



**The Royal Marsden Hospital
Manual of Clinical
Nursing Procedures**



The Royal Marsden Hospital Manual of Clinical Nursing Procedures

Sixth Edition

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Foreword to sixth edition

The Royal Marsden Hospital Manual of Clinical Nursing Procedures has become a legend. When I look back at the first edition, an internally produced procedure manual just for use at The Royal Marsden, it is quite amazing to think that 'the manual' has become such an important source for nurses everywhere. The fifth edition, in particular, has enjoyed enormous success. This may be because of the nursing profession's growing interest in evidence-based practice and clinical governance, but regardless of the rationale we are confident this work makes a significant contribution to improving the quality of patient care.

There have been a number of major conceptual changes in the development of this new edition. First, we undertook a major evaluation and market research exercise before embarking on the development of the sixth edition. This involved practitioners from the UK and abroad, many of whom had views about the content and structure of the manual. As a result, numerous changes have been made and I would like to take this opportunity to thank everyone who has helped us by contributing comments and suggestions.

Secondly, we believe that this book should not only be a way of The Royal Marsden sharing good practice, but that its publication should also present developmental opportunities for our staff. You will notice that in this edition we have, for the first time, partnered experienced nurse-authors with new authors, mostly staff nurses, to write chapters. This not only provides staff nurses with structured and developmental writing experience, but also means that the content is grounded in the realities of current day-to-day nursing practice from the perspective of staff nurses.

Thirdly, we have had a number of requests from nurse leaders and educators to present the information contained within the sixth edition in different ways, such as on a CD-ROM, in a ring-binder format and on prompt cards for use in skills laboratories. The editors have worked tirelessly to ensure that these different resources will now be available.

The benefits of ensuring that nursing care is, where possible, evidence based and consistent are well documented and I believe that *The Royal Marsden Hospital Manual of Clinical Nursing Procedures* helps us to do this. However, of equal importance is ensuring that the nursing care we provide is individual, therapeutic, culturally sensitive and that it is centred on that special relationship between the nurse, the patient and their loved ones and the partnership that develops between them. It would be almost impossible to write a procedure on creating an environment in which this sort of nursing practice could flourish. Creating a professional practice model, such as this, and an environment in which nurses can think critically, is the responsibility of all nurses.

The sixth edition is the product of an enormous amount of effort by nurses and other staff throughout The Royal Marsden Hospital, especially the editors Lisa Dougherty and Sara Lister. As always, it is with many thanks and great pride, that I am able to support their work.


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Acknowledgements




In 1984 the first edition of *The Royal Marsden Hospital Manual* was published, thanks to the vision and support of Robert Tiffany, the then Director of Patient Services and Philip Pritchard, the first editor. Over the next 20 years, the *Manual* has developed going from strength to strength. This process was aided by the innovation and enthusiasm of former editors such as: Jennifer Hunt, Jill David, Valerie Anne Walker, Chris Bailey and Jane Mallett.

This edition introduces many new authors, some of whom are contributing for the first time. There have been changes in the structure of some of the chapters as well as a new layout to increase the readability of the text. Each chapter represents not only nursing in theory, but also nursing in practice. Staff at all levels were encouraged to contribute, and to review and reflect on how the procedures were used in their own areas with the aim to make the practical aspects truly user friendly.

The chapters also rely on the authors' appraisal of the literature, national recommendations such as National Institute for Clinical Excellence (NICE), local guidelines, benchmarking and audit, as well as utilizing the authors' wealth of expertise and experience.

We extend our thanks to all those who wrote, reviewed and contributed to the text and the procedures. We would also like to thank all those who took the time to write to us and highlight sections that may have been unclear or incorrect – we have responded to all suggestions and made changes as appropriate.

Finally our thanks go to Griselda Campbell at Blackwell Publishing for advice and continual support in all aspects of the publishing process.



Lisa Dougherty
Sara Lister
Editors





Introduction

There is an expectation from patients that the nursing care they receive will be based on the best available evidence. Clinical procedures are a fundamental aspect of nursing care so it is essential that they are evidence based. This sixth edition of *The Royal Marsden Hospital Manual of Clinical Nursing Procedures* includes the clinical procedures, and the latest evidence underpinning the fundamental nursing care of any sick adult, whatever their diagnosis.

The findings from a survey of readers, particularly student nurses, informed the writing of this edition. There were a number of requests for additional chapters relating to a broad variety of aspects of nursing practice. We considered all of these and have included those that relate to the clinical expertise or practice of nurses within The Royal Marsden NHS Trust, an international cancer hospital.

A different approach has been taken to the preparation of the sixth edition of this manual: led by clinical experts, nurses in clinical practice have been involved in reviewing the latest evidence and testing the revised procedures in practice. This has provided professional development opportunities for junior staff and practical experience of identifying and then implementing evidence in practice. We hope that it has also acknowledged and recognized that important aspect of generating evidence in nursing: using the evidence that comes from practice (Kitson *et al.* 1998).

All chapters have been reviewed and some expanded to encompass new material including the legislative changes that have impacted on nursing roles. Context of care (Chapter 1) explores the concept of clinical governance in respect of clinical nursing practice, and includes an expanded section about the consent to examination and treatment in light of the NHS Reform and Health Care Professions Act (2002). A new chapter, Communication and assessment (Chapter 2), looks in depth at the process of patient assessment, emphasizing its importance in relation to carrying out clinical nursing procedures. Aseptic technique (Chapter 4) now includes a procedure for hand washing. Breast care (Chapter 6) now incorporates a section about seroma drainage. Drug administration (Chapter 9) includes an expanded section on nurse prescribing. Central venous pressure measurement has been moved to

Observations (Chapter 25); a section on peak flow measurement has also been added to this chapter.

In this edition the chapters have been reorganized, grouping together those addressing similar aspects of care: Drug administration; Elimination; Observations; Pain management and Personal hygiene, with the intention that information can be found more easily.

This edition continues the work that began 20 years ago, providing a practical resource for nursing practice. The format follows that of the preceding editions with only a few changes.

Every chapter begins with **definition**: this concisely defines the aspect of care addressed by the chapter.

This is followed by a **reference material section** consisting of a review of the literature and other relevant material. If available, the related research findings have been presented. If there is no research evidence available the procedures have been based on experience and systematic reviews.

The **procedure guidelines** begin with a list of the equipment needed, followed by a detailed step-by-step account of the procedure and the rationale for the proposed action. All relevant procedures begin with the action 'Explain and discuss the procedure with the patient', the rationale for this being 'to ensure the patient understands the procedure and gives his/her valid consent'. Gaining consent is an integral part of the person-focused approach to care, a core principle of nursing practice at The Royal Marsden Hospital. This is discussed further in Chapter 1.

Some chapters also include a **problem-solving section**. This lists the problems that may occur with a procedure, their possible causes and suggestions for their resolution and prevention.

The **references and further reading** at the end of the chapter indicate the sources from which information has been drawn to write the reference material and develop the procedures. It is also available to assist the reader if they want to study the subject in more depth. The further reading lists have been substantially revised for this edition; only publications from the past 10 years have been included, unless they are seminal texts or the only material available.



This book is intended as a reference and resource, not a replacement for practice-based education. None of the procedures in this book should be undertaken without prior instruction and subsequent supervision from an appropriately qualified and experienced professional.

We hope that *The Royal Marsden Hospital Manual of Clinical Nursing Procedures* will continue to be a resource and be a contribution to 'continually improving the overall standard of clinical care, whilst reducing variations in outcomes ... as well as ensuring that clinical decisions are based on the most up to date evidence of what is known to be effective' (NHSE 1999, p. 3).

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