

Nursing Profession From A Perspective Of A Nurse

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Abstract:

Nursing is a noble carrier and has been for many years and years to come. The nurses are prepared to work with multidisciplinary teams to ensure the adequacy of care is given to clients. Nurses' roles range from patient-centred care to case managers and directing complex situations for patients and clients. Nurses perform their roles following codes and sets of rules to deliver the best possible care and health promotion for patients. The sets of codes for nursing practice guide nurses as carers, managers, practitioners and researchers. Nursing has developed with time and this development has shaped today's nursing profession.

Keywords: The Nursing and Midwifery Council, Nursing profession, Nurses, Scope of nursing, nursing care.

Introduction:

As a nurse, one requires skills and an attitude that aims at making the overall satisfaction of the patient perfect. A nurse works to ensure that the patient's health is improved using possible available means. Keeping in mind that patient care is a multidisciplinary approach, more often than less, a nurse is the one that is first to listen to the patients' grievances (Wilson, and Young, 2012, p.564). As such, nurses are trained and positioned to be better caregivers, better, excellent communicators, and coordinators. The role of a registered nurse includes treating people as individuals and upholding their dignity. This can only be attained through treating them with kindness, respect, and compassion. They also listen to people and respond to their preferences and concerns to make sure that people's physical, social-psychological needs are assessed and responded to. Act in the best interest of people always. Respect people's right to privacy and confidentiality and communicate clearly to patients and other disciplines. In this review, the roles and responsibilities of a nurse, more so in the modern set up are discussed. The changes in nursing practice have been highlighted. The role of a nurse in a multidisciplinary set-up is also addressed. The role of NMS in ensuring standards and NMC code is also reviewed.

Background:

First and foremost, a nurse is a dedicated customer care officer who works tirelessly to uplift the face of the facility she or he works at. In that spirit, a nurse needs to have a positive attitude, humility, and treat the patients with empathy. How a nurse speaks to the patients, who are the ultimate consumers of health services, portrays the image of that facility (Oh, and Wee, 2016. pp.507-517). Since nurses have the most interaction with the patients, a good rapport established has a lasting impact on patient satisfaction. Good customer care will also make it easy for other practitioners to attend to the patients. It also boosts patient return rate and follow-up. This highlights how important; the role of a nurse is customer care and it applies not only to outpatient nurses but also to inpatient stationed nurses.

Another significant day to day role of a nurse is coordinating a variety of activities. As a coordinator, the nurse recognizes the needs of the patient and arranges for how he or she will get. A patient requiring referral and an accompanying nurse, for instance, will benefit vehemently from good coordination skills between transit ambulance, referring facility, and the referral facility. A patient requiring an urgent physician or surgical review will similarly benefit from the excellent coordination skills of a nurse.

A trained nurse must stand out as an exquisite communicator and a teacher. Communication does not only lead to a good patient-nurse rapport but also establishes a better therapeutic relationship (Kourkouta, and Papathanasiou, 2014 p.65). A nurse is supposed to focus on both verbal and non-verbal communication. Amazingly, good communication skills complement a nurse's role as a teacher. A nurse is tasked to educate patients on various matters. Elaborating with patients on how to develop, sustain and better self-care abilities is a key role for a nurse. Offering appropriate knowledge about the condition of the patient aids matters in making informed consent. As a teacher, a nurse demonstrates ways and practices which are evidence-based and have shown to prevent illness, promote health, restore it, or encourage coping with chronic conditions such as diabetes and hypertension.

Pioneer nursing had very little to do with formal medical training and everything to do with your gender which was mainly female. The recent changes it has undergone in today's world are vast. As the world changes in terms of technology, patient requirements, new practices, new patient demands, and new diseases such as cancer, nursing has also changed. The changes are not only noticed in practice but also in research and in how nurses are trained.

The training for nurses entails a variety of programs and specialties. They are taught roles such as how to address patients and treatments with dignity. With new disciplines coming up in the field of health, there are also new subspecialties that require trained nurses in those fields. For instance, a complete renal unit does not only require a nephrologist but also a nurse trained to work in a renal unit. A cardiac centre will immensely benefit from a trained cardiac nurse. Travelling nurses get to work with shipping and airline companies for preparedness for a health emergency. Critical care nurses do great work in intensive care units. Other notable new fields include family

nurse, orthopedic nurse, theatre nurse, and mental health nurse. During preliminary training of nurses, the students get to be introduced to these specialties so that they can recognize the patient requirements of a specialty rather than just a registered nurse.

Set up for nursing work has also changed over time. Back in the day, the healthcare setting used to be in the home or on the battlefield for many women in the nursing fields. In today's world now the medical settings for nurses are hospitals, physician's offices, home health care services, or assisted living facilities where they perform their modern nursing roles to the community.

The responsibilities of nurses have also undergone an evolution over time. Nursing responsibility used to be reading a lot like a household chore list and it has come a long way since. The change in responsibility for nurses stems from a few changes in the field and this includes more comprehensive training on tasks that were performed by physicians such as medication (Campbell, and Devlin, 2011 p.12956). A modern nurse is also expected to be both a leader and an advocate for the rights of patients. As a result, more nurses are focusing on administration than they did before (Nutley, and Davies, 2011). Currently, several health facilities are being managed by nurses. Health facilities are also hiring nurses, particularly administrator nurses to help with the running of facilities. Also, nurses have stepped up their role as entrepreneurs in the field of health.

Present time for Nursing:

There has been a tremendous shift in the Culture of nurses in the 21st century (Hegge, and Hallman, 2008.). Nursing culture in the 20th century was known as being mostly female with a rudimentary amount of knowledge. Today's culture has changed a lot. Nursing is about education and healthcare knowledge has diversified such that a nurse does not blindly follow the given instruction or prescription from other medical specialties but is well equipped with knowledge and experience to do so judiciously and question them when necessary. The participation of nurses in research is also a notable change. More nurses are involved in medical research aimed at bringing in new practices, new medical devices, and the effect of health practices on patients and communities (Akerjordet, Lode, and Severinsson, 2012).

'The Nursing and Midwifery Council' (NMC) serves as a professional board for nurses and midwives. The council ensures the protection of the health and wellbeing of the public in many ways. First, it sets standards of education, training, and performance for nurses. This ensures qualified nurses and midwives can deliver high-quality healthcare consistently throughout the practice. It also ensures nurses and midwives continue learning new skills and knowledge through organizing and sponsoring continuous medical education. Setting minimum points for revalidation enforces the spirit of learning and getting better. It rules of practice. The council shapes the professional practice of registered members through developing the NMC Code and ensuring its upholding. The council shoulders the responsibility to investigate and follow up concerns alleged to a registered member, about fitness to practice or gross misconduct, and take action of appropriate measure if the need arises. The council also designs and approves education programs. NMC also sets standards for training, supervision, and assessment (Dix, 2015 pp.22-23).

The NMC Code sets professionalism and bare minimums for a nurse's social-psychological conduct for practicing in the UK and England. To maintain professionalism, social-psychological needs are assessed and responded to professionally. Act in the best interest of people at all times. Respect people's right to privacy and confidentiality. As much as the Code emphasizes the practical and professional part of nursing, and is bound to criticism and interpretation, the NMC has made it clear that the values upon which the code was developed are not questionable, (Pattison, and Wainwright, 2010, pp.9-18.). It directs work with communities, research, leadership, and education. There are four basic components of the NMC Code. First, prioritizing humans. This entails putting patients first by, respecting their rights and views. As such a nurse is expected to be fair and judge less. Secondly, the nurses' practice should be effective. Optimal care within the shortest time possible is expected from nurses. Besides, they are expected to show knowledge in terms of lab result interpretation, treatment, and offer evidence-based care. This is affected by clearly outlined effective practice concepts that need to be followed to the later. Thirdly, nurses are required to uphold patient safety. The safety of the patient should always be at the centre of the health decisions taken. When in doubt, a nurse is supposed to seek help from other nurses and other disciplines within and without the health field. A nurse is also tasked to be on the lookout for unsafe practices and report them to relevant authorities and promptly address such practices (Goldsmith, 2011 pp.12-14).

The Code sets and maintains specific standards that nursing associates, midwives and nurses must always strive to meet and abide by. When the governed members of NMC are offering services to persons or communities or sharing their professional opinion, its standards must be maintained. Practice in other roles such as leadership education or research. The code sets out common standards of conduct and behaviour for those on the register and this provides a clear, consistent, and positive message to patient service users and a positive message to well elaborated, consistent and promising message to health service consumers and fellow practitioners about their expectations registered practitioners of NMC.

The need for effective communication is important, effective communication can be defined as verbal, speech, or other methods of relaying information to get a point across. This is important in multidisciplinary healthcare. It improves health literacy by enabling the patient's ability to obtain, comprehend, communicate, and understand basic healthcare information. It helps in the assessment of baseline patient literacy which is crucial since it creates an impetus for initiating a dialogue between patients It improves patient communication with all staff since all staffs who come into contact with the patients have a role to play. It helps to confirm patients' understanding of the information given by the nurse practitioner and the health education offered.

The role of a registered nurse within a multidisciplinary healthcare setting is wide. It includes attending to the patient and relaying the progress. Following a given procedure or medication, the nurse is tasked with monitoring patients' progress and response to therapy and raising alarm to the appropriate disciplines if the need arises. Recording and updating patients' medical information and vital signs, maintaining detailed and accurate reports. In a

multidisciplinary approach, the nurse is at the centre of all other practitioners (Watts, Gee, O'Day, Schaub, Lawrence, Aron, and Kirsh, 2009). He or she coordinates who and when a specific discipline reviews the patient (Delamaire and Lafortune, 2010, p.5). Therefore, a nurse is tasked with consulting and coordinating with other members of the healthcare team to plan, implement, and evaluate patient care plans. As mentioned earlier managerial skills for nurses has also been established and documented (Wilkinson, Nutley, and Davies, 2011).

Conclusion:

In a nutshell, nursing is not only a noble career in the UK but also throughout the world. A nurse is a manager, coordinator and teacher. It is in a nurse's attitude and behaviour that the skills of kindness, equity and wisdom are portrayed. Like other health science professions, the roles of nurses and midwives are dynamic with time. NMC plays a key role in shaping the best nurses we see around by setting and maintaining high standards of training and nursing and midwives' practice.

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