

Reflect on transitional and professional expansion and uniqueness own fortes and area for growth in relation to professional nursing subordinate repetition and the code 12018

In this article, I will explain how I have been applying what I have learned as a nurse associate (NA) to my current job in mental health nursing. In particular, it will be capable of identifying a patient in the context of a specific care event. For confidentiality anxieties and in agreement with the Treatment and Midwifery Council (NMC, 2018) Code, all real names have been replaced with pseudonyms. This post will talk about how important it is for patients and their loved ones to be able to talk to each other. We will examine what “public health” and the primary forces that shape community well-being policy and the NA’s public health role mean. In a same spirit, this article will discuss the value of health raise and look at cutting-edge methods of illness prevention and treatment to help readers become healthier and more active as they go through NA. The role of the NA in aiding the RN with this evaluation will be discussed, as well as the factors that may have an impact on the patient's mental and physical health. The paper will also go into the topic of using evidence-based practice in the realm of NA.

Nurses are trained to priorities an evidence based approach throughout the nursing process in order to better offer patients with holistic care (Ellis, 2019). The first of the five steps in this technique is assessing the patient's requirements, and it is one of the most crucial (Ellis, 2019). I took involved in a clinical setting during my nursing practicum at a mental health hospital that required this kind of patient evaluation. Alex, the 67-year-old protagonist, has been diagnosed with depression.

A month before this happened, Alex had been discharged from the hospital after spending some time on the ward. His condition, however, continued to worsen, and he eventually relapsed. Alex's wife Monica was spotted pacing the ward, evidently distressed and fearful about her husband's sudden downturn in health. My clinical supervisor paired me up with a registered nurse and gave us the assignment to do a thorough assessment of Alex's health. Taking a detailed medical history from the patient is a crucial first step in providing quality care, as stated by Jarvis (2018). Alex's earlier release document provided me with details on his health and prescriptions.

We reached out to Alex, briefed him on the assessment process, and got his consent to go forward so that we could learn more about his health as required by the NMC (2018) Code. I recorded his body temperature, heart rate, and breathing rate. Alex's degree of depression was also assessed using the Patient Health Survey (PHQ-9); a simple diagnostic tool with just nine items (Manea et

al., 2012). Being an observer, I used the RN's PHQ-9 implementation as a knowledge opportunity. As the nurse was explaining the process to Alex, I peppered her with questions to learn more. Alex had moderate-severe depression, as indicated by his PHQ-9 score of 18/27. (Kocalevent et al., 2013). This result was especially telling in light of his pre-discharge score of nine, which suggested a significant degree of depression.

From this analysis, it is clear that communication is crucial. Kourkouta and Papathanasiou (2014) noted the importance of human connection and excellent communication in the nursing process. Arnold and Boggs (2019) argue that therapeutic nursing practise depends on communication between nurses and patients/families. Care from a nurse trained in restorative nursing would be very helpful here. Alex and I had frequent phone conversations, and my discussion with the nurse regarding his assessment went to great lengths. Monica, Alex's wife, was brought in to explain what was going on with her husband's health and why I had not seen it before. It was good news, and it gave her hope for Alex's recovery.

Putting yourself in the patient's position is essential for effective communication. For this reason, Riley (2015) emphasized, it is crucial that nurses have the necessary skills and a sincere interest in understanding their patients' concerns. Despite what Sprangers et al. (2015) say, the nursing staff still needs to show the patient acceptance and compassion. In all of our dealings with Alex, we were courteous and thoughtful. We encouraged Alex's perspective and emotions throughout the evaluation and encouraged open dialogue about his experiences. This allows nurses to respond positively and warmly to patients who may be anxious, depressed, or angry, while still adhering to the NMC (2018) Code. There is no denying the importance of clear and effective communication when caring for patients and their loved ones, but there is a variety of ways to ensure this goal is met.

In order to ensure that everyone involved receives accurate and complete information, structured communication using the SBAR (situation, background, assessment, recommendation) model is used. Alex's wife was able to get more information from him about his illnesses through this approach. The goal of this mode of communication is to convey information rapidly, accurately, and clearly. This way, we can take our time discussing the finer points of our message to one another and ensure that all pertinent information is shared. As in the BATHE (Context, Impression, Challenges, and Management). Using the ES (Empathetic Statement) is a well-developed strategy

for establishing rapport and putting patients at ease. This kind of communication is not meant to solve problems; rather, it is meant to reassure patients and give them a safe space to share their concerns. You can learn more about Alex and reassure his wife by taking this approach.

Public health is defined as the "art and science of preventing disease, promoting health, and lengthening life through planned community efforts." Its main purpose is to help people stay healthy and avoid getting sick. Alex's diagnosed depression is a public health issue because it interferes with his ability to lead a normal life. Blazer (2020) echoed this sentiment, highlighting the negative effects of mental illness on interpersonal relationships. For instance, Alex lost his job because his mental illness made it difficult for him to focus on his duties. According to his wife, he did the same thing, isolating himself and putting stress on their marriage.

Pandemics and epidemics may have a significant impact on public health policy. They motivate public policy and bring public health concerns to the forefront of public discussion (Sowa et al., 2016). It is possible that media attention on public health issues will serve as a potent force in shaping policy. For instance, the Francis (2013) report and subsequent public health reforms were made possible by media coverage of subpar care delivery at the Mid-Staffordshire NHS Trust. The health sector lobby and an international organisation may also influence public health policy. Public health hazards may be avoided if professionals and researchers utilize data from scientific studies to inform policy (Padoveze et al., 2019).

Nursing associates and other nurses contribute considerably to public health. They may educate patients to improve their knowledge. This increases access to therapy, reduces the financial burden of managing chronic illnesses, and helps people control their own health, according to Kemppainen et al. (2013). NA promotes individual wellbeing, which may benefit public health. Whitehead confirms that health promotion may improve self-management, adherence, and patients' quality of life (2011). NA-enabled monitoring and control systems can monitor and control communicable illnesses, for example (Rosser, 2016).

Health promotion is to convince individuals to cease harmful habits and start good ones (Brown, 2018). Alex is one of many chronic disease patients whose particular circumstances need health promotion (Lau-Walker, 2014). Its aims include improving mental health and well-being, minimising mental illness, and enriching community life (Kotera et al., 2018). Eldredge et al. (2016) present approaches for enhancing health in people with chronic conditions, although they

emphasize education. Instructional approach focuses on patient education and health understanding (Sharma, 2016). This technique aims to educate individuals about their health and alternatives so they can treat illnesses at home (Eldredge et al., 2016). Alex could manage his meds until recently. Our educational technique will help Alex make health-related decisions.

Regular exercise is important for everyone's health and happiness, and it also helps depressed people (Peddie et al., 2021). This suggests that behavioral intervention predicts favorable mental health outcomes. Health coaching encourages healthy lifestyle choices and improves mental health, according to the literature (Härter et al., 2016). Alex's sadness makes it hard for him to communicate with people, leading to his solitude and sedentary lifestyle. In one-on-one sessions, this health promotion strategy will emphasize the benefits of exercise on mental health. The essay will also discuss fitness obstacles and provide solutions. Alex will have greater influence over his health with health education, and physicians and policymakers utilise it to help individuals take command of their health and outcomes (Small et al., 2013). According to Mitchell and De Hert (2015), empowering mental health patients gives them more influence in their treatment.

NA supplements the educational and health coach approaches with other health promotion strategies. Anti-discrimination laws and employment opportunities are examples of health-promoting policies. Health promotion initiatives that depend on media campaigns and participatory research may be effective (Kobau et al., 2011).

Data reveal that patients with mental illness are more likely to suffer avoidable physical diseases (Naylor et al., 2016). In a same line, physical health affects mental health (Ohrnberger et al., 2017). Mental and physical health difficulties have produced a variety of literature on the factors that affect people's health. Strand et al. connected economic inequality to poor mental and physical health (2011). Lower socioeconomic level was linked to worse mental and physical health. Morgan et al. (2012) found that parent-child bond and mental health affect adult children's social, cognitive, and mental health.

Social relationships may affect mental and physical health. Chekroud et al. (2018) said that although relationships are important to our well-being, disagreement or loss of a link might affect our feelings. Beutel et al. (2017) noted that such loss might lead to loneliness, which harms mental health. Isolation may encourage sedentary behaviour and worsen physical health concerns (Richard et al., 2017).

Home, employment, or financial worries may also be stressful (Kandola et al., 2018). Such concern may affect mental health and cause individuals to withdraw from others (Beutel et al., 2017). (2017). this may exacerbate obesity and weight-related health concerns.

Nursing personnel can assist patients overcome health and physical problems, nevertheless. NA may help the RN improve patients' overall well-being in integrated physical and mental health care (Lundström et al., 2020). NA may assist the RN establish the patient's physical and mental health care needs. As a NA, I had to record Alex's vital signs. During Alex's assessment, I spoke with him to gather crucial facts for his diagnosis. NA may assist the RN pick up on minor signs throughout the examination, allowing her to focus on the patient's individual physical and mental health needs. When evaluating a patient, a NA may help the RN.

EBP uses the latest scientific information to enhance patient care, save money, and standardise results (Black et al., 2015). EBP combines research results, patient valuation, patient partialities, and specialists' expertise to enhance patient care and safety (Melnyk et al., 2014). This group of writers emphasises the advantages of EBP, similar to Majid et al. (2011), who noted that EBP gives patients access to greater treatment. Alex's examination followed EBP; he utilised the PHQ-9 based on the latest depression research. The four stages of EBP implementation are vital to clinical problem-solving and healthcare professionals' decision-making.

First, healthcare practitioners require an inquisitive mentality and a clear clinical question (Grove and Gray, 2018). Alex's character was boosted with health quizzes. We can design clinical questions that lead to better therapy alternatives. By presenting research questions, we may read depression-related papers while evaluating. This helped us reconcile theory and practise and explain Alex's situation. Third, although there is a multitude of material on depression assessment, EBP requires nurses to analyse its dependability (Bend, 2016). We synthesised Alex's information and related it to NICE's depression guidelines. NICE (2012) recommended PHQ-9 for assessing depression severity.

Fourth, medical therapy incorporates this evidence.

Adopting EBP boosts healthcare service supply, while the nursing team improves healthcare quality based on research and knowledge (Sharma et al., 2018). Creative healthcare ensures better patient outcomes (Grove and Gray, 2018). EBP improves NA practise by advancing nursing

research and boosting decision-making confidence (Black et al., 2015). NA practise is crucial and necessary to explain how it fits into daily practise since it improves nurses' duty, specialized progress, and competence (Majid et al., 2011).

NA is vital in therapeutic contexts. The article shows clinical examination of a patient. I worked with an RN to evaluate Alex's health after he was diagnosed with depression. Alex and his wife Monica discussed the test findings openly. Alex's situation shows the significance of mental health and public health. Pandemics, epidemics, the health business lobby, and international organisations have affected public health policy. NA promotes and educates about health, contrary to public health policies. NA may assist the RN enhance patients' health and well-being via combined physical and mental health therapy despite these health and physical factors. Alex's assessment shows the effectiveness of evidence-based practise, which uses research in therapy. The NA plays a key role in clinical practise and must communicate effectively with patients, their families, nursing team members, and interprofessional team members.



**DoMy
Assignmentuk**

References

- Arnold, E. C., & Boggs, K. U. (2019). *Interpersonal relationships e-book: professional communication skills for nurses*. Elsevier Health Sciences.
- Barnes, R. K., Jepson, M., Thomas, C., Jackson, S., Metcalfe, C., Kessler, D., & Cramer, H. (2018). Using conversation analytic methods to assess fidelity to a talk-based healthcare intervention for frequently attending patients. *Social Science & Medicine*, 206, 38-50.
- Bend, I. N. (2016). Evidence-based practice and nursing theory. *Nursing science quarterly*, 29(4), 283-284.
- Beutel, M. E., Klein, E. M., Brähler, E., Reiner, I., Jünger, C., Michal, M., ... & Tibubos, A. N. (2017). Loneliness in the general population: prevalence, determinants and relations to mental health. *BMC psychiatry*, 17(1), 97.
- Birkland, T. A. (2017). Agenda setting in public policy. In *Handbook of public policy analysis* (pp. 89-104). Routledge.
- Black, A. T., Balneaves, L. G., Garossino, C., Puyat, J. H., & Qian, H. (2015). Promoting evidence-based practice through a research training program for post-graduate clinicians. *Journal of nursing administration*, 45(1), 14.
- Blazer, D. (2020). Social isolation and loneliness in older adults—a mental health/public health challenge. *JAMA psychiatry*, 77(10), 990-991.
- Brown, R. C. (2018). Resisting moralisation in health promotion. *Ethical Theory and Moral Practice*, 21(4), 997-1011.
- Chekroud, S. R., Gueorguieva, R., Zheutlin, A. B., Paulus, M., Krumholz, H. M., Krystal, J. H., & Chekroud, A. M. (2018). Association between physical exercise and mental health in 1.2 million individuals in the USA between 2011 and 2015: a cross-sectional study. *The Lancet Psychiatry*, 5(9), 739-746.