This introductory textbook provides nursing students with the essential bioscience they need to complete their nursing studies.

A basic understanding of science and technology is vital to students in modern nursing education. Recognising that many students have little or no scientific background when they commence their studies, the authors of this book have produced a text written in plain language which is easy to use and non-threatening.

The book explains the scientific concepts that are related to all nursing practices and procedures from the simplest to the most advanced. The ability to recognise why things are done the way they are will strengthen confidence in contributing to patient care.

Activities and exercises are included in each chapter to encourage enquiry and test understanding, with simple and clear diagrams supporting explanations in the text. At the end of the chapter there are further questions to try, with answers provided. A glossary of terms is provided for quick reference and suggestions for further reading have been included at the end of each chapter.

For anyone who has not studied science before this is an excellent introduction to the key principles of chemistry, physics and biology and how they apply to nursing.