

# Process of nursing as an active form nurse's work with patient in therapeutic team – project of evidencing the process of looking after a sick person for students of nursing Faculty of Health Sciences, UMK Collegium Medicum in Bydgoszcz

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## Abstract

In years sixtieth in U.S.A. the process of nursing was introduced to the contemporary practice of nursing. U.S. was also the first country where the need of teaching the nurses on high standard was noticed and executed. In years 1960-1980 a very intensive development of nursing appeared there, the process of nursing strengthened its position as a work method based on the theory of human's needs. In Poland idea of process of care developed from over twenty years. Instruction cares is based for scientific bases this of process. Process of nursing as dynamic work method, makes a work of nurse very active and raises the quality of care after a sick person. This process embraces with one's own range also healthy man, potentially threatened with disease, family, group of persons and environment. It is the modern form of nursing in the contrary to nursing understood in traditional way. The main purpose of introduction the process of evidencing to execution of classes like geriatrics and geriatric nursing with students of the third year Faculty of Health Sciences, UMK Collegium Medicum was moulding abilities of conducting the process looking after a sick person by students trough underlining the meaning of scientific bases of nursing.

**Key words:** nursing diagnosis, process of nursing, therapeutic team, theories of nursing.

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## Introduction

Nursing is a defined care provided by a nurse for people in need. It consists not only of professional help provided on the basis of knowledge of skills but also showing the sympathy towards a patient and his family. The requirements towards a nurse are bigger and bigger nowadays. Thinking and action on one's own are preferred [1-4]. This duty requires gaining a lot of professional qualifications in the process of education.

In recent years the process of nursing was introduced to the contemporary practice of nursing [5,6]. This process is a basis of practice provided by a professional nurse nowadays. This introduction was a very important change in the field of understanding the significance of a nurse, who nowadays not only executes the orders but concentrates on a man and his health and nursing problems. The work with an individual person or with a social group is based on scientific theories of nursing and on knowledge of related sciences [5,6]. All nurses on their own, in a very responsible, planned, aimed and continuous way provide a professional care, which is also systematically checked and marked.

## Process of nursing as an active form nurse's work with patient

The nursing was introduced to the way of scientific development by its precursor Florence Nightingale living in the 19th century, whose merits and conceptions weren't appreciated and introduced to the practice many years after [7]. The originators of bases of modern and professional nursing were, on the other hand, American nurses. In The U.S., in the years of fifty, favourable conditions appeared to develop many disciplines of science including nursing. In those years significance and professional functions of a nurse were defined [7]. The U.S. was the first country where the need of teaching the nurses in high standards was noticed and executed. In the years 1960-1980 a very intensive development of nursing appeared there, the process of

Table 1. Our project of the nursing process documentation

Personal Data:

Initials		Education/profession	
Age		Income source	
Sex (M/F)		Family status	
Marital status		Financial condition	

Diagnosis in Latin:

Diagnosis in Polish:

Date of start of care: \_\_\_\_\_ – \_\_\_\_\_ – \_\_\_\_\_ Number of days in ward: \_\_\_\_\_

Visit in hospital:  $\pi$  in case of emergency  $\pi$  scheduled

Sensory modes: vision \_\_\_\_\_ hearing \_\_\_\_\_

Bad habits (smoking, alcohol, stimulants): \_\_\_\_\_

Past surgical operations and diseases: \_\_\_\_\_

Number of visit in hospital	<input type="text"/>
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**Maladies:**

Pain (kind, place, time, frequency, intensity)

Appearance of symptoms	yes	no		yes	no
vomiting			constipation		
abnormal stool			shortness of breath		
diarrhoea			swellings		

Status of consciousness of patient (unconscious, conscious).

Others symptoms: \_\_\_\_\_

Examination of laboratories and others: \_\_\_\_\_

Physical – mental and social status of patient

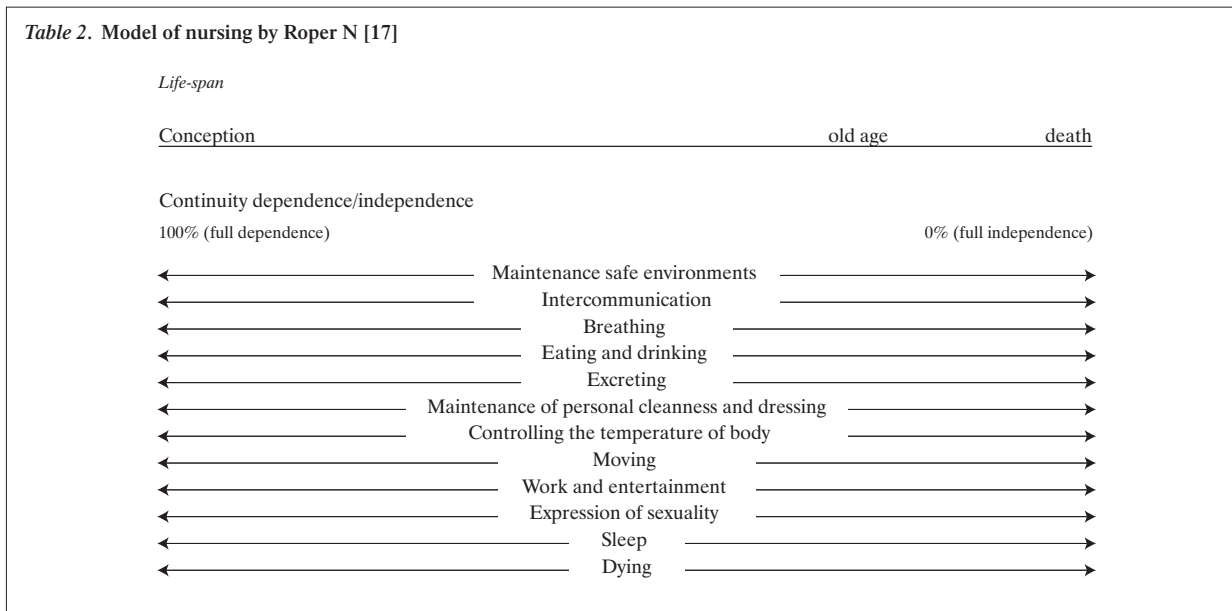
General status of health	$\pi$ right $\pi$ medium $\pi$ bad $\pi$ very bad
Risk of bed-sores	
Category of nursing care	$\pi$ I $\pi$ II $\pi$ III $\pi$ IV
Status of consciousness	$\pi$ complete orientation $\pi$ drowsiness $\pi$ status before somnolence $\pi$ somnolence $\pi$ other
Pulse (quantity, tension)	
Blood pressure	
Breath (quantity, character)	
Colour of skin, tension, swellings, temperature and other	
Weight of body and height, BMI	
Urinary system (diuresis normal, abnormal, patient with catheter and other)	
Skeletal and muscular system	$\pi$ self-reliant $\pi$ wheelchair $\pi$ crutches $\pi$ lying
Patient is sole (scope self-care)	$\pi$ yes $\pi$ no $\pi$ partly
Type of diet	$\pi$ strict $\pi$ liquid $\pi$ light $\pi$ other
Others observations about the patient (psychical status, social, frame of mind)	

Methods of treatment \_\_\_\_\_

nursing strengthened its position as a work method based on the theory of man's needs [7]. In 1967 the first American publication entitled "The process of nursing" came out. Four stages of this process were suggested [8]. A bit earlier a definition of a nursing diagnosis appeared. In the seventies scientific researches were widely carried and discussions initiated by North American Nursing Diagnosis Association (NANDA) [7]. According to Gordon's theory, nursing diagnosis consists of three elements: the state of health, etiology of a problem and symptoms of a problem [7]. NANDA instead of Carpenito announces the following definition of a diagnosis. A nursing diagnosis is such

a description of identified by a nurse man's reactions (changes in the state of health or in actual / potential pattern of interactions appeared at an individual person or at a group of people) which a nurse can identify legally and towards which a nurse is entitled to defining in a final way an intervention aiming at the maintenance of the state of health or at reducing, eliminating or appearing changes in it [6,7]. It is completely different from a doctor's diagnosis because it defines other patient's problems. Nursing diagnosis should define such patient's problems, which can be solved by the action of a nurse [7]. The process of nursing as a method of work with a patient, based on scientific bases is

**Table 2. Model of nursing by Roper N [17]**



defined by Carpenito: “The nursing is a diagnosis and therapy of men’s reactions towards actual and/or potential health problems” [9]. Nowadays many authors are showing five stages of the process of nursing: collecting the data, a nursing diagnosis, planning a care, executing this care and checking-up [7]. In Polish nursing it is said that “the process of nursing is a suggestion of such a nursing care, which uses conscious recognition of the biology, psychological and social state of an individual and his environment and taking aimed and planned actions in order to maintain or change the previous state, and also estimating obtained results” [5,10].

The process of nursing as a dynamic method of work, makes the work of a nurse very active and raises the quality of care after a sick person [3]. It is a modern form of nursing in the contrary to the nursing understood in a traditional way. The assumption, that this practice has an interpersonal character is the basis of professional nursing practice, like treatment a man in a holistic way. The process of nursing is integrated with the process of treatment. A nurse, while planning her activities, takes part both in diagnosing, treatment and rehabilitation of a patient. This is why good communication between a doctor and other members of a therapeutic group is very important [11].

The aims of introducing the process of evidencing to execution of classes like geriatrics and geriatric nursing with students of the third year of Faculty of Health Sciences, were: 1) Moulding abilities of conducting the process of looking after a sick person by students through underlining the meaning of scientific bases of looking after a patient; 2) Analysis of abilities of executing individual stages of the process by students; 3) Estimating collected documents by students in the shape of an auditorium questionnaire; 4) Improvement of the quality of looking after elder people in the way of increasing the student’s engagement into taking care of sick people and in the way of raising the level of their skills and knowledge.

### The project of evidencing the process of nursing

The project of evidencing appeared for the need of educating the students of Faculty of Health Sciences in nursing. It was modified and improved several times.

By the evidencing one tried to systematise the most important information needed to estimating the biopsychosocial state of a patient and diagnosing. The aim of introducing the practice of evidencing to students was undertaking the trial of teaching creative thinking, justified, planned action, analysing the situation of a sick person on one’s own, moulding abilities of estimating the state of a patient and diagnosing, and next constructing, execution and estimating the plan of looking after a patient [4]. The process of clinical understanding is a process of solving problems. A decision in the field of recognition and finding categories of nursing problems is the first stage. A choice of action is the next stage. The features of this process are steered towards an aim, through marking indirect aims out and a choice of means of their execution [12]. A nurse’s knowledge, subscribed values, convictions, circumstances and a patient by his own, all this influences on taking a decision, in other words, solving patient’s problems. A nurse reaches a therapeutic alliance with a patient and in this way he becomes an active member in the process of nursing. Both members, a patient and a nurse are allies in achieving marked aims [12].

The documentation was worked out more widely and more exactly in order to help students, who plan taking care of the chosen patient. It contains the scale defined by Barthel needed while estimating physical efficiency state of a patient [13,14]. Next, it contains the scale of estimating the risk of bed-sore by Norton and Waterlow, scale of estimating the category of nursing care [11]. They are collected in one place in order to make it easy for a student to estimate the health situation of a sick person. They are especially important while an elder person’s state of health is estimated. The documentation also contains

**Table 3. Models of nursing**

Authors	Nursing theories	Description
F. Nightingale	Environment and hygiene	Making optimum hygienic environment for cares of health.
V. Henderson	Theory of needs. Human's basic needs	Help in diagnosing and accompanying in realization of man's needs disturbed by disease. Restoring independence.
D. Orem	Theory of self-care deficit Theory of systems in nursing – redemptive, partly redemptive, aiding and teaching	Size and kind of deficit of care diagnosis and preparation to self-care and self-nursing in health and in disease.
C. Roy	Adaptation model	Preparation man, families and environments to problems resolving. Given support helps man with creation necessary changes in his environment.
B. Neuman	Stress	Reducing of negative results of stress as assignment of nurse and ill.
N. Roper	Practical activities	Getting by man maximum state of independence in undertaking important practical activities.

review of chosen nursing theories [2,3,6,15-17]. Placing earlier detailed contents we wanted to make students aware of scientific bases of undertaken nursing tasks towards a patient and to strengthen the principles of a planned and aimed action. The suggested documentation isn't too complex as to its execution during practical lessons or professional practice of a student. It also takes specificity of looking after elder people into consideration, but not only, because it also has a virtue of universal use. A student on his own or after consultation with a person, who carries classes, decides and justifies the choice of a nursing model, estimates its usefulness in a specific case. A student is also inspired to conception work, in this way he can suggest additional enclosures to the documentation for example: guides for an interview, other scales of estimating health (MMSE – Mini-Mental State Examination, ADL – Activity of Daily Living, NHP – Nottingham Health Profile and others), short tests checking up knowledge of a patient on his illness, standards of care and others.

Collecting information and estimating the state of a patient is the first stage of student's work.

Next a student does following orders:

1) Define in Barthel scale (in score) psycho-physical fitness of a patient; 2) Define in Norton scale and/or in Waterlow scale the risk of appearing of bed-sore at your patient; 3) Classify your patient into one category of nursing care; 4) Choose a nursing model; 5) Diagnose and estimate the plan of looking after a patient.

The documentation contains review of chosen nursing theories: Life activities undertaken by a man in Roper's model [17].

## Conclusions

The process of nursing is a complicated procedure of ensuring the professional care in execution of needs and in solving patient's problems. Using the process of nursing as a method of a nurse's work is preceded by thorough getting to know scientific theories of nursing, determinants of estimating a patient's

state, concepts and standards appearing in nursing and medicine and many complicated abilities such as: intellectual, instrumental and ability of communicating with a sick person. In the education process concerning high school nurses, a huge emphasis is put on gaining as high level of developing these abilities as possible, especially during the direct work at a patient's bed. Abilities collected during the process of learning bear fruit in future development and success in work.

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