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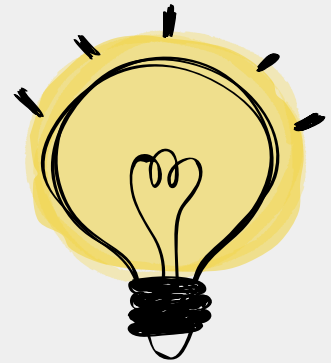
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## INDICE

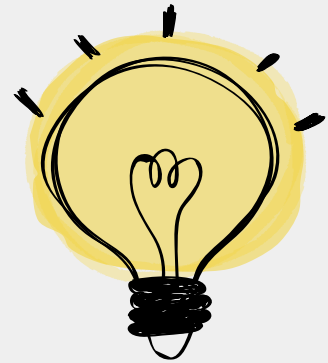
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## INTRODUCTION

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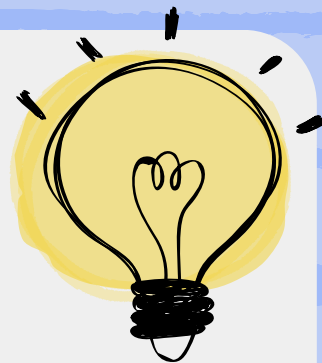


**Nursing is a basic service of the society in which we live and is dedicated to providing professional care in the different vital stages of the human being (from birth to death) throughout the health-disease process.**

**This care is conditioned by the social, economic, political or cultural changes that are taking place; demographic (aging of the population), universalization of health benefits (costs are growing at a faster rate than income), new forms of management of the health organization, etc. Nursing as a service profession is influenced and conditioned by all these changes that create new health and social scenarios and it is necessary to adapt to them.**

**The vast majority of nursing professionals are employed, in a position appropriate to the studies completed. At the current time, in the Community of Madrid, a particular situation arises that highlights the lack of health professionals.**

## THE IMPORTANCE OF NURSING



**1.1 Nursing is a scientific discipline recognized worldwide that has great social importance with a considerable economic impact. It is a multidisciplinary profession that intervenes in many stages of the patient's life, whether before suffering from an illness, accompanying and assisting them during the process or contributing to their subsequent well-being.**

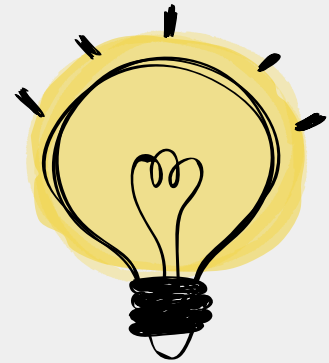
**Nursing, a profession dedicated to the care of people, families and communities so that they can achieve, maintain or recover optimal health and quality of life, is one of the pillars on which the health sector is supported. In a world where healthcare challenges are constantly evolving, the importance of studying a nursing career cannot be underestimated. Therefore, we will explain the importance of this role in different contexts.**

## NURSING FUNCTIONS

**1.2. The International Council of Nursing has classified the fundamental functions of nursing into four areas: promoting health, preventing disease, restoring health, and alleviating suffering.**

**The work of nursing, like that of other health professions, must include information and education of the patient, so that he can then choose between the various possible options to face his illness, once the different risks and benefits have been considered. of each alternative.**

**Some of the reasons why nursing is so important today are the following:**



### **1.3. Collaborate with health prevention**

**Nursing has a fundamental role in educating society when it comes to avoiding and preventing any type of disease. Nurses intervene directly in prevention campaigns since they are trained in the prevention and spread of diseases, so their work in reducing the harmful effects of epidemics and pandemics through education and awareness is essential.**

### **1.4. Makes the daily life of a chronically ill person easier**

**Nurses not only take care of the physical care of the patient, but also carry out a fundamental task of accompanying and supporting the patient, which also allows families to have the peace of mind that their family member is well cared for by a professional who takes care of both the clinical as well as emotional.**

### **1.5.Contributes to faster recovery**



**The nurse ensures that the patient follows the necessary medical and therapeutic guidelines to obtain the fastest possible recovery. The follow-up carried out helps the patient to feel accompanied, which has positive effects on their motivation along the path to cure.**

### **2.1.Nurses transform lives**

**Nurses are present in one of the most difficult moments for anyone, illness.**

**At this time, they not only take care of the patient's health but also other aspects such as educating and guiding, contributing to well-being and accompanying, making moments of physical or mental discomfort more bearable, in addition to maintaining good collaboration with families, which contributes to a speedy recovery by reinforcing the patient's self-esteem.**

## **The three levels of nursing**

**2.2.Primary level: aimed at maintaining and promoting health and preventing disease.**

**This level of basic prevention involves both care-giving and pedagogical nursing activity and focuses on raising awareness about the importance of health and individual, family or community responsibility to maintain it, as well as timely information about possible dangers that may arise. may threaten health and the means that can be used to maintain an optimal state of physical, psychological and social well-being.**

**2.3.Secondary level: corresponds to care or curative interventions that aim to treat already established or potential health problems and prevent their eventual worsening, through the development and establishment of a nursing action plan also aimed at avoiding or reducing the risk of possible complications.**

**2.4.Tertiary level: aimed at rehabilitation and corresponding to nursing interventions aimed at supporting the patient in his adaptation to certain difficulties caused by a health problem and overcoming the effects of possible consequences. The objective of this level consists of achieving a degree of optimal satisfaction of basic personal needs despite the temporary or permanent limitations imposed by the state of health.**

## **Conclusion**



**The evolution of nursing since the time of Florence Nightingale has been long, hard and uneven. Nightingale's attempts to establish a profession based on context and health promotion are re-emerging, gaining more experience, security and accepting a different meaning to their role 31. The function of a profession is the responsibility it has in society. In the case of Nursing, the responsibility, the reason for being, is to care, this care linked to EpS. They are closely related. Nursing roles are various, but that of educator is one of the most important in terms of primary intervention in the provision of services.**

**It is a dynamic and continuous process that includes formal and informal interactive activities carried out to improve patients' knowledge and behaviors, to achieve better health care outcomes<sup>32</sup>. Health promotion by nurses can lead to many positive outcomes, including adherence, quality of life, knowledge of their patients, the disease, and self-management.**

# **literature**



**<https://www.sise.edu.pe/blog/importancia-enfermeria-sector-salud#:~:text=La%20enfermer%C3%ADa%2C%20una,en%20diferentes%20contextos.>**

**<https://antoniotuenfermero.com/la-importancia-y-las-funciones-de-la-enfermeria/#:~:text=El%20Consejo%20Internacional,de%20cada%20alternativa.>**

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