

Roles and Responsibilities of Nursing Professionals in Providing Psychological Support Severe Ill Patients

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Abstract

An important factor to consider while providing patient care is the psychological support. Many chronic ill patients consistently reported having "significant information and emotional needs" and several studies reported that nurses play a pivotal role in providing both care and support to patients from diagnosis, treatment to cure, end of life/palliative care. Nurse practitioners play a significant role in patient supportiveness effectively by building communication and understand patient's needs and requirements during their treatment. Adequate psychological support to patients throughout their journey will make them understand and feel-safe and better. Clinical nurse practitioners play a significant role in patient supportiveness effectively by building communication and understand patient's needs and requirements during their treatment.

INTRODUCTION

Clinical nurse practitioners play a significant role in patient supportiveness effectively by building communication and understand patient's needs and requirements during their treatment. Their support is also beneficial in building a rapport with patients having chronic illness and to develop a clinical relationship with them and their family throughout the management of disease [1]. This gives clinical nurses a chance of building communication and gaining trust and initiation of support. Since each patient demands specific 'physical-symptomatic-psychosocial' care, nurses treat patients individually. Establishing good psychological support demonstrated beneficial outcomes by reducing physical symptoms and psychological distress in patients. As a result of this, there is a significant improvement in the quality of life, enhanced management, reduction in the levels of pain with a consequent decrease in demanding hospital resources [2][3].

EFFICIENT PSYCHOSOCIAL CARE

Delivering excellent psychosocial care is based on good communication and building a rapport with the patients. In severe chronically ill patients, it is imperative for the nurses to have adequate interaction to express empathy, support and provide medical information. It is a widely accepted fact that a relationship of a healthcare provider with patients is built on trust, honesty, understanding and very importantly, being present, setting goals and providing social support to severely ill patients [4]. Efficient psychological support and delivery is dependent on two factors namely "recognition of distress and available mental resources (Moody 2003, Sussman and Baldwin 2010, Muriel et al 2009). Corresponding to

Hodgkinson et al. psychological care entails establishment of "psychological, social and spiritual care" [5][6]. Providing social support can be helpful for patients with chronic diseases experiencing distress and anxiety [7][8]. The nursing professionals' relationship build with patients vary among patients and factors such as age and gender have an impact of the "relationship built". Nurses' role in providing resources and education catering to individual needs is also a part of psychosocial care.

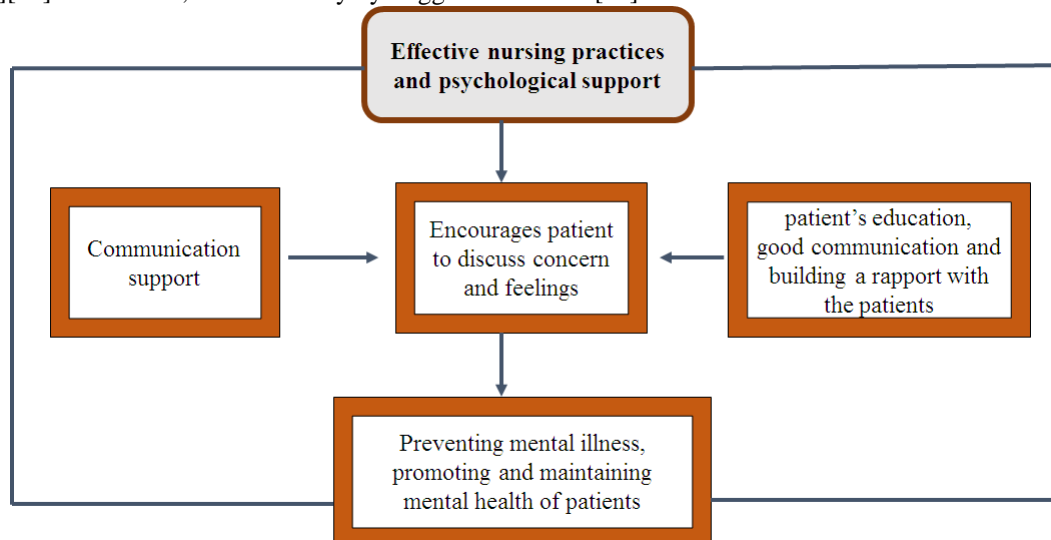
For an effective psychosocial care, 'hope' is considered as a primary component. Reb and his team in the year 2007, demonstrated that hope comprises re-evaluation and setting new goals [9]. A study by Schofield et al. 2006, demonstrated that nurses' discovery of a balance between speaking the truth and "nurturing hope" is a key factor in building trust. In many situations' nurses be certain that promoting negative anticipation of treatment when treatment is ultimately not possible may

lead to grief because it may prevent patients and their families from making informed medical decisions and lifestyles [10]. Reb and his team conducted a survey analysis and found that "communication style and relationships with health care providers" were important continuum themes that affected trust. Healthcare professionals especially nurses should be able to effectively connect patients and their families and provide confidence.

Nursing professionals are in direct contact with patients and are in a good position to provide community-based mental health care. Efficient promotion community-based mental health care depends on the understanding of nurses and their ability to provide it. Rodriguez et al. (2007) reported that some nurses find it difficult to integrate mental health

care into a standard program. Studies show that this may be due to an overdose of public care for nurses and patients with ailments or conditions and to the medical care required in treatment [11][12]. In addition, research study by Legg et al.

(2011) shows that barriers such as “lack of time, overwork, feelings of inadequacy, and language barriers” prevent nurses from particularly in intensive care settings in providing this care [13].



A recent study by Macmillan et al. (1996) testified on the need for community-based mental health care to “improve patient health outcomes” [14]. Since the provision of psychosocial social care is both psychological and personal, nurses' experiences should be evaluated in their unique social context. Therefore, it is vital to understand the views of nurses in mental health care and to identify their barriers to its implementation so that steps can be taken to improve psychosocial care. Several studies reported that nurses with an in-depth understanding of community mental health care and the experience they have gained in providing this care to develop strategies to improve nurses' ability to provide community-based mental health care.

PSYCHOLOGICAL SOCIAL SUPPORT SYSTEMS

Psychological Social Support Systems initiates to address ongoing psychological functioning in the community problems of individuals, their partners, families and caregivers (Torn & Greasely, 2016) [15]. Nurses have an important role to play in supporting chronically ill patients. A lot of psychological problems affecting patients, “such as 1) The cost is too high; they feel a great burden for to the family and have a sense of guilt. 2) The pain caused anxiety. 3) They feel useless, and think they live worthlessly. However, nurses were asked to respond. The problem is patience, correcting mistakes and eliminating misunderstandings, helping patients, identify and deal with stressful psychological or social problems and support yourself Inspired. This means that, as a nurse, they must first educate themselves (Kozier et al., 2010) [16].

Nurses are the primary and essential source for providing safe and efficient care globally. Efficient nurse practitioners “lowers the stress, suffering and complications of patients

facing death”. Further, nurses extend “physical, social, psychological” assistance to patients with severe illnesses. It has been reported that approximately four million nurses “contribute to the provision of holistic person-centred care” in U.S. alone [17]. Nurses are the primary and essential source for providing safe and efficient care globally. They are not only involved in ensuring safe and quality care but also spend adequate time with patients (having severe illness) and their families when compared to other healthcare professionals. It is a well-accepted fact that efficient nurse practitioners “lowers the stress, suffering and complications of patients facing death”. Further, nurses extend “physical, social, psychological” assistance to patients with severe illnesses. Institute of Medicine demonstrated roles and responsibilities of nurses is to offer caring, sustainable and deliver best quality care [18]. Recent advancements in science and medical technology have contributed to the progress in healthcare sector. Nurses have shown a proven commitment in providing psychological support with better outcomes to chronic ill patients.

CONCLUSION

Nurses offer counselling and adequate education on preventive and control measures, ensure emotional assistance to patients and members of the family. Other responsibilities include monitoring health condition, physical assessment, tracking health history, education on promoting health activities, medication, wound care, personalized interventions and treatment management. Registered nurses actively collaborate with the team of multi-healthcare-professionals in delivering efficient and quality patient care for “improved practice and patient outcomes”. Nurses also deliver efficient care and support to

“serious life-limiting illnesses”. They provide patient-centred approach by developing and implementing care of plans that promote health and quality of life maximizing benefits..

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