

# Scholarly writing in Faculty of Nursing: Two purposes for referencing APA style

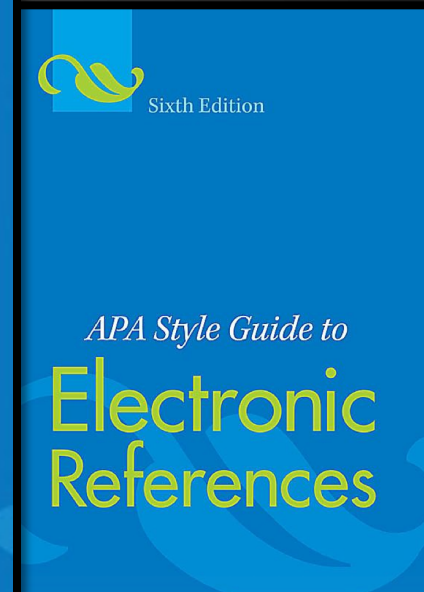
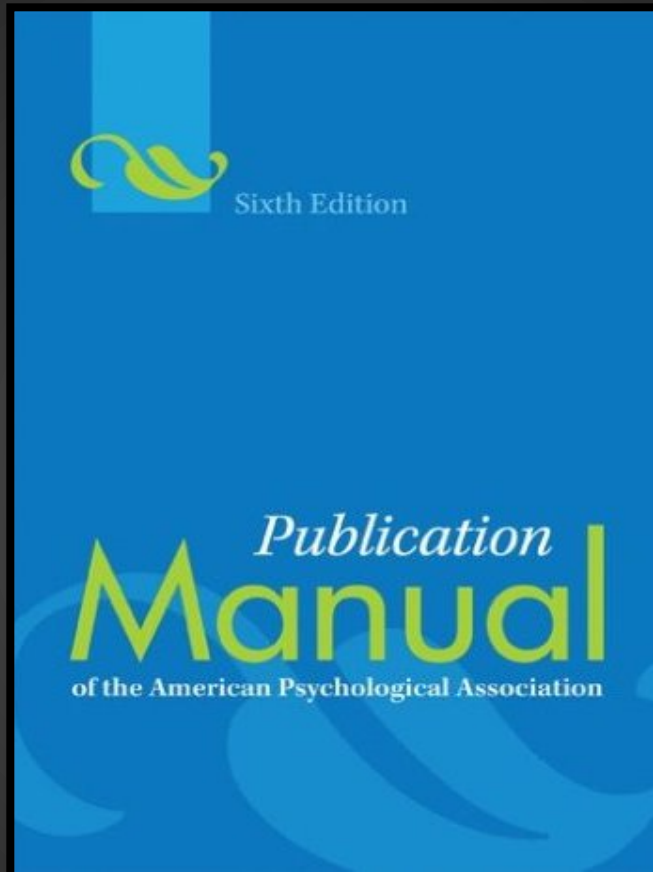
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Interdisciplinary Studies  
Education and Writing Research Studies



*Writing in Nursing*  
APA Style



# The APA Manual: 6<sup>th</sup> Edition (2009)



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Setting the standards for clear, concise, and consistent writing for more than 80 years.

APA Style

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This is the official Facebook page for the Publication Manual of the American Psychological Association, a resource guide of writing rules collectively known as

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<http://www.facebook.com/APAStyle>

<http://blog.apastyle.org>

AMERICAN PSYCHOLOGICAL ASSOCIATION

APA Style Blog

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September 20, 2012

**Citing a Whole Periodical**

Dear Style Experts,

I consulted a newspaper, a magazine, and a journal for my research. How can I create a citation for the whole issue of each of these periodicals?

Sincerely,  
Nancy in Newcastle

Dear Nancy,

Actually, you don't usually need to cite a whole issue of a periodical. For readers unfamiliar with the term, a *periodical* is any publication that is released at regular intervals, or "periods"—typically, journals, magazines, and newspapers. Rather than make a citation for the whole periodical, you can just mention its name and the relevant volume and issue information in the text, for example, "I surveyed an issue of *The Washington Post* from September 15, 2012." Then, for each individual article that you use as a source in the paper, create individual citations. Formats for periodical article citations can be found in the *Publication Manual* (§7.01).

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# RELIABLE RESOURCES

<http://owl.english.purdue.edu>

## OWL Purdue Online Writing Lab

[Purdue OWL](#) [Writing Lab](#) [OWL News](#) [Engagement](#) [Research](#) [Contact](#) [Site Map](#)

[General Writing](#) • [Research and Citation](#) • [Teaching and Tutoring](#) • [Subject-Specific Writing](#) • [Job Search Writing](#) • [ESL](#)

OWL Family of Sites > OWL > Research and Citation > APA Style

Search the OWL

GO

Research and Citation

APA Style

APA Overview and Workshop

APA Formatting and Style Guide

Giving to the OWL

Suggested Resources

- MLA Guide
- APA Guide
- How to Navigate the New OWL
- Media File Index
- OWL Exercises

### APA Style

These OWL resources will help you learn how to use the American Psychological Association (APA) citation and format style. This section contains resources on in-text citation and the References page, as well as APA sample papers, slide presentations, and the APA classroom poster.

#### APA Overview and Workshop

This workshop provides an overview of APA (American Psychological Association) style and where to find help with different APA resources. It provides an annotated list of links to all of our APA materials and an APA overview. It is an excellent place to start to learn about APA format.

#### APA Formatting and Style Guide

APA (American Psychological Association) is most commonly used to cite sources within the social sciences. This resource, revised according to the **6th edition**, second printing of the APA manual, offers examples for the general format of APA research papers, in-text citations, endnotes/footnotes, and the reference page. For more information, please consult the *Publication Manual of the American Psychological Association*, 6th edition, second printing.

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# RELIABLE RESOURCES

## U of A Library and Librarians

UNIVERSITY OF ALBERTA

This Guide Search Find a Person | ONEcard | Bear Tracks | Maps | Email & Apps | eClass

**LIBRARY GUIDES** LIBRARIES HOME **Ask Us** Version Française

Library » University of Alberta Library Guides » Research, Writing and Citing - Academic Papers [Admin Sign In](#)

### RESEARCH, WRITING AND CITING - ACADEMIC PAPERS

Last Updated: Sep 11, 2012 | [Email Alerts](#)

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#### Citation Style Guides

**ACS (American Chemical Society)**

**APA (American Psychological Association)**

- [APA Citation Style \(University of Alberta\)](#)
- [2010. Publication manual of the American Psychological Association, 6th edition. \(Print\)](#)
- [APA 6th Edition QuickGuide \(University of Alberta, Augustana\)](#)
- [APA Formatting and Style Guide \(Purdue University\)](#)

**Chicago**

**CSE (Council of Science Editors, formerly Pechenik)**

**Harvard**

**IEEE (Institute of Electrical and Electronics Engineers)**

**MLA (Modern Language Association)**

**Turabian (slightly modified Chicago Style for students and researchers)**

**Other (Biological/Health Sciences)**

#### Plagiarism

[About Plagiarism](#)

#### Citation Parts

[Citation Parts](#)

#### Organise Sources and Create Bibliographies

Citation management tools allow you to:

- Pull (export) references out of databases and keep them all together in one place
- Organise references
- Share reference lists
- Format notes and bibliographies in any citation style

**RefWorks** is recommended. Free and unlimited RefWorks accounts are available to University of Alberta students and faculty.

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# RELIABLE RESOURCES

## C4W @ U of A

**Centre for Writers**

Home > Resources

**Centre for Writers Resources:**

- Plagiarism
- Citation Styles and Reference Guides
  - APA Manual FAQ
  - MLA Manual FAQ
  - Chicago Manual of Style Q&A
  - Purdue OWL
  - IEEE Editorial Style Manual
  - IEEE Citation Reference
  - Helpful Hints for Library Research – Biology 107
  - University of Alberta Biological Sciences
  - Writing Biology Laboratory Reports
  - Referencing
  - Online Legal Dictionaries, Encyclopedias, Abbreviations, etc. (legal citation)
  - VANCOUVER Reference Style guide
  - Requirements for Manuscripts Submitted to Biomedical Journals
  - UofA Citation Style Guild for Internet and Electronic Sources
  - UofA Library guides – research assistance
- C4W Workshop Handouts
- ESL Reference Items
- On-line Resources for English Pronunciation:
- Writing Centres
- General Writing Resources
- Writing for Different Purposes
- Fun Sites

Home

Book an Appointment

Contact Us

Workshops

Becoming a Tutor

Tutor Bios

Centre for Writers Guiding Principles

Policies

FAQ

Resources

Other Writing Centres

Writing Across the Curriculum

Writing Studies

Writing Initiatives

Annual Report

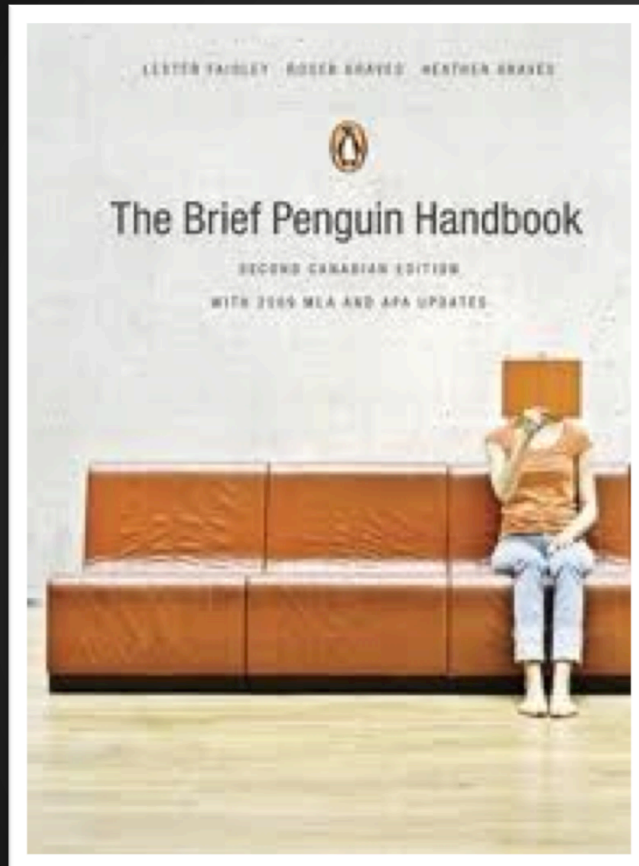


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## RELIABLE RESOURCES



Faigley, L., Graves, R., & Graves, H. (2011). *The Brief Penguin Handbook*. (2<sup>nd</sup> Canadian Ed.). Toronto: Pearson Canada.

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# Styles of writing

> 200

CMS



APA JAMATURABIAN

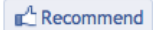

AMA HARVARD

CSE IEEE MLA



# Hurricane Isaac Crop Damage Estimates Reach \$100 Million For Louisiana

AP | By JANET McCONNAUGHEY    
Posted: 09/11/2012 2:41 pm EDT

 Recommend  Be the first of your friends to recommend this.



26	70	0	5	13
 share	 tweet	 +1	 email	 comment

GET GREEN ALERTS:

**FOLLOW:** [Video](#), [Hurricane Isaac Crop Damage](#), [Hurricane Isaac Crop Damage Sugar Cane](#), [Hurricane Isaac Crops](#), [Hurricane Isaac Sugar Cane Crops](#), [AP](#), [Hurricane Isaac Damage](#), [Hurricane Isaac Louisiana](#), [Hurricane Isaac 2012](#), [Louisiana Crop Damage](#), [Louisiana Crops Isaac](#), [Green News](#)

NEW ORLEANS (AP) — Good weather over the next several weeks could do a lot to reduce a preliminary estimate of \$100 million in Louisiana crop damage from Hurricane Isaac, LSU AgCenter economist Kurt Guidry said Tuesday. Of course, bad weather would do the opposite.

Since several crops were thought likely to have near-record harvests before the storm, the state's agricultural sector could still have a good year if skies stay blue, Guidry said. The preliminary figure is less than damage from last year's drought or from other storms in recent years, and less than farmers feared, he said. Which isn't to say that all damage was light. Some farmers lost entire crops.

## Writing Style

Source:  
[http://www.huffingtonpost.com/2012/09/11/hurricane-isaac-crop-damage\\_n\\_1874763.html](http://www.huffingtonpost.com/2012/09/11/hurricane-isaac-crop-damage_n_1874763.html)

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# APA Format Style

- **APA Format:** typeface, line spacing, margins, length, alignment
- **APA Style:** established set of procedures, standards, and rules chosen by your discipline to communicate with your readers and engage in (written) discourse.



## Moving from High School to University Writing

### Academic Writing:

- **Discourse-driven:** **FON** = “evidence-based; CBL; CARNA; reflective practice; scholarly”
- **Research-driven:** requires you to read, summarize, and respond according to your discipline’s academic requirements
- **Genre-driven:** *Scholarly paper* is very different from an English essays; other FON genres: reflective journal, learning goals, care plan



## APA Style in Faculty of Nursing

### Your N190 Scholarly Essay

- Locate credible information i.e., **sources**
- Reflect on what these **sources** tell you
- Acknowledge all of **sources** that you have used in writing your assignment





## APA Style in Faculty of Nursing

# Your N190 Scholarly Essay\*

\*What's most important?

- Content, evidence
- Personal response, growth
- Organization, structure, cohesion

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## APA Style in Faculty of Nursing

# Your N190 Scholarly Essay\*

\*What creates the most anxiety?

The dreaded

# APA

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## APA Style in Faculty of Nursing

# Your N190 Scholarly Essay\*

\*What creates the most anxiety?

The dreaded

# APA



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# APA Style in Faculty of Nursing



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## APA Style in Faculty of Nursing

if you want something you've  
never had, then you've got to  
do something you've never done

[smilesaregolden.tumblr.com](http://smilesaregolden.tumblr.com)

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## APA Manual of Style: Sections 6 & 7

# Scholarly essay: Crediting sources

## 1. In-text references

The author and year of your source are written into the paragraph.

## 2. The reference list

At the back of your assignment is a complete list of all the sources you used in your assignment.



## APA Manual of Style: Section 6

### In-text references:

- 1. Summary:** Concise overview; You briefly restate the author's main points and conclusions
- 2. Paraphrase:** You use the ideas from the source and put them into your own words
- 3. Quote:** You copy the exact words from the source and use it in your assignment





## APA Manual of Style: Section 6

### In-text references:

1. Surname of author(s) **WHO**
2. Date published **WHEN**
3. Page number (for direct quotes) **WHAT**



## APA Manual of Style: Section 6

### **Summary:** one or two authors

Reves (2009) studied university instructor's self-esteem and concluded that the fear of students' judgments made teachers overly self-conscious about their own mistakes.

Cheung and Hyland (2005) investigated the academic performance of 420 Hong Kong university students and found that females outperformed males in math and science.

Spot the order?

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## APA Manual of Style: Section 6

### **Paraphrase:**one author

Attachment is the special emotional bond that we feel for those who we are very close to (Berk, 2004).

Berk (2004) described attachment as the special emotional bond that we feel for those who we are very close to.

Spot the difference(s)?



## APA Manual of Style: Section 6

### **Paraphrase:**two authors

Media has a huge influence on the way people assess their health needs and view healthcare professionals (Dew & Kirkman, 2002).

Dew and Kirkman (2002) reported that media has a huge influence on the way people assess their health needs and view healthcare professionals.

Spot the difference(s)?

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## APA Manual of Style: Section 6

### **Paraphrase:** multiple sources

There is a high rate of comorbidity with alcohol abuse or dependence and major depression (Bowlby, 2006; Engeland & Kreutzer, 2010; Werner, Smith, & Laub, 2011).

Alphabetical order by first author

Separated by semi-colons

“&” inside parenthesis



## APA Manual of Style: Section 6

### **Paraphrase:** organizations

Among standards of nursing practice, communicating with the patient's family or significant others is an integral part of nursing services (CARNA, 2008, p. 1).

Notice the order?

Name, date, page (optional for paraphrase)



## APA Manual of Style: Section 6

### Quotes: one author

Berk (2004) stated that “attachment is the strong, affectional tie we have with special people in our lives” (p.185).

Berk (2004, p. 185) stated that “attachment is the strong, affectional tie we have with special people in our lives.”

Spot the difference?

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## APA Manual of Style: Section 6

### Quotes: definitions

Eagly and Chaiken (2003) define attitude as “a psychological tendency that is expressed by evaluating a particular entity with some degree of favor or disfavor” (p. 1).

For the purposes of this assignment, attitude is defined as “a psychological tendency that is expressed by evaluating a particular entity with some degree of favor or disfavor” (Eagly & Chaiken, 2003, p. 1)



## APA Manual of Style: Section 6

### **Crediting sources in-text**

See table 6.1: Basic Citation Styles  
on page 177

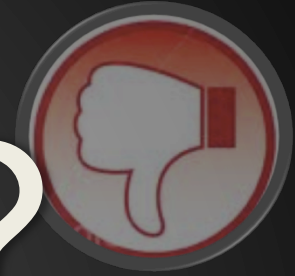
pp. 170-179



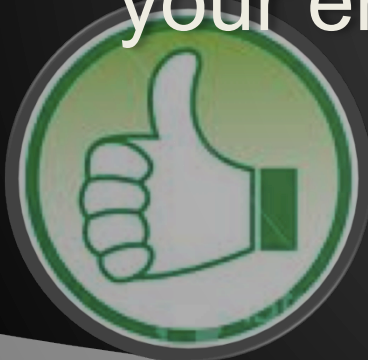


## APA Manual of Style: In-Text Citations

# Purpose?



So readers can easily follow and assess  
your engagement with nursing discourse



(who influenced your knowledge)

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## APA Manual of Style: Section 7

### Reference List:

It's a **list**

Of **all the sources** in your text

In **alphabetical order**

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## APA Manual of Style: Section 7

**Reference List:**

**Last page**  
of your  
**assignment**

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## APA Manual of Style: Section 7

### **Each entry is in this order:**

1. Who
2. (When)
3. What
4. Where



## APA Manual of Style: Section 7

### **Each entry is in this order:**

1. Surname of author(s), then initials
2. (Date)
3. Title
4. Location





## APA Manual of Style: Section 7

### Reference List: Who

Authors of my sources  
Order within my text

---

Paul Spoonley

David Pearson

Elaine N. Marieb

Dr. Ruth L. Memmler

Reference List  
Alphabetical Order

---

Marieb, E. N.

Memmler, R. L.

Pearson, D.

Spoonley, P.

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## APA Manual of Style: Section 7

### Reference List:(When)

Frequency	Date published
Year	(2002).
Monthly	(2002, March).
Weekly, Daily	(2002, March 11).
No date	(n.d.).



## APA Manual of Style: Section 7

### Reference List: What

- Title of the source
- Capitalize the first word of the entire title, any subtitles, and proper nouns.
- Finish the title with a period.



## APA Manual of Style: Section 7

### Reference List: What

Periodical title (article, newspaper): no italics

---

Mental and nervous diseases in the Russo-Japanese war: A historical analysis.



## APA Manual of Style: Section 7

### Reference List: What

Non-periodical title (books, reports): italics

---

*Development of entry-level tests to select  
FBI agents.*





## APA Manual of Style: Section 7

### Reference List: Where

- Location of the source
- Periodicals (journals) entered differently than non-periodicals (books, reports)
- Finish the location with a period.



## APA Manual of Style: Section 7

### Reference List: Where

Periodicals: give *journal title*, *volume(issue)*, *pages*

---

*Journal of Nursing Education*, 7(1), 313-320.

*Social Science Quarterly*, 84, 508-525.



## APA Manual of Style: Section 7

### Reference List: Where

Non-periodicals: give location and publisher

---

New York: Sage.

Thousand Oaks, CA: Penguin Books.

Toronto: Pearson Canada.

Pretoria, South Africa: Unisa.



## APA Manual of Style: Section 7

### Reference List: Where

Electronic locator information: URL

---

<http://www.cna-aiic.ca/en/>

[http://www.nurses.ab.ca/Carna-Admin/Uploads/Guidelines%20for%20Assignment%20\(2008\).pdf](http://www.nurses.ab.ca/Carna-Admin/Uploads/Guidelines%20for%20Assignment%20(2008).pdf)

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# Examples

Electronic and print versions

Periodicals: journal articles, newspapers

Non-periodicals: books, documents





## APA Manual of Style: Section 7

### Online journal article (with DOI)

Author, A. A., Author, B., & Author, C. C. (year). Title of article. *Title of Journal*, xx(x), pp-pp. doi:xx.xx

Kelly, J., Fealy, G. M., & Watson, R. (2012). The image of you: Constructing nursing identities in YouTube. *Journal of Advanced Nursing*, 68(8), 1804-1813. doi: 10.1111/j. 1365-2648.2011.05872.x



## APA Manual of Style: Section 7

### Online journal article (no DOI)

Author, A. A., Author, B., & Author, C. C. (year). Title of article. *Title of Journal*, xx(x), pp-pp. Retrieved from <http://www.xxxx>

Baldwin, K., Lyons, R., & Issel, L. (2011). Creating a brand image for public health nursing. *Public Health Nursing*, 28(1), 57-67. Retrieved from <http://onlinelibrary.wiley.com/journal/10.1111/pdf>



## APA Manual of Style: Section 7

### Online newspaper article

Author, A. A., Author, B., & Author, C. C. (year, month date). Title of article. *Title of Newspaper*. Retrieved from <http://www.xxxx>

Brody, J. E. (2007, December 11). Mental reserves keep brain agile. *The New York Times*. Retrieved from <http://www.nytimes.com>



## APA Manual of Style: Section 7

### Print newspaper article

Author, A. A., Author, B., & Author, C. C. (year, month date). Title of article. *Title of Newspaper*, pp-pp.

Swartz, J. (2003, September 30). Obesity affects economic social status. *The Toronto Star*, pp. A1, A3.



## APA Manual of Style: Section 7

# Documents, Reports, Guidelines

Organization. (year). *Title of document*. Retrieved from <http://www.xxxx>

CARNA. (2006). *Entry-to-practice competencies for the registered nurses profession*. Retrieved from <http://www.nurses.ab.ca/pdf/Entry-to-Practice%20competencies.pdf>





## APA Manual of Style: Section 7

### Definitions

The word. (date). In *Title of source*. Retrieved from <http://www.xxxx>

Heuristic. (n.d.). In *Merriam-Webster's online dictionary* (11<sup>th</sup> ed.). Retrieved from <http://m-w.com/dictionary/heuristic>



## APA Manual of Style: Section 7

### Book

Author, A. A., Author, B., & Author, C. C. (year). *Title of work*. Location: publisher.

Shotton, M. A. (1989). *Computer addiction? A study of computer dependency*. London: Taylor & Francis.



## APA Manual of Style: Section 7

### eBook

Author, A. A., Author, B., & Author, C. C. (year). *Title of work*. Retrieved from <http://www.xxxx>

Shotton, M. A. (1989). *Computer addiction? A study of computer dependency*. Retrieved from <http://www.ebookstore.tandf.co.uk/html/index.asp>



## APA Manual of Style: Section 7

### Chapter in an edited book

Author, A. A., Author, B., & Author, C. C. (year). Title of chapter. In D. Author & E. Author (Eds.), *Title of book* (pp. xx-xx). Location: Publisher.

Haybron, D. M. (2008). Philosophy and the science of subjective well-being. In M. Eid & R. J. Larsen (Eds.), *The science of subjective well-being* (pp. 17-43). New York: Guilford Press.



## APA Manual of Style: Section 7

### Episode from TV Series

Producer or Writer, A. A. (Producer or Writer), & Director, B. B. (Director). (year). *Title of Show* [Television series episode]. Country of origin: Studio.

Egan, D. (Writer), & Alexander, J. (Director). (2005). Failure to communicate [Television series episode]. In D. Shore (Executive Producer), *House*. New York: Fox.



Baldwin, K., Lyons, R., & Issel, L. (2011). Creating a brand image for public health nursing. *Public Health Nursing*, 28(1), 57-67. Retrieved from <http://onlinelibrary.wiley.com/journal/10.1111/pdf>

Heuristic. (n.d.). In *Merriam-Webster's online dictionary* (11<sup>th</sup> ed.). Retrieved from <http://m-w.com/dictionary/heuristic>

Kelly, J., Fealy, G. M., & Watson, R. (2012). The image of you: Constructing nursing identities in YouTube. *Journal of Advanced Nursing*, 68(8), 1804-1813. doi:10.1111/j.1365-2648.2011.05872.x

Shotton, M. A. (1989). *Computer addiction? A study of computer dependency*. London: Taylor & Francis.

CARNA. (2006). *Entry-to-practice competencies for the registered nurses profession*. Retrieved from <http://www.nurses.ab.ca/pdf/Entry-to-Practice%20competencies.pdf>

College and Association of Registered Nurses of Alberta. (2005). *Standards for the supervision of nursing students and undergraduate nursing employees providing client care*. Edmonton, AB: CARNA.

CNA. (2008). *Code of ethics for registered nurses*. Ottawa: Author.

Canadian Nurses Association. (2008). *Code of ethics for registered nurses*. Retrieved from [http://www.cna-aiic.ca/CNA/documents/pdf/publications/Code\\_of\\_Ethics\\_2008\\_e.pdf](http://www.cna-aiic.ca/CNA/documents/pdf/publications/Code_of_Ethics_2008_e.pdf)

CARNA. (2005). *Standards for supervision of nursing students and undergraduate nursing employees providing client care*. Retrieved from <http://www.nurses.ab.ca/Carna/index.aspx?WebStructureID=2228>

CARNA. (2006). *Entry to practice competencies for the registered nurse profession*. Retrieved from <http://www.nurses.ab.ca/Carna/index.aspx?WebStructureID=4206>

CARNA. (2008). *Nursing practice standards with CNA code of ethics for registered nurses*. Retrieved from <http://www.nurses.ab.ca/Carna/index.aspx?WebStructureID=2228>

Alberta Health and Wellness. (2002). *Health Professions Act: A new law for regulated health care professionals*. Edmonton, AB: Author.

Alberta Health and Wellness. (2002). *Health Professions Act: A new law for regulated health care professionals*. Edmonton, AB: Author.  
Retrieved from <http://www.health.alberta.ca/documents/Health-Professions-Act.pdf>

CNA. (1998, June). Ethical issues related to appropriate staff mixes. *Ethics in Practice*, 6, 14-18.

CNA. (1998). *Everyday ethics: Putting the code into practice*. Ottawa: CNA.

CNA. (2008). *Code of ethics for registered nurses*. Retrieved from [http://www.cna-aic.ca/CNA/documents/pdf/publications/Code\\_of\\_Ethics\\_2008\\_e.pdf](http://www.cna-aic.ca/CNA/documents/pdf/publications/Code_of_Ethics_2008_e.pdf)



# Purpose?



So readers can easily follow your  
exposure to nursing research

(your exploration trail)





## APA Manual of Style: Section 7

### In-text

- Author(s)
- (Date)
- Page(s)

### Reference List

- Author(s)
- (Date)
- Title
- Location



## APA Manual of Style: Section 7

### About Authors

- In-text (parenthesis): Alphabetize by first author of each source
- Reference list: Alphabetize by first author of each entry
- If two sources from same author, list earliest work first (2006 listed before 2009)



## APA Manual of Style: Section 7

### Other aspects of APA Style

- Headings: Section 3
- Running heads: Section 2
- Numbers: Section 4
  - Below 10: one, five, two
  - Start of sentence: “Twenty-five percent of adults....”
  - 10 & above: 10, 200, 25%
- Footnotes: don't use them short papers



### Other aspects of APA Style

- Personal communication, class notes not included in the reference list (only cited in the text of your assignment)
- Verify each reference in text appears in the reference list & vice-versa
- Double spaced (check with your instructor)



## WHAT MATTERS MOST?

### ADVICE from IAN in Year 2:

- *Make sure that formatting doesn't get in the way of writing a good paper.* Don't get too caught up in getting it down perfectly, this is your first paper and mistakes are expected. Make sure that you **spend enough time** on the actual flow and substance of the essay **to get your claim and direction across in a focused way.** The formatting will come in time, there will be many, many opportunities to practise it in the coming years.
- *Use the tools in CINAHL* and other databases that are available for citation. **They save time** and are quite accurate.



Intro

paper

### Norman in Emergency: A Case Study on Care

Primary health care is health in “homes, schools, communities, and places of employment,” (Anderson & McFarlane, 2000, p.13). It is based on accessibility, with full participation that is not too big of a deal in terms of money (Stamler & Yui, 2005).

According to Stamler & Yui (2005) five main principals of primary health care: accessibility, public participation, health promotion, appropriate technology and intersectoral cooperation. Health promotion is a concept that relies on teaching people skills to enhance their own health and wellbeing (Stamler & Yui). Appropriate technology relates to the community’s development socially, economically and culturally (Stamler & Yui). The variety of professionals to collaborate to provide care such as a doctor, nurse and dietician encompasses the idea of intersectoral cooperation (Stamler & Yui). Primary health care services try to benefit your health, prevent you from unnecessary illness or injury, provide you with treatments and assist rehabilitations (Stamler and Yui).

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Intro

### Norman in Emergency: A Case Study on Care

Based on Martin's (2005, p. 25) description of Norman's current life situation, Norman is a fifty three year old male admitted to this site because of sudden profound right sided weakness and fell twice while trying to move down the aisle of a train four hours ago. Norman is transported to the University of Alberta emergency department. It being the only neurological trauma emergency department in Edmonton, this site is the most logical choice for Norman (E. Bryldt, personal communication, January 26th, 2007). Following his initial assessment and treatment, Norman is admitted to a medical unit on the third floor. The nurse admitting Norman is working through the process of developing a priority plan of care. In this paper, the writer will engage in a detailed discussion of Norman's priority needs given the sudden turn in his health and offer a theory-based plan of care guided by Orem's (as cited in George, 2002) self-care deficit theory.

better

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# Conclusion

## Conclusion

Complications of diabetes can result in long hospital stays and low quality of life. By doing something about it today, you increase your chances of a healthier tomorrow (Canadian Diabetes Association, 2006).

A community health nurse is in a prime role to assist with issues such as these in a community.

# Paper

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The purpose of this paper was to describe the sudden turn in Norman's health and develop a priority plan of care based upon Orem's (2002) self-care deficit theory. Doing so revealed the struggles faced by Norman - a fifty-three year old stroke victim experiencing abrupt changes to his physical independence and connectedness to his family. In having applied Orem's (2002) self-care deficit theory, the nurse concluded that Norman was at risk for low self esteem. Interventions established to help Norman overcome this priority need primarily fell within the supportive-educative system. Key suggested interventions included assisting Norman to grieve his losses, and educating Norman and his wife based on the knowledge gaps they identified as priorities. Several weeks after this plan of care was implemented and in accordance with Martin's (2005) subsequent scenario description, Norman experienced a full recovery, was discharged from the medical unit, and returned to work at his prior place of employment in Montreal.

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# THANK YOU!

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