

Professional Nursing Roles

Nursing is considered one of the most important professions. It is oriented towards delivering the services that maintain and improve people's health. According to the American Association of Nursing (2008), "provider of care, designer coordinator/manager of care, and member of a profession are the three major nursing roles" (p.7). Professional nurses are responsible for teaching, governing, and directing everyone involved in nursing care. Nursing is not just a collection of certain abilities that help carry out specific objectives. A good professional nurse must be able to think critically. On top of that, professional nurses should come up with the solutions that would be free from any inconveniences and satisfy the needs of the clients as well as help them maintain or restore their health (Profession: Nursing, n.d.).

As a caregiver, a nurse is obliged to deliver hands-on care to patients in different kinds of situations. A nurse must satisfy the physical needs, including total care and the care that implies doing everything possible to ensure that a patient will not become ill (Nursing Standards, 2011). A nurse is responsible for maintaining the dignity of her patients while delivering qualified care. Moreover, nurses provide holistic care to their patients as well. Holistic care points out that primary attention is given to people as a whole and not their particular parts. This signifies that nurses take care of developmental, psychosocial, and cultural needs of patients. The role of a caregiver comprises a range of the objectives and abilities that are connected to nursing care, and includes the elements that form an entire person (Maghiar, 2011).

In the role of designer/manager of care, nurses are responsible for ensuring that the care delivered by the specialists is appropriate and cohesive. Professional nurses must guide and direct the workers in order to guarantee that the desires of a patient are being addressed. Nurses are also in charge of the continuity of work and services delivered to patients from the point when a person becomes a patient and enters a medical establishment and up until the moment

when the patients are discharged and they go home. In general, nurses manage information, design, guide, and assess health care as well as provide leadership and governance in various healthcare settings in order to facilitate the high-quality and cost-efficient results (Bachelor of Science in Nursing, 2009).

Being an advocate for the clients of a medical establishment may be distinguished as the most essential of all nursing roles. In order to be a successful patient advocate, it is critical for nurses to realize that their responsibility is to protect the rights of their patients. For instance, at times when a person becomes sick, nurses do not have an opportunity to act and behave themselves the way they usually do when their patients feel well. It is not a secret to anyone that many people become afraid and unconfident every time they go to a hospital; that is why nurses act on the behalf of a patient by supporting their decisions and protecting their best interests all of the time. Thus, such actions have a potential to empower patients, emphasizing that the values of any patient are put at the first place (Jennings, 2014).

In conclusion, I would like to say that nurses are defined as qualified specialists that coordinate physical as well as psychosocial care for patients and their families. They work either independently or in teams in order to deliver holistic care. Nurses play a significant role in health promotion and illness prevention. Besides this, nurses also upkeep the health of their patients, evaluate their social and health needs, help them get used to lifestyle changes after an injury or disease. They also know ways how to teach patients dispose of habits and follow a healthy way of life.