

# Essential Nursing Knowledge: Quick Guide

## 1. Vital Signs

Vital signs are crucial indicators of a patient's health. They include:

- Temperature (36.5°C to 37.5°C normal)
- Heart Rate (60-100 bpm)
- Respiratory Rate (12-20 breaths per minute)
- Blood Pressure (120/80 mmHg is optimal)
- Oxygen Saturation (95-100%)

## 2. The Nursing Process

A five-step process used by nurses to ensure quality patient care:

1. Assessment
2. Diagnosis
3. Planning
4. Implementation
5. Evaluation

## 3. Common Nursing Diagnoses

- Acute Pain
- Risk for Infection
- Impaired Gas Exchange
- Ineffective Coping
- Deficient Knowledge

## 4. Patient Safety & Hygiene

Basic safety measures:

- Hand hygiene before and after patient contact

- Fall prevention strategies
- Use of PPE (gloves, masks, gowns)
- Safe medication administration

## **5. Therapeutic Communication**

Use open-ended questions, active listening, and empathy.

Avoid giving advice or making judgments. Example:

- Instead of 'Don't worry,' say 'Tell me more about what's worrying you.'