally recognised text has been rigorously updated and revised, and now provides more linguistically congruent diagnoses as a result of the Diagnostic Development Committee's

attentiveness to understanding the translation of the diagnostic label, definition, defining characteristics, related factors, and risk factors. Each of the 235 diagnoses presented are supported by definitions as well as defining characteristics and related factors, or risk factors. Each new and revised diagnosis is based on the latest global evidence, and approved by expert nurse diagnosticians, researchers, and educators. New to this edition: 26 brand new nursing diagnoses and 13 revised diagnoses Updates, changes, and revision to the vast majority of the nursing diagnosis definitions, in particular the Health Promotion and Risk Diagnoses A standardization of diagnostic indicator terms (defining characteristics, related factors, and risk factors) to further aid clarity for readers and clinicians All introductory chapters are written at an undergraduate nursing level, and provide critical information needed for nurses to understand assessment, its link to diagnosis, and the purpose and use of taxonomic structure for the nurse at the bedside A new chapter, focusing on Frequently Asked Questions, representing the most common questions received through the NANDA-I website, and at global conferences Five nursing diagnoses have been re-slotted within the NANDA-I taxonomy, following a review of the current taxonomic structure Coding of all diagnostic indicator terms is now available for those using electronic versions of the terminology Companion website featuring references from the book, video presentations, teaching tips, and links to taxonomy history and diagnosis submission/review process description www.wiley.com/go/nursingdiagnoses

wellness nursing diagnosis examples: Nursing Diagnosis Handbook Betty J. Ackley, Gail B. Ladwig, 2008 A reference to help nursing students and practising nurses select a nursing diagnosis and write plans of care with ease and confidence. The book provides care plans for every NANDA diagnosis and provides a quick access index of appropriate nursing diagnoses for over 1200 clinical entities.

wellness nursing diagnosis examples: Nursing Care Planning Made Incredibly Easy! Lippincott Williams & Wilkins, 2012-07-02 The new edition of Nursing Care Planning Made Incredibly Easy is the resource every student needs to master the art of care planning, including concept mapping. Starting with a review of the nursing process, this comprehensive resource provides the foundations needed to write practical, effective care plans for patients. It takes a step-by-step approach to the care planning process and builds the critical thinking skills needed to individualize care in the clinical setting. Special tips and information sections included throughout the book help students incorporate evidence-based standards and rationales into their nursing interventions.

wellness nursing diagnosis examples: Introductory Maternity Nursing N. Jayne Klossner, 2006 This full-color LPN/LVN-level textbook presents maternity nursing using a nursing process framework. Throughout the text are features that help students develop critical thinking skills and apply content to practice—such as nursing procedures, nursing care plans, clinical pearls, patients' and caregivers' stories, critical thinking questions, cultural snapshots, family teaching tips, and over 200 illustrations. Each chapter is followed by an integrated study guide/workbook with NCLEX®-style questions, Critical Thinking: What Would You Do? scenarios including dosage calculations, and Study Activities including Internet activities. Introductory Maternity Nursing is an ideal complement to Hatfield, Broadribb's Introductory Pediatric Nursing, Sixth Edition. Instructors who prefer a combined maternity/pediatric text can use Klossner/Hatfield, Introductory Maternity and Pediatric Nursing.

wellness nursing diagnosis examples: Nursing for Wellness in Older Adults Carol A. Miller, 2009 Now in its Fifth Edition, this text provides a comprehensive and wellness-oriented approach to the theory and practice of gerontologic nursing. Organized around the author's unique functional consequences theory of gerontologic nursing, the book explores normal age-related changes and risk factors that often interfere with optimal health and functioning, to effectively identify and teach health-promotion interventions. The author provides research-based background information and a variety of practical assessment and intervention strategies for use in every clinical setting. Highlights of this edition include expanded coverage of evidence-based practice, more

first-person stories, new chapters, and clinical tools such as assessment tools recommended by the Hartford Institute of Geriatric Nursing.

wellness nursing diagnosis examples: Nursing Care Plans Meg Gulanick, Judith L. Myers, 2007 This edition contains 189 care plans covering the most common nursing diagnoses and clinical problems in medical-surgical nursing. It includes four new disorders care plans, SARS, lyme disease, west Nile virus, and obstructive sleep apnea.

wellness nursing diagnosis examples: *Encyclopedia of Nursing Research* Joyce J. Fitzpatrick, Meredith Wallace (PhD, RN.), 2006 From the world's leading authorities in nursing research, this thoroughly updated 2nd Edition of the Encyclopedia of Nursing Research presents key terms and concepts in nursing research comprehensively explained by over 200 expert contributors.

wellness nursing diagnosis examples: Nursing Diagnoses 2009-2011, Custom NANDA International, 2010-06-11 A nursing diagnosis is defined as a clinical judgement about individual, family or community responses to actual or potential health problems or life processes which provide the basis for selection of nursing interventions to achieve outcomes for which the nurse is accountable. Accurate and valid nursing diagnoses guide the selection of interventions that are likely to produce the desired treatment effects and determine nurse-sensitive outcomes. Nursing diagnoses are seen as key to the future of evidence-based, professionally-led nursing care - and to more effectively meeting the need of patients and ensuring patient safety. In an era of increasing electronic patient health records standardized nursing terminologies such as NANDA, NIC and NOC provide a means of collecting nursing data that are systematically analyzed within and across healthcare organizations and provide essential data for cost/benefit analysis and clinical audit. 'Nursing Diagnoses: Definitions and Classification' is the definitive guide to nursing diagnoses worldwide. Each nursing diagnosis undergoes a rigorous assessment process by NANDA-I with stringent criteria to indicate the strength of the underlying level of evidence. Each diagnosis comprises a label or name for the diagnosis and a definition. Actual diagnoses include defining characteristics and related factors. Risk diagnoses include risk factors. Many diagnoses are further qualified by terms such as effective, ineffective, impaired, imbalanced, readiness for, disturbed, decreased etc. The 2009-2011 edition is arranged by concept according to Taxonomy II domains (i.e. Health promotion, Nutrition, Elimination and Exchange, Activity/Rest, Perception/Cognition, Self-Perception, Role Relationships, Sexuality, Coping/ Stress Tolerance, Life Principles, Safety/Protection, Comfort, Growth/Development). The book contains new chapters on 'Critical judgement and assessment' and 'How to identify appropriate diagnoses' and core references for all nursing diagnoses. A companion website hosts NANDA-I position statements, new PowerPoint slides, and FAQs for students. 2009-2011 edition arranged by concepts New chapters on 'Critical judgement and assessment' and 'How to identify appropriate diagnoses' Core references for new diagnoses and level of evidence for each diagnosis Companion website available

wellness nursing diagnosis examples: Health Assessment in Nursing Janet Weber, Jane Kelley, 2009-10-01 Now in its Fourth Edition, Health Assessment in Nursing is a colorful, user-friendly introductory level health assessment text for RN-level students. Targeted to ADN and BSN programs, this text presumes no prior knowledge of health assessment and is part of a suite that includes Lab Manual to Accompany Health Assessment in Nursing, Nurses' Handbook of Health Assessment, and Weber & Kelley's Interactive Nursing Assessment. For this edition, the COLDSPA mnemonic, which guides students through investigation of symptoms, has been revised to show specific applications to content in each chapter. A sample application of COLDSPA is presented at the beginning of each chapter's Nursing History section, and another accompanies each case study. The Frail Elderly chapter has been streamlined, with a stronger focus on the normal variations associated with assessment of elderly clients. Includes DVD-ROM.

wellness nursing diagnosis examples: *Basic Concepts of Psychiatric-mental Health Nursing* Louise Rebraca Shives, 2007 This seventh edition includes new chapters and maintains popular features from previous editions such as self awareness prompts while adding research boxes and student worksheets at the end of each chapter.

wellness nursing diagnosis examples: *Nurse's Pocket Guide* Marilyn E. Doenges, Mary Frances Moorhouse, Alice C. Murr, Alice Geissler-Murr, 2004 Contains a Nurse's Pocket Minder, which lists nursing diagnoses through the latest NANDA Conference. Make sure your students use the best pocket guide to plan patient care! This handy pocket guide helps nursing students identify interventions most commonly associated with nursing diagnoses when caring for patients. It's the perfect resource for hospital and community-based settings.

wellness nursing diagnosis examples: Nutritional Foundations and Clinical Applications
- **E-Book** Michele Grodner, Sara Long Roth, Bonnie C. Walkingshaw, 2013-08-07 Now in its 5th edition, the critically acclaimed *Nutritional Foundations and Clinical Applications, A Nursing Approach* offers you a comprehensive, first-hand account of the ways in which nutrition affects the lives of nursing professionals and everyday people. Discussions on nutritional needs and nutritional therapy, from the nurse's perspective, define your role in nutrition, wellness, and health promotion. The dynamic author team of Grodner, Roth, and Walkingshaw utilizes a conversational writing style, and a variety of learning features help you apply your knowledge to the clinical setting. Content updates, specifically to the Dietary Guidelines for Americans 2010, an online resource, a new logical organization, and much more prepare you to handle the challenges you face with ease. Emphasis on health promotion and primary prevention stresses the adoption of a healthy diet and lifestyle to enhance quality of life. Content Knowledge and Critical Thinking/Clinical Applications case studies reinforce knowledge and help you apply nutrition principles to real-world situations. Cultural Considerations boxes discuss various eating patterns related to ethnicity and religion to help you understand the various influences on health and wellness. Personal Perspective boxes demonstrate the personal touch for which this book is known, and offer first-hand accounts of interactions with patients and their families. Health Debate and Social Issue boxes explore controversial health issues and encourage you to develop your own opinions. Teaching tool boxes provide tips and guidance to apply when educating patients. Website listings with a short narrative at the end of every chapter refer you to additional online resources. Updated content to Dietary Guidelines for Americans 2010 keeps you current. Additional questions added to case studies in the Nursing Approach boxes help you focus on practical ways you can use nutrition in practice. Study tools on Evolve present virtual case studies and additional questions with instant feedback to your answers that reinforce your learning. Online icons throughout the text refer you to the NEW Nutrition Concepts Online course content. A logical organization to updated and streamlined content lets you find the information you need quickly.

wellness nursing diagnosis examples: *The Future of Nursing 2020-2030* National Academies of Sciences Engineering and Medicine, Committee on the Future of Nursing 2020-2030, 2021-09-30 The decade ahead will test the nation's nearly 4 million nurses in new and complex ways. Nurses live and work at the intersection of health, education, and communities. Nurses work in a wide array of settings and practice at a range of professional levels. They are often the first and most frequent line of contact with people of all backgrounds and experiences seeking care and they represent the largest of the health care professions. A nation cannot fully thrive until everyone - no matter who they are, where they live, or how much money they make - can live their healthiest possible life, and helping people live their healthiest life is and has always been the essential role of nurses. Nurses have a critical role to play in achieving the goal of health equity, but they need robust education, supportive work environments, and autonomy. Accordingly, at the request of the Robert Wood Johnson Foundation, on behalf of the National Academy of Medicine, an ad hoc committee under the auspices of the National Academies of Sciences, Engineering, and Medicine conducted a study aimed at envisioning and charting a path forward for the nursing profession to help reduce inequities in people's ability to achieve their full health potential. The ultimate goal is the achievement of health equity in the United States built on strengthened nursing capacity and expertise. By leveraging these attributes, nursing will help to create and contribute comprehensively to equitable public health and health care systems that are designed to work for everyone. *The Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity* explores how nurses can

work to reduce health disparities and promote equity, while keeping costs at bay, utilizing technology, and maintaining patient and family-focused care into 2030. This work builds on the foundation set out by The Future of Nursing: Leading Change, Advancing Health (2011) report.

wellness nursing diagnosis examples: Foundations and Adult Health Nursing Kim Cooper, RN, MSN, Kelly Gosnell, RN, MSN, 2014-08-25 An all-inclusive guide to fundamentals and medical-surgical nursing for the LPN/LVN, *Foundations and Adult Health Nursing*, 7th Edition covers the skills you need for clinical practice, from anatomy and physiology to nursing interventions and maternity, neonatal, pediatric, geriatric, mental health, and community health care. Guidelines for patient care are presented within the framework of the five-step nursing process; Nursing Care Plans are described within a case-study format to help you develop skills in clinical decision-making. Written by Kim Cooper and Kelly Gosnell, this text includes all of the content from their *Foundations of Nursing* and *Adult Health Nursing* books, including review questions to help you prepare for the NCLEX-PN® examination! Full-color, step-by-step instructions for over 100 skills show nursing techniques and procedures along with rationales for each. The 5-step Nursing Process connects specific disorders to patient care - with a summary at the end of each chapter. Nursing Care Plans emphasize patient goals and outcomes within a case-study format, and promotes clinical decision-making with critical thinking questions at the end of each care plan. Clear coverage of essential A&P is provided by an Introduction to Anatomy and Physiology chapter along with an overview of A&P in all body systems chapters. Student-friendly features enhance the learning of nursing skills with summary boxes for Patient Teaching, Health Promotion Considerations, Complementary and Alternative Therapy, Cultural Considerations, Older Adult Considerations, Home Care Considerations, Safety Alert, and Prioritization, Assignment, and Supervision. UNIQUE! Mathematics review in Dosage Calculation and Medication Administration chapter covers basic arithmetic skills prior to the discussion of medication administration. A focus on preparing for the NCLEX examination includes review questions and Get Ready for the NCLEX Examination! sections with key points organized by NCLEX Client Needs Categories. Evidence-Based Practice boxes provide synopses of nursing research articles and other scientific articles applicable to nursing, along with nursing implications for the LPN/LVN. Nursing Diagnosis boxes summarize nursing diagnoses for specific disorders along with the appropriate nursing interventions. UNIQUE! Delegation Considerations boxes provide parameters for delegation to nurse assistants, patient care technicians, and unlicensed assistive personnel. Medication Therapy tables provide quick access to actions, dosages, precautions, and nursing considerations for commonly used drugs. NEW! Reorganized chapters make it easier to follow and understand the material. NEW! Icons in page margins indicate videos, audios, and animations on the Evolve companion website that may be accessed for enhanced learning. UPDATED illustrations include photographs of common nursing skills.

wellness nursing diagnosis examples: Foundations of Nursing - E-Book Barbara Lauritsen Christensen, Elaine Oden Kockrow, 2013-12-27 Part of the popular LPN Threads series, this comprehensive text prepares you for safe and effective nursing practice in today's fast-paced healthcare environment. Covering maternal and neonatal, pediatric, geriatric, mental health, and community nursing, *Foundations of Nursing*, 6th Edition, includes all of the essential LPN/LVN content you need. Companion CD includes animations and audio clips depicting physiologic processes, physical assessment video clips, an English/Spanish glossary with definitions and audio pronunciations, an anatomy coloring book, and a fluid and electrolytes tutorial. The consistent, logical framework of the nursing process connects specific disorders to patient care. A mathematics review chapter provides a complete review of basic arithmetic skills and practice in drug dosage calculation to ensure safe medication administration. Safety Alert boxes help you implement The Joint Commission's safety guidelines in all settings, with considerations for special populations. Nursing Diagnosis boxes, screened and highlighted in the text, include nursing diagnoses for specific disorders paired with the appropriate nursing interventions. More than 100 skills in a step-by-step format with full-color illustrations present clearly defined nursing actions with

rationales for the skills and techniques you'll use in practice. Medication tables are meticulously detailed and provide quick access to action, dosage, precautions, and nursing considerations for commonly used drugs. Nursing Care Plans, presented in a case-study format, emphasize patient goals and outcomes and end with Critical Thinking Questions to develop your clinical decision-making skills. Coordinated Care boxes emphasize parameters for prioritizing tasks, as well as assigning tasks to and supervising unlicensed assistive personnel. Patient Teaching boxes and Family Teaching boxes include post-hospital discharge guidelines and disease prevention instructions with a strong focus on three-way communication among the nurse, patient, and family members. Life Span Considerations for Older Adults boxes provide age-specific information for the care of the aging population, which is often the primary focus of the LPN/LVN nurse. Home Care Considerations boxes discuss the issues facing patients and caregivers in the home health care setting. Health Promotion boxes provide key information on staying healthy and preventing disease, with tips on wellness from Healthy People 2010. Cultural Considerations boxes discuss how to address the health needs of a culturally diverse patient population when planning care. Enhanced focus on the NCLEX® Examination offers end-of-chapter Get Ready for the NCLEX Examination! sections with key points for self-guided study and remediation and an extensive set of review questions for thorough self-assessment. Additional review questions on Evolve provide instant feedback with correct answer and rationale for even more test-taking practice. Evidence-Based Practice boxes summarize the latest research findings and highlight how they apply to LPN/LVN practice. Updated, vibrant full-color design highlights key information and enhances your understanding of important concepts.

wellness nursing diagnosis examples: Foundations and Adult Health Nursing - E-Book

Barbara Lauritsen Christensen, Elaine Oden Kockrow, 2013-12-27 Part of the popular LPN Threads series, this comprehensive text includes in-depth discussions of fundamental concepts and skills, plus medical-surgical content to help you provide safe and effective care in the fast-paced healthcare environment. Easy-to-read content, an enhanced focus on preparing for the NCLEX® Examination, and a wealth of tips and study tools make Foundations and Adult Health Nursing, 6th Edition, your must-have text!

wellness nursing diagnosis examples: Nurses' Handbook of Health Assessment Janet R.

Weber, 2009-09-22 Renowned for its holistic perspective and see and do approach, this full-color, pocket-sized handbook offers step-by-step guidance on every phase of the nursing assessment—for adults, children, and special populations. The focus is on what nurses need to know to assess clients: the health history, physical examination, normal and abnormal findings, nursing interventions, and nursing diagnoses. This edition presents a complete update of all content and references, and contains new chapters on mental status and assessing frail, elderly clients.

wellness nursing diagnosis examples: Foundations of Nursing - E-Book Kim Cooper, Kelly

Gosnell, 2014-07-24 NEW! Reorganized chapters make it easier to follow and understand the material. NEW! Icons in page margins indicate videos, audios, and animations on the Evolve companion website that may be accessed for enhanced learning. UPDATED illustrations include photographs of common nursing skills.

wellness nursing diagnosis examples: Nursing Diagnoses 2012-14 NANDA International,

North American Nursing Diagnosis Association, 2011-11-14 Nursing diagnoses guide the selection of interventions that are likely to produce the desired treatment effects and are seen key to the future of evidence-based, professionally-led nursing care. This is the definitive guide to nursing diagnoses developed by the diagnosis development committee of NANDA.

wellness nursing diagnosis examples: Nursing Diagnosis Reference Manual Sheila Sparks

Ralph, Cynthia M. Taylor, 2005 Nursing Diagnosis Reference Manual, Sixth Edition helps nursing students and practicing nurses prepare care plans accurately and efficiently for every NANDA-approved nursing diagnosis. The book features a life-cycle format, with sections on adult, adolescent, child, maternal-neonatal, and geriatric health. Sections on community-based health (care plans on home health, health promotion, and more) and psychiatric/mental health round out the

volume. Each care plan includes clear-cut criteria for identifying the right nursing diagnosis, assessment guidelines, outcome statements, rationales with all interventions, and documentation guidelines.

wellness nursing diagnosis examples: Social Isolation and Loneliness in Older Adults

National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Health and Medicine Division, Board on Behavioral, Cognitive, and Sensory Sciences, Board on Health Sciences Policy, Committee on the Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults, 2020-05-14 Social isolation and loneliness are serious yet underappreciated public health risks that affect a significant portion of the older adult population. Approximately one-quarter of community-dwelling Americans aged 65 and older are considered to be socially isolated, and a significant proportion of adults in the United States report feeling lonely. People who are 50 years of age or older are more likely to experience many of the risk factors that can cause or exacerbate social isolation or loneliness, such as living alone, the loss of family or friends, chronic illness, and sensory impairments. Over a life course, social isolation and loneliness may be episodic or chronic, depending upon an individual's circumstances and perceptions. A substantial body of evidence demonstrates that social isolation presents a major risk for premature mortality, comparable to other risk factors such as high blood pressure, smoking, or obesity. As older adults are particularly high-volume and high-frequency users of the health care system, there is an opportunity for health care professionals to identify, prevent, and mitigate the adverse health impacts of social isolation and loneliness in older adults. Social Isolation and Loneliness in Older Adults summarizes the evidence base and explores how social isolation and loneliness affect health and quality of life in adults aged 50 and older, particularly among low income, underserved, and vulnerable populations. This report makes recommendations specifically for clinical settings of health care to identify those who suffer the resultant negative health impacts of social isolation and loneliness and target interventions to improve their social conditions. Social Isolation and Loneliness in Older Adults considers clinical tools and methodologies, better education and training for the health care workforce, and dissemination and implementation that will be important for translating research into practice, especially as the evidence base for effective interventions continues to flourish.

wellness nursing diagnosis examples: Fragility Fracture Nursing Karen Hertz, Julie

Santy-Tomlinson, 2018-06-15 This open access book aims to provide a comprehensive but practical overview of the knowledge required for the assessment and management of the older adult with or at risk of fragility fracture. It considers this from the perspectives of all of the settings in which this group of patients receive nursing care. Globally, a fragility fracture is estimated to occur every 3 seconds. This amounts to 25 000 fractures per day or 9 million per year. The financial costs are reported to be: 32 billion EUR per year in Europe and 20 billion USD in the United States. As the population of China ages, the cost of hip fracture care there is likely to reach 1.25 billion USD by 2020 and 265 billion by 2050 (International Osteoporosis Foundation 2016). Consequently, the need for nursing for patients with fragility fracture across the world is immense. Fragility fracture is one of the foremost challenges for health care providers, and the impact of each one of those expected 9 million hip fractures is significant pain, disability, reduced quality of life, loss of independence and decreased life expectancy. There is a need for coordinated, multi-disciplinary models of care for secondary fracture prevention based on the increasing evidence that such models make a difference. There is also a need to promote and facilitate high quality, evidence-based effective care to those who suffer a fragility fracture with a focus on the best outcomes for recovery, rehabilitation and secondary prevention of further fracture. The care community has to understand better the experience of fragility fracture from the perspective of the patient so that direct improvements in care can be based on the perspectives of the users. This book supports these needs by providing a comprehensive approach to nursing practice in fragility fracture care.

wellness nursing diagnosis examples: NOC and NIC Linkages to NANDA-I and Clinical Conditions Marion Johnson, Sue Moorhead, Gloria M. Bulechek, Howard K. Butcher, Elizabeth

Swanson, 2011 This book provides linkages among the three standardized languages recognized by the American Nurses Organization: NANDA-I, Nursing Outcomes Classification (NOC), and Nursing Interventions Classification.

wellness nursing diagnosis examples: Foundations of Nursing: Enrolled Nurses Susie Gray, Leanne Ferris, Lois Elaine White, Gena Duncan, Wendy Baumle, 2018-08-31 Designed for the Diploma of Nursing, Foundations of Nursing, Enrolled Nurses, Australia and New Zealand edition is mapped to the HLT54115 training package competencies, and aligns to the revised Standards for Practice for the Enrolled Nurse. Written to equip the enrolled nurse with current knowledge, and basic problem-solving and critical-thinking skills to successfully meet the demanding challenges of today's health care, the text clearly explains concepts and definitions, and scaffolds knowledge. The student-friendly text provides a clear and fresh approach to the study of nursing; it is straightforward and heavily illustrated with colour photos of procedures.

wellness nursing diagnosis examples: Research terminology simplified Laura Killam, 2013-11-10 Research is rooted in philosophical beliefs about values, concepts, and the nature of knowledge. In order to appreciate these philosophical beliefs, several key concepts and terms require consideration and understanding. Complicating the novice researcher's understanding of these ideas is the unfortunate reality that existing definitions can be confusing. This situation can leave students feeling overwhelmed and confused. The purpose of this book is to provide an overview of major inquiry or research paradigms in a simplified way. The terms discussed in this book include, but are not limited to: Paradigm Axiology Ontology Epistemology Methodology Paradigm shift Positivism Modernism Post-modernism Post-positivism Critical Theory Constructivism Keep in mind that the terms covered in this book are often debated, understood, and communicated in multiple "correct" ways. Also, due to the evolving nature of knowledge and diverse perspectives within the literature, this book serves as an introduction to research terminology that will help you understand, follow, and even participate in this debate. This book will be particularly useful to nursing students who are learning about nursing inquiry. Nursing is a field in which inquiry skills are integral to the development of best evidence and furthering of the profession as a whole.

wellness nursing diagnosis examples: Foundations of Maternal-Newborn and Women's Health Nursing Sharon Smith Murray, MSN, RN, C, Emily Slone McKinney, MSN, RN, C, 2013-09-23 With easy-to-read coverage of nursing care for women and newborns, Foundations of Maternal-Newborn & Women's Health Nursing, 6th Edition shows how to provide safe, competent care in the clinical setting. Evidence-based guidelines and step-by-step instructions for assessments and interventions help you quickly master key skills and techniques. Also emphasized is the importance of understanding family, communication, culture, client teaching, and clinical decision making. Written by specialists in maternity nursing, Sharon Smith Murray and Emily Slone McKinney, this text reflects the latest QSEN competencies, and the accompanying Evolve website includes review questions to prepare you for the NCLEX® exam! Nursing Care Plans help you apply the nursing process to clinical situations. Procedure boxes provide clear instructions for performing common maternity skills, with rationales for each step. UNIQUE! Therapeutic Communications boxes present realistic nurse-patient dialogues, identifying communication techniques and showing to respond when encountering communication blocks. Communication Cues offer tips for interpreting patients' and families' verbal and nonverbal communication. Critical Thinking exercises focus on clinical situations designed to test your skills in prioritizing and critical thinking. Updated drug guides list important indications, adverse reactions, and nursing considerations for the most commonly used medications. Check Your Reading helps you assess your mastery of key content. Critical to Remember boxes highlight and summarize need-to-know information. Want to Know boxes provide guidelines for successful client education. Glossary provides definitions of all key terms. NEW! Safety Alerts help you develop competencies related to QSEN and safe nursing practice. NEW! Unfolding case studies help you apply what you've learned to practice. UPDATED Evidence-Based Practice boxes highlight the latest research and the most current QSEN (Quality and Safety Education for Nurses) practice guidelines for quality care. UPDATED content includes

the late preterm infant, fetal heart rate pattern identification, obesity in the pregnant woman, and the QSEN competencies.

wellness nursing diagnosis examples: Foundations of Maternal-Newborn and Women's Health Nursing - E-Book Sharon Smith Murray, Emily Slone McKinney, 2013-10-01 With easy-to-read coverage of nursing care for women and newborns, Foundations of Maternal-Newborn & Women's Health Nursing, 6th Edition shows how to provide safe, competent care in the clinical setting. Evidence-based guidelines and step-by-step instructions for assessments and interventions help you quickly master key skills and techniques. Also emphasized is the importance of understanding family, communication, culture, client teaching, and clinical decision making. Written by specialists in maternity nursing, Sharon Smith Murray and Emily Slone McKinney, this text reflects the latest QSEN competencies, and the accompanying Evolve website includes review questions to prepare you for the NCLEX® exam! Nursing Care Plans help you apply the nursing process to clinical situations. Procedure boxes provide clear instructions for performing common maternity skills, with rationales for each step. UNIQUE! Therapeutic Communications boxes present realistic nurse-patient dialogues, identifying communication techniques and showing to respond when encountering communication blocks. Communication Cues offer tips for interpreting patients' and families' verbal and nonverbal communication. Critical Thinking exercises focus on clinical situations designed to test your skills in prioritizing and critical thinking. Updated drug guides list important indications, adverse reactions, and nursing considerations for the most commonly used medications. Check Your Reading helps you assess your mastery of key content. Critical to Remember boxes highlight and summarize need-to-know information. Want to Know boxes provide guidelines for successful client education. Glossary provides definitions of all key terms. NEW! Safety Alerts help you develop competencies related to QSEN and safe nursing practice. NEW! Unfolding case studies help you apply what you've learned to practice. UPDATED Evidence-Based Practice boxes highlight the latest research and the most current QSEN (Quality and Safety Education for Nurses) practice guidelines for quality care. UPDATED content includes the late preterm infant, fetal heart rate pattern identification, obesity in the pregnant woman, and the QSEN competencies.

wellness nursing diagnosis examples: Basic Nursing Leslie S Treas, Judith M Wilkinson, 2013-09-04 Thinking. Doing Caring. In every chapter, you'll first explore the theoretical knowledge behind the concepts, principles, and rationales. Then, you'll study the practical knowledge involved in the processes; and finally, you'll learn the skills and procedures. Student resources available at DavisPlus (davisplus.fadavis.com).

wellness nursing diagnosis examples: Nursing Diagnosis Handbook - E-Book Betty J. Ackley, Gail B. Ladwig, 2010-02-18 Use this convenient resource to formulate nursing diagnoses and create individualized care plans! Updated with the most recent NANDA-I approved nursing diagnoses, Nursing Diagnosis Handbook: An Evidence-Based Guide to Planning Care, 9th Edition shows you how to build customized care plans using a three-step process: assess, diagnose, and plan care. It includes suggested nursing diagnoses for over 1,300 client symptoms, medical and psychiatric diagnoses, diagnostic procedures, surgical interventions, and clinical states. Authors Elizabeth Ackley and Gail Ladwig use Nursing Outcomes Classification (NOC) and Nursing Interventions Classification (NIC) information to guide you in creating care plans that include desired outcomes, interventions, patient teaching, and evidence-based rationales. Promotes evidence-based interventions and rationales by including recent or classic research that supports the use of each intervention. Unique! Provides care plans for every NANDA-I approved nursing diagnosis. Includes step-by-step instructions on how to use the Guide to Nursing Diagnoses and Guide to Planning Care sections to create a unique, individualized plan of care. Includes pediatric, geriatric, multicultural, and home care interventions as necessary for plans of care. Includes examples of and suggested NIC interventions and NOC outcomes in each care plan. Allows quick access to specific symptoms and nursing diagnoses with alphabetical thumb tabs. Unique! Includes a Care Plan Constructor on the companion Evolve website for hands-on practice in creating

customized plans of care. Includes the new 2009-2011 NANDA-I approved nursing diagnoses including 21 new and 8 revised diagnoses. Illustrates the Problem-Etiology-Symptom format with an easy-to-follow, colored-coded box to help you in formulating diagnostic statements. Explains the difference between the three types of nursing diagnoses. Expands information explaining the difference between actual and potential problems in performing an assessment. Adds detailed information on the multidisciplinary and collaborative aspect of nursing and how it affects care planning. Shows how care planning is used in everyday nursing practice to provide effective nursing care.

wellness nursing diagnosis examples: Potter and Perry's Canadian Fundamentals of Nursing - E-Book Barbara J. Astle, Wendy Duggleby, Patricia A. Potter, Anne G. Perry, Patricia A. Stockert, Amy Hall, 2023-02-15 Get the solid foundation you need to practise nursing in Canada! Potter & Perry's Canadian Fundamentals of Nursing, 7th Edition covers the nursing concepts, knowledge, research, and skills that are essential to professional nursing practice in Canada. The text's full-colour, easy-to-use approach addresses the entire scope of nursing care, reflecting Canadian standards, culture, and the latest in evidence-informed care. New to this edition are real-life case studies and a new chapter on practical nursing in Canada. Based on Potter & Perry's respected Fundamentals text and adapted and edited by a team of Canadian nursing experts led by Barbara J. Astle and Wendy Duggleby, this book ensures that you understand Canada's health care system and health care issues as well as national nursing practice guidelines. - More than 50 nursing skills are presented in a clear, two-column format that includes steps and rationales to help you learn how and why each skill is performed. - The five-step nursing process provides a consistent framework for care, and is demonstrated in more than 20 care plans. - Nursing care plans help you understand the relationship between assessment findings and nursing diagnoses, the identification of goals and outcomes, the selection of interventions, and the process for evaluating care. - Planning sections help nurses plan and prioritize care by emphasizing Goals and Outcomes, Setting Priorities, and Teamwork and Collaboration. - More than 20 concept maps show care planning for clients with multiple nursing diagnoses. - UNIQUE! Critical Thinking Model in each clinical chapter shows you how to apply the nursing process and critical thinking to provide the best care for patients. - UNIQUE! Critical Thinking Exercises help you to apply essential content. - Coverage of interprofessional collaboration includes a focus on patient-centered care, Indigenous peoples' health referencing the Truth and Reconciliation Commission (TRC) Report, the CNA Code of Ethics, and Medical Assistance in Dying (MAID) legislation. - Evidence-Informed Practice boxes provide examples of recent state-of-the-science guidelines for nursing practice. - Research Highlight boxes provide abstracts of current nursing research studies and explain the implications for daily practice. - Patient Teaching boxes highlight what and how to teach patients, and how to evaluate learning. - Learning objectives, key concepts, and key terms in each chapter summarize important content for more efficient review and study. - Online glossary provides quick access to definitions for all key terms.

wellness nursing diagnosis examples: Fundamental Nursing Skills and Concepts Barbara Kuhn Timby, 2009 Now in its Ninth Edition, this full-color text combines theoretical nursing concepts, step-by-step skills and procedures, and clinical applications to form the foundation of the LPN/LVN course of study. This edition features over 100 new photographs, exciting full-color ancillaries, end-of-unit exercises, and extensively updated chapters on nursing foundations, laws and ethics, recording and reporting, nutrition, fluid and chemical balance, safety, asepsis, infection control, and medication administration. Coverage includes new information on cost-related issues, emerging healthcare settings, concept mapping, malpractice, documentation and reporting, HIPAA, and more. All Gerontologic Considerations sections have been thoroughly updated by renowned experts.

wellness nursing diagnosis examples: Nurse's Toolbook for Promoting Wellness Carol Miller, 2008-01-11 The tools and guidance you need to make wellness a part of your everyday nursing practice While many books have covered the theoretical aspects of wellness, only one resource gives

you a real sense of what wellness looks like at the bedside: the Nurse's Toolbook for Promoting Wellness. Compact and easy to use, this unique how-to guide is filled with wellness-oriented clinical tools and practical suggestions, from teaching nutritional wellness to promoting specific aspects of patients' wellness such as moving and breathing well. Features Wellness Assessment Tools that give specific instructions on how to identify areas for potential wellness interventions Wellness Teaching Tools specifically designed to be used as handouts educate patients about how they can participate in their own care Insightful stories from nurses and patients demonstrating the role of wellness in patient care Clear three-part organization that begins with a helpful overview of wellness nursing, then covers how to promote patients' wellness in their daily lives and facilitate specific aspects of patients' wellness Detailed, step-by-step guidelines that provide specific techniques to use at the bedside Hands-on self-assessment tools that enable you to utilize wellness techniques in your own life

wellness nursing diagnosis examples: *Nurses With Disabilities* Leslie Neal-Boylan, 2012-10-12 This is the first research-based book to confront workplace issues facing nurses who have disabilities. It not only examines in depth their experiences, roadblocks to successful employment, and misperceptions surrounding them, but also provides viable solutions for creating positive attitudes towards them and a welcoming work environment that fosters hiring and retention. From the perspectives and actual voices of nurses with disabilities, nurse leaders, nurse administrators, and patients, the book identifies nurses with disabilities (including sensory, musculoskeletal, emotional, and mental health issues), discusses why they choose to leave nursing or hide their disabilities, and analyzes how their disabilities may influence career choices.

wellness nursing diagnosis examples: *Understanding the Nursing Process* Lynda Juall Carpenito-Moyet, 2007 Written by the author of the best-selling texts on nursing diagnosis and care plans, *Understanding the Nursing Process* is the first book to tutor students on the nursing process, concept mapping, and care planning all in one text. It guides students systematically through each step, focusing sharply on fundamental need-to-know concepts and using easy-to-understand case studies and learning activities. To teach care planning, the text presents selected nursing diagnoses and collaborative problems that are appropriate for beginning students and grouped from simple to complex. An Instructor's Resource CD-ROM shows how to use the book in a clinical nursing course. Online Tutoring powered by Smarthinking--Free online tutoring, powered by Smarthinking, gives students access to expert nursing and allied health science educators whose mission, like yours, is to achieve success. Students can access live tutoring support, critiques of written work, and other valuable tools.

wellness nursing diagnosis examples: *NANDA International Nursing Diagnoses* T. Heather Herdman, Shigemi Kamitsuru, Camila Takao Lopes, 2021-02-11 The quintessential guide to nursing diagnoses from NANDA-I experts in new updated edition Fully updated and revised by editors T. Heather Herdman, Shigemi Kamitsuru, and Camila Takao Lopes, *NANDA International Nursing Diagnoses: Definitions and Classification, 2021-2023, 12th Edition* is the definitive guide to nursing diagnoses, as reviewed and approved by the NANDA International (NANDA-I) Diagnosis Development Committee (DDC). In this new edition of a seminal text, the editors have revised all introductory chapters, providing critical information needed for nurses to understand assessment, its link to diagnosis and clinical reasoning, and the purpose and use of taxonomic structure for nurses at the bedside. Researchers will also find new recommendations to improve the terminology. Additional Key Updates 46 new nursing diagnoses and 67 revised diagnoses Changes to 17 nursing diagnosis labels, ensuring they are consistent with current literature and reflect a human response Refinement of the vast majority of the nursing diagnosis related/risk factors Standardization of diagnostic indicator terms (defining characteristics, related factors, risk factors) to further aid clarity for students and clinicians Coding of all terms for those using electronic versions of the terminology Web-based resources include reference lists for new and revised diagnoses New chapter on revised Level of Evidence Criteria for diagnosis submission Rigorously updated and revised, the new edition of this acclaimed text is a must-have resource for all nursing students,

professional nurses, nurse educators, nurse informaticists, nurse researchers, and nurse administrators.

Additional Resources

wellness nursing diagnosis examples

Wellness Nursing Diagnosis Examples

Wellness Nursing Diagnosis Examples

Related Articles

- [wellness recovery action plan](#)
- [wellness initiatives in the workplace](#)
- [wellness core rawrev small breed](#)

[Back to Home](#)