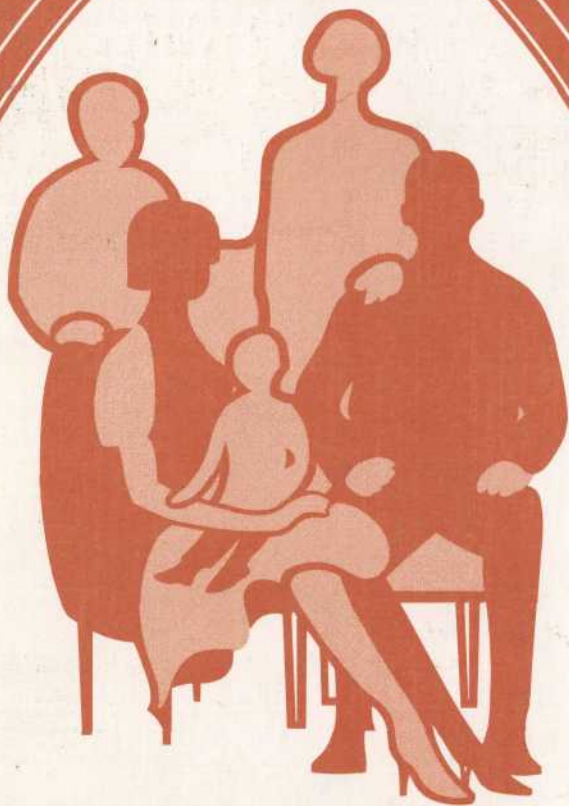


Family Health and Home Nursing



American
Red Cross



CONTENTS

CHAPTER 1—HEALTH AND WELLNESS	1
What Health and Wellness Are	3
Signs of Health	3
Mental and Emotional Health	4
The Role of the Individual and the Family in Maintaining Health	5
The Health Care System	7
International Health	23
Miracle Cures and Quacks	25
Finding Other Health Resources	25
CHAPTER 2—HOW TO STAY HEALTHY	27
Food and Nutrition	29
Personal Hygiene	45
Clothing and Shoes	54
Exercise and Physical Fitness	55
Home Cleanliness, Comfort, and Safety	58
CHAPTER 3—THE FAMILY	63
What Constitutes a Family	65
Responsible Adulthood and Parenthood	66
The Tasks of the Family	68
Culture and Society	70
Accepting Change	71
Special Problems and Resources	73
The Family's Role in Sickness and Health	74
CHAPTER 4—PREPARATION FOR PARENTHOOD	77
Beginning the Pregnancy	80
Health Care During Pregnancy	82
Nutrition and Health During Pregnancy	84
Changes in the Baby and the Mother	90
Preparing for the New Arrival	93
Labor and Delivery	99
Hospital Care for the Newborn	103
Emergency Delivery	105
Recovery of the Mother	112

CHAPTER 5—INFANCY	113
The Newborn Baby	115
The Premature Baby	118
Feeding	120
Communication and Trust	128
Hints for Baby Care	130
Health Care	137
CHAPTER 6—CHILDHOOD	143
The Toddler	145
The Preschool Child	155
The School-Age Child	159
CHAPTER 7—ADOLESCENCE	163
Physical Growth and Changes	165
Sexual Development	167
Emotional Changes	169
Social Changes	171
Development of a Healthy Outlook	174
CHAPTER 8—THE ADULT YEARS	175
Early Adult Years	177
Middle Age	179
Later Adult Years	181
Being Prepared	194
CHAPTER 9—THREATS TO HEALTH AND LIFE	197
Drugs	200
Smoking	207
Obesity and Weight-Gaining	208
Suicide	212
CHAPTER 10—DEATH AND DYING	215
The Individual's Growing Understanding of Death	218
When Someone Is Dying	221
Caring for the Dying Patient	223
Hospices	224
Other Matters Related to Death	224
CHAPTER 11—ILLNESS: WHAT IT MEANS AND HOW TO RECOGNIZE IT	227
The Meaning of Illness	229
How To Observe Signs and Symptoms of Illness	230
How To Evaluate Signs and Symptoms of Illness	232
What Signs To Report to the Health Professional	233
Signs and Symptoms of Illness	234
Mental Functioning	242
Symptoms of Cancer	244

CHAPTER 12—COMMON ILLNESSES	245
Communicable Diseases	247
Chronic Diseases	255
CHAPTER 13—ALTERNATIVES AND SUPPLEMENTS TO HOME CARE	263
Hospitalization	265
Nursing Homes	275
Other Resources To Supplement Home Care	278
CHAPTER 14—FIRST AID FOR HOME EMERGENCIES	283
The Value of First Aid Training	285
Emergency and First Aid Supplies	285
Community Resources	287
General Procedures for Severe Injuries	289
First Aid for Specific Problems	291
CHAPTER 15—BEING PREPARED FOR DISASTER	329
Natural Disasters	331
Man-Made Disasters	335
Individual and Family Preparedness	338
Helping Others	340
Community Planning	343
CHAPTER 16—PHILOSOPHY AND PRINCIPLES OF HOME NURSING	345
Philosophy of Home Nursing	348
Basic Principles of Home Nursing	349
CHAPTER 17—THE BASICS OF HOME NURSING	355
Establishing a Flexible Routine	357
Organizing the Patient's Room	358
Providing for Bed and Bedding	360
Providing for Personal Hygiene	363
Preventing the Spread of Disease	365
Providing for Special Nutritional Needs	366
Providing Rest and Physical Activity	378
Preventing the Side Effects of Limited Activity	379
CHAPTER 18—EVALUATING YOUR PATIENT	383
Temperature	385
Pulse and Respiration Rates	392
Blood Pressure	395
Throat Inspection	399
CHAPTER 19—MEDICATIONS	403
General Principles Regarding Medicines	405
The Prescription and the Pharmacist	406
The Effects of Medicines	408

Storing Medicines	409
Giving Medicines	409
CHAPTER 20—CARING FOR THE PATIENT WHO IS IN BED ..	419
Positioning the Patient	421
Moving the Patient	425
Feeding the Patient	431
Providing for Elimination	434
CHAPTER 21—KEEPING THE SICK PERSON CLEAN AND COMFORTABLE	443
Bathing	445
The Back Rub	453
Care of the Teeth and Mouth	454
Caring for the Hair	457
Shaving	459
Caring for the Feet	459
Changing the Bed Linen	460
CHAPTER 22—EXERCISE AND MOBILITY OF THE PATIENT ..	467
The Importance of Exercise	469
Range-of-Motion Exercises	470
Getting From Bed to Chair	474
Walking	478
Special Considerations for the Patient With One-Sided Weakness	483
CHAPTER 23—SPECIAL NURSING MEASURES	489
Treatments Using Heat	491
Treatments Using Cold	498
Treatments To Help Breathing	501
Changing Dressings	503
Care of Stitches (Sutures)	504
Caring for the Person in a Cast	505
Enemas	506
CHAPTER 24—MAKING YOUR OWN EQUIPMENT	511
Equipment for Safety and Convenience	514
Equipment To Prevent Pressure Sores	522
Equipment for Bathing and Personal Care	523
Equipment for Elimination	526
Equipment for Special Treatments	527
Other Improved Equipment	528
APPENDIX	531
Glossary	533
Professional and Other Health and Welfare Organizations ..	551
Voluntary Health and Welfare Organizations	553
Health Professionals	557
Communicable Diseases	568
References	587
INDEX	597