

Fundamentals HESI

Resource Suggestions

STUDY CONCEPTS

This focuses on the fundamental concepts necessary for safe patient centered nursing care to a diverse patient population while integrating clinical decision-making of the nurse. Critical thinking, clinical judgment, and the nursing process are key foundations to nursing practice.

Application of knowledge and practice of skills occurs in the nursing skills laboratory and a variety of clinical settings providing care to stable patients with common health issues. The role of the professional nurse in promoting the optimal health for individual clients. Basic psychomotor nursing skills and an introduction to medical/surgical nursing for low risk clients is discussed.

This course also provides the learner with techniques for carrying out a physical, psychosocial, spiritual and cultural assessment for well-being of clients. Learners are introduced to assessment devices and procedures to collect data. The course focuses on health promotion, health protection, disease prevention and communication strategies throughout the lifespan.

Acid/base balance	intake
Assessment – head to toe, vital signs	Oxygenation – diseases
Caring interventions	Parkinson Disease
Comfort, pain management	Patient Advocate
Communication	Peri-op and post-op care
Diabetes – vision	Pneumonia
Digestion	Safety
Elimination – bowel and urinary	Sleep disorders
Healthcare System	Spirituality
Inflammation, Infection	Thermoregulation
Informatics	Tissue Integrity
Mobility	UTI, kidney stones
Nutrition – feeding tubes, alternative methods of nutritional	Wound care



STUDY MATERIALS

https://nightingale.myday.cloud/pages/nclex_resources

<https://evolve.elsevier.com/studentlife/products/hesi/>

<https://quizlet.com/subject/hesi-fundamentals/>

PRACTICE TEST QUESTIONS

<https://nursingtip.com/hesi-fundamentals/>

DISCLAIMER

These are SUGGESTIONS. These have not been created or reviewed by Nursing Education Services to show that they fit the material on the HESI exams.