

# The Essence of Nursing

Use these key points to help you provide the essence of good care.

## Be proactive



- Build a caring culture.
- Maintain a healthy work environment.
- Round on patients. Check the four Ps:
  - Potty
  - Position
  - Pain
  - Possessions

## Prevent patient harm



- Falls are the leading adverse events in hospitals.
- Evaluate types of fall risk factors found.
- Have patients wear proper footwear.
- Teach patients and families about fall risks.
- Choose the proper support surface to prevent pressure ulcers.

## Wash your hands



- Remember, the CDC says hand hygiene is one of the most important ways to prevent infection spread.
- Use CDC education and reminder tools available at [cdc.gov/handhygiene/index.html](http://cdc.gov/handhygiene/index.html).
- Consider an electronic monitoring system.
- Make sure everyone knows the "5 moments for handwashing" from the World Health Organization:
  - before touching a patient
  - before a clean or aseptic procedure
  - after body fluid exposure risk
  - after touching a patient
  - after touching patient surroundings.

**Above all...**

## Engage patients



- Listen, listen, listen.
- Repeat important information.
- Keep patients and families informed.
- Practice patience.
- Teach patients about their condition and treatments.

## Keep patients moving



Some ventilated ICU patients can lose up to **25%** of peripheral muscle strength within 4 days.

Incorporate range-of-motion exercises into care.

Provide mobility education for patients and families.

Use such tools as whiteboards to track progress.

Apply 6 steps from TeamSTEPPS® program for sustaining early-mobility program:

- Provide practice opportunities.
- Ensure that leaders emphasize new skills.
- Provide regular feedback.
- Celebrate wins.
- Measure success.
- Update current plans.

## Promote sound nutrition



**1 in 3** Number of hospitalized patients who are malnourished

Assess nutritional status, checking for risk factors and:

- trouble chewing
- swallowing disorders
- weight history
- height and weight measurement
- skin integrity
- presence of edema
- electrolyte abnormalities
- hand-grip strength.

Partner with dietitians.

Monitor nutrition status.

## be a patient advocate.

Remember—the nurse is the only healthcare professional who's with the patient and family 24/7/365.