Lecture (1)

Assist. L zainab Hassan 4th Stage Nursing

Introduction about Nursing

Nursing :is a healthcare profession focused on the care of individuals, families, and communities to help them achieve, maintain, or recover optimal health and quality of life. It encompasses the promotion of health, the prevention of illness, and the care of the ill, disabled, and dying people.

Nurse: is a licensed healthcare professional trained to provide care and support to patients in various healthcare settings, such as hospitals, clinics, nursing homes, and community centers. Nurses play a critical role in assessing patient needs, developing and implementing care plans, administering medications, performing medical procedures, and educating patients and their families about health management and disease prevention.

four primary areas of nursing practice

1. Promoting Health and Wellness

- Focuses on enhancing the quality of life for both healthy and ill individuals.

2. Preventing Illness

- Aims to prevent diseases and maintain optimal health.

- Involves preventive measures such as immunizations, health screenings, and education on disease prevention.

3. Restoring Health

- Centers on caring for individuals who are ill, injured, or recovering.

- Encompasses early disease detection, direct patient care, and re

4. Care of the Dying

- Focuses on providing compassionate care to individuals who are in the end stages of life.

- Involves physical, emotional, and spiritual support for both the dying person and their families habilitation.

Roles and functions of a nurse

1. Caregiver

Involves assisting clients physically and psychologically while preserving their dignity.

Encompasses activities such as helping with daily living tasks, providing emotional support, and ensuring a therapeutic environment.

2. Communicator

Nurses communicate with patients, families, and other healthcare team members to identify and address patient problems.

This role includes verbal and written communication, ensuring accurate documentation and collaboration.

3. Teacher

Involves assessing the client's learning needs and readiness.

Setting learning goals with the client and sharing expertise with other healthcare professionals.

Educates patients about their health conditions, treatments, and self-care practices.

4. Counselor

Provides emotional, intellectual, and psychological support to clients.

Helps clients understand and manage their health issues, explore alternative behaviors, and make informed decisions.

5. Case Manager

Coordinates and manages the overall care of clients, working with a multidisciplinary team.

Assesses the effectiveness of care plans, monitors progress, and works to control healthcare costs while ensuring quality care.

6. Research Consumer

- Utilizes research findings to improve patient care and advance the nursing profession.

- Engages in evidence-based practice, evaluates research studies, and applies relevant findings to clinical practice.

7. Change Agent

Assists clients and healthcare teams in making changes in health behaviors or healthcare practices.

- Promotes innovation and improvements in care delivery and patient outcomes.

8. Advocate

Protects and represents the client's rights and interests.

Helps clients navigate the healthcare system, make informed decisions, and access necessary resources and support.

Best wishes