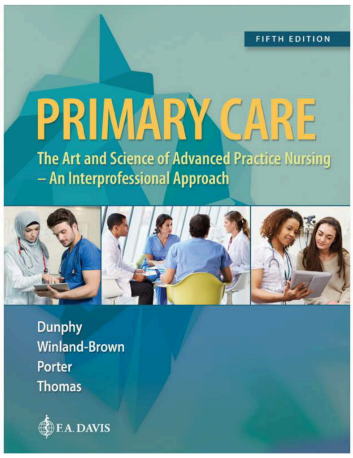
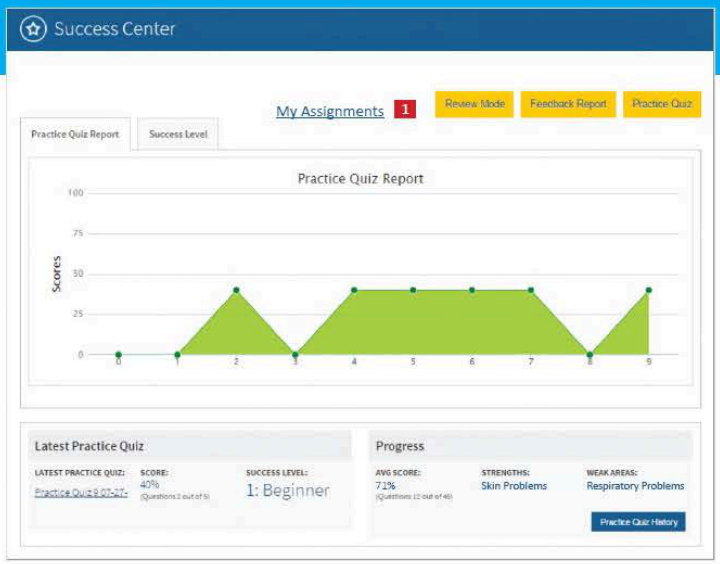
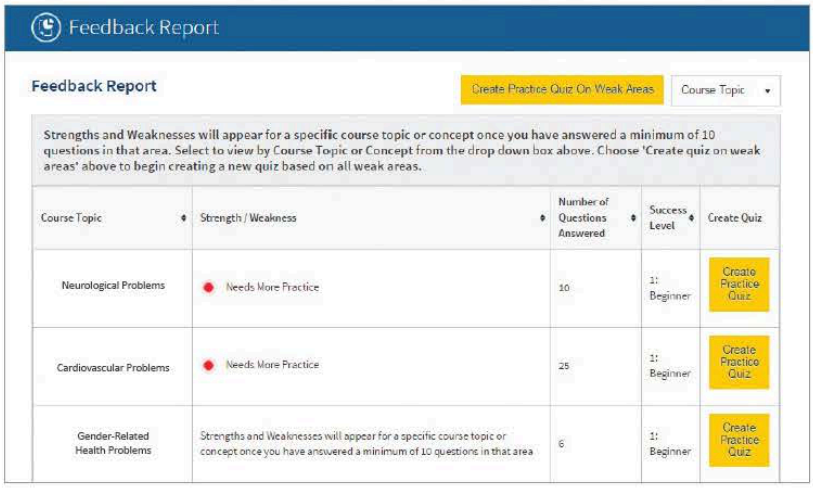


ebookbig.com

or scan the QR code to access the digital study portal.



The Success Center is where you can access your quizzing assignments from your instructor, as well as receive a snapshot of your progress to identify your strengths and weaknesses.



The Feedback Report drills down to show your performance in individual content areas. It's easy to create new practice quizzes that focus on your areas of weakness or to select the topics or areas of practice where you want to focus your studies.

★★★★★

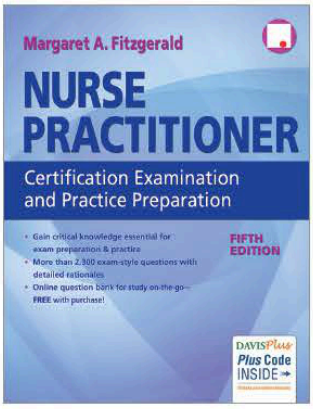
"My experience with Davis Edge not only helped my scores, but my confidence as a test taker and a student. Without this powerful tool, I don't think I would be where I am today."

– Rachel O.

95% of students surveyed received a B or higher in their class using Davis Edge.

STRESSED ABOUT **NP CERTIFICATION**?

Here's what you need to pass your exams...



Nurse Practitioner

Certification Examination and Practice Preparation

Margaret A. Fitzgerald

Over 2,300 exam-prep questions representing every major clinical condition feature detailed rationales.

★★★★★

This review book is outstanding! *"I love that it has a review section AFTER the questions, which for me helps to solidify what I got wrong and the rationale as to why."* —Amazon Reviewer

BOOST YOUR CONFIDENCE WITH **DAVIS'S NOTES SERIES**!

Class | Clinical | Practice

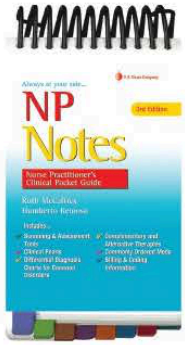
NP Notes

Nurse Practitioner's Clinical Pocket Guide

Ruth McCaffrey | Humberto Reinoso

★★★★★

Comprehensive Resource for clinical practice! *"A must have for any FNP student. A thorough pocket guide containing clinical Pearls, screening tools, differential diagnosis, colored illustrations, and alternative therapies. Useful for clinicals and case studies."* — Amazon Reviewer



SAVE 20%
+ FREE SHIPPING

Use Promo Code: **DAVIS20**

ORDER TODAY!

Visit **FADavis.com**

Promotion subject to change without notice. Offer valid for individual purchases from FADavis.com in the US only.

PRIMARY CARE

The Art and Science of Advanced Practice Nursing —An Interprofessional Approach

FIFTH EDITION

Lynne M. Dunphy, PhD, APRN, FNP-BC, FAAN, FAANP
Research Professor
Christine E. Lynn College of Nursing
Florida Atlantic University
Boca Raton, Florida

Jill E. Winland-Brown, EdD, APRN, FNP-BC
Professor Emeritus
Christine E. Lynn College of Nursing
Florida Atlantic University
Boca Raton, Florida
Family Nurse Practitioner
VIM/Hands Clinic
Ft. Pierce, Florida

Brian Oscar Porter, MD, PhD, MPH, MBA
Clinical Drug Development Physician-Scientist
Private Biopharmaceutical Industry
and
Medical House Officer
Veterans Affairs New Jersey Health Care System–Lyons Campus
Lyons, New Jersey

Debera J. Thomas, DNS, RN, FNP/ANP
Dean and Professor
Orvis School of Nursing
University of Nevada–Reno
Professor Emeritus
Northern Arizona University
Flagstaff, Arizona

F.A. DAVIS
Philadelphia

. A. Davis Company
915 Arch Street
hiladelphia, PA 19103
ww.fadavis.com

Copyright © 2019 by F. A. Davis Company

opyright © 2019 by F. A. Davis Company. All rights reserved. This book is protected by copyright. No part of it may be reproduced, stored in a retrieva ystem, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission from the ublisher.

Printed in the United States of America

ast digit indicates print number: 10 9 8 7 6 5 4 3 2

ublisher: Susan Rhyner
evelopmental Editor: Kathleen Scogna
anager of Project and eProject Management: Catherine Carroll
ontent Project Manager: Amanda Minutola
esign & Illustration Manager: Carolyn O'Brien

s new scientific information becomes available through basic and clinical research, recommended treatments and drug therapies undergo changes. The uthor(s) and publisher have done everything possible to make this book accurate, up-to-date, and in accord with accepted standards at the time of ublication. The author(s), editors, and publisher are not responsible for errors or omissions or for consequences from application of the book, and make o warranty, expressed or implied, in regard to the contents of the book. Any practice described in this book should be applied by the reader in accordanc ith professional standards of care used in regard to the unique circumstances that may apply in each situation. The reader is advised always to check roduct information (package inserts) for changes and new information regarding dose and contraindications before administering any drug. Caution is specially urged when using new or infrequently ordered drugs.

ibrary of Congress Cataloging-in-Publication Data

ames: Dunphy, Lynne M. Hektor, editor. | Winland-Brown, Jill E., 1948- editor. | Porter, Brian Oscar, editor. | Thomas, Debera J., editor.
itle: Primary care : the art and science of advanced practice nursing / [edited by] Lynne M. Dunphy, Jill E. Winland-Brown, Brian Oscar Porter, Debera J Thomas.
ther titles: Primary care (Dunphy)
escription: Fifth edition. | Philadelphia, PA : F.A. Davis Company, [2019] | Includes bibliographical references and index.
dentifiers: LCCN 2018039369 (print) | LCCN 2018039940 (ebook) | ISBN 9780803695290 | ISBN 9780803667181 (hard cover)
ubjects: | MESH: Advanced Practice Nursing | Primary Care Nursing
lassification: LCC RT82.8 (ebook) | LCC RT82.8 (print) | NLM WY 128 | DDC 610.73—dc23

C record available at https://lccn.loc.gov/2018039369

uthorization to photocopy items for internal or personal use, or the internal or personal use of specific clients, is granted by F. A. Davis Company for sers registered with the Copyright Clearance Center (CCC) Transactional Reporting Service, provided that the fee of $.25 per copy is paid directly to CC, 222 Rosewood Drive, Danvers, MA 01923. For those organizations that have been granted a photocopy license by CCC, a separate system of ayment has been arranged. The fee code for users of the Transactional Reporting Service is: 978-0-8036-6718-1/19 0 + $.25.

he contents of this textbook and the independent contributions of Dr. Porter do not represent official views of Novartis, the VA, the FDA, the NIH, or ny other U.S. federal government agency.

To my husband, Jim, for his patience, support, and affection, which have been ENDLESS …
To my parents, Joan and Arthur, for their immense love, and to my brother, Jim, for his good humor, steadfastness, and vacation planning!

Lynne M. Dunph

To my husband, Harvey, who is my soulmate.
To my parents, who instilled a sense of purpose in me and never let me give up on myself.
To my children: my sons, who have grown into wonderful friends—Ken, Nathan, Eddie, and Mason—and my daughter, Cydney, for all that we've shared in the past and look forward to in the future.

Jill E. Winland-Brow

As with all my professional endeavors, this work is ultimately for my family—my beautiful and endlessly supportive wife, Carolyn; our.pngted and talented sons, Mitchel and MJ; our creative and loving daughter, Cheyanne; and our brilliant yet goofy youngest son, Brennan. I also dedicate this work to my mother and professional inspiration, Dr. Luz Sobong Porter, and my dear aunt, Dr. Loreto Calibo Sobong, both pioneers in their fields, as well as the physician role models in my family—Uncle Boy, Auntie Espie, Uncle En, and Auntie Esther.

Brian Oscar Porte

To my husband, Bob Coan, who is learning to be a rancher on our new property outside of Reno and who keeps me grounded.
To my parents, who inspired me to believe that I could do anything.
To my dog, Miller, who makes sure I get my exercise, and my cat, Neffer Kitty, for never failing to wake me up at 4:00 a.m. for breakfast and start the day early!

Debera J. Thoma

e are very excited and proud to present this fifth edition of our primary care textbook, *Primary Care: The Art and Science of Advance ractice Nursing.* Maintaining the commitment to a holistic, caring-based approach to primary care practice, our *Circle of Caring* model keep he patient and family—and in some cases, the community—at the center of care, surrounded by a team of care providers.

Unit I, *Caring-Based Nursing: The Art,* contains five chapters that continue to provide a caring-based interprofessional approach to primar are, conceptualized by a *Circle of Caring,* presented in Chapter 1, which is further operationalized in the remainder of the text. Chapter 2 in Uni lays out an ontological base for caring-in-practice and extends this across disciplines, Chapter 3 grounds caring-based primary care in the contex f community and health promotion, and Chapter 4 reviews the basis for a caring-based, interprofessional approach to diagnosis and treatmen hat includes precision medicine. Chapter 5 discusses evidence-based practice, critical to providing value-based care.

Unit II, *Caring-Based Nursing: The Science,* uses the traditional system-based approach to provide the essential information necessary t rovide safe and effective primary care to patients. Each body system section has chapters that begin with "Common Complaints," a sympto ased approach to clinical phenomena that lays out the associated differential diagnoses of each complaint with which a patient may present, a ell as emphasizing the correct questions that a new practitioner needs to ask.

Following "Common Complaints," each section then provides chapters on the most frequently encountered of these differential diagnoses und Common Problems." Each problem is defined, and the associated epidemiology and causes are outlined, as well as the pathophysiologic rocesses. Dr. Brian Porter has again provided a thoughtful and in-depth update on the pathophysiology of the disorders developed within thes hapters, as well as a thorough review of diagnostic processes and management plans. The addition of more of our medical and physician assista olleagues as content experts and authors has provided a true team-based approach, new insights, and depth to the information provided.

Within each disorders-based chapter, the subjective and objective manifestations of each problem are elaborated, as well as the associate iagnostic testing that might typically be used in a comprehensive work-up. A review of potential differential diagnoses for the disorder is provided ncluding the underlying reasoning and critical thinking involved in reaching a specific diagnosis. This helps shape team-based treatment decisions ade in concert with patient and family preferences. Consistent with our caring model, a holistic database is established and built on the patient' oice and experience. Management strategies, including pharmacological therapy and surgical interventions, when indicated, are described, as we s complementary therapies and behavioral health interventions to provide a holistic plan of care. Follow-up and referral practices are included long with patient education—the all-important teaching–learning component of caring-based primary care practice.

Unit III, *Caring-Based Nursing: The Practice,* includes content on palliative care and the management of chronic pain, ethical and legal issue ffecting advanced practice nursing, and a substantive chapter on the business of practice. We include an update of a practical approach t sychotherapy for primary care, known as the "15-minute hour." This is especially important in an age of rising behavioral health issues and th eed for integrated mind–body approaches. Finally, we include an important message for all advanced practice nurses: a chapter on caring for self.

xpanded Contributorship and Team-Based Practice

n this fifth edition, we have expanded our contributorship to include physician and physician assistant colleagues in addition to nurse practitioners nd we are pleased to embrace a truly interprofessional approach to primary care, which leads to sound, team-based practice. We have neve elieved that caring is the domain of any one discipline; rather we embrace caring as a mode of relating, accessible to all, and lived out between th are provider and the person seeking care.

rganizational Changes and Design Enhancements

mportantly, we made major organizational changes to both the structure and content of the text in this edition, to increase ease of readability a ell as to optimize learning. Body systems in Unit II are now denoted by sections, with smaller chapters devoted to common complaints an onditions, making it easier for students to read and digest information.

Wanting to enhance the pedagogical value of all key features, color-coding has also been introduced in three major box categories: Nursin ssessments (red), Advanced Practice Nursing Therapies (yellow), and Advanced Practice Nursing Perspectives (blue), which should a tudents in making connections and retaining information. As in past editions, tables, figures, and recurring displays are provided throughout th ext, including drugs commonly prescribed, therapeutic procedures that a primary care clinician might be called on to perform, screening guidelines iagnostic reasoning algorithms, treatment standards and guidelines, advanced assessment techniques, as well as sidebars for history and ris actors. Also included are "Nursing Situations" (essential case studies), along with abstracts of current nursing-based research, and anecdotes fro atients drawn directly from practice experience in "The Patient's Voice." This variety of information will assist any primary care provider egardless of discipline or training background, in establishing and implementing a holistic, caring practice base. These changes were made base n reader feedback and our own assessments, with much encouragement and concrete support from the FA Davis team.

EW FACULTY AND STUDENT RESOURCES

ith each edition of this text, we have added numerous resources to enhance student learning and provide faculty and preceptor support. We ar articularly excited about the addition of the Davis Edge online quizzing system to this edition's resource package. Davis Edge is an adaptiv latform that affords faculty and students access to more than 1,000 board-style questions, with complete and detailed rationales for all correc nswers and incorrect distractors. Davis Edge provides faculty with a powerful assessment tool that seamlessly integrates with learnin anagement systems and gradebooks. As students take quizzes in Davis Edge, the system provides data back to faculty as well, tracking stude rogress and reporting on areas of student strength and weakness (as individuals and at the cohort level) to assist with remediation. All questions i avis Edge are completely different from those in the faculty test bank, so that quizzing and exams are separate experiences.

For students, the Davis Edge platform offers nearly endless opportunities to ensure that they comprehend and retain the information presented i hapters. The program also provides integrated access to the e-book version of the text, so students can quickly look up and refresh thei

ectures and course packs, and an expanded and updated test bank for faculty.

onclusion

s long-time nurse practitioner faculty and practicing clinicians, we remain committed to providing an in-depth book with a comprehensive an olistic approach that can be used across the nurse practitioner curriculum, as well as in a variety of other primary care curricula—and that include articipation by practitioners from other disciplines, such as medicine, pharmacy, and social work. This text provides a high-leve athophysiological foundation, evidence-based diagnostic and management strategies, and a holistic plan of care that is consistent with thi dvanced level of practice. Although we realize that health professional students will always need supplementary information to provide th urrency and occasionally depth of information required for clinical practice, the reader will be able to find a large amount of information in thi omprehensive and complete text, complemented by an ever-expanding collection of ancillaries.

It is a most exciting time for primary care and advanced practice nursing. The professional nursing doctorate—the Doctor of Nursing Practice o NP—is providing primary care practitioners of nursing with a well-grounded base of pathophysiology, diagnosis, management, and follow-u ituated in a caring-based model. With the advent of readily accessible health information—both accurate and inaccurate—within arm's reach of mart phone, an app, or a personal computer, consumers are more informed and empowered than ever. In turn, now it is time for primary car ractitioners to provide consumers with healthcare driven by an equally powerful framework—primary care practice within a *Circle of Caring* aring-based relationships—and the team-based, patient-centered care encapsulated in this model—are the necessary foundation to creat ealing environments so essential for effective primary care practice today.

here are numerous people to thank for helping this book become a reality: Susan Rhyner, Publisher—our wonderful,*patient,* always supportive lways optimistic editor, whom we have come to know well, and who is, most of all, our friend.

manda Minutola, our new Content Project Manager, who has had to work*very* hard to keep us all in line—and always managed to do this wit rofessionalism and humor.

athleen Scogna, our Developmental Editor from afar, who was efficient, enthusiastic, and patient. Kathleen worked tirelessly to "pull it ogether" and maintained her composure at all times, even the most trying!

he entire F. A. Davis production team—*all* of whom were always patient, flexible, and terrific!

ll of our students, past and present, who continue to teach us as much, if not more, than we teach them!

e also acknowledge the following chapter authors of the fourth edition of this book, without whom this new edition would not have bee ossible:

usan K. Chase, EdD, APRN, FNP-BC

auren Gallagher, MS, APRN, FNP-BC

ette K. Idemoto, PhD, RN, ACNS-BC, CCRN

uth McCaffrey, DNP, APRN, FNP-BC, GNP, FAAN, FAANP

acqueline Rhoads, PhD, RN, CCRN, ACNP-CS

dwin W. Schaefer, ND, APRN, FNP-BC

erry South, MSN, APRN, NP-C

ichael Zycowicz, DNP, APRN, FNP-BC, FAANP, FAAN

nd most of all, we acknowledge all our patients over the years, who taught us to "hear" their voices.



ynne M. Dunphy, PhD, APRN, FNP-BC, FAAN, FAAN Dr. Lynne Dunphy is Research Professor at the Christine E. Lynn College ursing, Florida Atlantic University, Boca Raton, Florida. Dr. Dunphy was the Inaugural Routhier Chair for Practice from 2006–2016 at t ollege of Nursing at the University of Rhode Island, Kingston, Rhode Island. She also served as Associate Dean for External Affairs dur 012–2014. She was a Robert Wood Johnson Executive Nurse Fellow and was the founding nursing lead of the Rhode Island Action Coalitio edicated to the implementation of the Institute of Medicine's recommendations for the Future of Nursing. Dr. Dunphy served for 4 years on t oard of the National Organization of Nurse Practitioner Faculties (NONPF) and as Co-Chair and Lead Co-chair of the American Academ ursing's Primary Care Expert Panel.



ill E. Winland-Brown, EdD, APRN, FNP-BC Dr. Winland-Brown was born in Boston but raised in Pennsylvania. After high school, she we o Newport Hospital School of Nursing, Salve Regina College, Newport, Rhode Island, for her BSN; Boston College for her MS; and Flo tlantic University for her EdD and post master's FNP. Her first teaching position was at the University of Rhode Island, after which she moved t lorida. She taught in the undergraduate and graduate programs at FAU and was Assistant Dean and then moved to the Northern Campus irector. Children include his, mine, and ours, although after 37 years, all five are ours. In whatever little free time is left, her loves are the beac nd tennis. Dr. Winland-Brown was also on the ANA Center for Ethics and Human Rights Advisory Board. She currently volunteers 8 hours p eek as a nurse practitioner at a Volunteers in Medicine Clinic and precepts NP students.



rian Oscar Porter, MD, PhD, MPH, MBA Dr. Porter is a triple board–certified and licensed immunologist/allergist, internist, an ediatrician. After completing both his MD and PhD in immunology and microbiology at the University of Miami School of Medicine (Mia lorida), as well as his MPH at the Harvard School of Public Health (Boston, Massachusetts), Dr. Porter completed combined residency train n Internal Medicine and Pediatrics at the Virginia Commonwealth University Medical Center (Richmond, Virginia), followed by fellowship traini