

Science Of Nursing

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Location

Date of Submission

### **Elucidating the art and science of nursing and the influence of each on current professional nursing practice**

Normally, nurses and those who practice nursing are widely perceived to be the helpers of the doctors since they are mainly responsible for ensuring that the bedpans are empty as well as giving the patients a shot among others. Nevertheless, it can be explained that the profession of nursing entails more than that since the registered nurses normally play a major role when it comes to delivery of healthcare services to different patients suffering from different types of ailments. As a matter of fact, it can be pointed out that the care offered by the nurses' range from simple care to complex care and for that reason, nursing can be explained to be both an art as well as a science.

As far as nursing as an art is concerned, it can be explained that there are various aspects of nursing that makes the profession to be considered to be an art. Indeed, sympathy, uprightness, responsibility and leadership can be said to be some of the attributes that shows that nursing is indeed an art. Moreover, the fact the nurses have to employ their critical-thinking capabilities to assess the concerns and views of patients so that they are able to administer the most ideal health care interventions implies that they are normally practicing an art as they also have to ensure that the promote the preferred change among patients. Moreover, nurses are expected to comply to the ethical and moral aspects of nursing and the only way that they can be able to do that is by first having an in-depth understanding of the type of influence that cultural values as well as other societal factors have on the delivery of the healthcare services. The capability of the nurses to offer health care that is of a very high quality demands more

than just use of scientific evidence. Precisely, it can be explained that nurses have to apply their creative abilities to enhance the health of the patients that they are attending to, avert diseases, offer a safe care environment and lessen pain and suffering among the patients. In addition to that, nurses also tend to act as intermediaries, supporters and listening cohorts for the patients as well as the friends and families of the patients. Therefore, it can be explained that nurses tend to perfect the art of care as they gain more experience (Jasmine 2009; Hildegard and Peplau, 1988).

On the other hand, nursing is also considered to be a science since the science of nursing involves the application of theories of nursing to the nursing practice. Normally, anyone who aspires to be a nurse has to enroll in a nursing school that is obviously going to have an extensive list of what can be explained as strict prerequisites. These might include; microbiology, human anatomy as well as physiology, among others. In that perspective, it can thus be explained that for those who do not have strong High School education background, they might be required to study for more than a year before they can secure the chance to be invited to take entrance exam to a nursing school. On the other hand, by one studying the science of nursing, the nurses are; in a position to base their nursing practice on evidence, able to become effective patients advocates, and also able to serve the families as well as the community at large in various roles. In short, it can be explained that nurses are tend to be vital members of the health care team, cooperating with specialists from different disciplines to guarantee the delivery of quality health care. There are no doubts that professional nursing demands distinctive attributes that among others comprises of

caring and compassion together with a strong educational foundation, hence the art and science of nursing (Bradshaw, 1999; Michalis 2004).

Both art and science have a major influence on the practice of nursing. Indeed, as an art, nursing demand an exclusive dedication while also demanding that one is well prepared to handle each patient on his/her own as every patient attended to has different conditions to other patients either attended to are waiting to be attended to. Thus, as an art, nurses have to ensure that they deal with patients on individual basis hence the reason that there cannot be a standard approach that can be used by nurses on all patients. On the other hand, nursing as a science offers practical assistance to the nurses and as a result helps enhance the link with and care of the people. Indeed, it can be discussed that while nursing as an art tends to give the nurses some form of freedom, nursing as a science tends to limit the freedom of the nurses since it has specific rules and procedures that the nurses have to apply and adhere with in some situations.

As far as how each influence my personal practice of nursing, I can explain that as per the literature, I find that art aspect of nursing tend to offer me some form of freedom when practicing nursing while on the other hand, the science aspect of nursing tend to determine the extent to which my freedom stretches. In addition to that, I also find that while nursing as an art and nursing as a science are compared, nursing as a science tends to have a major impact on anyone practicing nursing. The reason why that is the case is mainly due to the fact that anyone who is practicing nursing has to have some formal nursing education. Thus, I am personally of the view that even though

even though nursing as an art is also very importance in the practice of nursing, nursing as a science is more important.

One of the major changes in the healthcare sector can be explained to have been as a result of technological advancement. Indeed, while diagnosis was in the past mainly done by human beings that is no longer the case since in some cases majority of diagnosis is now automated. On the other hand, it can also be explained that technological advancements has also resulted to more accurate diagnosis which have resulted to ideal interventions been administered. In perspective of the profession of nursing, the same can also be explained to be the case since there is sufficient evidence to show that technological innovations have also had a major impact on the professional nursing practice (Newey, Clarke, Green, Kershaw, and Pathak, 2006). For example, it can be explained that professional nurses now have different technological systems that they use to help them ensure that they offer quality nursing services to the patients that they happen to be attending to.

In view of my practice, I can explain that the last five years have experience major changes that can be explained to have mainly been due to various technological innovations been embraced in the healthcare sector. Precisely, evidence based practices are now becoming more popular since the fact that there seems to be sufficient evidence to show that certain practices have been effective in the past implies that those practices have been used. On the other hand, it can also be explained that the embracement of technological innovations have resulted to nursing been practiced more of a science rather than as an art.

In order to ensure that I apply the knowledge of art and science in my nursing practice, there are various strategies that I have applied. One of the strategy that I use entails making sure that I use information in order to come to a conclusion on the best practice to use. Precisely, as there is a lot of information that is available regarding various conditions that are suffered by various patients, I always tend to ensure that I have a better understanding of the condition that is been treated and then use that understanding by applying nursing as an art and as a science and by doing that, ensure that I offer the patient the best possible health care service.

The other strategy that I use entails ensuring that I have access to the latest evidence and making sure that I take that evidence into consideration when offering nursing care. As already pointed out, nursing as a science ensure that one sticks to specific standards when on the other hand, nursing as an art tends to offer the nurse the opportunity to customize the nursing care offered to a patient according to the specific condition of the patient. Thus, by having access to the latest evidence, I am convinced that I will be able to apply that information to the art aspect of the nursing thus ensuring that I will be in a better position to offer nursing services that will be of positive impact to the patient.

The other strategy that I have embraced entails having regular discussions with my fellow nurses where we discuss our experiences as well as what we think should be done in various situations in order to ensure that the patients receives quality nursing care. Indeed, I have found this strategy to be quite beneficial to me as some of the

nurses that I work with have been in the nursing profession for over two decades and have a better understanding of what nurses need to be in different situations.

After completing my BSN, I definitely intend to build a successful career in nursing. In order for that to be possible, the following are my SMART Objective:

- To improve my communication and people interaction skills within the next three months

### References

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