

Extended and Expanded Role of a Nurse

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Abstract

Extended and expanded role of a nurse, by giving this article author stressing the need for the registered nurse to exercise clinical judgement based on knowledge, maintain oversight, and be accountable, all in a context of professional and ethical regulation. Distinctions are drawn between professional nursing and nursing undertaken by other people. Based on the latest thinking on the nursing profession, with its emphasis on judgement, knowledge and responsibility, it is clear that mechanistic role extension is not the way forward for nurses. The terms role expansion and role development are deemed to be more organic and therefore acceptable, and appear to be used in parallel and interchangeably, often in the context of a movement towards 'nurse-led care', examples of which are discussed.

Keywords: Nurse Education; Gerontological Nursing; Primary Health.

Introduction

Nursing has emerged as challenging profession requires a high level of education, knowledge, skill and decision making capabilities. Today, nurses have multiple roles in different settings. The expanded roles in clinician areas require them to carry out wide range of specific functions requiring high level of professional knowledge and skill. Historically, it has been extremely difficult to explain the roles and function of the professional nurse. Nurses have to prepare themselves to perform both extended as well as expanded nursing roles in clinical practice and public health.

Definition

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Nurse: stems from the Latin word *nutrix* or *nutria*, which means to nourish.

Expanded role

"Expanded role implies any enlargement of the nurse's role within the boundaries of nurse education, theory and practice, thereby expanding their role around the needs of the patient rather than simply taking on delegated medical tasks".

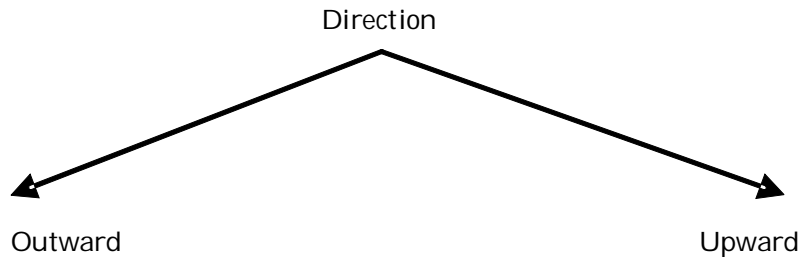
Extended role

Extended role is one in which a nurse assumes responsibilities outside the usual practice area (in hospital) with autonomy.

Direction for expansion of nursing role

Nursing functions are being expanded in both developed and developing countries.

The two major directions are indicated for expansion of nursing role:



Outward: in order to extend nursing services to the community in support of primary health care. It is also meant to encourage trained nurses to move out from curative sector into the community in support of primary health care.

Upward: to enable nursing experts to utilize their expertise for direct care of client (the client may be an individual, the family, and a group or a community seeking health care. It also indicates expansion of nursing role is to enable nursing experts fulfill their full potential in the hospital and in the community.

In the hospital

- General care units of the hospital by retaining clinical role with provision for promotion within the clinical area, and
- Specialty units of the hospital by assuming additional responsibilities to meet the needs for specialized nursing care and skills.

In the community

- To meet the healthcare needs of specific groups. e.g. school health nursing services for school children, maternal and health nursing services for mothers and children, home based gerontological nursing services for the elderly population.

Need for expansion of nursing role

Health is now recognized and proclaimed as a fundamental right of the citizen. Promotion of primary health care to achieve the goal of 'Health for all' is priority of health care system.

To provide the population with broad access to basic health services, nurses have to carry out a wide range of functions especially in underserved areas like the rural sector, remote regions and urban slums. In addition to traditional nursing functions, nurses need to take up an expanded role to help the people gain access to primary health care

that is scientifically sound, safe, appropriate, affordable and acceptable.

Health for all can become a reality at a faster pace if nurses can expand their functions and perform essential tasks in primary health care.

For example, Maternal and child health care including family planning,

- Immunization against common communicable diseases,
- Health education,
- Management and treatment of minor ailments, common disease, and injuries.

The transition of health care system from a disease-oriented model to a health-oriented model is an emerging trend.

This trend is gaining momentum. In the past, knowledge and resources were organized primarily to treat diseases and correct failures in health because of that the scope of nursing was restricted to bedside care. With focus of health care services changing from disease to health, nurses need to assume more responsibilities for functions and tasks concerned with:

- Promotion of positive health,
- Prevention of disease,
- Care of ambulatory patients with minor ailments.

Specialization is another development which has major implication for nursing practice.

Expansion of scientific knowledge and application of this knowledge to diagnosis and treatment has led to much advancement. Specialization in medical and health sciences has led to the expansion of specialty hospitals; specialty institutes, and specialty departments with a general hospital. The provision of quality nursing care in these specialization units with its high-tech facilities is a major responsibility of the nurse. Nurses can be prepared to assume an expanded role in selected areas of specialization.

Roles of nurse in extended and expended way

Extended role of nurses	Expanded role of nurses
<ul style="list-style-type: none"> ▪ Camp nursing ▪ Community health nursing ▪ Disaster nursing ▪ District nursing ▪ Functional nursing ▪ Intercultural / Transcultural nursing ▪ Military nursing ▪ Occupational/industrial nursing health nursing ▪ Palliative (hospice) care nurse ▪ Prison nursing ▪ Practice nursing ▪ Private duty nursing ▪ Primary nursing ▪ Public health nursing ▪ School health nursing ▪ Team nursing ▪ Transcultural nursing ▪ Vocational /practical nursing 	<ul style="list-style-type: none"> ▪ Nurse practitioner ▪ Nurse clinician ▪ Nurse specialist

Extended roles of nurses are:

Camp nursing

It appeals to nurses who have the summer months free of other commitments. Nursing interventions are;

- Assessing the camp form the holistic perspective.
- Assure the nutritional and hydration needs are met.
- Administers medications as ordered by the doctors.
- Shares information and observation of campers with the staff.
- Reinforce the need for play and talk to relieve stress.
- Flexible humanistic approach.

Community health nursing

The major goal of community health nursing is the preservation and improvement of the health of populations and communities worldwide. The services provided by community health nurse range from examining infants in a clinic setting to providing case management service to fail older adults in the home.

Disaster nursing

Disaster is any occurring that cause damage, economic disruption, loss of human life and deterioration in health. The role of the nurse is to

effectively reduce the impact of disaster on human life and health, and to participate in the coordinated effects of all groups to reduce loss of life, property damage, social and economic disruption and to initiate rehabilitation.

District nursing

District nurses play a crucial role in the primary health care team. They visit people in their own homes or in residential care homes, providing care for patients and supporting family members.

District nurses play a vital role in keeping hospital admissions and readmissions to a minimum and ensuring that patients can return to their own homes as soon as possible.

Functional nursing

Nurses and other staff are assigned to specific tasks for a group of patients. Based on the assembly line concept found in industry, specializing tasks increases efficiency but results in impersonal care.

Military nursing

It was the earliest type of organized nursing in India. Nurses in the armed services practice in various specialty areas are medical, surgical, public health, obstetric, pediatric, operating room, recovery room, nursing room, nursing education and nursing administration.

Occupational/industrial health nursing

Occupational health nurses work in a variety of settings mainly industry, health services, commerce, and education. They can be employed as independent practitioners or as part of a larger occupational health service team, often attached to a personnel department.

Palliative (hospice) care nurse

It means taking care of the whole person body, mind and spirit, heart and soul. It looks at dying as something natural and personal. The goal of palliative care nurse is to give patient with life threatening illnesses the best quality of life they can have. Palliative care is sometimes called as hospice care.

Prison nursing / forensic nursing

A nursing specialty practice that integrates nursing service and forensic science to apply the nursing process to the health and well being of individual clients, their families and communities to help bridge the gap between the health care system and the criminal justice system.

Practice nursing

Practice nursing works as a part of primary health care team, which might include doctors, nurses, pharmacists, and dietitians. It involved in almost every aspect of patient care and treatment such as:

- ▶ Treating small injuries,
- ▶ Helping with minor operations done under local anesthesia,
- ▶ Health screening,
- ▶ Family planning,
- ▶ Running vaccination programs (e.g: against flu),
- ▶ Running programs to help people to stop smoking.

Private duty nursing

The private duty gives total care to one patient. The setting for the private duty nurse may change from patient to patient, but basically the job description is the same. This type of nursing is totally independent nursing care services.

Primary nursing

A nurse is accountable for planning and evaluating and directing the care of a patient 24 hrs

a day throughout the patients stay. A method of providing comprehensive, individualized, and consistent care.

Public health nursing

Public health nursing is a specialization with in community based nursing. The public health perspective focuses on prevention as opposed to illness. In order to promote community health public health nurses performs the following functions.

School health nursing

School nurses provide a variety of services such as providing health and sex education within schools, carrying out developmental screening, undertaking health interviews and administering immunization programs.

Team nursing

A team made up of registered nurse and other caregivers provides care to a designated group of patient on a given shift. Modified the depersonalized approach of functional nursing and focused on individual patient care.

Trans-cultural nursing /intercultural nursing

It is a formal area of study and practice focused on a comparative study of human culture with respect to discovering universalities (similarities) and diversities (difference). Providing Trans-cultural nursing care means that care is planned and implemented in a way that is sensitive to the needs of individuals, families and groups from diverse cultural population within society.

Expanded role of nurses are :

Nurse practitioner

Traditionally, nurse practitioner worked in ambulatory or clinic settings and focused on disease prevention, minor disease management and well children and families.

Today, they may be employed in acute care settings and focus on management of particular disease entities or partner with physician groups or other types of managed care organizations.

The nurse practitioner assumes additional medical responsibilities for diagnosis and treatment of minor ailments including common disease of a recurrent type.

The practice setting for the nurse practitioner may be vary, she can function in the community, home, clinic, health centre, dispensary, outpatient departments school, or factory.

The nurse practitioner functions in an independent autonomous manner with ability, authority and accountability and highly skilled at performing nursing assessments and physical examinations, counseling, treating minor health problems and teaching.

Nurse clinician

The nurse clinician /CNS role Frances Reiter 1966 a leading proponent of nurse clinician states that she believes personal care of patients is the heart of nursing practice.

The nurse clinician is who through study and supervised practice at the graduate level (master's / doctorate) has become an expert in defined area of knowledge and practice in a selected clinical area of nursing. She often provides the consultant service to other professionals and operate at higher level of decision –making.

Nurse specialist

The nurse specialist an expert practitioner in a specific branch of nursing with advanced knowledge, high degree of skill and extensive experience in the cure of clients or patients in the specialist concerned.

The nurse specialist has a multi-forced role which encompasses the following sub roles:

- ❖ As an educator,
- ❖ As an researcher,
- ❖ As an consultant,
- ❖ As an coordinator,
- ❖ As an change agent.

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