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Abstract Although the field of nursing has had drastic improvement over the past 100 years, there are still improvements that need to be made quickly both for the staff but more importantly, patient care.

Great progress was made in a short time with Florence Nightingale, but change slowed as time progressed leading to a drastic shortage of nurses starting in 2007 has continued to grow. Nurses are starting to believe the shortage will never get better due to the test standards continuing to rise, the cost of attendance for nursing school and the continuation of education. More importantly the shortage continues to rise because hospitals want experienced nurses rather than fresh graduates.

It is important to not only compare nurses to other nurses but to compare a nurse to a lawyer; a lawyer is an advocate for their client just as a nurse is throughout their care. Florence Nightingale, one of the most important women in nursing helped form the roles during the 19th century, more on a general level compared to an individual level. Nightingale made connections between patient deaths with the poor hygiene, lack of supplies and medicines and time constraints.

Nightingale has led nursing into a direction that will lead to unimaginable advances in medicine. The standards of professional nursing practice given a basic understanding of who, what, where, why and how something is within the scope of nursing. There are specific knowledge bases for nursing that mandate the promotional aspects of health, care of an individual on an individualized basis and policies. One of the biggest risk factors of the lack of nurse is the drastic increased health risk of individuals in the nursing field

due to the increased workload which is the effect of the nursing shortage. While several states have a regulation put in place that allows a nurse to only have so many patients at a given time; nursing to patient ratios should be appropriate to provide the best possible care for the patient at all times. Many of the nurses that are currently working in hospitals that do not have enough nurses are underpaid and overworked where care and diagnosis that are missed by low staffing of nurses are the reason for the increased mortality rates. Traditionally, clinical education in nursing has involved being assigned to a specific clinical agency or site and doing what nurses in that agency or site are doing on a given clinical day.

Evidence based practice which is also known as concept based learning allows students and current nurses to develop a deeper meaning to certain practices and ensure better healthcare for individuals seeking care. In all these areas, the health care system consistently demonstrates that it is responsive to individual's' needs and desires through the delivery of truly patient-centered care. Development of Nursing Patient advocacy has always been an important aspect when it comes to the nursing field. One of the most important founders of modern nursing and advocates in nursing history is Florence Nightingale, she is one of women to help form the development of nursing in the mid 19th century, more on a general level compared to an individual level. It is important to not only compare nurses to other nurses but to compare a nurse to a lawyer; a lawyer is an advocate for their client just as a nurse is throughout their care. Nightingale made connections between patient deaths with the poor hygiene, lack of supplies and medicines and time constraints.

Florence Nightingale has lead nursing into a direction that will lead to unimaginable advances in medicine. Practices were put in place in order to prevent deaths based on the findings of Nightingale which are still used today such as infection control practices and increased in supplies and medicines for medical conditions and issues. Being an advocate for a patient is one of the most important parts of nursing next to their individual care that would be given. Being a patient advocate will allow for the patient to have someone on their side who will give them all aspects to a situation, and have the feelings of the patient understood for a particular cause.

The standards of professional nursing practice given a basic understanding of who, what, where, why and how something is within the scope of nursing. There are specific knowledge bases for nursing that mandate the promotional aspects of health, care of an individual on an individualized basis and policies. Each nurse is always responsible for his or her own care performed within their workplace. Nursing is a crucial part of all of our lives and a key component to any physician or hospital care. Every nurse needs individualized knowledge but also group enhanced knowledge to promote better care for an individual. This is important to the nursing field because we need to be aware of the scopes and practices within the workplace for a better understanding of care. Current State of Nursing Over the course of the past 10-15 years, there has been a decreased number of nurses in the workplace causing a shortage in the United States.

Projections indicates that the United States will need an additional 900, 000 nurses within the next 13 years, year 2030. Currently, 32% of hospitals report that they are currently experiencing a vacancy of nurses, 10% or <https://assignbuster.com/abstract-made-quickly-both-for-the-staff-but/>

greater. It is important to keep an appropriate nurse to patient ratio to ensure patients and their families that the right care is being provided and when it needs to be provided. Many nurses report having frustration with the physical demands of work, the workload, patient acuity, and time constraints. This makes nurses question if they deserve to be put in that specific circumstance due to the strain that it puts on them both mentally and physically. Many nurses stay in the field because they are caring individuals and do not think of nursing as a chore rather than something that they want to do. The demand for healthcare services will always increase due to the constant aging population. The shortage of nurses has several factors: new nurses being turned away due to lack of experience, and majority of nurses getting to the age of retirement.

One of the biggest risk factors of the lack of nurse is the drastic increased health risk of individuals in the nursing field due to the increased workload which is the effect of the nursing shortage. While several states have a regulation put in place that allows a nurse to only have so many patients at a given time; nursing to patient ratios should be appropriate to provide the best possible care for the patient at all times. “ Registered nurses are the single largest group of healthcare professionals in the United States.” (Nursing Shortage Effect on Health Care) Many of the nurses that are currently working in hospitals that do not have enough nurses are underpaid and overworked where care and diagnosis that are missed by low staffing of nurses are the reason for the increased mortality rates.

Majority of the staff that are currently working in hospitals do not have enough nurses; several of them are underpaid and overworked where the

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care given and diagnosis' are missed due to the low staffing of nurses and the reason for the increased mortality rates. Research has proved that a nurse to patient ratio of 1: 4 or lower will produce the healthiest outcomes for the patients and a ratio of 1: 8 or higher will produce the patients with the poorest outcomes. The odds of a patient dying within the healthcare setting increased seven percent for each patient that was added to a nurse's workload beyond the recommended staffing ratio.

Errors that are made by nurses are increased when the nurses workload is more than necessary and detrimental. " High workload in the form of time pressure may reduce the attention devoted by a nurse to safety-critical tasks, thus creating conditions for errors and unsafe patient care." (Patient Safety and Quality) All states should have a regulation put in place that allows a nurse to only have so many patients at a given time. Although fourteen states across the U.

S address the nurse to patient staffing law, currently there is only one state within the United States that has set staffing ratios for hospitals; California. California does have their specific ratios posted to be seen by the public; ICU, CCU, NICU/PICU, and ER patients requiring " intensive care:" 1: 2, Step-down units: 1: 3, Telemetry, Pediatrics, ER, Antepartum/Postpartum: 1: 4, Med-Surg: 1: 5, Psych: 1: 6. Currently there are nurses on strict across the United States in regards to having the " Nurse Staffing Standards for Hospital Patient Safety and Quality Care Act." These projected ratios are intended to decrease the patient mortality due to lack of care and complications. An increase of two registered nurses hired per one thousand patients admitted to the hospital is expected to decrease the current patient mortality rate by <https://assignbuster.com/abstract-made-quickly-both-for-the-staff-but/>

4. 3%. Although 4. 3% doesn't seem like a drastic change, over time it will decrease the patient mortality rate by 50% within the projected time frame by 2024.

Currently hospitals are trying to deal with the drastic nursing shortage by hiring nurses in specific areas of the hospital during specifically seasons that increase the risk for any illness. Although nurses are working in hospitals and do not have the adequate amount of nursing assistance, this is expected to diminish over time while patient mortality rates are expected to decrease with the new proposed ratios with the " Nurse Staffing Standards for Hospital Patient Safety and Quality Care Act." Future of NursingIt is important to teach nursing courses in the most appropriate and beneficial way. The ultimate goal for any nursing professor is to teach students the skills they will need whether it be in clinical or after they graduate and in the work force that they can forever build upon and become more efficient. Over time with research; it has been found that majority of nursing students learn best by performing hands on skills. This has developed in class labs, clinicals, case-based learning and evidence based practice. " The clinical environment is one place in which students learn nursing practice in action..

." The problem that many professors and instructors have come across is the lack thereof high quality clinical sites where they are allowing the students the opportunity to learn; it creates a barrier to the education of nurses and nursing students. " Traditionally, clinical education in nursing has involved being assigned to a specific clinical agency or site and doing what nurses in that agency or site are doing on a given clinical day." With the need for better clinical sites, this would allow for the students to focus on the deeper

understand of certain situations rather than strictly only the nursing care they are performing as routine care that can be unfocused and disorganized. Case based learning is something that is seen throughout the country that can also be known as a simulation lab. This is a laboratory that that has learning opportunities with role playing mannequins that can mimic patient needs and scenarios. These types of labs allow for students to be in a structured environment and develop the skills to meet the needs of the course. Evidence based practice which is also known as concept based learning allows students and current nurses to develop a deeper meaning to certain practices and ensure better healthcare for individuals seeking care.

This is a practice throughout the world that allows for healthcare providers to use their skills and knowledge to configure the best outcome for an individual based off of their needs and a health care providers past experience. It is important to allow the students to learn the best possible way for the things that they are going to come across in their futures as nurses. Each individual learns in a different way and although each student has their own way of comprehending, the teaching is on a platform that involves all aspects of learning which are found beneficial.

If the learning opportunities remain the same or continue to get better, this will allow for future nursing students to be much more knowledgeable prior to entering the workforce. Where do I fit in? Where do I fit in as a nurse? This is something that I can't answer because I don't know how to answer it correctly. I want to say that I am just like any other nurse, an emotional, mature, passionate and motivated human being. I am someone who wants to constantly learn, make advances in my career, and sees growth within

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myself. While being a nurse, it is extremely important to be able to tell how someone is feeling because an individual may not always tell you the truth on how they are feeling. Having a job as a nurse, it is important to allow others to see how you feel about your job. You could tell when someone has passion, you could feel their excitement as they talk. I want a patient to look at me, trust me and realize that I care about them more than I care for myself; just like any other nurse.

Recently I was able to interview my clinical instructor to get some insight on what she thought were a couple of the most important things for a nursing student to know. There were two questions that were asked out of the fifteen that I thought were more than important and took to heart. Question five, what advice would you give to a new nurse about to enter the field that she wished she had known prior to her start? It is important to take the advice that is given to you and hold onto it because it is something that will help later on in the career. “ Don’t be afraid to ask questions, don’t be afraid to speak out or up when questioning someone else’s practice or reason for treatment along with being knowledgeable but don’t be over confident in yourself. Believe in yourself and learn how to separate work from home life.” Along with question ten, explain a time within your career where you have advocated above the norm for a patient? She explained a time when she was at work first thing in the morning and got a child who was only a couple days old in respiratory distress. She explained the entire scenario and strictly told me that no matter if the doctor says something that you think is wrong to go with your gut because your gut is probably right.

She taught me that I can not be afraid of what I am going to come across as a nurse which had to of been the most important lesson i've ever been given. Where do I fit in? I fit in with every other college kid who is in a nursing program; scared to death about what our future holds for us. At the same time, I also fit in with any other caring, passionate, motivated, and emotional nurse. One day someone will ask me this question and I will be able to answer it without hesitation. Summary There are specific knowledge bases for nursing that mandate the promotional aspects of health, care of an individual on an individualized basis and policies. This is important to the nursing field because we need to be aware of the scopes and practices within the workplace for a better understanding of care. Patient advocacy has always been an important aspect when it comes to the nursing field.

It is important to not only compare nurses to other nurses but to compare a nurse to a lawyer; a lawyer is an advocate for their client just as a nurse is throughout their care. More than one hundred years later with many medical advances the nation is facing their largest nursing shortage. Over the course of the past 10-15 years, there has been a decreased number of nurses in the workplace causing a shortage in the United States. Many nurses report having frustration with the physical demands of work, the workload, patient acuity, and time constraints. Projections indicates that the United States will need an additional 900, 000 nurses within the next 13 years, year 2030.

With this being the largest nursing shortage in history lasting more than ten years, nursing schools are improving curriculums and clinical experiences for their students. The ultimate goal for any nursing professor is to teach students the skills they will need whether it be in clinical or after they

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graduate and in the work force that they can forever build upon and become more efficient. If the learning opportunities remain the same or continue to get better, this will allow for future nursing students to be much more knowledgeable prior to entering the workforce. While being a nurse, it is extremely important to be able to tell how someone is feeling because an individual may not always tell you the truth on how they are feeling. I want to say that I am just like any other nurse, an emotional, mature, passionate and motivated human being.

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