

## **A POLYVALENT NURSE**

A polyvalent nurse is a versatile or multi-skilled professional nurse characterized by flexibility, adaptability, and a wide range of skills and competencies that enable them to work effectively across various healthcare settings and specialties/situations. A polyvalent nurse plays a vital role in providing high-quality, patient-centered care in diverse healthcare settings.

### **Characteristics of a polyvalent nurse include:**

1. Empathy and compassion: Empathy is the ability to understand and share the feelings of another person, often described as "putting yourself in someone else's shoes". It's distinct from sympathy, which is feeling pity or sorrow for someone else's misfortune. Empathy involves recognizing and connecting with another's emotional experience from their perspective. Ability to show compassion and provide emotional support to patients from various backgrounds. This is to demonstrate a deep sense of care and understanding for patients.
2. Effective communication skills: Ability to communicate effectively with diverse patients, families, and the interdisciplinary healthcare team. This involves testing verbal and non-verbal skills. Strong communication skill to interact with patients, families, and healthcare teams.
3. Critical thinking skill: Capacity to make informed decisions quickly in high-pressure or unfamiliar situations. Ability to assess complex situations, prioritize tasks, and make sound judgments.
4. Problem-solving skill: Ability to analyze problems, identify solutions, and implement effective plans.
5. Resilience and stress management: Capacity to handle challenging environments and practice self-care to maintain well-being.
6. Problem-solving abilities: Skill in identifying issues and finding solutions to improve patient care and outcomes.
7. Patience and tolerance: Demonstrating open-mindedness and the ability to remain calm and patient is essential, especially in stressful situations. Remaining calm and composed when dealing with patients who may be in pain or frustrated.
8. Emotional stability: The ability to manage stress and maintain composure in a fast-paced and often unpredictable environment is vital. Ability to remain calm and composed, even in stressful or traumatic situations.
9. Flexibility and adaptability: Can quickly adjust to different healthcare environments, patient populations, and medical conditions.
10. Teamwork: A collaborative spirit, supporting fellow colleagues and working effectively as part of a team.
11. Respect and humility: Willing to ask for help when needed and recognizing the importance of all team members.
12. Integrity: Upholding strong ethical standards in all aspects of their work.
13. Physical health and stamina: Possessing the physical strength and stamina to meet the demands of the job.

14. Patient-centered care: A focus on providing individualized care plans that respect patient needs, preferences, and values.
15. Integrity and ethics: A strong sense of honesty, responsibility, and professionalism is fundamental to the role.
16. Accountability: Taking responsibility for their actions and patient outcomes.
17. Adaptability and flexibility: Nurses need to be able to adjust to unexpected changes and handle a wide range of situations
18. Team collaboration: Ability to work effectively with other healthcare professionals and support colleagues.
19. Resilience: Polyvalent nurses face diverse challenges and must adapt quickly. Resilience helps them cope with stress and maintain well-being. Despite challenges, polyvalent nurses remain positive and focused. They reflect on experiences, identifying areas for growth and improvement.
20. Attention to detail: A meticulous approach to care and documentation.
21. Patient-centered care: A focus on providing individualized care plans that respect patient needs, preferences, and values.

### **Attributes of the Nursing Profession**

The attributes of the nursing profession are a combination of interpersonal, cognitive, and practical skills, including empathy and compassion, critical thinking and problem-solving skills, strong communication and teamwork, flexibility and adaptability, and emotional regulation and resilience. Other key attributes include a commitment to patient advocacy, ethical conduct, and continuous learning.

- **Interpersonal and emotional attributes**

Empathy and compassion: The ability to understand and share the feelings of others, which helps in providing comfort and alleviating suffering.

Patient advocacy: Acting in the best interest of the patient to ensure they receive the best possible care.

Emotional regulation and resilience: The capacity to remain calm and effective under pressure and to cope with the emotional demands of the job.

Respect for human dignity: Treating all patients with respect and maintaining their dignity.

- **Cognitive and problem-solving attributes**

Critical thinking: The ability to think logically and make sound judgments.

Problem-solving: A proactive approach to addressing issues as they arise.

Observant: Paying close attention to detail in a patient's condition and surroundings.

Decisiveness: The ability to make quick, informed decisions.

- **Practical and professional attributes**

Communication: Strong interpersonal skills for effective communication with patients, families, and the healthcare team.

Teamwork: Working collaboratively with other healthcare professionals.

Flexibility and adaptability: Adjusting to changing schedules, responsibilities, and patient needs.  
Attention to detail: Being meticulous in carrying out tasks like administering medication or charting information.

Organizational skills: The ability to manage time and prioritize tasks efficiently.

Commitment to lifelong learning: A dedication to continuously developing knowledge and skills.

Professionalism: Maintaining high ethical standards and a responsible attitude.