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NURSING IN THE UK

Nursing encompasses the autonomous and collaborative care of people of all ages, families, groups and communities, sick or well and in all settings. Nurses are at the forefront of service delivery and play an important role in person-centred care. In several countries, they are leaders or key elements in multidisciplinary and interdisciplinary health teams. In each country, nursing is practiced differently, but always with a relationship. Nurses must provide humanized care, that is, not only cure wounds or treat diseases, but they must also give the patient human care in the social, emotional and spiritual sphere, that is, they will not only reach with the patient, medical treatments will be implemented and they will not even turn around to see them. The nurse must empathize and connect with the patient to be able to help them in any aspect. Focusing on the kingdom, today nursing involves caring for the whole person, based on the best evidence and focused on the individual needs of people, but what does it mean by caring as a whole? And what are those individual needs? We will cover several points to learn about what nurses do, how they use the nursing process, the organizations and unions that represent nurses, where they work, and try to understand how nursing is regulated in the UK. The United Kingdom is one of the favorite destinations for nurses and there are many advantages that come with the experience of having a stay there: the first and most important is that the unemployment rate is much lower, which means which is much easier to find a job; secondly, the level of English acquired will be a very important added value in the nurse's or nurse's curriculum, in addition to the fact that the United Kingdom is an ideal destination, since it is a very multicultural country in which different people coexist openly. cultures, where there is a wide range of leisure, culture and gastronomy.

In the book *Everyday English for International Nurses* by Joy Parkinson and Chris Brooker, they tell us that today nursing in the United Kingdom involves caring for the whole person through holistic care, which consists of accompanying the patient to help them balance your health through the nurse-patient connection. This includes emotional, social, psychological, spiritual and physical factors and not just an illness or injury, that is, not only will the patient be reached, medical treatments will be implemented and they will not even be seen again. When talking about caring for the person as a whole, the nurse, in addition to implementing the interventions, must be aware of the patient's condition in any of the areas in which they are found and try to improve it, therefore, it is important to empathize and connect. with him and with the family. Nursing is based on evidence and focuses on the individual needs of people who use the health system, which are physiological needs such as: breathing, eating, sleeping,

among others. Nurses, in addition to helping people stay healthy, promote health, provide information, and teach patients how to manage chronic diseases. Scientific and technological advances in medical aspects have meant that nurses must now address more complex techniques in the care and treatment given to patients. In the book mentioned above it tells us that nursing in the UK is a regulated professional occupation with a comprehensive educational system, in which education is designed to meet the changing healthcare needs, desires of people who need healthcare, the growth of complex treatments and the need for educational preparation. Although, this is very important, since as we know, every day scientists and researchers in the United Kingdom and around the world are discovering new things, new diseases and therefore new treatments and techniques to treat these diseases. That is why the nurse's theoretical and practical knowledge must be constantly updated. Nurses in the United Kingdom base their practice on the systematic assessment, planning, implementation and evaluation of care, this is known as the nursing process. It is understood that the evaluation refers to evaluating the physical, psychological, social and spiritual needs, after the person is evaluated and the care plan is planned, this care is implemented and finally an evaluation of the patient is carried out to see the results. The nursing process ensures that not only routine procedures are carried out, but also that care can be individualized.

Nursing is regulated by the NMC. The general council of official nursing colleges in Spain tells us that the NMC is the official registry of nurses in all parts of the world. In 2004, a new three-part registry emerged: nursing, midwifery and nursing specialized in community public health. The nursing part of the registry has separate sections for first- and second-level nurses. All working nurses must register with the NMC to practice as qualified nurses in the UK. The NMC oversees and regulates nursing and midwifery, ensuring that high quality standards are met. The NMC has developed a code of professional conduct that sets out the standards of professional conduct, responsibilities and accountability expected of a nurse, and explains healthcare rights and expectations regarding nursing care. The code is issued to all practicing nurses in the UK, and any nurse who does not adhere to the code of conduct will be held accountable for their actions or inactions before the NMC. Through the supervision of the NMC and together with the code of conduct given to nurses, they ensure that they improve their standards of care and do so with high quality. Most nurses, midwives or nursing students in the UK join a professional organization or union. A union works hard for the welfare and betterment of the interests of its member nurses. Unions offer professional indemnity insurance, some also offer continuing education. Some organizations offer extensive libraries. Joining a union brings

good benefits, since it looks after the interests, offers insurance and supports continuing with education. According to the book *Everyday English for International Nurses* by Joy Parkinson and Chris Brooker, most nurses and midwives work for the National Health Service (NHS), others work in the private sector in independent hospitals, care homes, prisons, forces armed forces and nursing agencies. Some work for general practitioners and others in educational institutions or in management. Nurses not only work in a specific place, they, as mentioned, can work in a private sector or for the national health service, not only in hospitals but also in the community and they can even open their own business providing care or consultations to people. It is worth noting that nurses are now taking on more and more roles previously performed by doctors and not just in the UK.

Nursing is undoubtedly a very human profession due to the care and attention with values that is provided to patients. In the United Kingdom, nursing involves caring for the patient as a whole, both physically, emotionally, socially and spiritually through humanized care. Which is based on having a nurse-patient relationship, in which the nurse must connect, empathize and help the patient. As time progresses, new technological and scientific advances are made, in which several discoveries have been made and in the field of nursing or medicine, new diseases, new treatments and new techniques have been discovered. This is why nurses must be updating their knowledge. Nurses rely on a nursing process which is: assessment, planning, implementation and systematic evaluation of care. This means that the nurse must first evaluate the patient's condition, plan the treatment that will be given, implement said treatment and finally re-evaluate the patient's response after having implemented the treatment. Nursing in the UK is regulated by the NMC which is the official register of nurses worldwide. Nurses must register with the NMC to practice as qualified nurses in the UK. Nurses are given a code of conduct that if they do not respect it they must take responsibility for their actions. The NMC together with the code of conduct are responsible for ensuring that high quality standards are met. Nurses in the United Kingdom join organizations and unions which look out for their well-being and interests. Nurses work for the NHS and in private sectors. Nurses can work in public and private hospitals, in nursing agencies, in prisons, in the armed forces, and even offer consultations or care themselves. With the new knowledge and practices that nurses are acquiring, due to scientific advances and the conditions in which the environment puts us, nurses increasingly perform their work better and even now perform the functions that they previously did. It was up to the doctors, and this will continue to be updated as the years go by.

Joy Parkinson, Chris Brooker. EVERYDAY ENGLISH FOR INTERNATIONAL NURSES; a guide to working in the UK. Kim Benson, 2004.

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