



un ensayo "enfermera general"

Eloisa Cabrera Escobar

Eduardo E. Arreola Jiménez

UNIVERSIDAD DEL SURESTE

Licenciatura de enfermería

Inglés

Tapachula, Chiapas

23 de marzo del 2024

Nursing is one of the most critical and indispensable fields in any society. Working directly with sick people requires great passion and professional vocation. They support their patients and ensure their health.

In this article, we will detail what a general nurse does to make a difference in patients' lives. What does a general nurse do?

You may be wondering what a typical day looks like and what a general nurse does on a regular basis to keep the healthcare system running optimally. 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 regularly see.

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

Administer medications

If a specialist doctor prescribes some type of medication that the patient must take or that must be administered in a hospital or clinic, the general nurse is responsible for this. The doctor sends a medication administration request to the general nurse, who, in turn, will verify that there are no drug interactions with other medications that the patient is taking at that time and that the indicated dose coincides with the hospital's treatment guidelines. and then apply the medication in accordance with the instructions.

If the patient presents any risk of reaction to the medicine, the general nurse will remain with him to observe if there are any repercussions or if the patient has any adverse effects to it.

With respect to hospitalized patients, the general nurse administers all medications required by the patient throughout the day and night, following a strict schedule to ensure timely and accurate dosing to maintain health and ensure patient comfort. To achieve this, the

general nurse must collaborate closely with the treating physician(s) and pharmacy staff of the institution. Actively treat patients

In many hospitals and clinics, general nurses play a leading role in primary patient care. Doctors work with general nurses to plan and implement a program of care for patients based on each person's individual response to a specific treatment. Based on this, general nurses will assume the comprehensive care of patients in their area of care. Constantly evaluate patients

When a general nurse notices that a patient's condition does not improve after initiating a specific treatment or therapy, he or she should communicate his or her assessment to the patient's treating physician and recommend feasible changes to the care plan. Consequently, the doctor could change the planned medical care program based on the general nurse's feedback.

Maintain and update medical records or records

Patient records are essential for proper medical care. Thorough and clear records enable healthcare professionals to provide superior quality care. Likewise, they help the changing of nursing staff shifts to be carried out without setbacks and without harming the patient.

Every time a general nurse examines a patient, checks their mood and physical status, administers medications, or helps them with basic hygiene tasks, they must record these activities thoroughly. 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 continued care they are entitled to receive. Therefore, general nurses must have a basic understanding of the applications and software used for these purposes. Monitor and record vital signs

Every time a nurse is in contact with the patient, he or she must measure and record vital signs such as blood pressure, temperature, and heart rate. These are clear indicators of the patient's condition at that time. If a patient has high blood pressure, outside of normal ranges, 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 most likely has an infection.

In hospitals, general 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. Very experienced nurses can assess a patient's level of well-being with just a head-to-toe scan, without the patient even knowing. This allows them to alert doctors to any signs or symptoms of a serious illness.

Provide emotional support

A hospital environment can be frightening for patients and their families, particularly if the condition is severe or degenerative. Because doctors don't always have enough time to sit with patients and comfort them, it is the mission of general nurses to reassure them and carefully explain the severity of their diagnoses.

Generally, it is general nurses who accompany a patient after being diagnosed with a serious condition or one that could be fatal if not treated in time. General 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.

Understand changes in patients

While treating physicians are responsible for performing surgical interventions and medical procedures that a patient requires, general nurses perform vital functions in their care. They spend eight to

twelve hours with patients and are able to observe and understand the small changes that can make a difference in their recovery.

Guide the patient and their families

General nurses are also responsible for ensuring that patients clearly understand their health status, illnesses, medications and treatments to the best of their ability. This is essential when patients are discharged from the hospital and need to take control of their own treatments.

A general nurse should spend as much time as necessary explaining to the patient and their family or caregiver what to do and what to expect when they leave the hospital or medical clinic. They should also ensure that the patient feels supported and knows where to look for additional information.

The field of nursing is constantly evolving and there is a high demand for general nurses in all areas of medicine. In addition to offering extensive opportunities for meaningful professional development, this is a job that offers many valuable and rewarding benefits, which undoubtedly results in a tremendous sense of satisfaction for these professionals who protect the health of society every day.

FUNCTIONS

PERFORM THE NURSING TECHNIQUES ESTABLISHED IN THE COMPREHENSIVE CARE OF THE PATIENT.

PROVIDE DIRECT CARE TO THE INDIVIDUAL, RECEIVE, CARE AND DELIVERY PATIENTS WITH INFORMATION ON YOUR TREATMENTS, EVOLUTION AND PROCEDURES CARRIED OUT, EVALUATING THE CARE PROVIDED.

PARTICIPATE IN MEDICAL SURGICAL TREATMENTS AND PERFORM TREATMENTS SPECIFIC.

COMPLY WITH MEDICAL INDICATIONS AND VERIFY COMPLIANCE.

COLLABORATE IN MEDICAL VISITS TO PATIENTS.

REQUEST, ADMINISTER AND HANDLE MEDICATIONS ACCORDING TO MEDICAL INDICATIONS.

PARTICIPATE IN THE PATIENT'S OCCUPATIONAL, REHABILITORY AND RECREATIONAL THERAPY

RATIONALLY USING TECHNOLOGY IN CARE.

CARRY OUT HYGIENIC-DIETETIC PROCEDURES AND COLLABORATE IN THE TEACHING OF THE TO THEMSELVES AND TO THEIR FAMILIES.

MONITOR THE TRANSFER OF PATIENTS TO THE SERVICES TO WHICH THEY ARE REFERRED.

TAKE AND RECORD VITAL AND SOMATOMETRY SIGNS, VERIFY CARE DATA

IDENTIFICATION OF THE PATIENT AND THEIR CLINICAL RECORD.

GUIDE AND INSTRUCT NURSING STAFF ABOUT TECHNIQUES AND PROCEDURES

MONITORING ITS COMPLIANCE.

COLLECT AND RECORD DATA IN SPECIFIC STATIONERY, REQUEST AND HANDLE CLOTHING.

REQUEST, RECEIVE, DELIVERY AND HANDLE ACCORDING TO THE NEEDS OF THE SERVICE,

MEDICAL EQUIPMENT, INSTRUMENTS AND HEALING MATERIALS, DETERMINING ITS

STERILIZATION AND CARRYING OUT IT IF APPROPRIATE.

EFFECTIVELY CARRY OUT ALL ACTIVITIES RELATED TO THE FUNCTIONS

ESTABLISHED AND THOSE DEMANDED ACCORDING TO PRIORITY PROGRAMS.

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