



## Understanding Nursing Science: A Comprehensive Guide

Paul C. Carvalho\*

Department of Pharmaceuticals, Key Laboratory of Protein and Peptide Pharmaceuticals & Laboratory of Proteomics, Institute of Biophysics, Chinese Academy of Sciences, Beijing 100101, China

\*Corresponding author: Paul C. Carvalho, Department of Pharmaceuticals, Key Laboratory of Protein and Peptide Pharmaceuticals & Laboratory of Proteomics, Institute of Biophysics, Chinese Academy of Sciences, Beijing 100101, China; E-mail: paul@ibp.ac.cn

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### Description

Nursing Science is the scientific study of health, illness, and disease management. It is a discipline that combines knowledge from the fields of biology, psychology, sociology, and medicine to provide patient-centered care. This article will provide a comprehensive guide to understanding nursing science, including its history, key concepts, and current practices.

### History of nursing science

Nursing has been practiced for centuries, but it was not until the mid-19th century that nursing became a profession. Florence Nightingale, a British nurse, is widely recognized as the founder of modern nursing. She established the first nursing school in 1860 and emphasized the importance of sanitation and hygiene in patient care. Nursing science began to develop as a distinct field in the 1950s, with the creation of the nursing theory by scholars such as Virginia Henderson and Martha Rogers.

### Key concepts in nursing science

Nursing Science is based on several key concepts, including:

**Holistic care:** Nursing care should consider the physical, emotional, and social needs of the patient.

**Patient-centered care:** The patient's needs and preferences should be at the center of all nursing interventions.

**Evidence-based practice:** Nursing interventions should be based on the best available scientific evidence.

**Nursing theory:** Nursing theory provides a framework for understanding and guiding nursing practice.

**Interdisciplinary Collaboration:** Nursing practice involves collaboration with other healthcare professionals to provide comprehensive patient care.

### Current practices in nursing science

Nursing Science has evolved to include a wide range of practices, including:

**Direct patient care:** This includes administering medications, monitoring vital signs, and providing patient education.

**Care coordination:** Nurses coordinate care among different healthcare professionals and ensure that the patient receives the best possible care.

**Research:** Nurses conduct research to improve patient outcomes and develop new nursing interventions.

**Education:** Nursing education prepares nurses to provide high-quality patient care and conduct research.

**Leadership:** Nurse leaders manage healthcare teams and implement policies and procedures to improve patient care.

### Different aspects of direct patient care

Direct patient care is a fundamental practice in nursing science. It involves providing hands-on care to patients in various healthcare settings, such as hospitals, clinics, long-term care facilities, and home health. Direct patient care aims to meet the physical, emotional, and social needs of the patient and promote their overall health and wellbeing.

**Assessment:** Assessment is the first step in providing direct patient care. It involves gathering information about the patient's health status, medical history, and current symptoms. Nurses use a variety of assessment tools, including physical examination, patient interviews, and diagnostic tests, to gather this information. The assessment process helps nurses identify the patient's health needs and develop a plan of care.

**Planning:** Once the assessment is complete, nurses develop a plan of care that addresses the patient's health needs. The plan of care includes specific goals, interventions, and expected outcomes. The plan of care is tailored to the patient's individual needs and preferences and is often updated as the patient's health status changes.

**Implementation:** Implementation involves carrying out the plan of care. Nurses provide hands-on care to patients, such as administering medications, monitoring vital signs, and assisting with activities of daily living. Nurses also provide emotional support to patients and their families and educate them about their health conditions and treatments.

**Evaluation:** Evaluation is the final step in providing direct patient care. Nurses evaluate the effectiveness of the plan of care and whether the patient has achieved their goals. If the plan of care is not effective, nurses make necessary changes to the plan to ensure that the patient receives the best possible care.

**Patient safety:** Patient safety is a crucial aspect of direct patient care. Nurses must ensure that patients are safe from harm and that their environment is conducive to their recovery. This includes preventing falls, managing infections, and ensuring that the patient receives their medications as prescribed.

### Conclusion

Nursing Science is a dynamic and essential field that provides patient-centered care based on scientific evidence. The key concepts of holistic care, patient-centered care, evidence-based practice, nursing theory, and interdisciplinary collaboration form the foundation of

nursing practice. Current practices in nursing science include direct patient care, care coordination, research, education, and leadership. By understanding nursing science, patients can be confident that they are receiving high-quality care from knowledgeable and compassionate healthcare professionals.