



UNIVERSIDAD DEL SURESTE

Ortiz Ramos Rosario Yuriana

Lic. en Enfermería

1er. Cuatrimestre

**“IMPORTANCIA DE LA ENFERMERIA EN SALUD PÚBLICA EN
MÉXICO”**

Ing. en alimentos: Eduardo E. Arreola Jiménez

Tapachula, Chiapas a 21 de septiembre del 2024



INDEX

IMPORTANCE OF NURSING IN PUBLIC HEALTH IN MEXICO.

INTRODUCTION-.....	3
WHAT IS NURSING?.....	4
RELATIONSHIP WITH OTHER BRANCHES OR DISCIPLINES.....	6
CURRENT IMPORTANCE OF NURSING IN MEXICO.....	9
CONCLUSION.....	12
BIBLIOGRAPHY.....	13

INTRODUCTION

Nurses are distinguished by their knowledge and ability to understand lectures related to biology, chemistry, physics and anatomy. In addition, they are usually people with a high capacity for teamwork, with a taste for research, ability to conflict resolution and emotional intelligence.

Nursing takes comprehensive care of the individual, not only from a physical point of view, but also emotional, spiritual and even social aspects. Therefore, it is said that its contribution to the individual is complete, this is due to having a biopsychosocial approach, therefore the areas of A nurse's knowledge covers physiological, psychological and social aspects among others.

In practice, there are 4 functions of Nursing: teaching, research, management and assistance. Therefore, the field of work for nurses lies in all those places wherever the human being is, in schools, in the scientific production of knowledge, in the governing body of a hospital, in direct care of people, in industry, providing services at home and even during training, the entrepreneurship to be able to achieve independent work. Some others reach venture into administrative and managerial spaces of the health system or in the public policy.

IMPORTANCE OF NURSING IN PUBLIC HEALTH IN MEXICO

WHAT IS NURSING?

Brief definition of "nursing" (ICD, 2002)

Nursing encompasses the autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well, in all settings, and includes health promotion, disease prevention, and care of the sick, disabled and dying.

Essential functions of nursing are advocacy, promoting a safe environment, research, participation in health policies and management of patients and health systems, and education.

Long definition of "nursing" (ICD, 1987)

Nursing, as an integral part of the health care system, encompasses health promotion, disease prevention, and care for the physically ill, mentally ill, and disabled of all ages in all health care settings and other community settings. Within this broad spectrum of health care, phenomena of special concern to nurses are the "responses to actual or potential health problems" by individuals, families, and groups (ANA, 1980, p. 9). These human responses range from reactions to restore health after an individual episode of illness to the development of policies to promote the long-term health of a population.



The unique role of nurses in caring for people, sick or well, is to assess their responses to their health situation and to help them perform those activities that contribute to health, recovery, or a dignified death that they themselves would perform without assistance if they had sufficient strength, will, or knowledge to do so, in order to help them achieve total or permanent independence.

Partial as quickly as possible (Henderson, 1977, p.4). In the global health environment, nurses share with other health professionals and those in other public service areas the functions of planning, implementation and evaluation to ensure the adequacy of the health system to promote health, prevent illness and care for sick and disabled people.

Nursing is one of the most important areas of medicine, even though in academic records it always appears in the shadow of other more renowned disciplines. Nursing is understood as the comprehensive care provided by qualified personnel to an individual in different health conditions. Nursing can be carried out both on outpatients and on seriously ill patients who require permanent care and protection.

The main objective of nursing is to assist the different branches of medicine (such as pediatrics, surgery, dentistry, ophthalmology, clinical medicine, traumatology, etc.) through various actions related to the patient. In this sense, nursing must be responsible for both the preparation of the patient and their stabilization, care and permanent observation with the ultimate goal of ensuring that the individual can access the best results in each type of treatment.

Nursing can deal not only with individuals, but also with family groups and different types of social groups with the aim of generating the best conditions under which the corresponding medicine should operate. In addition, the activity can be carried out both in health centres and hospitals, as well as in the homes of patients or in specific places where an accident or unforeseen event occurs. It goes without saying that a nursing professional has a certain type of responsibilities regarding the patient, although these are usually not as important as those of a doctor.

There are different types of nursing, just as there are different branches of medicine. In this sense, some of the most common specialties are nursing for the elderly, for people with mental problems, for children, for adults undergoing long or short-term treatment in health institutions, for all types of individuals in their private homes, and many others.



RELATIONSHIP WITH OTHER BRANCHES OR DISCIPLINES

Nursing practice has become more specialized as medical science in general has advanced. As new medical procedures and specialties have developed that require skilled labor, various branches of nursing have emerged to enable health professionals to acquire the theoretical and technical knowledge required in each area of health care practice.

To study any of the branches of nursing such as those we will present below, you must first have a nursing degree, so you will have to invest a greater amount of time in your studies and hospital practices. But this is well worth it because by specializing in a particular field, you will be able to access better job opportunities.



- Medical-surgical care nursing

If you are interested in working in the operating room setting as a team with surgeons, this nursing specialty may be right for you. Your role is to assist the doctors in surgical procedures, sterilize the instruments and provide them to the surgeons, monitor the patient's vital signs, and provide postoperative care.

- Pediatric nursing

Caring for babies, children and adolescents up to 16 years old can be a very different experience from that of dealing with adult patients. Childhood is a period of great vulnerability that requires a variety of care but also psychological support and containment.

In practical and physiological terms, pediatrics is distinguished by receiving patients who are still growing and whose functions differ from those of an already formed body, so the pediatric nurse needs to study the stages of human development to provide an adequate service.

- Gynecological-obstetric nursing

Gynecology and obstetrics is a branch of medicine dedicated to caring for women's health, including the processes of pregnancy and childbirth. The gynecology and obstetric nurse is familiar with the physical changes that women go through and can advise them on planning their pregnancies, provide comprehensive care during pregnancy, assist in childbirth and provide neonatal care.

The gynecological-obstetric nurse is prepared to become certified as a midwife and put into practice the ancient knowledge about birth, which has become more important in medical practice with the help of traditional midwives. Many women prefer to give birth in a less medicalized context where their privacy is respected, but with the security that a qualified nurse can provide.

- Psychiatric nursing Also known as mental health nursing, it is one of the most demanding specialties and requires a lot of dedication to practice it given the work environment of the psychiatric field. The psychiatric nurse must work on her emotional stability and be prepared to deal with extraordinary situations, since she can care for patients with mild illnesses, but also others with severe conditions.

- Geriatric nursing

Geriatrics is a medical specialty that is dedicated to providing care to elderly patients, that is, those over 60 or 65 years of age. At this stage of life, it is common to present certain conditions such as hypertension, Alzheimer's, arthritis, osteoarthritis, hearing problems, vision problems and osteoporosis, which require special care.

Geriatric nursing practice may include physical therapy support to help patients regain or maintain their mobility and autonomy. Many geriatric nurses offer their services privately to care for older adults who are unable to care for themselves.

- Occupational nursing.

There are companies that recognize the importance of looking after the health of their employees, especially when they perform high-risk jobs where they are in contact with toxic substances or that require physical effort. Likewise, there are jobs that involve emotional risk due to work-related stress situations. This is where occupational nursing comes in, as it seeks to promote health based on the risks that workers face on a daily basis.

- Community nursing

This branch of nursing focuses primarily on health promotion, a process of empowering the population that allows for greater knowledge about one's own body and the states of health and illness. Community nurses need the skills to educate people and help them increase control over their health in order to improve and maintain it. Health promotion focuses primarily on prevention and represents a social need that can reduce medical expenses not only for patients, but also for the country's health system.

- Advanced practical nursing

This is one of the branches of nursing that requires more in-depth academic training and, in many ways, is equivalent to having a degree in general medicine. A nurse with this specialty can provide independent consultations, prescribe medications, and assist in births. According to information from the Ministry of Health, if you live in the American continent, this specialty is only available in the United States, Canada, and Costa Rica.

- Nursing in anesthesiology

This nursing specialty is one of those that involves the greatest responsibility, as it qualifies you to administer anesthesia to patients. The nurse anesthesiologist is also responsible for monitoring the patient's condition during surgery by constantly monitoring their vital signs. The type of anesthetic and the dose administered depend on the type of intervention and the situation of each patient, for which their previous health status, age and weight are evaluated to determine the correct dose.

- Military nursing

This specialty is studied within the university programs of the armed forces and prepares personnel to care for soldiers in the barracks, but also in situations of war conflict. In this case, they are prepared to care for serious injuries such as those that may occur from a bullet impact, explosions or the effect of chemical weapons.



CURRENT IMPORTANCE OF NURSING IN MEXICO

Nursing professionals constitute the main element of health teams and in many places in our Region, They are the first and sometimes the only human resource in contact with patients and communities. During the course of the COVID-19 pandemic in our countries, the leadership of nursing staff has been key in the development of processes essential assistance for the response, among which the following stand out:



- Strengthening home care for mild cases
- The organization of triage in health facilities
- Coordination with pre-hospital care service networks for the management of referrals and transfers
- Clinical network management for continuity of care and efficient use of hospital resources
- Reorganization and training of staff in infection control, safety and personal protection
- Supporting supply chain management
- The implementation of teleconsultations for the evaluation, monitoring, control and follow-up of outpatients, reducing unnecessary visits to health services

And now that we are starting to have vaccines, they will play a prominent role in the great challenge of 2021, which is the immunization of the Mexican population.

Since 1965, International Nurses Day has been celebrated every May 12 around the world with the firm objective of paying tribute to all nurses, who worldwide carry out this laudable work for all humanity, as well as paying tribute to its founder Florence Nightingale, who was born on May 12 and is considered the founder of modern nursing.

The International Council of Nurses has announced the new theme for International Nurses Day 2023: Our Nurses. Our Future. Looking Forward.

Learn from the lessons of the pandemic and translate them into actions for the future that ensure nurses are protected, respected and valued.

The Pan American Health Organization, in its publication “The Strategic Importance of National Investment in Nursing Professionals in the Region of the Americas,” comments that nursing personnel have a key role in health promotion and disease prevention, and are the

backbone of health care systems around the world. They work on the front lines of disease prevention, health promotion, and health management, and are often unsung heroes in health facilities and in emergency response. Despite the fundamental role they play in health care, there is a shortage worldwide that will affect the delivery of competent nursing care. Nursing is the largest occupational group in the health sector, representing approximately 59% of professionals in this field.

Of the current 43.5 million health workers in the world, 20.7 million are dedicated to nursing and midwifery; however, more than 65% of WHO Member States reported that in 2020 they had fewer than 50 nursing and midwifery professionals per 10,000 inhabitants. This inequity in the availability and access to nursing professionals is common in the Region of the Americas, particularly in Latin America, where the density of nursing professionals is high in a few large countries and low in most of the rest of the countries. In Mexico, 25 nursing professionals are reported per 10,000 inhabitants. To reach the ambitious goal of 80% in the effective coverage index, it is estimated that at least 70.6 nursing and midwifery professionals are still needed per 10,000 inhabitants.

As the world begins to emerge from a pandemic that has affected the lives and livelihoods of hundreds of millions of people, there is a crucial need to transform health systems, building on primary care, putting people and communities at the centre, increasing their resilience and accelerating progress towards achieving universal access to health, universal coverage and the Sustainable Development Goals.

Human resources for health are essential for health systems and services to respond to the health needs of the population. A well-trained, skilled and equitably distributed workforce is essential to build resilient health systems, meet the health needs of the population and better prepare for future threats and pandemics. This requires addressing gaps in workforce availability, capacity, competence and quality.

Nursing encompasses the autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well, and in all settings.

Nurses are at the front line of service delivery and play an important role in person-centred care. In several countries, they are leaders or key players in multidisciplinary and interdisciplinary health teams. They provide a wide range of health services at all levels of the health system.

For countries to achieve the goal of Universal Access to Health and Universal Health Coverage, also called Universal Health, the quality, quantity and relevance of the nursing workforce must be guaranteed.

“The pandemic has brought to light, in a poignant way, the vital role that nurses and other health workers play in protecting people’s health and saving lives.”

Nursing is one of the only professions that has its focus on care; it cares for sick people, families and communities, but it also ensures that those who are healthy do not get sick. In other words, it is responsible for promoting health and preventing illnesses, it teaches healthy people not to get sick and teaches sick people not to complicate their condition, and it helps those who get complicated to rehabilitate from the consequences left by the disease. This is one of the reasons why Nursing is considered important.



On the other hand, in a hospital, nurses are the ones who are with people 24 hours a day; their extensive knowledge helps to identify possible complications and provide early solutions. Legally, nurses can now prescribe medications, perform highly complex procedures and even manage hospitals.

Thanks to the work of Nursing in Mexico, Polio was considered eradicated, due to the absence of cases for more than 30 years; actions such as Vaccination Campaigns carried out in every space, in every corner, in the remotest places where nursing staff went to vaccinate the child population.

The World Health Organization (WHO) has declared 2020 as the year of Nursing, because it has placed hope in such a noble profession so that through health promotion and self-care, the growing rates of chronic diseases can be stopped and/or reduced, which are currently undermining public health spending in all countries.

CONCLUSION

Given recent world events and the change in the population pyramid, in the that there is greater control over people's birth rates and an increase in the population of older adults derived from the increase in life expectancy, the presence of the Nursing is essential in health systems around the world, including Mexico. Nursing staff will always be insufficient to meet the health demands of a nation, as new job opportunities will open up over time.

Today, nurse leaders are required, empowered with the knowledge that is update day by day and commit to their country, that they understand the importance of Nursing, who always seek the best version of themselves and adapt to the technological avant-garde, but without losing the humanitarian essence that characterizes this career university.



LITERATURE

<https://www.icn.ch/es/recursos/definiciones-de-enfermeria/definiciones-actuales-de-enfermeria>

<https://www.uv.mx/veracruz/cess/vinculacion-y-extension/enfermeria/>

<https://mx.indeed.com/orientacion-profesional/desarrollo-profesional/ramas-enfermeria>

<https://www.paho.org/es/noticias/7-1-2021-rol-personal-enfermeria-mexico-lucha-contra-pandemia-covid-19>

<https://www.insp.mx/avisos/nuestras-enfermeras-nuestro-futuro>

<https://www.utan.edu.mx/blog/index.php/importancia-de-la-enfermeria>