



## Nursing duties

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# NURSING DUTIES

## Introducing

Nursing plays a crucial role in the care and well-being of patients, covering a wide range of responsibilities. From medication administration to emotional care, nursing duties are essential to ensuring quality and safety in healthcare. This introduction highlights the importance of nursing in promoting health and comprehensively supporting patients in their healing process. Additionally, nurses play a key role in collaborating with other healthcare professionals to ensure the well-being and recovery of patients. Their work goes beyond the technical, including empathy and patient-centered care. Nurses play a vital role in a hospital, performing various functions to ensure the well-being of patients. They constantly monitor vital signs, collaborate with doctors in planning treatments, perform medical procedures, provide education to patients and families, and ensure hygiene and comfort. In addition, nurses are essential in communication between the medical team and the patient, providing comprehensive support to achieve quality care.

## Development

The role of nurses in the health field is fundamental, performing a series of duties that go beyond simple technical tasks. Nurses coordinate treatments, precisely administer medications, and provide essential education to patients and their families. However, the work of nurses is not limited to the technical. Empathy and patient-centered care are key aspects of your performance. They provide emotional support, recognizing the importance of human connection in the recovery process. This integral aspect of their work contributes not only to the physical health, but also the emotional well-being of patients. Hygiene and comfort are constant considerations for nurses, creating environments that promote recovery. Through the administration of palliative care, nurses address not only the illness, but also the relief of suffering and improvement of the quality of life of those they care for. There

are many activities that are common to all people practicing in the discipline of nursing, including the following:

- Administer medications:The article highlights the crucial role of the general nurse in the administration of medications prescribed by specialist doctors. The nurse checks for possible drug interactions, making sure the dosage matches hospital guidelines. Additionally, monitor patients for possible adverse reactions or effects. For hospitalized patients, the nurse follows a strict schedule to administer medications in a timely and accurate manner, collaborating closely with physicians and pharmacy staff. Your responsibility includes ensuring the health and comfort of the patient.

- Actively treat patients: As a result, general nurses play an integral role in the complete care of patients within their assigned area. Personalization of care and doctor-nurse collaboration are key elements in providing effective, patient-centered treatment.

- Constantly evaluate patients: When a general nurse observes that a patient's condition does not improve with specific treatment, he or she must inform the attending physician and suggest feasible changes to the care plan. This feedback allows the physician to adjust the medical care program based on the nurse's assessment, ensuring more effective and personalized care for the patient. Collaboration between health professionals is essential to adapt and optimize medical care.

- Maintain and update medical records or records: the importance of accurate patient records for quality medical care. It highlights that these records facilitate continuity of care, allow for smooth shift changes, and are crucial for clinical decision-making. Every action of a general nurse, from administering medications to assisting with hygiene tasks, must be documented in detail. Today's electronic records ensure the accessibility and continuity of patient history, allowing for doctor changes or second opinions without losing crucial information. The need for general nurses to be familiar with the electronic tools used for this purpose is highlighted.

- Monitor and record vital signs: Every time a nurse interacts with a patient, taking blood pressure, temperature and heart rate becomes a precise window to her

condition at that time. These indicators are not only numbers on a sheet of paper, but revealing clues about the patient's well-being. Blood pressure, for example, goes beyond simply being a number; it can reveal important indications about the emotional state or the presence of pain. High blood pressure can suggest distress or discomfort, providing nurses with a valuable opportunity to address the patient's emotional needs or severe pain. Similarly, acute fever is not only a sign of increased body temperature, but also a possible indicator of a developing infection. In the hospital environment, general nurses follow a meticulous program to measure and record vital signs at regular intervals. These observations go beyond simple data; they represent a visual evaluation of the patient's condition. The dexterity of experienced nurses allows them to perceive the patient's well-being with just one glance, a scrutiny that can detect subtle signs that could go unnoticed by others. The ability of nurses to identify early signs of serious illness is invaluable. Its ability to alert doctors to any significant change in vital signs or symptoms provides a quick and effective response to possible complications. In this sense, nurses are not only performers of technical tasks, but also attentive guardians of the health of those they care for.

- Provide emotional support: In the hospital context, where uncertainty and anxiety can prevail, general nurses play a crucial role as pillars of emotional support for patients and their loved ones. The hospital environment, with its aura of urgency and concern, can be terrifying for those who face serious or degenerative diseases. In this context, where doctors often face time constraints, general nurses assume the responsibility of providing comfort and a comprehensive explanation of the diagnoses. Its mission goes beyond the execution of medical procedures; it extends to the emotional support necessary to guide patients and their families through the complexity of their medical conditions.

When a patient receives a serious diagnosis, it is the general nurses who play a central role in the accompaniment. They hold their hands during painful procedures and offer words of encouragement that go beyond mere clinical information. Empathy becomes an essential tool, since these professionals must understand and share the concerns and fears of those who face the possibility of intensive

treatments or difficult medical decisions. The emotional strength of general nurses is put to the test on a daily basis. Not only are they responsible for providing technical care, but they must also have the ability to humanely connect with patients and their families. Reassuring those who resist treatment or providing support to those who face critical medical situations requires a delicate balance between empathy and professionalism.

- Understand changes in patients: Although doctors carry out surgical interventions and medical procedures, general nurses play a crucial role in patient care. By spending significant hours with them, these nurses can observe and understand small changes that can make a difference in the patient's recovery. Its constant presence and attention to subtle details contribute significantly to the well-being and progress of those who receive medical care.

- Guide the patient and their families: The role of general nurses goes beyond the execution of medical procedures; it includes the facilitation of the patient's understanding of their health and the promotion of autonomy in personal care. Its educational and support commitment contributes significantly to a successful transition from hospital care to autonomous health management, consolidating its invaluable position in the health care landscape. General nurses not only contribute to the physical well-being of patients, but also play a crucial role in empowering them to make informed decisions about their health. Nurses must ensure that both the patient and those around him clearly understand what to do and what to expect after leaving the hospital environment. This involves not only providing information about available resources, but also building patient confidence to seek additional information if necessary.

## Conclusion

Nursing duties are fundamental pillars in the health care system, ranging from the administration of technical care to emotional support for patients. The measurement and recording of vital signs, the administration of treatments and effective communication are essential to guarantee the quality and safety of care. In addition, the commitment of nurses in the education of the patient and their family, as well as

the transition to autonomy, demonstrates the breadth of their influence on general well-being. In a constantly evolving field, general nurses play a vital role, not only as performers of clinical tasks, but as dedicated defenders of the health and well-being of society. His contribution, marked by empathy and comprehensive attention, translates into a sense of satisfaction that reflects its significant impact on the lives of those who serve.

## Bibliographic

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