

# Clinical Guidelines

## *for* Advanced Practice Nursing

■ ■ ■ ■ ■ ■ ■ ■ ■ ■  
An Interdisciplinary Approach

SECOND EDITION

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## DEDICATION

*To our patients and students, we appreciate the many lessons that we have learned from you and the trust that you have given us over the years. We are privileged to have been your healthcare provider and/or mentor.*

GCB and JMS

*To my “boys” (Bob, Patrick, & Brendan) who are ecstatic that this book is finished! Thanks for putting up with my many late nights and missed dinners. And to my sister Tricia who loved the written word and was one of my biggest fans. Miss you Trish.*

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JMS



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# INTRODUCTION

Welcome to the second edition of our clinical guidelines text for advanced practice nurses and other clinicians in primary care. This new text, *Clinical Guidelines for Advanced Practice Nursing: An Interdisciplinary Approach, Second Edition*, builds upon the work of nurse practitioners, certified nurse–midwives and clinical nurse specialists which began over 30 years ago in the ambulatory care center at the University of California, San Francisco. It targeted across the life span health promotion and common problems seen in primary care settings.

In this edition, the editors and contributing authors have written evidenced-supported clinical guidelines on common, complex chronic health problems, and included new chapters on health promotion for select vulnerable populations (adults with developmental disabilities and transgendered individuals). We are excited about the addition of several new chapters that address several prevalent and often problematic chronic issues in primary care: childhood depression, childhood ADHD, developmental

assessment/screening for developmental delay and autism, anti-coagulation therapy, chronic pain, and dementia.

Our text strives to integrate an interdisciplinary approach to clinical decision making and thus is a collaborative effort with contributions from a variety of health disciplines: nursing, pharmacy, medicine, dentistry, nutrition, and physical therapy. This text includes:

- Sections on Pediatrics, Gynecology, Obstetrics, and Adult Medicine
- S-O-A-P (Subjective-Objective-Assessment-Plan) formatting for easy reference
- Client/patient educational resources to enhance self-management efforts
- Recommendations for situations when advanced practice nurses should consider physician or specialty consultation
- Access to online decision support and patient self-management resources and tools via the Jones & Bartlett Learning web-based library
- Section on legal scope of practice for advanced practice nurses

Our hope is that this text will provide a substantial and timely resource for a variety of busy clinicians. We also anticipate that this text will be an important addition to decision support toolkits that clinicians rely upon for providing individualized, patient-centered care.

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*“Let us always be open to acknowledge, respect, and learn from great leaders in any field or discipline. Let us always be able to critique the work of any leader to move forward ideas and substantive knowledge for the betterment of humanity. For, indeed, great progress is largely contingent upon thoughtful reflections, critiques, and the creative use of worthwhile ideas.”*



—Florence Nightingale