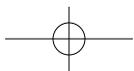
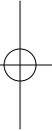
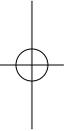
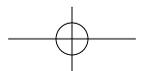
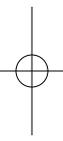


# HEALTH PROMOTION IN NURSING PRACTICE





*Eighth Edition*

# HEALTH PROMOTION IN NURSING PRACTICE

**Carolyn L. Murdaugh, PhD, RN, FAAN**

*Professor Emerita and Adjunct Professor  
University of Arizona  
College of Nursing  
Tucson, Arizona*

**Mary Ann Parsons, PhD, RN, FAAN**

*Professor Emerita and Dean Emerita  
University of South Carolina  
College of Nursing  
Columbia, South Carolina*

**Nola J. Pender, PhD, RN, FAAN**

*Professor Emerita  
University of Michigan  
School of Nursing  
Ann Arbor, Michigan*



330 Hudson Street, NY, NY 10013

**Vice President, Health Science and TED:** Julie Levin Alexander  
**Director, Portfolio Management and Portfolio Manager:** Katrin Beacom  
**Editor in Chief:** Ashley Dodge  
**Portfolio Management Assistant:** Erin Sullivan  
**Associate Sponsoring Editor:** Zoya Zaman  
**Product Marketing Manager:** Christopher Barry  
**Field Marketing Manager:** Brittany Hammond  
**Vice President, Digital Studio and Content Production:** Paul DeLuca  
**Director, Digital Studio and Content Production:** Brian Hyland

**Managing Producer:** Jennifer Sargunar  
**Content Producer (Team Lead):** Faraz Sharique Ali  
**Content Producer:** Neha Sharma  
**Manager, Rights Management:** Gina Cheselka  
**Operations Specialist:** Maura Zaldivar-Garcia  
**Cover Design:** Cenveo Publisher Services  
**Cover Art:** dharshani Gk-arts/123RF  
**Full-Service Management and Composition:** iEnergizer Aptara®, Ltd.  
**Printer/Binder:** LSC Communications  
**Cover Printer:** LSC Communications  
**Text Font:** Palatino LT Pro 10/12

**Copyright © 2019, 2015, 2011 by Pearson Education, Inc. All Rights Reserved.** Manufactured in the United States of America. This publication is protected by copyright, and permission should be obtained from the publisher prior to any prohibited reproduction, storage in a retrieval system, or transmission in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise. For information regarding permissions, request forms, and the appropriate contacts within the Pearson Education Global Rights and Permissions department, please visit [www.pearsoned.com/permissions/](http://www.pearsoned.com/permissions/).

Acknowledgments of third-party content appear on the appropriate page within the text.

Unless otherwise indicated herein, any third-party trademarks, logos, or icons that may appear in this work are the property of their respective owners, and any references to third-party trademarks, logos, icons, or other trade dress are for demonstrative or descriptive purposes only. Such references are not intended to imply any sponsorship, endorsement, authorization, or promotion of Pearson's products by the owners of such marks, or any relationship between the owner and Pearson Education, Inc., authors, licensees, or distributors.

#### Library of Congress Cataloging-in-Publication Data

Names: Murdaugh, Carolyn L., author. | Parsons, Mary Ann, author. | Pender, Nola J., 1941– author.  
 Title: Health promotion in nursing practice / Carolyn L. Murdaugh, PhD, RN, FAAN, Professor Emerita and Adjunct Professor, University of Arizona, College of Nursing, Tucson, Arizona, Mary Ann Parsons, PhD, RN, FAAN, Professor Emerita and Dean Emerita, University of South Carolina, College of Nursing, Columbia, South Carolina, Nola J. Pender, PhD, RN, FAAN, Professor Emerita, University of Michigan, School of Nursing, Ann Arbor, Michigan.

Description: Eighth edition. | Boston : Pearson, [2019] | Revised edition of: Health promotion in nursing practice / Nola J. Pender, Carolyn L. Murdaugh, Mary Ann Parsons. Seventh edition. [2015]. | Includes bibliographical references and index.

Identifiers: LCCN 2017061583 | ISBN 9780134754086 | ISBN 0134754085

Subjects: LCSH: Health promotion. | Preventive health services. | Nursing.

Classification: LCC RT67 .P56 2019 | DDC 613--dc23 LC record available at <https://lcn.loc.gov/2017061583>

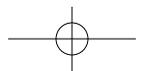
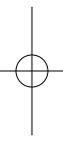
## Dedication

*To nurse educators and practicing nurses who teach and role model health promotion. I bid you success as you face the challenges of promoting a culture of health for all.*

— C. Murdaugh

*To my family and friends for their support during the preparation of this edition; I wish all of you happy and healthy lives.*

—M. A. Parsons



# CONTENTS

*Foreword xvii*

*Preface xix*

**Introduction: Health Promotion in a Changing Social and Digital Environment 1**

## **Part 1 The Human Quest for Health 7**

### **Chapter 1 Toward a Definition of Health 8**

Health as an Evolving Concept 9

Definitions of Health that Focus on Individuals 11

Health as Stability 11

Health as Actualization 12

Health as Actualization and Stability 13

Health as an Asset 15

An Integrative View of Health 15

Definitions of Health that Focus on the Family 16

Definitions of Health that Focus on the Community 17

Social Determinants of Health 18

Social Determinants and Global Health 19

Building a Culture of Health 20

Conceptions of Health Promotion 21

Measurement of Health 24

Considerations for Practice in the Context of Health 25

Opportunities for Research On Health 25

*Summary 26 • Learning Activities 26 •*

*References 26*

### **Chapter 2 Individual Models to Promote Health Behavior 30**

Individual Potential for Change 31

Use of Theories and Models for Behavior Change 31

Social Cognition Theories and Models 32

The Health Belief Model 33

Theory of Reasoned Action and Theory of Planned Behavior 35

Self-Efficacy and Social Cognitive Theory 37

The Health Promotion Model 40

Theoretical Basis for the Health Promotion Model 40

## viii Contents

The Health Promotion Model (Revised)	40
Individual Characteristics and Experiences	40
Behavior-Specific Cognitions and Affect	42
Commitment to a Plan of Action	44
Immediate Competing Demands and Preferences	44
Behavioral Outcome	44
Stage Models of Behavior Change	45
Transtheoretical Model	45
Theories of Health Behavior in the Digital Age	47
Theories of Persuasion and Digital Health Technologies	48
Persuasive Technology	48
Strategies for Health Behavior Change	49
Setting Goals for Change	49
Monitoring Progress Toward Goals to Promote Change	50
Promoting Self-Efficacy	51
Enhancing Benefits of Change	52
Managing Barriers to Change	52
Tailoring Communication for Behavior Change	53
Behavior Change Strategies in Persuasive Technology	55
Ethics and Health Behavior Change	56
Considerations for Practice in Health Behavior Change	57
Opportunities for Research with Health Behavior Theories and Models	57
<i>Summary</i>	58
• <i>Learning Activities</i>	58
• <i>References</i>	58

**Chapter 3 Community Models to Promote Health 63**

The Concept of Community	64
Community Interventions and Health Promotion	65
Community Social-Ecological Models and Theories	67
Social-Ecological Model	67
Social Capital Theory	70
Community Planning Models for Health Promotion	72
The PRECEDE–PROCEED Model	72
Community Dissemination Models to Promote Health	74
Diffusion of Innovations Model	74
Social Marketing Model	78
Considerations for Practice Using Community Models of Health	80

Opportunities for Research with Community-Based Models	80
<i>Summary</i>	81 • <i>Learning Activities</i> 81 •
<i>References</i>	82

## **Part 2 Planning for Health Promotion and Prevention 85**

### **Chapter 4 Assessing Health and Health Behaviors 86**

Emerging Technologies and Nursing Assessment	87
Nursing Frameworks for Health Assessment	93
Guidelines for Preventive Services and Screenings	95
Assessment of the Individual Client	96
Functional Health Patterns	96
Physical Fitness	96
Nutrition	98
Life Stress	100
Spiritual Health	101
Social Support Systems	103
Lifestyle	103
Assessment of the Family	105
Assessment of the Community	107
Considerations for Practice in Assessing Health and Health Behavior	108
Opportunities for Research in Health Assessment and Health Behavior	108
<i>Summary</i>	108 • <i>Learning Activities</i> 109 •
<i>References</i>	109

### **Chapter 5 Developing a Health Promotion–Prevention Plan 113**

Health Planning Process	115
Review and Summarize Assessment Data	115
Emphasize Strengths and Competencies of the Client	115
Identify Health Goals and Related Behavior Change Options	116
Identify Desired Health Behavior Outcomes	117
Develop a Behavior Change Plan	118
Develop a Behavior Change Plan for Low-Literacy, Culturally Diverse Populations	118
Identify Stage of Change and Reinforce Benefits of New Behavior	120
Address Environmental and Interpersonal Facilitators and Barriers to Change	124

x Contents

Determine a Time Frame for Implementation	124
Formalize Commitment to Behavior Change Plan	125
Revised Health Promotion–Prevention Plan	126
Community-Level Health Promotion–Prevention Plan	126
Considerations for Practice in Health Planning	127
Opportunities for Research in the Planning Process	128
<i>Summary</i>	128 • <i>Learning Activities</i> 128 •
<i>References</i>	128

## **Part 3 Interventions for Health Promotion and Prevention 131**

### **Chapter 6 Physical Activity and Health Promotion 132**

Health Benefits of Physical Activity	133
Potential Risks of Physical Activity	135
Genetics, Environment, and Physical Activity	135
Prescribing Physical Activity to Achieve Health Benefits	136
Promoting Physical Activity Across the Life Span	138
Promoting Physical Activity in Children and Adolescents	139
Gender and Physical Activity in Children and Adolescents	139
Implementing Guidelines for Physical Activity in Children and Adolescents	140
Promoting Physical Activity in Families	142
Promoting Physical Activity in Schools	142
Promoting Physical Activity in Adults and Older Adults	143
Racial and Gender Differences in Physical Activity in Adults and Older Adults	144
Implementing Physical Activity Guidelines for Adults and Older Adults	145
Promoting Physical Activity in the Workplace	149
Promoting Physical Activity in Persons with Disabilities	149
Community Programs to Promote Physical Activity	150
The Built Environment and Physical Activity	151
Physical Activity Interventions for Diverse Populations	153
Technology and the Promotion of Physical Activity	155
Nurses as Role Models of Physical Activity Behavior	155
Considerations for Practice to Promote Physical Activity	156
Opportunities for Research in Physical Activity	157
<i>Summary</i>	157 • <i>Learning Activities</i> 157 •
<i>References</i>	158

**Chapter 7 Nutrition and Health Promotion 161**

Promoting Healthy Diet and Nutrition	162
Nutritional Health of Americans	162
Dietary Guidelines for Americans	163
Challenges to Dietary Guidelines	165
MyPlate: A Visual Guide to Healthy Eating	165
Issues in Undernutrition	166
Factors Influencing Eating Behavior	168
Genetic–Biological Factors	168
Psychological Factors	169
Socioeconomic and Cultural Factors	170
Environmental Factors	172
Health Policy Factors	173
Nutritional Needs Across the Life Span	174
Infants and Children (0 to 8 Years)	174
Adolescents (9 to 19 Years)	174
Adults (20 to 50 Years)	176
Older Adults (51 Years and Older)	176
Strategies to Promote Dietary Change	177
Strategies for Maintaining Recommended Weight	178
Strategies to Promote Dietary Changes in Diverse Populations	179
Strategies for Initiating a Weight-Reduction Program	179
Interventions to Change Eating Patterns	181
Interventions for Children and Adults	181
Interventions for Worksites and Schools	182
Role of Technology in Designing Interventions	182
Considerations for Practice in Nutrition and Health Promotion	183
Opportunities for Research in Nutrition and Health Promotion	184
<i>Summary</i>	184
• <i>Learning Activities</i>	185
• <i>References</i>	185

**Chapter 8 Stress Management and Health Promotion 188**

The Stress Response	189
Stress and Health	191
Stress Across the Life Span	192
Children	192
Adolescents	193
Young and Middle-Age Adults	193
Older Adults	194

xii Contents

Stress in the Workplace	194
Stress Generated by Technologies	195
Stress Generated by Migration	196
Approaches to Stress Management	197
Strategies to Minimize the Frequency of Stress-Inducing Situations	197
Strategies to Increase Resistance to Stress	198
Complementary Therapies to Manage Stress	200
Mindfulness-Based Stress Reduction	201
Relaxation through Imagery	202
Yoga and Tai Chi	202
Conventional Approaches to Manage Stress	204
Role of Primary Care in Managing Stress	204
Role of E-Therapies in Stress Management	204
Considerations for Practice in Stress Management	205
Opportunities for Research on Stress Management	206
<i>Summary</i>	206
<i>Learning Activities</i>	206
<i>References</i>	206

## **Chapter 9 Social Support and Health 210**

Social Networks	211
Social Integration	213
Social Support	213
Family as the Primary Source of Support	214
Peers as a Source of Support	216
Community Organizations as Sources of Support	216
Functions of Social Support Groups	217
Self-Help Groups	217
Social Media as a Source of Support	218
Assessing Social Support Systems	220
Social Support and Health	220
Social Support and Health Behavior	221
Autonomy Support and Health Behaviors	222
Enhancing Social Network and Support Systems	222
Facilitating Social Interactions	223
Enhancing Coping	223
Preventing Social Isolation and Loneliness	223
Considerations for Practice in Social Support	225
Opportunities for Research in Social Support	225

*Summary* 226 • *Learning Activities* 226 •  
*References* 226

## **Part 4 Evaluating the Effectiveness of Health Promotion 229**

### **Chapter 10 Evaluating Health Promotion Programs 230**

Purpose of Evaluation 230  
 Approaches to Evaluation of Health Promotion Programs 231  
   Efficacy or Effectiveness Evaluation 231  
   Process or Outcome Evaluation 232  
   Quantitative or Qualitative Evaluation 233  
 Deciding Outcomes to Measure 234  
   Nurse-Sensitive Outcomes 234  
   Individual, Family, and Community Outcomes 235  
   Short-Term, Intermediate, and Long-Term Outcomes 236  
   Economic Outcomes 238  
 Steps in Evaluation of Health Promotion Programs 239  
 Evaluating Evidence for Health Promotion Practice 241  
 Strategies for Promoting Effective Health  
 Promotion Outcomes 241  
   Designing the Program 241  
   Selecting Outcomes 242  
   Deciding Time Frame 243  
   Sustaining Behavior Change 243  
 Using Mobile Technologies in Program Evaluations 243  
   Evaluating Mobile Health Applications 244  
 Considerations for Practice in Evaluating Health Promotion  
 Programs 244  
 Opportunities for Research in Evaluating Health Promotion 246  
   *Summary* 246 • *Learning Activities* 246 •  
   *References* 247

## **Part 5 Approaches for Promoting a Healthy Society 249**

### **Chapter 11 Empowering for Self-Care to Promote Health 250**

Orem's Theory of Self-Care 251  
 Self-Care or Self-Management 252  
   Client Activation and Self-Care 252  
   Self-Efficacy and Self-Care 253

## xiv Contents

The Process of Empowering for Self-Care	254
Education to Empower Clients	255
Self-Care Empowerment Strategies	256
Mutually Share Information to Assess Strengths and Limitations	256
Identify Strategies to Meet Goals	257
Facilitate Self-Paced Learning	257
Use Autonomy Support to Increase Motivation for Learning	258
Create a Supportive Environment for Learning	259
Track and Evaluate Progress Toward Goals	259
Barriers to Self-Care Empowerment	260
Health Literacy as a Barrier to Self-Care	261
Self-Care to Promote Health Throughout the Life Span	262
Self-Care for Children and Adolescents	262
Self-Care for Young and Middle-Aged Adults	265
Self-Care for Older Adults	266
The Role of <i>Healthy People 2020</i> in Promoting Self-Care	270
The Role of the Internet in Empowering for Self-Care	271
Considerations for Practice in Self-Care	272
Opportunities for Research in Self-Care	272
<i>Summary</i>	272
• <i>Learning Activities</i>	273
• <i>References</i>	273
<b>Chapter 12 Health Promotion in Diverse Populations</b>	<b>276</b>
Social Determinants of Health Disparities and Health Inequities	277
Socioeconomic Determinants and Health Inequities	280
Promoting Equity in Health	281
Implement Multilevel Interventions	282
Empower Communities	282
Engage in Community-Based Participatory Research	283
Advocate for Upstream Policies	283
Health Literacy and Diverse Populations	284
Expanding Definitions of Health Literacy	284
Health Literacy Strategies for Diverse Populations	286
Use Plain Language to Communicate Oral Messages	286
Use Plain Language to Communicate Written Messages	287
Apply Teach-Back Method to Confirm Understanding	287
Incorporate Culture and Language	288
Address Internet Access and eHealth Literacy Messages	288
Health Literacy Training for Health Professionals	289

Health Care Professionals and Cultural Competence	290
Continuum of Cultural Competence	290
Strategies for Culturally Competent Communication	292
Considerations in Planning Culturally Competent Programs	292
Strategies for Developing Culturally Appropriate Programs	294
Considerations for Practice in Diverse Populations	296
Opportunities for Research in Diverse Populations	296
<i>Summary</i>	297 • <i>Learning Activities</i>
<i>References</i>	298

### **Chapter 13 Health Promotion in Community Settings 300**

Health Promotion in Families	301
Health Promotion in Schools	302
School Curricula and Healthy Environments	303
Health-Promoting Schools	304
The Whole School Collaborative Approach to Learning and Health	305
Health-Promoting Interventions in Schools	306
Health Promotion in the Workplace	308
Changes in Work and Workplaces	308
Costs and Benefits of Workplace Health Promotion Programs	311
Participation in Workplace Programs	312
The Community as a Setting for Health Promotion	313
Health Promotion in Low-Income, Culturally Diverse Communities	314
Creating Health Partnerships	315
The Role of Partnerships in Educating Health Professionals	316
Health Promotion in Community Nurse-Led Clinics and Practices	317
Considerations for Practice to Promote Health in Community Settings	318
Opportunities for Research in Community Settings	319
<i>Summary</i>	319 • <i>Learning Activities</i>
<i>References</i>	320

### **Chapter 14 Promoting Health through Social and Environmental Change 323**

Health as a Social Goal	324
Health in a Changing Digital Social Environment	325
Promoting Health with Public Policy	327
Addressing Obesity with Public Policy	329
Promoting Health in All Policies	330

**xvi** Contents

Promoting Health by Changing the Physical Environment 331  
    Addressing Health-Damaging Features of Environments 331  
    Promoting Healthy Social and Built Environments 336  
Promoting Health Through Legislation 338  
    Personal Choice versus Paternalism 338  
    Health Care Access and Health Equity 340  
Considerations for Practice to Promote Social  
and Environmental Change 341  
Opportunities for Research in Social and Environmental Change 342  
    *Summary* 342 • *Learning Activities* 343 •  
    *References* 343

***Index* 346**

## FOREWORD

I am pleased to write the foreword for the eighth edition of *Health Promotion in Nursing Practice*. The promotion of health is recognized globally as essential to the well-being of the world population and to the achievement of health equity across diverse racial, ethnic, and economic groups. Many organizations speak of the need to develop a “culture of health” worldwide. Increasingly, health policies are being designed and implemented to move toward the goal of high-level health and wellness for all. Widespread adoption of this goal by health care providers would result in new models of care, decreased monies spent on acute illness, and a lower incidence of devastating chronic diseases. Access to innovative health promotion programs for all populations, particularly those most vulnerable, is a major focus of this eighth edition.

This book helps the nurse link health promotion practices with national health goals such as those articulated in *Healthy People 2020*. Nurses must lead positive change in health promotion and prevention policies and design health promotion programs as a multisectoral endeavor. Healthy environments, schools, and worksites with adequate air quality, water supply, housing, vector control, and shelter from the devastating effects of natural disasters are essential to quality living. Community-based health promotion strategies are the first lines of support for the health of all people. This new edition provides strategies that nurses can use to help communities activate their power to engage in competent individual, family, and community self-care. These strategies address the social and physical environments critical for healthy longevity. Approaches to evaluating the effectiveness of behavior change programs in communities and in primary care are also described.

New communication, tracking, and linking technologies are developing at a rapid pace, thus enabling widespread dissemination of health promotion information and innovative support of individuals and families who want to make positive lifestyle and environmental changes. Sporadic programs do not result in the continuity of care needed for real health behavior change at the family and community levels. In this edition, the authors speak to the importance of social media, mobile applications (apps), and other digital technologies to support better continuity of care and follow-up essential to effective long-term behavior change.

Cultural sensitivity to the health promotion needs of diverse populations is important as many communities are experiencing a wider array of languages, cultural practices, and lifestyles. Fitting health promotion services to individuals, families, and communities from diverse backgrounds requires listening to their priorities, respecting them as persons with dignity and worth, and adapting health promotion strategies and technologies to differing cultural values, levels of education, and life stages.

It is important that health promotion services be provided by nurses and other health care workers who maintain healthy lifestyles and healthy work environments. The American Nurses' Association declared 2017 as the year of the *Healthy Nurse*. Educational programs for nurses and other health professionals must provide healthy learning environments and preparation for healthy lifestyles to be consistent with valuing health promotion as an important aspect of nursing practice.

**xviii** Foreword

Knowledge about health promotion and effective interventions continues to emerge. This eighth edition integrates the results of the latest research and theoretical advances into useful, evidence-based information to help nurses provide scientifically sound health promotion and prevention services. Dr. Carolyn Murdaugh and Dr. Mary Ann Parsons, nurse experts in health promotion, will inspire you to incorporate new health promotion strategies into your organizational policies, create scientifically sound nursing protocols, and provide leadership in the development of a culture of health.

***Nola J. Pender, PhD, RN, FAAN***

*Distinguished Professor  
Marcella Niehoff School of Nursing  
Loyola University Chicago  
Professor Emerita  
School of Nursing  
University of Michigan*

# PREFACE

The overall goal of the eighth edition is to provide nurses and other health promotion practitioners practical, evidence-based information to promote the health of racially, ethnically, and culturally diverse individuals, families, and communities. The book aims to (1) present a comprehensive approach to health promotion that is based on the most recent research and federal guidelines; (2) describe the role that digital technologies are playing in health promotion in all ages and populations; (3) integrate factors in the social and physical environments that influence health and health inequities; and (4) offer strategies to implement and evaluate programs to promote health in individuals across the life span, and in schools, worksites, and communities. We believe information in the book provides the foundation on which to build the practice of health promotion.

## ORGANIZATION OF THIS BOOK

- *Part I, The Human Quest for Health:* Multiple conceptions of health are reviewed, and both individual and community models are described to guide the development of health promotion programs.
- *Part II, Planning for Health Promotion and Prevention:* Strategies are presented to assess health, health beliefs, and health behaviors, and develop a health promotion plan.
- *Part III, Interventions for Health Promotion and Prevention:* Four core health-promoting behaviors are addressed: physical activity, nutrition, stress management, and social support.
- *Part IV, Evaluating the Effectiveness of Health Promotion:* Practical methods for evaluating health promotion programs are described.
- *Part V, Approaches for Promoting a Healthy Society:* Four areas are included: empowering individuals for self-care; promoting health and health literacy and decreasing health inequities in diverse populations with culturally sensitive approaches; promoting health in schools, worksites, and communities; and building a healthy society through social and environmental change.

## NEW TO THIS EDITION

- An overview of several theories and models that currently guide the development of digital health promotion applications.
- The role of technology in health assessment and health planning.
- The application of social media, mobile health, and other digital technologies in promoting healthy behaviors for physical activity, healthy eating, and stress reduction.
- The use of online communities to provide support.
- Strategies to empower individuals and communities for self-care.
- Federal plain language guidelines to promote health literacy.

**xx** Preface

- Updated information on environmental contaminants, including herbicides, lead, and shale gas extraction.
- Information about the Robert Wood Foundation goal to create a national movement to promote a culture of health which promotes health equity.
- Incorporation of *Healthy People 2020* midcourse evaluations and *Healthy People 2030*.
- Updated chapter content, tables, and figures based on the most recent literature.

**For the learner**, each chapter contains learning objectives, figures, tables, and displays to highlight and reinforce material covered in each chapter; suggestions for applying the information to practice; recommended avenues for research; and learning activities to provide experiences in health promotion activities and challenge the student to critically think about the chapter content. Last, an extensive reference list is available at the end of each chapter, and relevant websites are included throughout the book.

The book is ideally suited for undergraduate students in nursing and health promotion, graduate students in advanced practice programs, including the DNP, and nurses and other health care professionals who practice in health promotion settings.

**ACKNOWLEDGMENTS**

We are deeply indebted to Alice Pasvogel, PhD, Assistant Research Scientist, College of Nursing, University of Arizona, who spent countless hours editing, formatting, and preparing the tables and figures. Her patience, attention to detail, and expert editorial assistance enabled us to finish the book in a timely manner.

Our sincere appreciation is also extended to many persons at Pearson who have supported us in completing this revision. We are especially appreciative of Ashley Dodge, who guided the revision of the eighth edition, and Neha Sharma and Cheena Chopra at Noida, India, who worked closely with us during the final preparation and production stages. Neha's sensitivity to the stressors of writing and deadlines, and both Neha's and Cheena's expertise and attention to detail are sincerely appreciated. Last, we acknowledge the reviewers who provided valuable feedback on several chapters for this edition.

*Carolyn Murdaugh*  
*Mary Ann Parsons*

***Reviewers***

Sharrica Miller, PhD, CPNP-PC, RN  
*Assistant Professor*  
*College of Health & Human*  
*Development*  
*School of Nursing*  
*California State University*  
*Fullerton, California*

Judith Peters, Ed.D. RNC  
*Associate Professor*  
*School of Nursing*  
*Loma Linda University*  
*Loma Linda, California*

Ira Scott-Sewell, PhD, RN  
*Associate Professor*  
*Associate of Science in Nursing*  
*Department*  
*Alcorn State University*  
*Natchez, Mississippi*

Jutara Srivali Teal, DNP, MTOM, RN, L.Ac.  
*Assistant Professor*  
*College of Health & Human Development*  
*School of Nursing*  
*California State University*  
*Fullerton, California*

