



A few A&P concepts to consider as you experience A&P, both inside of and outside of the classroom...

Homeostasis
 Growth
 Healing
 Osmosis
 Transport
 Diffusion
 Reproduction
 Circulation
 Stress
 Feedback
 Aging
 Structure
 Support
 Articulation

Nurses must bring many elements of information together in providing good quality patient care. If you are taking A&P to become a nurse, or to participate in the healthcare field in some way, try to begin the practice of integrating information in your study of A&P. Think about the different ways that you know something and incorporate all of those ways of knowing into larger concepts that will guide you in your study of A&P. In order to think about things on a conceptual level, you must first understand what a concept is. The Merriam Webster on-line dictionary (2012), defines concept as, “an abstract or generic idea generalized from particular instances.” In a graduate nursing textbook, Chinn & Kramer, (2011, p. 158), define context as “a complex mental formulation of experience.” Wouldn’t it make A&P more interesting to approach it as an experience? You can make that choice. Begin to think of what you are learning as part of a larger experience that affects and informs your whole life. Above is a graphic, adapted from Chinn & Kramer (2011, p. 159) to get you thinking about all that goes into a concept. If you can relate the individual facts, ideas, visuals, intuitions, questions, smells, emotions and everything thing else that happens in your brain and yourself as you learn and experience A&P, you are far more likely to be interested, to retain, and to enjoy A&P. Maybe you can think of new categories of experiencing that influence your understanding of a concept... that is awesome. Experience on!

Chinn, P. L. & Kramer, M. K. (2011). *Integrated theory and knowledge development in nursing*. St. Louis: Elsevier.

Concept. (2012). In Merriam Webster on-line. Retrieved from : <http://www.merriam-webster.com/dictionary/concept>