

NSC 201: FOUNDATION OF NURSING

Nursing integrates the art and science of caring and focuses on the protection, promotion, and optimization of health and human functioning; prevention of illness and injury; facilitation of healing; and alleviation of suffering through compassionate presence.

- There are many definitions of nursing.
- Florence Nightingale defined nursing as the act of utilizing the environment of the patient to assist him in his recovery (1860).
- Virginia Henderson defined Nursing as assisting the individual, sick or well, in the performance of those activities contributing to health or its recovery (or to peaceful death) that he/she would perform unaided if he/she had the necessary strength, will or knowledge (1966).
- The International Council of Nurses (ICN) defined nursing as a profession for nurses who are educated in nursing science, skills, and philosophy, and are regulated to practice based on established standards and ethical codes. Nurses enhance health, prevent illness, protect patient safety, and reduce suffering by using advocacy and evidence-based methods in a therapeutic, people-centered relationship (ICN, 2025).
- Nursing is the diagnosis and treatment of human responses and advocacy in the care of individuals, families, groups, communities, and populations in recognition of the connection of all humanity (ANA, 2021).

Nursing is caring. • Nursing is a science and an art. • Nursing is holistic. • Nursing is adaptive. • Nursing is client centered.

Nursing is indeed both an art and a science.

The Art of Nursing:

1. Compassionate care: Nursing involves providing empathetic, patient-centered care that acknowledges the unique experiences and emotions of each individual.
2. Interpersonal relationships: Building strong relationships with patients, families, and healthcare teams is a crucial aspect of nursing.
3. Creative problem-solving: Nurses must think critically and creatively to address complex patient needs and develop effective care plans.

The Science of Nursing:

1. Evidence-based practice: Nursing is grounded in scientific research and evidence-based practices that inform patient care decisions.
2. Technical skills: Nurses must possess a strong foundation in technical skills, such as medication administration, vital sign assessment, and wound care.

3. Anatomy and physiology: Nurses need a deep understanding of human anatomy and physiology to provide effective care.

Combining the art and science of nursing, nurses can provide holistic, patient-centered care that addresses the physical, emotional, and spiritual needs of individuals.

Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings. Nursing includes the promotion of health, prevention of illness, and the care of ill, disabled and dying people. Advocacy, promotion of a safe environment, research, participation in shaping health policy and in patient and health systems management, and education are also key nursing roles.

Definition of a Nurse

A nurse is a professional who is educated in the scientific knowledge, skills, and philosophy of nursing, and regulated to practice nursing based on established standards of practice and ethical codes (ICN, 2025). Nurses enhance health literacy, promote health, prevent illness, protect patient safety, alleviate suffering, facilitate recovery and adaptation, and uphold dignity throughout life and at end of life. They work autonomously and collaboratively across settings to improve health, through advocacy, evidence-informed decision-making, and culturally safe, therapeutic relationships. Nurses provide people-centred, compassionate clinical and social care, manage services, enhance health systems, advance public and population health, and foster safe and sustainable environments. Nurses lead, educate, research, advocate, innovate, and shape policy to improve health outcomes (ICN, 2025). The nurse is a person who has completed a program of basic, generalized nursing education and is authorized by the appropriate regulatory authority to practice nursing in his/her country. Basic nursing education is a formally recognized program of study providing a broad and sound foundation in the behavioral, life, and nursing sciences for the general practice of nursing, for a leadership role, and for post-basic education for specialty or advanced nursing practice. The nurse is prepared and authorized:

- (1) to engage in the general scope of nursing practice, including the promotion of health, prevention of illness, and care of physically ill, mentally ill, and disabled people of all ages and in all health care and other community settings;
- (2) to carry out health care teaching;
- (3) to participate fully as a member of the health care team;
- (4) to supervise and train nursing and health care auxiliaries; and
- (5) to be involved in research

Recipients of Nursing

- Consumer: is an individual, a group of people, or a community that uses a service.
- Patient: is a person who is waiting for or undergoing medical treatment and care.

- Client: is a person who engages the advice or services of another who is qualified to provide this service.

Scope of Nursing

- Nurses provide care for three types of clients: • Individuals. • Families. • Communities.

- Nursing Practice involves four areas:

i. Promoting health and wellness.

ii. Preventing illness.

iii. Restoring health.

iv. Care of the dying.

Health promotion

- Is increase people's wellbeing and health potential.
- Factors effects on health or illness: Genetics, educational level and development level.

Examples: • Reduce over weight. • Stop cigarette smoking. • Improving nutrition and physical fitness.
• Preventing drug misuse.

Prevent illness: • Maintain optimum health by preventing disease. Examples: • Educational program (smoking, prenatal care). • Immunization.

Restoring health • Focus of individual with illnesses and range from early detection to rehabilitation and teaching during recovery. Example: • Direct care (treatment, medication) • Performing diagnostic measurement (Blood pressure, blood glucose)

Setting for Nursing

- In the past, the acute care hospital was the only practice setting. • Today nurses works in hospitals, client's home, community agencies, education settings, schools, mental health.....etc.

Roles and Functions of the Nurses

- Caregiver: assist client physically and psychologically.
- Communicator: support the client through health team and support people in community.
- Teacher.
- Client advocate: protect patient right.
- Leader.
- Manager.

Professionalization • Profession: an occupation that requires extensive education, special knowledge, skill, and preparation. • Professionalization: refers to the process of developing and maintaining the standards, ethics, and practices of a particular profession (process of becoming a professional).

Professionalization is essential for maintaining the integrity and effectiveness of a profession, and it plays a critical role in ensuring that professionals provide high-quality services to the public.

Criteria of a Profession

- Specialized education/ Specialized knowledge: Formal education and training: Providing education and training programs that prepare individuals for the profession.
- Body of knowledge.
- Ongoing research.
- Code of ethics: Establishing a set of principles and standards that guide professional behavior.
- Autonomy: is a state of independent and self directed with out any control from out side.
- Professional organization/ Professional associations: Creating organizations that promote the interests of professionals and maintain standards.
- Certification and licensure: Establishing mechanisms for certifying or licensing professionals to ensure competence.

Benefits of Professionalization

1. Improved quality: Professionalization can lead to higher standards of practice and better outcomes.
2. Increased credibility: Professionalization can enhance the reputation and credibility of the profession.
3. Accountability: Professionalization can promote accountability and self-regulation within the profession.

Nursing Organizations • American Nurses Association (ANA) • Canadian Nurses Association (CAN) • National league for Nursing (NLN) • International Council of Nurses (ICN)

Types of Nursing Educational Programs • Diploma programs. • Community College/associate Degree. • Baccalaureate Degree Program. • Graduated Nursing Education (Master's & Doctoral Programs)

Metaparadigm of Nursing • Client. • Environment. • Health. • Nursing.

Definitions • Health: a state of complete physical, social, mental, spiritual wellbeing not merely absence of disease or infirmity. • illness: any disturbance of body organs function.

Illness – wellness continuum • Is one way to measure a person level of health, this model view health as constantly change state with high level of wellness and death. The person with chronic illness can attain high level of wellness if he successful in meeting his health potential within the limit of his chronic illness.

