



ENSAYO

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Nursing is one of the most critical and indispensable fields in any society; working directly with sick people requires great passion, professional vocation, empathy and responsibility. They support their patients and ensure their health; in this work we will detail what a general nurse does to make a difference in the lives of patients and their families. You may be wondering what a typical day for a nurse is like and what is which he does on a regular basis to keep the healthcare system running optimally and keep his patients stable. To answer these questions, you need to consider several factors, such as what type of environment you work in and what type of patients you see regularly. However, there are many activities that are common and important for all people who practice in the Nursing discipline

What does a nurse do in general

There are many activities that are common and important for all people who practice in the nursing discipline, in them we can find the following, the administration of medications, in this activity if a specialist doctor prescribes some type of medication that the patient must take or need, this must be administered in a hospital or a clinic, that is where the functions of a nurse who is responsible for carrying out this come into play; The doctor is the one who sends a request for medication administration to the nurse, who in turn will verify that there are no pharmacological interactions with other medications that the patient is taking at that moment and that the indicated dose is correct with the patient's treatment. to later apply the medication correctly without any error that affects the patient, if the patient presents any risk of reaction to the medication, the nurse is responsible for staying with him to observe if the patient has any adverse effects to it. Inpatients, the nurse administers all required medications during the day and night while the patient is hospitalized, following a strict schedule to ensure correct and accurate dosage to maintain health and ensure patient comfort; To achieve this, the nurse must collaborate closely with the institution's physicians and pharmacy staff. The activity of actively treating patients, in many hospitals and clinics, nurses play an important role in the primary care of patients, doctors work with nurses to plan and implement a patient care program based on individual response that each person needs with their specific needs; Constantly evaluating patients is when a nurse notices that a patient's condition does not improve after initiating a specific treatment or therapy, she should communicate her assessment to the patient's physician and recommend feasible changes in the plan of care so that the patient improves more quickly; the physician may change the planned program of medical care based on the nurse's feedback; One of the most important things is to maintain and update medical records or records. Patient records are essential for adequate medical care, complete and clear records allow health professionals to offer better quality care; these help the shift change of the nursing staff to be carried out without setbacks and without harming the patient, every time a nurse examines the patient, checks their emotional and physical state, administers medications or helps them with basic hygiene tasks, these activities must be carefully recorded, this is vital, since the patient's history is often the key to identifying the most appropriate treatment and intolerances that could harm the patient's health; Currently, these records are maintained electronically, allowing the patient to change doctors or seek a second opinion without losing the ongoing care they are entitled to receive, therefore, nurses must have basic knowledge of the applications and software used for these purposes; Monitoring and recording vital

signs is very important whenever a nurse is in contact with the patient, they must measure and record vital signs such as blood pressure, temperature and heart rate, these are clear indicators of the patient's condition; patient at that time; If a patient has high blood pressure, outside the normal range, it may be an indication that the patient is feeling distressed or in severe pain, or if a particular patient has an acute fever, it may indicate that the person is most likely have an infection, in hospitals, nurses have a set schedule regarding intervals for measuring vital signs and recording them periodically, these observations may include a visual assessment of the patient's condition, highly experienced nurses can assess the level of well-being of the patient with just a head-to-toe scan, without the patient even knowing; Believe it or not, providing emotional support in a hospital setting can be frightening for patients and their families, especially if the condition is severe or degenerative; because doctors do not always have enough time to sit with patients and comfort them, the nurses' mission is to reassure them and carefully explain the seriousness of their diagnosis; Generally, nurses are those who accompany a patient after being diagnosed with a serious condition or that could be fatal if not treated in time, nurses are those who hold patients' hands during a painful medical procedure and who reassure patients who refuse to be treated; Therefore, general nurses must have the emotional strength to offer empathy and solidarity to patients and their families; Guiding the patient and their families is essential and nurses are also responsible for ensuring that patients clearly understand their health status, illnesses, medications and treatments in the best possible way, this is essential when patients are discharged from the hospital and need to take control of their own treatments; a nurse should spend as much time as necessary explaining to the patient and his or her family or caregiver what to do and what to expect when leaving the hospital or medical clinic; They should also ensure that the patient feels supported and knows where to look for additional information; These are the things that a nurse does in broad strokes.

In conclusion, nursing is a scientific discipline recognized worldwide that has great social importance with a considerable economic impact, because it is a multidisciplinary profession that intervenes in many stages of the patient's life, whether before suffering an illness, accompanying and helping him during the process or contributing to her subsequent well-being; Many times it is the health personnel who can have the most contact with patients, so we also add an important social and psychological component to their work, nursing is not just about caring or carrying out the activities assigned to it; also have empathy with people and above all love your profession to be able to do all these things from the heart without expecting anything in return.

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