

Professional practice
is adhering to policies
and procedures
nursing essay



**ASSIGN
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Professional practice requires some fundamental foundation of the thought process learned from theory from but not limited to lectures and readings. Professional Practice is adhering to policies and procedures regulating bodies put in place such as competency models that professionals practicing in the healthcare sector must meet, Nurses Council of New Zealand, (2007). This includes having an understanding of self-functioning, cultural safety imperatives, a defined knowledge base being the science of nursing and includes progression and expertise, (Richardson, 2004). Professional caring is about developing a power-sharing relationship; there must be trust between the nurse and the client. The nurse must be respectful of their client's rights and dignity and apply nursing skills as an art.

In this assessment I will describe how both professional practice and professional caring have a relationship. The relationship must be synergistic and only work well if you have both professional practice and caring together, in order for synergism to be maintained the nurse needs to be self-aware, merging theory the (Science) and the practice the (Art), (Taylor, 2007).

Professional Practice

Nurses practice as healthcare team member(s) and abide(s) by rules and regulations set out by governing bodies such as the New Zealand Nurses Organisation, (NZNO) and Nursing Council of New Zealand, (NCNZ).

Professional nursing practice in my view relates to healthcare worker(s) whom must be honest, ethical, have high morals and boundaries and follow these same guidelines set by governing bodies.

The professional practicing nurse must at all times act in a culturally safe way with their knowledge and understanding of working with different cultures from different ethnic backgrounds, age sexual orientation and gender. NZNO, states " culture is not only ethno-specific, but includes the cultures of class, sexual orientation, age and gender. General values, characteristic of ethical systems as a result of European tradition and have been used to develop values nurses practice by and statements to guide that same practice regardless of its setting" (NZNO, 1997 p. 7).

In order for the nurse to practice professionally he or she must have a broad knowledge of the sciences through theory of the human body and health. Values and beliefs should be portrayed to the client to meet their individual needs. Healthcare professionals should be seen to be practicing proactively, advocating for every client in every setting and be approachable. The professional should approach every situation client and patient with individuality and merit, (NCNZ 2007).

The professional nurse should be practicing effectively, with an effective client focussed outcome promoting effective wellness plan(s) using their knowledge of problem solving skills. This includes that they are motivated to help others and provide a practice in a confident organised sometimes autonomous seamless way. Benner, Tanner & Chesla, (1996) suggests professional nursing practice includes an innovative level of critical thinking validated by an inspired analysing process.

Professional practicing nurses use life experience and knowledge from similar situations and circumstances to be able to perceive what sometimes

cannot be explained, this requires imagination which does not always require science but an intuition that comes with professional nursing practice experience. " A person does not come into the world predefined, but becomes defined in the course of living a life. A person also has an effortless and non-reflective understanding of himself/herself in the world" (Heidegger 1962, in Benner & Wrubel, 1989, p. 41).

Professional Caring

My understanding of professional caring is a person giving versus a person receiving. It is a relationship in which the person receiving the professional care is as important and has as much say in their wellness plan as the professional carer and the care given incorporates their values, beliefs, culture family and whanau it may include a multi-disciplinary team should other health professionals be involved in their wellness program, (NCNZ, 2005).

The skill(s) obtained through extensive education knowledge can be used to care professionally in any clinical setting. Professional caring is a trust formed between client and nurse regardless of their setting. The relationship has a positive impact on the client and their health , (Cowley, 1995).

A committed approach is taken to ensure accuracy and promote wellness for the client, Polanyi (1962). The client is entitled to professional treatment that adheres to societal expectations under the statutory code of conduct set by governing bodies which gives the public rights to a minimum standard that is expected from nurses, (NZNO, 2001).

Professional caring is a formulation of factors of how professional carers should behave in any healthcare setting. Showing the professional carer has a sound understanding of what is right or wrong, a set of ideals, ideals used or articulated in making the correct judgements. Professional caring is accepting individuality or accepting groups as a whole in any healthcare setting making sound non-judgemental decisions (NZNO, 2001)

Professional carers must act ethically and maintain a standard of practice, which is the foundation for adhering to core competences set by the Nurses Council New Zealand. Professional caring is respecting the rights and dignity of the client or patient. Making sure the client or patient is safe at all times but not limited to ensuring the client or patient is comfortable also maintains their freedom to choice. Professional caring is justifying the right to care with the public's trust and confidence, (NCNZ 2008).

Relationship between professional Practice and Professional Caring

Professional practice and professional caring work side by side. They need each other. Without professional practice professional caring " the doing", would not be effective nor have valuable outcomes for a client/patient focused wellness point of view. A healthcare professional needs to use theory in education to be proficient and meet the required outcomes set by governing authority's guidelines. These outcomes are to be used in the everyday professional healthcare environment regardless of its setting, and regardless of whether we are talking about professional practice or professional caring (Benner 1984).

However it is important for the healthcare professional to recognise the difference between the professional practice and professional caring in order to use them simultaneously. This ensures the outcomes are person centred and equate to successful professional practices " the science of nursing" is adhered to and is provided in a way that professionalism is maintained by the professional caring " The art of nursing. Knowledge includes research, scientific enquiry this knowledge is gained from journals, ideals of science, biology, sociology and but not limited to pharmacology Piedmont (1997).

Parker (1997) states aesthetic knowledge involves proficient practice and the inspiration to care. Inspiration to care is the drive to care for someone and enable him or her to cope with their illness or disability to enjoy a higher level of wellbeing and value of life. Darbyshire (1994) states caring is also about having empathy towards the person's experience, an understanding into the extent of the person's condition and the lived experience but not limited to pain and illnesses.

Polyani (1966) speaks of personal knowledge and how it involves becoming self-aware. It does not stem from literature or theory that it refers simply to the fact 'we know more than we can say or as Benner and Tanner (1981 p. 8) refer to as " the understanding without rationale"'. It can be as valid as technical knowledge and carers can be assertive in using as a validation for their actions.

Marks-Maran and Rose (1997) states intuition is widely accepted in nursing and has been cited as a vital part of professional clinical nursing practice (Benner and Tanner 1981).

Conclusion

In this assignment I have discussed professional practice and how practicing is regulated by governing bodies. Professional practice has cultural safety aspects relating to clients. In order to practice nurses need a defined knowledge of science which involves progression and expertise. Professional caring is about developing a power-sharing relationship developing a trust between nurse and client, respecting their rights and dignity including the art of nursing. The relationship between professional practice and professional caring needs a synergistic relationship and only work well if you use both together. The nurse requires the skill of self-awareness merging the theory (Science) and Practice (Art) to enable an effective healthcare environment.