

# Nursing process

## Nursing Process Definition

The only working method through which non-medical health workers (NLZP) seek out and then meet the individual needs of individuals - patients, families and communities.

The nursing process represents a thought algorithm and a series of activities that directly follow each other. Together they create one dynamic whole. Each phase of the nursing process has its irreplaceable place, and its correct execution affects the other phases of the process.

The nursing process is a ``thought algorithm *and a series of interrelated ``activities* that lead to the ``satisfaction of patient/client needs. *It is a rational method of providing and managing nursing care. It presents a series of planned activities and thought algorithms used by nursing professionals. It is an individualized approach to nursing care of the patient, oriented towards solving the problem.*

## Stages of the nursing process

1. Assessment of the patient (Who is my patient) = **nursing anamnesis** includes:
  - Collection of information needed for individualized nursing care
  - Evaluation of the necessary information
2. Determining nursing problems (What is troubling my patient) = **nursing diagnosis** includes:
  - Finding the actual and expected needs and problems of the patient
  - Discussing problems with the patient if possible
  - Working out the order of their urgency
3. Nursing care planning ( " What can I do for him ") = **nursing plan and goal** includes:
  - Setting the goals of nursing care
  - Elaboration of an appropriate nursing care plan
  - Conversation with the patient about what we consider most suitable for him
  - Informing other team members about planned care
4. Implementation of the nursing plan ("own nursing") = **implementation of the nursing plan** includes:
  - Providing care according to the compiled nursing plan
  - Adjustment of care according to the current development of the patient's condition, including
  - Unplanned events that may affect it
5. Evaluation of the effect of the care provided ("Did I help him?") = **evaluation of the effect of the nursing plan** includes:
  - Evaluation of the improvement achieved
  - Further modification of the plan if the expected goal was not achieved



nurse examination

## The emergence of the nursing process

In the United States of America, the term nursing process has been known since the 1950s. Since 1973, it has been part of the ANA (American Nurses Association) international standards.

The year 2004 was "rich" with new laws regulating non-medical health professions, which include, for example, general nurse, midwife or medical assistant. One of the laws governing the conditions under which it is possible to practice the profession of a non-medical healthcare worker is Act 96/2004 Coll. on the recognition and acquisition of NLZP professional competence. The latest Czech concept from 2004 contains, among other things, a definition of the nursing process.

## Nursing Process and Holistic Approach

- **Holism** - from the Greek word holos (ὅλος - whole, complete, intact).
- Holistic philosophy deals with totality and wholeness. The founder of the idealistic philosophical direction was J. H. Smuts (Field Marshal) in 1926; eg the thesis: "The whole is more than the simple sum of its parts." Holistic philosophy has found a very good application in the natural sciences and especially in the humanities.
- Opposing opinions in science - it is necessary to think not only comprehensively, but also analytically.

## Links

### Related Articles

- Nursing in ancient Egypt

## References

- HIGHER PROFESSIONAL MEDICAL SCHOOL AND SECONDARY MEDICAL SCHOOL,. *Nursing care planning multimedia trainer: Characteristics of the nursing process* [online]. Hradec Králové, ©2008. [feeling. 2019-03-10]. <https://ose.zshk.cz/projekt/o-projektu.aspx>
- SZŠ TÁBOR,. *Nursing process - phases* [online]. [feeling. 2019-03-10]. [http://pro1.szs-tabor.cz/projekt/ose/Data/Text\\_Osetrovatelsky\\_proces\\_a\\_jeho\\_faze.doc](http://pro1.szs-tabor.cz/projekt/ose/Data/Text_Osetrovatelsky_proces_a_jeho_faze.doc)