



EXTENDED AND EXPANDED ROLES OF NURSE IN PROMOTIVE, PREVENTIVE, CURATIVE AND RESTORATIVE HEALTH CARE DELIVERY SYSTEM IN COMMUNITY AND INSTITUTION

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Abstract

Professional nurses assume a member of roles and sub roles concurrently as they seek to provide comprehensive care to clients with multiple disorders in a variety of health care settings. The role of nurses was to provide care and comfort as they carried out specific nursing requires that the nurse posses knowledge and skills. Changes in nursing have extended the role to include increase emphasis on health promotion and illness prevention. As a protector the nurse helps to maintain in safe environment. Nurse act as manger and co-ordinator by delegating some responsibility to and supervising other health care worker. Specific employment positions with increasing educational opportunity for nurses and the growth of nursing as profession, along with a greater concern for enrichment, nursing offers expanded roles. These include the nurse as Nursing tutor, Clinical nurse specialist, Nurse practitioner, certified nurse midwife, Nurse Anaesthetist, Nurse Administrator, Nurse Researcher.

Key Word: Professional, Nurses, knowledge, skills, specialist, certified nurse midwife, Anaesthetist, Administrator, Researcher.

INTRODUCTION:

Professional nurses assume a member of roles and sub roles concurrently as they seek to provide comprehensive care to clients with multiple disorders in a variety of health care settings. The nurse drawing from functional, cognitive and affective domains use abilities, knowledge, skill judgment, attitudes and values to developed sets of appropriate nursing actions.¹



➤ IMPORTANCE OF EXTENDED AND EXPANDED ROLES:

In the past the role of nurses was to provide care and comfort as they carried out specific nursing requires that the nurse posses knowledge and skills in a variety of areas.¹

➤ EXTENDED ROLE OF NURSE (meaning)

Changes in nursing have extended the role to include increase emphasis on health promotion and illness prevention as well as concern for the client as a whole.

The contemporary nurse functions in the interrelated role of:

- Care giver
- Decision maker
- Client advocate
- Manager/leader
- Rehabilitator
- Comforter
- Communicator
- Teacher / educator
- Counsellor
- Mother surrogate and
- Counsellor
- Socializing agent
- Collaborator²

➤ CARE GIVER:

- As care giver the nurse helps the client regain health through the healing process.
- Healing is just more than curing a specific disease, although treatment skills that promote physical healing are important to care givers.
- The nurse addresses the holistic health care needs to the client, including measures to restore the client's emotional and social well being.
- Most clients in the hospitals are seriously ill and require complex nursing care.



- Nurses in hospitals have multiple responsibilities included the co-ordination of client care, assessing and monitoring client care^{3,4}

➤ **DECISION MAKER:**

- Nurses used decision-making skills throughout the nursing process, to provide effective care
- Before undertaking any nursing action, whether it is assessing the client's condition, giving care or evaluating the results of care.
- In some situations the nurse make these decisions alone or with the client and family and in other cases works with other nurses or health care professionals.

➤ **CLIENT ADVOCATE AND PROTECTOR:**

- The protection of human or legal rights and the securing of care for all client's based on the belief that inform decision about their own health and lives.
- As a protector the nurse helps to maintain in safe environment for the client and takes steps to prevent injury and protect the client from possible adverse effect of diagnostic or treatment measures
 - e.g- confirming that a client does not have an allergy to medication.
- As an advocate the nurse protect the clients human and legal rights and provides assistance in asserting those right of the need arises
 - e.g- providing additional information to accept treatment.⁴

➤ **MANAGER/ LEADER—**

- The nurse act as manger and co-ordinator by delegating some responsibility to and supervising other health care workers.
- Nurse must also manage their own time and he resources of the practice setting when providing care to several clients concurrently
- The nurse co-ordinates the activities of others in the health care team such as nutritionists and physical therapists in managing the clients total care.⁴

➤ **REHABILITATOR:**



- Rehabilitation is a process by which a person returns to maximal functioning after an illness, accident or other disabling event
- Many of these clients experience alteration that changes their lives and the nurse helps them adapt as fully as possible
- Rehabilitation activities range from teaching a client how to work with crutches to helping a client cope with severe exacerbations of chronic illness.⁴⁵

➤ COMFORTOR-

- A role of comforter caring for the client as a person, is a traditional and historical one in nursing and has continued to be important as nurses have assumed new roles.
- Because nursing care must be directed to the whole person rather than simply the body comfort and emotional support often helps gives the client strength to recover activities, nurses can provide comfort by demonstrating care of the client as an individual with unique feelings and needs^{3,4}

➤ COMMUNICATOR-

- A role of communicator is central to other nursing roles
- The quality of communication is a critical factor in meeting the needs of the client, without clear communication effective nursing care is impossible
- The use of effective interpersonal and therapeutic communication skills to established and maintain helping relationships with clients of all ages in a wide variety of health care setting.⁵

➤ EDUCATOR-

- The use of communication skills is to assess implement and evaluate individualised teaching plan to meet learning needs of clients and their families
- As a teacher the nurse explaining to clients concepts and facts about health, demonstrates procedure such as self care activities, determines that the client fully understands reinforce learning or clients behaviour and evaluates progress in learning
- Teaching may be unplanned and formal(eg-responding to question while casual conversation) or planned or more formal(eg-teaching diet plan for diabetes)^{1,2}

➤ COUNSELLOR-



- The use of therapeutic interpersonal communication skills to provide information, make appropriate referrals, and facilitate the clients problem solving and decision making skills.³

➤ **MOTHER SURROGATE:**

- Provides basic care as a mother such as bathing, feeling protecting etc.

➤ **SOCIALIZING AGENT:**

- The most practice settings the nurse works with other health care professionals to provide total care for clients.
- The health care team is comprised of four general types of professionals including nurses, physicians, allied health professionals such as therapist and technicians and other specialist such as social workers and chaplains
- They often have the role of co-ordinating and integrating services within the plan of care¹

➤ **EXPANDED ROLE OF NURSE:**

MEANING:

Specific employment positions with increasing educational opportunity for nurses and the growth of nursing as profession, along with a greater concern for enrichment, nursing offers expanded roles and different kinds of career opportunities

These include the nurse as-

- Nursing tutor
- Clinical nurse specialist
- Nurse practitioner
- Certified nurse midwife
- Nurse anaesthetist
- Nurse administrator
- Nurse researcher

NURSING TUTOR:



- Nursing tutor works primarily in three areas, including school of nursing, staff developments of health care agencies and client including departments
- Nursing educators generally have a background in clinical nursing which provides them with practical skills as well as theoretical knowledge
- Nursing faculty members are responsible for teaching current nursing practice, as well as necessary skills in laboratory or clinical settings
- In addition they generally have a specific clinical specialty and advance clinical experience
- Nurse educator in staff development departments of health care institutions provide educational programmes for nurse within their institution. ³

CLINICAL NURSE SPECIALIST-

- Clinical nurse specialist has a master degree in nursing and expertise in a specialised area of practice
- Clinical nurse specialists work in critical care, acute care, and long term care and community health care agencies.
- In physician offices (the majority of physicians either have their own offices with several other physicians in a group practice. Client usually go to a physician's office for routine health screening, illness diagnosis and treatment). Nurse practitioner and clinical nurse specialists are responsible for providing primary care to client.
- In general clinic-(the term clinic can refer to a department outside the hospital manage by a group of physicians or by nurse) some may provide a specialized type of health services such as infant immunizations.
- Nurses in extended care facilities assist clients of all ages with their daily activities, provide care when necessary, and co-ordinate rehabilitation activities
- In rural primary care they provide emergency health care and nursing care to clients in rural areas who required stabilization before transfer to a larger hospital. ⁴

NURSE PRACTITIONER:

- The nurse practitioner provides health care clients, usually in an outpatient ambulatory care or community based setting.



- The nurse practitioner may work with clients in specific group or with clients of all ages.
- The nurse practitioner should have the knowledge and skills necessary to detect and manage acute self limited and chronic stable conditions
- The nurse practitioners educational preparation includes either a practitioner programme or master degree in nursing.
- In school health- a school health assumes a major part of the health programme responsibilities at works in collaboration with others in the school and community
- In industrial clinics-(the industrial clinic in gaining importance as a setting for employee health care) nursing functions in health care includes work safety and health education, annual employee health screening for tuberculosis and maintaining immunization information
- Other functions may include screening for such health problems as hypertension and obesity, caring for employees following injuries and counselling
- In retirement and assisted – living centres:- Retirement or assisted living centres consist of separate houses, or apartments for residents to meet the needs of people who are unable to remain at home but do not require hospital or nursing care.
- In rehabilitation centres- (rehabilitation centres play an important role in assisting clients to restore their health and recuperate) nurses in the rehabilitation setting co-ordinate client activities and ensure that clients are complying with their treatments. This type of nursing often requires specializes skills and knowledge
- Home health care agencies- nurse educate to clients and families, as well as provide comprehensive care to acute chronic and terminally ill clients
- In day care centers-in day care centers nurse serve many functions and many age groups. Some ay-care centers provide care for infants and children's while parents works. In some other centers nurse provide care for adults who cannot be left at home alone but do not need to be in an institution
- In crisis centers:-nurses provide emergency services to client experiencing life crises. This centre may operate out of a hospital or in the community and most provide 24-hours



telephone service. Some direct counseling to people in the centre or in their homes. Nurse need well developed communication and counseling skills.^{4,5}

➤ CERTIFIED NURSE MIDWIFE:-

- A certified nurse-midwife(CNM) is educated in nursing and midwifery and is certified by the American college of midwives
- The practice of midwifery involves providing independent care for women during normal pregnancy, labour and delivery and for the newborn
- It may include some gynecological services such as a routine, pap smears, family planning and treatment for minor vaginal infections.⁴

➤ NURSE ANESTHETIST-

- A nurse anaesthetist is a registered nurse who has received advanced training in an accredited programme in anesthesiology who is a physician with advanced knowledge of surgical anaesthesia.⁴

➤ NURSE ADMINISTRATOR-

- A nurse administrator manages client care and to further define and expand the scope of nursing practice
- The nurse researcher may be employed in an academic setting or in an independent, professional or community services agency
- The minimum educational requirement is a graduate degree in nursing.⁵

CRITICAL REVIEW OF THE ROLE IN NURSING:-

- In the past the acute care in hospital was the only practice setting open to most nurses
- Today most nurses work in hospitals, but increasingly they work in clients' home community agencies, ambulatory clinics health maintenance organization (HMO) and nursing practice centers.
- Extended-care facilities (long-term care) that provide personal care for those who are chronically ill or unable to care for themselves without assistance.



- Nurse has different degrees of nursing autonomy and nursing responsibility in the various settings.
- They may provide direct care, teach clients and support persons serve as nursing advocates and agents of change and help determine health policies affecting consumers in the community and in hospitals⁴

SUMMARY:-

Professional nurses assume a number of roles and a sub-role concurrently as they seek to provide comprehensive care to client. Nurse's giving care hospital in different role is called extended role outside the hospital setting she practices is become as expanded role.

There is specialty peoples give special care, those days only primary health care. Now a day it expanded in different setting.

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