



Importance of Evidence-Based Practice: Interprofessional Collaboration in Adult Nursing

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Received date: 16 February, 2023, Manuscript No. JNPC-23-93399;

Editor assigned date: 20 February, 2023, PreQC No. JNPC-23-93399 (PQ);

Reviewed date: 10 March, 2023, QC No. JNPC-23-93399;

Revised date: 17 April, 2022, Manuscript No. JNPC-23-93399 (R);

Published date: 24 April, 2023, DOI: 10.4172/2573-4571.1000024

Description

Adult nursing is a specialized branch of nursing that focuses on providing care to adults of all ages. This type of nursing involves a broad range of skills and knowledge, including clinical assessment, medication administration, and disease management. In this manuscript, we will explore the main features of adult nursing, including patient-centered care, evidence-based practice, and interdisciplinary collaboration.

Adult nursing is a complex and challenging field that requires healthcare professionals to provide high-quality care to patients. Evidence-based practice, patient-centered care, and interprofessional collaboration are critical components of adult nursing, promoting positive patient outcomes and improving the quality of care provided.

Patient-centered care

Patient-centered care is an essential aspect of adult nursing. This involves placing the patient at the center of care and tailoring treatment plans to meet their unique needs and preferences. Healthcare professionals working in adult nursing must be able to communicate effectively with patients and their families, provide clear and concise instructions, and listen actively to their concerns.

Patient-centered care is an approach to healthcare that prioritizes the individual patient's needs, preferences, and values, providing personalized care that promotes positive health outcomes. The primary goal of patient-centered care is to improve individual health outcomes, not just population health outcomes, although it can contribute to improved population health as well. Patient-centered care reduces unnecessary procedures, honors patient preferences, and improves

patient health. It is based on the philosophy that the patient is the expert on their own health and that healthcare professionals should partner with patients to provide effective and compassionate care.

In patient-centered care, patients are actively involved in the decision-making process, with healthcare professionals providing education and support to help patients make informed decisions about their health. This involves promoting open communication, active listening, and shared decision-making. Patient-centered care also involves considering the patient's physical, emotional, and social needs, taking into account their overall well-being.

Patient-centered care has been shown to improve patient satisfaction, reduce healthcare costs, and improve health outcomes. It is an essential component of quality healthcare, promoting positive patient experiences and improving the overall quality of care provided. Healthcare professionals must work to implement patient-centered care effectively, promoting open communication, active listening, and shared decision-making to provide individualized care that meets the unique needs and preferences of each patient.

Evidence-based practice

Evidence-based practice is critical in adult nursing. This involves using the latest research and clinical evidence to inform clinical decision-making and promote positive patient outcomes. Healthcare professionals working in adult nursing must stay up-to-date with the latest research and be able to apply it effectively in their practice.

Interdisciplinary collaboration

Interdisciplinary collaboration is an essential aspect of adult nursing. This involves working closely with other healthcare professionals, including physicians, pharmacists, and social workers, to provide comprehensive care to patients. Effective communication and collaboration are critical in promoting positive patient outcomes and improving the quality of care provided.

Conclusion

Adult nursing is a complex and challenging field that requires a diverse range of skills and knowledge. It is focused on providing patient-centered care, using evidence-based practices, and collaborating with other healthcare professionals to promote positive outcomes. Healthcare professionals working in adult nursing must possess excellent communication and interpersonal skills, stay up-to-date with the latest research, and be able to work effectively in a team-based environment. By implementing effective strategies, healthcare professionals can promote positive patient outcomes and improve the quality of care provided in adult nursing.

Citation: Alquthami T (2023) Importance of Evidence-Based Practice: Interprofessional Collaboration in Adult Nursing. *J Nurs Patient Care* 8:1.