

Healthcare in India: Nurses' Contribution

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The “Lady with the Lamp,” Florence Nightingale, is credited for establishing nursing as a profession that is both effective and compassionate. Nursing has a solid foundation as a profession of critical relevance in the health-care industry thanks to Nightingale’s contributions to the advancement of healthcare for humanity.^[1] As the backbone of India’s healthcare system, nurses make up 30.5% of the country’s whole health workforce.^[2]

A nurse’s job falls within the category of independent medical professions. The therapeutic team, which performs several responsible activities and so facilitates broader public access to healthcare, includes nurses, who are crucial members. To match the rising standards of patients, nursing is continually changing and acquiring new skills. A person having the necessary education and training, as well as the legal authorization to practice this occupation, can carry out this task. The Act on Professions of Nurse and Midwifery contains a detailed description of the rules for practicing the profession, getting the permission to practice, and receiving professional and post-graduate training. Nurses may take part in a variety of training courses and specialization courses to enhance their competencies.^[3]

INDIAN HEALTH-CARE SYSTEM: CURRENT SCENARIO

According to the World Health Organization, India has 1.34 doctors per 1000 people in 2017. Many poor nations have startlingly low medical workforce. Health and Wellness Centers and the National Health Protection Scheme like

Pradhan Mantri Jan Arogya Yojana were the key sections of the Ayushman Bharat Scheme, in which the Government of India designed to address healthcare. Even though the initiative to improve the health system would achieve health for everyone, there is no evidence of enough skilled health workers for efficient execution. Health-care delivery systems prioritize trained staff.^[4]

India’s primary health-care delivery system is unsuccessful due to a low doctor-to-patient ratio, excessive doctor absenteeism, and an imbalance in health professional distribution between rural and urban areas. First-contact, patient-focused, and long-term care that meets health demands is urgently needed. A nurse’s primary health-care duty is to provide services, promote health, prevent disease, and treat the unwell across all age groups, groups, and communities. Nursing leadership is a vital part of the WHO’s 2020 Nurses’ Year of Appreciation.^[5]

Due to rising demand, effective workforce utilization is crucial to providing high-quality and cost-effective health-care services. Given that the global nurse practitioner workforce is growing 3–9 times faster than the physician workforce, nurse practitioners could serve as initial contacts.^[6]

HEALTH-CARE SYSTEM: OVERVIEW OF QUALITY

To provide the finest care, monitor patients’ need. Today’s society uses “quality” in speech and media. This term has been used forever. Today, quality can be defined in numerous ways, largely depending on the situation. Quality is standards-based and market-driven. The word describes delivering a product or service to meet consumer expectations. Its definition depends on the market. Changes have made customers a quality indicator. Quality includes supporting activities and product or process attributes. Modern organizations – especially medical ones – should prioritize quality improvement.^[7]

Medical services are service activities due to their core qualities. The first is immateriality because patients cannot predict treatment outcomes before seeing a doctor. Medical services cannot be supplied without patients or staff. To

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improve health, the patient must participate in the healing process. Medical care is permanent. It cannot be utilized after a deadline. Diversity means medical personnel treat and diagnose each patient differently since they are unique.^[8]

Patients need good healthcare. Health issues affect all aspects of life. It aids social participation. This helps him do his regular tasks. Household and workplace social activities require good physical and mental health. The WHO values healthcare quality. Each medical center strives for excellent care and patient satisfaction. Quality rises. It determines hospital market position. Due to patient standardization and system focus, meeting individual needs and facility expectations are crucial. Rivalry persists. Medical center directors must realize that people are more aware of their rights and deserve top-notch care.^[9]

Modern nursing requires new duties for nurses. Medical service quality assurance includes patient comprehension, effective communication, modern facilities, cutting-edge technology, and highly skilled medical staff. Quality should involve all medical staff. It entails discovering the best ways to interact with the patient, especially if they are sick. The nurse must be empathetic because this is a stressful circumstance for the patient and family. Choosing the patient's communication channel makes therapeutic outcomes easier. In this situation, nurses are critical to healthcare.^[10]

HEALTH-CARE SYSTEM: ROLE OF NURSES

The purpose of nursing is to provide assistance to individuals and groups so that they may realize their potential on all levels, including mentally, physically, and socially, in the contexts, in which they carry out their regular activities. The goals and vision of the nursing profession have a significant impact on the work that nurses are expected to do. Its primary functions include the planning of nursing activities, the evaluation of patients' needs, and the determination of whether or not certain tasks require the support of other specialists in a particular field. Another one of a nurse's roles is to retain records of actions that have occurred in the past to better prepare activities that will occur in the future. In addition to this, it implies adhering to all appropriate professional, ethical, and cultural standards. The evaluation, diagnosis, and prevention of any behaviors that put a person's health or life in jeopardy are the primary components of any measures made to promote or prevent disease or illness. Registered nurses are heavily involved in the implementation of many health programs. They tend to the sick, educate patients on how to lead healthy lives, and carry out other nursing responsibilities. They play an essential role in educating patients for the responsibility of self-care, whether the patients are incapacitated or suffering from an illness. They are an integral part of the groups of

people that formulate health policies and take part in research projects.^[11,12]

The nursing profession came into being as a response to the persistent demand for the highest possible level of medical attention to be provided to individuals of all ages, particularly the elderly and children. To merely attend to the requirements of the patient's illness is insufficient. The World Health Organization places a strong emphasis on the importance of treating individuals as bio-psycho-social beings and recognizing the role that biological, psychological, and social factors play in the development of disease as well as in the process of improving health. As a result of the dynamic nature of human health, people have increasingly high expectations of medical personnel, who are then obligated to live up to these expectations.

CONCLUSION

The nursing field is one that is always evolving and assuming new roles. The range of duties carried out is one area where the evolution of this profession is particularly evident. Safety and high-quality medical services are always provided. To practice nursing with quality, one must adhere to all applicable standards and criteria, including those for safety, efficacy, ethics, accessibility, and professionalism.

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