Skills for Nursing & Healthcare Students

Study skills, maths and science

Second Edition

Lori K Garrett Ailsa Clarke Pearl Shihab

SKILLS FOR

Nursing and Healthcare Students Study skills, maths and science

Visit the Skills for Nursing & Healthcare Students 2/e Companion Website at www.pearsoned.co.uk/garrett to find valuable student learning material including:

- Diagnostic assessments designed to personalise your learning and guide you through the skills you require to succeed.
- Pre- and Post-tests for every chapter of the book so that you can easily check your progress.
- 'Direct Your Learning' activites for each chapter including interactive tutorials, animations, links to further resources on the internet and extra downloads enabling you to improve your skills.
- Direct access to an eText version of this book.
- Flashcards developed so that you can actively test your understanding of key terms and definitions.
- Easy access to an electronic Glossary.

Skills for Nursing & Healthcare Students eBook

Table of Contents

Cover

Skills for Nursing and Healthcare Students Study skills, maths and science

Brief contents

Contents

Adaptors preface to Skills for Nursing and Healthcare Students

Preface for students

Preface for instructors

Publishers acknowledgements

Study skills The proper care and feeding of a human brain

Why should I study anatomy and physiology?

Learning styles

Getting ready

Lecture

Taking notes

In practical classes

Outside the classroom

The study group

How to read a textbook

The study environment

Time



Table of Contents

The test

Individual accountability

Running words

What did you learn?

Web resources

Basic maths review Crunching the numbers

Maths in science

Basic maths operations

Mean

Fractions, decimals and percentages

Understanding exponents

Ratios and proportions

The metric system

Basic measurement

Tables, graphs and charts

Running words

What did you learn?

Web resources

Terminology You say humerus, I say funny bone

language

Types of terms

Building descriptive terms

Combining word roots

Anatomical position

Basic anatomical terminology

Running words

What did you learn?

Web resources



Table of Contents

Body basics The hip bones connected to the . . .

The biological hierarchy of organisation

Basic biological rules

Tissue

The organ

The organ systems

Running words

What did you learn?

Web resources

Chemistry The science of stuff

Matter

Element

Atomic structure

Periodic table of elements

Chemical interactions

Chemical bonding

Electrolytes and pH

Inorganic compounds

Organic

Chemical reaction

Chemistry and energy

Running words

What did you learn?

Web resources

Cell biology Lifes little factories

Cell theory

Prokaryotes and eukaryotes



Table of Contents

The cell membrane

Cell organelles

Movement processes

The cell cycle

Meiosis

Running words

What did you learn?

Web resources

Answer key

Index