



“WHAT DOES A NURSE”

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In this essay we will talk about the importance of nursing in the various factors where it is performed as in the health sector within the team of professionals or within the communities in their role in society; we will know their activities or practices performed and we will mark the value of the nursing profession.

Nursing is the science and art of caring for the health of the individual, family or community; its main field of action is the promotion and maintenance of health, prevention of disease and participation in treatment, including patient rehabilitation. Nursing is a health profession with its own field of activity and techniques based on scientific knowledge and research, with the responsibility and function of helping the healthy or sick individual to recover their health or provide palliative care for a peaceful death, nursing includes autonomous and collaborative care in order to seek the patient's independence and improve their quality of life.

Nursing practice uses systematic knowledge, judgments and skills based on the principles of biological, anatomical, physical, social and human behavioral sciences. It is recognized as an essential social service with autonomy, which participates and collaborates with other disciplines for the welfare of the human being. Its independent role of the nurse is based on critical judgment, mastery of skills and specialized knowledge in the category to which it belongs.

Nursing is an empathetic, dynamic and social profession willing to change, which aims to contribute to the satisfaction of the patient's needs and solution of health problems, through interventions focused on these needs, performed independently and as a team with other disciplines or sectors. It executes its basic and specialized actions in the functional areas: assistance or operative, teaching, administration and field research.

The activities performed by nurses are so diverse and focused on different objectives to meet; a nurse within their work area gets to perform different functions, these functions together achieve optimal performance of health services in the nursing area, in addition to allowing staff to develop in the area that best suits them.

The nursing care function is aimed at supporting the individual in the preservation of his or her health and helps to increase that health and is responsible for supporting recovery from pathological processes. Their activities are carried out in primary or specialized care, in emergency services or in outpatient care. The activities they perform are drug administration consists of the general nurse administering all the medications required by the patient throughout the day and night, following a strict itinerary to ensure a timely and accurate dosage to maintain health and ensure patient comfort. Monitor and record vital signs, the nurse must measure and record vital signs such as blood pressure, temperature and heart rate which are indicators of the patient's current. In hospitals, general nurses have an established schedule regarding intervals for measuring vital signs and recording them periodically. These observations may include a visual assessment of the patient's condition. This allows them to alert to any signs or symptoms of serious illness. Also specialized activities such as surgical assistance, intensive care such as aspiration of secretions, vaccination in communities; among many other activities.

Nursing teaching function, the training of future professionals at the levels of planning, direction, execution and control of teaching. On the other hand, as a health professional and as part of its activities, it will wish to intervene in the process of health education. Nursing as a science has a body of knowledge that is specific to it and that creates the need to transmit it. The activities that it performs are, for example, to design, plan and participate in continuing education programs for nursing personnel and other health professionals, to plan, execute and control the teaching-learning process in the training of nursing personnel, to participate in the teaching-learning process in the training of nursing personnel and to develop training activities in the students located in its service taking into account the composition of the nursing work team.

The administrative function of nursing, The administration begins whenever an activity is done with more than one person, and in the health environment this is very frequent. It is a binding activity that allows to take advantage of the capacity and efforts of all the members of an organization, directing them rationally towards the achievement of common objectives. The purpose of administrative work is to ensure that the required work is carried out with the least possible expenditure of time, energy and money, but always compatible with a previously agreed quality of work. The activities that are performed are to maintain and update nursing records which are important to communicate some sign or symptom of the patient, their information and pertinent data managing an order. Many of the administrative tasks are performed by nursing managers who plan and control nursing care and actions, participate in the planning of multidisciplinary and intersectoral actions at different levels of health care, manage health units and services at different levels of care, direct the nursing team in community care units, design, implement and participate in programs to evaluate the quality of nursing activity and establish standards for its measurement, among many other activities.

Nursing research function, research is an activity that is carried out with the purpose of generating knowledge. Nurses in the field of research conduct or participate in research in nursing and other areas with the objective of contributing to professional development and improvement of the health of the population, disseminate research results in order to contribute to the improvement of health care, nursing care and professional development, and participate in the execution of clinical trials in research centers.

In conclusion, the field of nursing is so broad and performs various activities depending on the position or specialty where it develops, all focused on the same goal, to provide care and knowledge necessary for the patient to improve their health both mentally and physically, increasing their quality of life and autonomy because it is our responsibility to ensure that patients clearly understand their health status, their diseases, medications and treatments in the best possible way. It is an empathetic and social profession whose satisfaction is to protect the health of an individual, community or society day by day with its functions.

The main function of nursing is care, an act of love for the patient, protection and satisfaction. What a nurse does is to improve the patient's state of health.

Webgraphy

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