



## Nursing Science: Advancing Patient Care through Evidence-Based Practice

Cheng Yuli\*

Department of Medical Sciences, Capital Medical University, Beijing, China

\*Corresponding Author: Cheng Yuli, Department of Medical Sciences, Capital Medical University, Beijing, China; E-mail: hsuan.y@gmail.com

Received date: 02 June, 2023, Manuscript No. JNPC-23-107557;

Editor assigned date: 05 June, 2023, PreQC No. JNPC-23-107557 (PQ);

Reviewed date: 19 June, 2023, QC No. JNPC-23-107557;

Revised date: 26 June, 2023, Manuscript No. JNPC-23-107557 (R);

Published date: 06 July, 2023, DOI: 10.4172/2573-4571.1000040

### Description

Nursing science is the foundation of modern nursing practice, combining the providing care design with the scientific investigation's intensity. It encompasses a wide range of disciplines, from physiology and pharmacology to psychology and sociology, all focused on improving patient outcomes and advancing healthcare.

Nursing science, also known as nursing knowledge or nursing theory, represents the body of knowledge that explains nursing practice. It incorporates principles and concepts from various disciplines to provide a comprehensive understanding of health, illness, and the human experience. Nursing science is focused on promoting health, preventing illness, and providing patient-centered care that is based on evidence and best practices.

Nursing science recognizes the importance of holistic care, considering more than physical characteristics of health but also the emotional, psychological, social, and spiritual dimensions of patients. This holistic technique acknowledges that patients are diverse requirements and personalities, and nursing care should be created effectively.

Ethics is a fundamental component of nursing science, assisting nurses to make ethical decisions in their practice. Ethical principles such as beneficence, non-maleficence, autonomy, and equality serve as a direction for nurses to navigate complicated healthcare situations while maintaining patient rights as well as respect. A development in nursing science moves advancements in nursing practice, encouraging the development of innovative techniques and technologies to improve patient care.

### Role of nursing science development

Development is a foundation of nursing science, driving the advancement of nursing knowledge and practice. Nursing research aims to provide information related to patient care, nursing interventions, healthcare policies, and the wider impact of nursing on public health. There are various types of nursing study, including:

**Clinical study:** It investigates the effectiveness and safety of nursing interventions, medications, and medical devices. It includes randomized controlled trials, cohort studies, and case-control studies, among others.

**Qualitative study:** Qualitative study explores the subjective experiences and perspectives of patients and healthcare providers. It involves methods such as discussion groups, and observations to acquire improved information of the human experience in healthcare settings.

**Health Services study:** It focuses on examining healthcare systems, policies, and delivery models to improve the organization and effectiveness of healthcare services.

**Evidence synthesis:** Evidence synthesis involves systematically reviewing and summarizing existing study to create evidence-based guidelines and recommendations for nursing practice.

### Impact of nursing science on patient care

Nursing science has a significant impact on patient care, leading to improved outcomes, increased patient satisfaction, and improved overall health-care delivery:

**Enhanced patient safety:** By adhering to evidence-based practices and incorporating the latest study findings, nurses minimize the risk of medical errors and improve patient safety.

**Improved clinical outcomes:** Evidence-based interventions lead to better clinical outcomes, immediate recovery times, and decreased rates of complications for patients.

Central to nursing science is the concept of Evidence-Based Practice (EBP). EBP involves integrating the most evidence from studies provided, clinical expertise, and patient preferences to inform clinical decision-making and improve patient outcomes. By aligning care with the most current and effective evidence, nurses ensure that their practice is established in the latest scientific knowledge. Incorporating evidence-based practice into nursing care is significant to ensure the delivery of high-quality, effective, and safe care.

**Citation:** Yuli C (2023) Nursing Science: Advancing Patient Care through Evidence-Based Practice. *J Nurs Patient Care* 8:2.