



Nurse Sensitive Outcomes in District Nursing Care: A Delphi Study

Marieke Schuurmans*

Department of Pediatrics, University of Hamilton, Canada

DESCRIPTION

Nursing is a vital profession within the healthcare system that plays an essential role in patient care, health promotion, and disease prevention. It is a profession that requires compassion, technical skill, critical thinking, and the ability to make quick decisions. Nurses are often the first point of contact for patients and are responsible for monitoring patient progress, administering medications, providing physical and emotional support, and collaborating with other healthcare professionals. This essay explores the significance of nursing in healthcare, the responsibilities of nurses, the challenges they face, and the evolving nature of the nursing profession. Nurses perform a wide range of functions in healthcare settings. They provide direct patient care in hospitals, clinics, nursing homes, and even at patients' homes. Nurses assess patients' conditions, monitor vital signs, administer medications, and implement treatment plans under the supervision of physicians or other healthcare providers. They also educate patients and their families about health conditions, treatment options, and lifestyle changes to promote better health outcomes. Nurses serve as advocates for patients, ensuring their rights are respected and their needs are met. They act as a bridge between the patient and the rest of the healthcare team, helping to communicate vital information. This coordination of care is crucial to ensure that patients receive the most effective treatment and support. Additionally, nurses are integral in the management of chronic illnesses, mental health care, and preventive health services. They empower patients to make informed decisions about their health and encourage positive behaviors that lead to better long-term health outcomes. One of the most important responsibilities of nurses is providing patient care. This includes assessing patient conditions, administering treatments, and ensuring the safety and comfort of patients. Nurses must observe and record symptoms, changes in a patient's condition, and any responses to medications or treatments. This information is crucial in determining the next steps in care and helping doctors make informed decisions. Nurses play a significant role in educating patients and their families. They

provide information about managing diseases, adhering to prescribed treatments, and making lifestyle changes such as improving nutrition, exercising, or quitting smoking. Health promotion also involves educating communities about preventive healthcare measures like vaccinations, screenings, and healthy living practices. Nurses work closely with a team of doctors, specialists, therapists, and other healthcare professionals to coordinate and implement patient care. Nurses advocate for their patients by ensuring they receive the best care possible and that their rights are upheld. This involves speaking on behalf of patients when necessary, ensuring their dignity and privacy are maintained, and addressing concerns with other healthcare providers. Nurses also act as ethical guides, advocating for care that is in the best interest of the patient, even when difficult decisions need to be made. Nursing is a demanding profession that requires physical stamina, emotional resilience, and mental sharpness.

CONCLUSION

The demand for nursing services is constantly increasing due to an aging population, the growing prevalence of chronic diseases, and global health crises like the COVID-19 pandemic. Staff shortages create pressure on nurses to care for more patients, often leading to burnout and errors in care. Addressing these shortages requires increased recruitment, better working conditions, and professional development opportunities for nurses. The integration of technology in healthcare has transformed the way nursing is practiced. While advancements such as electronic health records (EHR), telemedicine, and patient monitoring devices have improved the efficiency and quality of care, they have also introduced challenges.

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CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

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Corresponding author Marieke Schuurmans, Department of Pediatrics, University of Hamilton, Canada, E-mail: schuurmans@gmail.com

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