

Mackenzie Wilson

Z-Chapter 19 Assignment

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I have chosen to focus on an ethical issue in nursing related to the first and second codes listed in the ANA Code of Ethics for Nurses. They state, “The nurse practices with compassion and respect for the inherent dignity, worth, and unique attributes of every person” and “The nurse’s primary commitment is to the patient, whether an individual, family, group, community, or population”. I think today in nursing a lesser focus is being placed on the patient and more on daily tasks and checking things off of the to-do list. Even without meaning to, nursing is very task heavy and involves many things being done at certain times. It is important to remember that the patient is a person and deserves to be treated like one. Even though nurses do have many patient interventions and are with the patient many times throughout their 12-hour shift there are still barriers that prevent a deeper patient connection. The many tasks and responsibilities can prevent nurses from being truly present with their patients. As a student, it is especially easy to get completely wrapped up in doing tasks such as vitals, assessments, medications, and charting. It is hard to not be thinking of the next thing you have to do. I would imagine this is even harder when you have multiple patients at a time. However, it is important to remind yourself to be in the moment and really focus on the patient that you are with at that time. A statement that really stuck out to me is as follows, “nurse presence leads to an increase in nurses' mastery of patient-related issues, beliefs and needs; and consequently, they can undertake focused activities to provide individualized and holistic care. By being present with patients, nurses are able to develop trusting relationships with lead to effective interactions. Nurses are then better placed,

not only to examine the physical needs of the patient, but also to pay attention to the patient's emotional needs. The nurse can meet these needs only by spending time with the patient. This allows the nurse to consider his or her body language and eye contact and makes active listening possible. The expectations of the patients are sometimes different from the perceptions of the nurses, so it is good practice to seek the patient's views and to offer supportive care based on the individual's perception” (Atashzadeh-Shoorideh et al., 2020). When nurses are more present at the bedside and focus on the patient as a whole, both physically and mentally, it can contribute to an overall better and safer patient experience. A nurse that is more present, builds trust with a patient and shows that they really do care. Providing compassion and respect shows a true commitment to the patient and their well-being.

References

Atashzadeh-Shoorideh, F., Monjazabi, F., Fathollahzadeh, E., & Parastoo, O. (2020, November 29). *The obstacles to nurses being present with patients*. Nursing open. Retrieved February 27, 2023, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8046123/>