

# Recovery of Patients: Nursing Tactics

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**Abstract:** Recovery of patients is the primary goal of nursing. A nurse translates her knowledge, skills, experience, and intuition in the form of nursing care with deliberate commitment and dedication to the patient with an intention that the patients recover from their illness, no matter whether it is big or small. This article focuses on the influencing factors of nursing care continued with attributes of a nurse that can enhance recovery of patients. The article is furthered on research findings that highlights how nursing tactics impacts recovery of patients and it completes with strategies to promote patient recovery.

**Keywords:** Nurse, Nursing care, Nursing tactics, Patient recovery

## 1. Introduction

Health care Organizations observe patient experiences so as to evaluate and improve quality of patient care. Since nurses remain with patients round the clock, they are in the best position to perform evaluation. Nurses function within the frontline of responding to patient illnesses and conditions. The success of each nurse does not cease only by rendering quality nursing care but it augments patient's recovery time as well. Amalgamation of personal skills and evidence-based practices can guard nurses to bridge communication gaps and self management care that may result in early recovery of patients. Understanding the nature of work and mastery in nursing skills on sound knowledge base foster nurses to gain insight of patient care which again enhances recovery of the patient.

### Influencing factors of nursing care towards recovery of patients:

- Education and Experience:** Education of a nurse does an integral role in patient recovery. There are studies that asserts 5% decline in the patient mortality rates that was associated with 10% increase in the proportion of baccalaureate prepared nurse which reflects education of nurses remain as an influencing factor for patient recovery<sup>1</sup>. Fortified with it, quality education pave way to sharpen their skills in various specialities. Undoubtedly, genuine clinical training and education can prevent potential errors, improve patient care and satisfaction.
- Care Philosophy:** Patient centered care has a huge impact on quality of care rendered. Nurses can facilitate health care environment in very many ways. It begins with non- verbal communication and verbal communication among patients and families. It is continued with consistent and daily assessment of patients where they could recognize even the slightest changes in patient condition that aid them in altering strategy for treatment and care. A study finding demonstrates that experienced emotion by nurses toward patient is associated with patient's illness. It indicates that positive expression has influences on increasing rate of recovery<sup>2</sup>.
- Nurse Collaboration:** Studies reveal that patient mortality were more declined with better nurse to physician relationships<sup>3</sup>. Collaboration signifies teamwork, co ordination, liaison, synergy, understanding

and compromise. They provide constructive feedback and an optimistic environment for both patients and nurses

- Workplace Environment:** According to the Joint Commission in 2010, "Quantifying the effect that nurses and nursing interventions have on the quality of care processes, and on patient outcomes, has become increasingly significant to aid evidence- based planning, gaining insight of nursing shortages and optimize case outcomes"<sup>4</sup>. When patient to nurse ratios are maintained logically, workload and stress decreases, and permits more time for nurses to focus on recovery process of patients. Empowering nurses with essential resources means that patients are provided with opportunity to become better and thrive.

### Attributes of a nurse for early recovery of patients:



**Resolving problems:** The capacity to solve problems spontaneously is a must – have attribute in a great nurse. And an efficient nurse would anticipate and address problems before they arise. She should be equipped to tackle the problem and arrive at a decision in any given situation. She is expected to be wise to choose the decision in such a way that it does not pave way for any complications. It is up to the nurses to explore creative ways to make a difference for patients within the given time that is spared.

**Empathetic disposition:** Great nurses are compassionate for those they care for and provide comfort to their level best. Empathy is the ability to carefully hear and share in a patient's feelings. An ideal nurse is capable of making each patient feel seen and heard, without judgment. Also, she could recognize that each patient has their own set of values, beliefs and perspectives. Not everyone is born with robust – skill to be empathetic towards others but it is understood since the days of Florence Nightingale that with knowledge and training of nursing program it can be learned.

**Communication skills:** Pfeiffer says, a 'nurse's communication skills take many different forms'. A great nurse can communicate in ways that make a patient feel at ease and feel confident that they will be cared for. As a liaison between patient and health team, nurses unceasingly gather data that are appropriate, relevant and significant for the holistic care of the patient. Communication is also utilized as therapeutic tool to build interpersonal relationships. For example: lack of information about the present illness could be the cause of fear and anxiety for patients. Communication establishes sense of trust through the words of reassurance. It can help nurse to advocate for her patients and anticipate their needs.

**Observation skills:** Understanding patients and tailoring care according to their individual needs is a tremendous exercise in observation. Paying attention to minute details of the patient greatly help in altering the care that remains congruent to the condition. For example: Any changes in vital signs or color of skin indicates something larger. Also, nursing is a profession where a tiny error can ruin the life of a patient, therefore, meticulous observation is one attribute that can either spell the difference between life and death. It should be remembered that every step in medical field can have far-reaching consequences.

**Versatility:** Work – life balance is greatly significant to manage burnouts and stress. The satisfaction of nurse relies on the balance between personal and professional life, when not established, it reflects on nursing care. A versatile nurse, is matured enough to manage patients in many stages of their lives.

**Endurance:** Nurses should possess patience and help their patients to overcome with their stress and anxiety. Building empathy towards others is possible with patience. It helps us to accept other people as what they are. Endurance encompass physical dimension too. Nurse requires to have a good stamina to extend her working hours, to work in emergencies, performing plenty of taxing maneuvers and help in administrative works and so on. Stamina for a nurse is possessing physical or mental ability to remain active for long period of time. Nursing profession is mentally demanding and drains emotionally, where there is no room for negativity and therefore stamina is crucial. Stamina is about training the mind to be mentally strong, never quitting and sustain discipline. An effective nurse requires high level of energy and healthy lifestyle to be successful.

**Respectfulness:** Great nurses respect the health team and the patients. Ideally, people who give respect will be respected as well. Ideal nurses remain impartial consistently

and are mindful of confidentiality requirements and different culture and rituals. Nurses who have high level of respect do exercise to be kind, caring, trustworthy and compassionate. These qualities prove a person to be humane that facilitate to serve as nurses. For nurses, respect is the demarcation that dignifies a therapeutic relationship and makes it possible to take care of every patient. Respect for the rules in the health care organization is mandatory. Because the rules are developed to improve positive outcomes and patient safety too. With respect, it is possible to build good relationships.

**Yearn to learn:** With the rapid advancement of technology, a great nurse must have a real sense of curiosity with professional updates and improving skills. An ideal nurse should keep pace with the changes and equip adequately with all things, no matter if it is big or small. As professionals, nurses are invariably responsible for evaluating their own expertise and shall not take up any task exceeding their abilities. Nurses are expected to grow professionally through ongoing training.

#### **Magnitude of quality of recovery**

Quality of recovery is a tangled construct that is governed laboriously by the opinions and influences of the clinician, individual patient or organization. Quality of care is frequently replaced as a substitute at the level of institution for quality of recovery but it is different from patient's perceived quality of care, recovery and satisfaction. Hence, recovery tools also vary for the aforesaid factors<sup>5</sup>.

**Institution focused recovery:** Quality of recovery is frequently utilized parallel with quality of care at the institutional level. Frequently, the desired institutional standard to assessment of patient experience is by performance indicators<sup>6</sup>. Performance indicators are direct measures of service rendered and not unavoidably patient care or recovery. It has restrictions too such as they are unidimensional, lack context and hardly improve patient status when used in isolation<sup>7</sup>.

**Patient focused recovery:** Cohesion to performance indicators as a measure of quality of care and recovery at the institutional levels greatly differs from patients. Normally patients define recovery as a return to previous normality. Even though patient defined recovery presently has prominence on traditional parameters of return of physiological and physical function, its scope is enlarged to encompass nociceptive, emotive, social, satisfaction and cognitive dimensions<sup>8</sup>. Also, recovery is not just the absence of complications but the return to a similitude of their previous life<sup>9</sup>.

#### **Seven ways to promote patient recovery: Value based care<sup>10</sup>:**

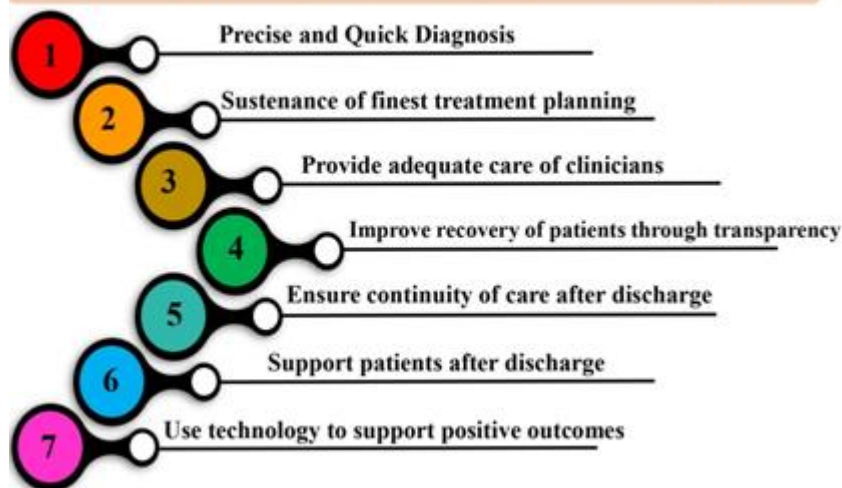
In the world of value based care, outcome of the patient matters the most. It is possible to achieve early recovery of the patient by the following ways:

- 1) **Precise and quick diagnosis:** It lays foundation for correct treatment options. It is significant in processing diagnosis – relevant patient information in a comprehensive and purposeful way.
- 2) **Sustenance of finest treatment planning:** Ensuring that treatment is both efficient and effective is the feature that

indicates success of health care providers medically and economically.

- 3) **Provide adequate care of clinicians:** An atmosphere that acts antagonistic to clinicians and nurses definitely has great impact on the recovery of the patients. Therefore, ensuring a supportive workplace is mandatory.
- 4) **Improve recovery of patients through greater transparency:** Determination of improvement in recovery must be clearly defined, reliable and evaluated transparently.
- 5) **Ensure continuity of care after discharge:** Health care providers must ensure that they provide extensive, prioritized and systematic information related to patient to the subsequent treatment providers to maintain continuity of care.
- 6) **Support your patients after discharge:** It is possible to accomplish more of positive patient outcomes if patients are actively involved in the planning process.
- 7) **Use technology to support positive outcomes:** Using modern technology can support tremendously in diagnosis and treatment. It would be highly useful in areas where health care is underserved.

### SEVEN WAYS TO PROMOTE PATIENT RECOVERY



#### Evidences affirming nursing tactics on patient recovery:

The patients are in best position to make meticulous observation and evaluation of nursing care.

- Patients active participation in their self care reflects on increased motivation, adherence to treatment, displays better outcomes, experience greater satisfaction with nursing care<sup>11</sup>. *Tutton* emphasized the importance of developing a relationship between nurse and patient and the significance of understanding the patient as well as establishing and retaining and emotional connection<sup>12</sup>. *Sahlsten* states a nurse requires to utilize measures that encompass creating close co – operation with the patient, getting to know the patient and reinforcing self care capacity<sup>13</sup>.
- An action research study on nurses empowerment in self care education to stroke patients was conducted at Iran. The results revealed nursing practice improvement, knowledge based practice, nurses attitude change, ability to respond against routinization and motivation promotion intensify the success of change process<sup>14</sup>.
- There are studies that designates the relationship between health care provider and patient impacts health care outcomes<sup>15</sup>. It clearly narrates that interpersonal relationship influences patient recovery. There are solid evidences from variety of settings. A study depicted strong clinician – patient relationship accelerates recovery from mental illness,<sup>16</sup> compassionate nursing results in lesser pressure ulcers and falls among hospitalized patients,<sup>17</sup> and patients whose health care providers

assisted them with positively experienced less pain and recovered quickly<sup>18</sup>.

- A systematic review was attempted to provide an overview of evidences that exist on the impact of nursing on patient outcomes, identify gaps in evidence and future priorities for global research. Analysis of 61 reviews were considered. Evidence was found on adequate numbers of well educated nurses working in acute care areas can bring out health outcomes that are equivalent to those of doctors particularly patients managed in primary care. Also, there was low to moderate evidence for the benefits of parenting support programs presented by nurses on a range of health outcomes<sup>19</sup>.
- A qualitative study was performed using mixed methods enquiry at UK. Themes identified were a) knowledge and engagement; b) situated understanding and confidence building; c) partnership and proactive involvement in enhancing recovery. Patients wanted to be dynamically involved in managing their recovery to re engage with their everyday lives. Preoperative education braced this through building patients situated understanding of hospital and related to the condition. Situated understanding was accomplished through educational intervention to impart knowledge. It also increased confidence of the patients to work in collaboration with health care team members and proactively self – manage recovery<sup>20</sup>.
- A cross – sectional descriptive survey was undertaken in a hospital at Nigeria on effect of nurse – patient relationship in patient recovery. A total of 150 participants were selected by stratified sampling technique. The findings

demonstrated that there was significant cordial nurse – patient relationship and had impacted positively in the care of patient as majority of patients agreed to have been cared for psychologically which is an important aspect for patient recovery<sup>21</sup>.

- A descriptive qualitative study was examined to comprehend the views of Dutch nurses on how their work and work environment contribute to positive patient experiences. The nurses specified important elements that they believe would improve patient experience of the quality of nursing care as clinically competent nurses, collaborative working relationships, autonomous nursing practice, adequate staffing, control over nursing practice, managerial support and patient - centered culture. Nurses believed that by incorporating these elements in daily care would result in positive patient experiences<sup>22</sup>.
- A study was examined to determine this effect of active patient participation in the management of daily nursing goal on surgical patient recovery at Korea. The findings of this study declared that the daily nursing goal management group showed more rapid recovery in bowel movement, higher peak respiratory flow rate and lower pain serves than the control group. Also, it was found that the experimental group had significantly higher resilience than the control group<sup>23</sup>.

## 2. Conclusion

Countries across the globe are facing acute nursing shortages, lack of trained nursing staff, lack of specialization in the area they work, and limited update to their knowledge and skills. Although, several research studies exist determining excellent nursing care has largely contributed towards early recovery of patients, this is not cent percentage. The present scenario in nursing demands nurses to acquire such skills during their training period itself which should be encased with values. When we turn back and glance what our pioneers performed, it was value based nursing care that resulted in quality patient care, high level of patient satisfaction and early recovery of patient. And now reinforcement is required inescapably to bring back real nursing.

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