[2th of April]

[Academic and Employability Skills LCHS4001_BIRM]

[PORTOFOLIO: TWO TASKS]

SAMIRA-FLORENTINA SERBANA
2514813

Task 3: Report

Nursing is a dynamic healthcare profession focused on the care of individuals, families, and communities to attain, maintain, or recover optimal health. It blends physical science, social science, and nursing theory with a high level of clinical skill *(American Nurses Association, 2021)*.

The nursing field is tiered based on education, licensure, and clinical focus *(Bureau of Labor Statistics, 2023)*. Here are the primary types:

Certified Nursing Assistant (CNA): Provides basic care (bathing, feeding) under the supervision of an RN or LPN *(National Network of Career Nursing Assistants, 2022)*.

Licensed Practical Nurse (LPN/LVN): Performs basic clinical tasks like checking blood pressure and administering certain medications *(Bureau of Labor Statistics, 2023)*.

Registered Nurse (RN): The backbone of the hospital. RNs coordinate patient care, administer treatments, and educate patients. They typically hold an Associate (ADN) or Bachelor's (BSN) degree *(American Association of Colleges of Nursing, 2022)*.

Advanced Practice Registered Nurse (APRN): These are nurses with Master's or Doctoral degrees who have a broader scope of practice, often including prescribing medication *(American Nurses Association, 2021)*.

Nurse Practitioner (NP): Diagnoses and treats acute and chronic conditions *(American Association of Nurse Practitioners, 2023)*.

Certified Registered Nurse Anaesthetist (CRNA): Specializes in administering anaesthesia *(American Association of Nurse Anaesthesiology, 2022)*.

Nurse Midwife (CNM): Provides prenatal, gynaecological, and newborn care *(American College of Nurse-Midwives, 2022)*.

Type	Education	Typical Role
Certified Nursing Assistant (CNA)	Certificate (a few months)	Provides basic patient care (bathing, fe signs).
Licensed Practical Nurse (LPN) / Licensed Vocational Nurse (LVN)	1-year diploma	Provides basic nursing care under RN s
Registered Nurse (RN)	Associate’s or Bachelor’s degree (ADN or BSN)	Coordinates patient care, administers m supervises others.
Advanced Practice Registered Nurse (APRN)	Master’s or Doctorate (MSN or DNP)	Provides advanced care; can diagnose, specialize.

A Complete Overview of the Crucial Role of the Nurse

The modern healthcare system relies heavily on nurses. They are highly qualified clinicians who plan, organise, and provide comprehensive patient care in addition to carrying out doctors' orders (American Nurses Association, 2021). By bridging the gap between complicated medical diagnosis and the human experience of recovery, they act as the patient's main advocate (World Health Organization, 2020). They strike a balance between deep emotional intelligence and solid scientific understanding as the "backbone" of medical settings.

The foundation of nursing is still based on four essential pillars, even though specializations—from the high-stress ICU to the specialised field of paediatrics or the community-focused field of public health—dictate everyday routines:

Direct Clinical Care and Monitoring

Nurses are the frontline executors of a patient's medical journey, providing the hands-on expertise required to sustain and improve life.

Assessment and Acute Observation: Nurses are trained to detect subtle physiological shifts that others might miss. By constantly assessing and recording vital signs (blood pressure, oxygen saturation, heart rate), they act as an early-warning system, alerting physicians to potential complications before they become crises (National Institute for Health and Care Excellence, 2023).

Precision Administration of Treatment: This involves the safe delivery of medications via various routes and managing complex treatments such as ventilators and wound care (ANA, 2021).

Evidence-Based Care Planning: Registered Nurses (RNs) use **clinical judgment** to develop and evaluate personalized care plans that evolve with patient needs (International Council of Nurses, 2021).

Vigilant Infection Control: Nurses maintain sterile environments and implement infection prevention protocols to reduce hospital-acquired infections (WHO, 2020).

Coordination and Interdisciplinary Collaboration

In the complex ecosystem of a hospital or clinic, the nurse serves as the "central hub," ensuring that every part of the medical team is aligned.

Multidisciplinary Synergy: Nurses collaborate with doctors, therapists, and other professionals to coordinate care effectively (ICN, 2021).

Meticulous Documentation: Accurate record-keeping ensures **continuity of care** and legal accountability (NICE, 2023).

Safety and Risk Management: Nurses reduce risks through medication checks, fall prevention strategies, and maintaining safe clinical environments (WHO, 2020).

3. Patient Advocacy and Emotional Support

Perhaps the most human element of nursing is the role of the advocate—standing up for the patient's wishes and dignity.

The Patient's Voice: Nurses ensure that patient preferences, beliefs, and autonomy are respected (ANA, 2021).

Psychosocial Support: They provide emotional care, reducing anxiety and supporting patients and families during stressful situations (WHO, 2020).

4. Health Education and Discharge Planning

The goal of nursing is not just to heal, but to empower.

Empowering Through Knowledge: Nurses educate patients on managing chronic conditions and treatments (ICN, 2021).

Seamless Transition of Care: They coordinate discharge plans to ensure recovery continues safely outside the hospital (NICE, 2023).

Summary: A nurse's work is a sophisticated blend of **high-tech clinical skill** and **high-touch human compassion**. They are essential leaders who ensure healthcare delivery is safe, effective, and humane (WHO, 2020; ANA, 2021).

The Job of a Registered Nurse
A registered nurse (RN) is the backbone of the healthcare system. They provide direct patient care, give treatments, and act as a link between patients and the larger multidisciplinary team (physicians, therapists, and social workers) (Royal College of Nursing [RCN], 2022; Nursing and Midwifery Council [NMC], 2018).

Main Tasks and Responsibilities:

Clinical assessment: keeping an eye on vital signs and looking for early signs that a patient is getting worse (NMC, 2018).
Making sure that the "Five Rights" (right patient, right medication, right dose, right route, and right time) are followed when giving medicine (RCN, 2022).
Advocacy means making sure that the patient's safety and preferences come first when planning treatment (NMC, 2018; International Council of Nurses [ICN], 2021).

Essential Skill	Why it is Essential (with Example)	Strategy to Improve	How Strategy Helps Development
1. Clinical Communication	**Why:** Prevents medical errors. Nurses must relay precise data during "handovers."	**SBAR Framework Training** (Situation, Background, Assessment, Recommendation)	Standardizes communication, reducing ambiguity and increasing confidence during high-pressure exchanges.

Essential Skill	Why it is Essential (with Example)	Strategy to Improve	How Strategy Helps Development
	Example: Clearly reporting a drop in oxygen levels to a doctor to trigger an urgent review.		
2. Emotional Intelligence (Empathy)	**Why:** Builds trust and aids recovery. Patients often feel vulnerable and scared. **Example:** Noticing a patient's non-verbal cues of anxiety before surgery and offering reassurance.	**Active Listening Workshops & Roleplay**	Helps the nurse recognize subtle emotional triggers and improves the ability to de-escalate stressful situations.
3. Critical Thinking	**Why:** Nurses must prioritize care for multiple patients with competing needs. **Example:** Deciding which patient to see first based on clinical urgency rather than "who asked first."	**Reflective Practice (using Gibbs' Cycle)**	Encourages the nurse to analyze past decisions, identify mistakes, and apply those lessons to future clinical scenarios.

CRAAP Criterion	Evaluation
C – Currency	Published in **2023**, making it highly current and up-to-date with modern evidence-based nursing practices.
R – Relevance	Highly relevant for nursing students and professionals focusing on **evidence-based practice (EBP)**, research, and clinical decision-making.
A – Authority	Written by **Bernadette Melnyk** and **Ellen Fineout-Overholt**, both respected experts in nursing research and EBP; published by **Wolters Kluwer**, a reputable health sciences publisher.
A – Accuracy	Based on peer-reviewed studies, clinical guidelines, and systematic reviews; references are cited throughout.
P – Purpose	Educational and professional — to inform and guide nurses in applying EBP to improve patient outcomes. It's **objective** and research-driven, not commercial.

Melnyk, B.M. & Fineout-Overholt, E., 2023. *Evidence-Based Practice in Nursing & Healthcare: A Guide to Best Practice.* 5th ed. Philadelphia: Wolters Kluwer Health. ISBN: 978-1975185734.
American Nurses Association (ANA), 2022. *The Nursing Profession: Scope and Standards of Practice.* 4th ed. Silver Spring, MD: American Nurses Association.
World Health Organization (WHO), 2021. *State of the World's Nursing 2021: Investing in Education, Jobs and Leadership.* Geneva: World Health Organization.
National Health Service (NHS), 2023. *Roles in Nursing.* [online] Available at: https://www.healthcareers.nhs.uk/explore-roles/nursing [Accessed 30 October 2025].
Royal College of Nursing (RCN), 2022. *Registered Nurse (RN) Role and Responsibilities.* [online] Available at: https://www.rcn.org.uk/ [Accessed 30 October 2025].