

Name of the institución: Universidad del Sureste

Student’s name: Jesús Alonso Cruz Mérida

Subject name: english

Teacher name: Arreola Jiménez Eduardo Enrique

Name of the activity: English essay

Date: 20/01/24

Next we will discuss the duties of a nurse and the actions they perform in general.

Taking into account that not all nurses work in the same field and not all specialize in the same branch, but yes, of course there are tasks to be performed by a nurse that do not vary despite their place or performance situation.

We will address the actions to take for correct progress in the patient’s health and the actions to take when noticeable changes occur in them.

Trying to explain in this way the correct performance of a nurse towards the patient, thus achieving a more pleasant and progressive nurse-patient relationship.

**WHAT A GENERAL NURSE DOES**

To begin with, you have to take into consideration what type of environment you work in and what type of patients you regularly see.

Among the many nursing activities we can point out the following.

**ADMINISTER MEDICATIONS**

Any indication prescribed by a doctor regarding the patient’s medication supply will be the responsibility of the nurse on duty to administer it. That is, the doctor has to prescribe a note with the indication of giving certain medications to the patient and the patient in turn has the responsibility of verifying that the medication mentioned in the doctor’s order does not interact, interfere or have a possible secondary reaction with another medication that is being administered to the patient, after which you can continue administering said medication to the patient.

The nurse has to stay with the patient if there is any risk of side effect.

If the patient is hospitalized, all medications throughout the day must be administered by the nurse on duty, taking into account that the correct dose, the correct medication and of course to the correct patient must be administered. In nursing, there have been constant transcendental changes over time that have culminated in an approach to quality care and comprehensive care, embraced by the humanistic paradigm. Innovation in the area of ​​responsibility and the orientation towards professionalization have shaped the role of nurses. To continue providing the services that correspond to the nursing staff, it is necessary to continue emphasizing our values ​​such as: responsibility, solidarity, and humanization, what this is made known or means, is that we must give dignity to man. and sense to society of being able to help and provide our services, always prioritizing the well-being of those who require it.

**ACTIVELY TREAT PATIENTS.**

Nurses generally play a special role in the care and attention of the patient, since they are in interaction with the patient most of the time. Referring to this, it is understood that they are the ones who will assume the comprehensive care of the patient in their area of ​​care.

**CONSTANT EVALUATION OF THE PATIENT.**

The Evaluation is essential to verify the progress and status of our patient, since by constantly evaluating him we can verify how well his body has reacted to the treatment that has been assigned, if it presents positive changes and does not compromise the patient's health. It is understood that the established plan for the complete recovery of the patient in question can continue; If the opposite is true and the progress is not positive but negative, other measures must be taken and the doctor on duty must be informed so that he can change the medical indications and the patient's care plan.

**MAINTAIN AND UPDATE MEDICAL HISTORIES OR RECORDS.**

Maintaining specified control of the actions taken regarding patient care is essential, since in this way we can expedite the change of nurses' shift without indirect repercussions for our patient. The medical history itself serves not only for nursing purposes, but also for nursing. not for medicine, since based on the information they will be able to notice if the receiving patient positively or negatively prescribes what is prescribed in the care plan.

The advantage is that this care is currently recorded electronically, which makes it possible to seek a second opinion without neglecting the patient in question, therefore you must have basic knowledge of the applications and software to fill out the form.

**MONITOR AND RECORD VITAL SIGNS.**

Every time we are in contact with a patient, it is essential and a priority to measure and record their vital signs. This will help us maintain a prior record of the patient's external symptoms in any case that refers to a contagious disease; In turn, it also helps us to identify any change in the patient's status. In the case of high blood pressure it could be an indicator of pain and in the case of high fever it could indicate an infection in our patient.In hospitals, nurses usually have an established program for taking the patient's vital signs, that is, they already have an established schedule to measure vital signs. This schedule can vary depending on the severity and magnitude of how compromised the patient's health is. our patient. In case of any abnormality in these, this is what allows us to alert the doctors on duty.

**PROVIDE EMOTIONAL SUPPORT.**

It is the duty of nurses to give encouraging and comforting words to patients, as well as encourage them for their speedy recovery.Usually after a serious diagnosis of the patient, they generally refuse to cooperate or accept and face the disease, in such a way the nurse has to provide the emotional support that they need and advise them so that they receive it in the best possible way and be better. received treatment on their part.Therefore, the nurse must always have emotional strength, empathy and solidarity with the patient and their families.

**UNDERSTAND THE CHANGES IN PATIENTS**.

This concept can be used in patients' illnesses or when a patient was induced to undergo surgery, since the person who must be responsible for being attentive to the speedy recovery of said patient is the nurse, which is why it is essential that they understand the changes and reactions of the patients since these small details can make the difference for the patient's speedy recovery.

**GUIDE THE PATIENT AND THEIR RELATIVES.**

It is the job of the treating nurse to explain as many times as necessary to the patient, the patient's family members and caregivers, the state in which said patient is, so that it is easier for them to carry out their work, indicating how they can support their family member to their speedy recovery, in this way we are also easing the burden on the nurse a little, having previously explained the care that must be given to the patient in question.

We can conclude this article by referring to the last topic addressed, since although performing quality work in nursing care helps to show a noticeable positive improvement in the patient, we must not forget that before being nurses we must also be human, of In this way we show solidarity with the patient in question and always keep in mind and take into account that we must treat a patient as we would like to be treated if we were in the situation in which they find themselves.

Of course, we must take into account nursing actions and care for the improvement of our patient. Let us remember that all procedures applied in nursing give priority to the life and health of our patient.

We must perform a quality function, manage, take responsibility and educate, but also show solidarity, be empathetic and provide support.

BIBLIOGRAPHY

1. What does a nurse do in general?

https://mx.indeed.com/orientacion-profesional/como-encontrar-empleo/que-hace-enfermera-general