

Thoughts on the Construction of Humanistic Care in Neurology Nursing

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Abstract: In the nursing work of neurology, we must always follow the concept of humanistic care, and actively explore and continuously improve the humanistic care methods suitable for neurology. Starting from the basics, build a nursing culture of “quality nursing, humanity first”, and attach importance to nursing work. In addition, according to the specific conditions of the departments and patients, a warm hospitalization environment and personalized service methods are created. Attention should also be paid to extend humanistic care to patients’ families and nurses, and to continuously improve the level of humanistic care in neurology nursing.

Keywords: Neurology; Nursing; Humanistic Care

Introduction

At this stage, the medical field, including all sectors of society, is aware of this problem and recognizes the important position of social and psychological factors in medicine. Therefore, the medical field strongly calls for the implementation of humanistic care for patients in diagnosis and treatment. Medical institutions are the main force in the practice of medical humanities. The author has been engaged in nursing work in the Department of Neurology for a long time. Hospitals and departments have actively carried out the practice of medical humanities. Through practice, the author realizes that nursing humanities are important in the practice of medical humanities. Nursing work is the work that best reflects and can play the role of humanistic care. Therefore, based on my own feelings and summary of the work of colleagues, the author makes this report and exchange.

1. The connotation of nursing humanistic care

1.1 Nursing humanistic care

Medicine emphasizes humanistic care more than any other science. Mr. Qiu Fazu once said, a good doctor should have three conditions: to treat patients well, to have superb medical skills, and to dare to take risks and responsibilities for the benefit of patients. Therefore, the humanistic care in medical practice should be more meaningful and effective than other practices. Humanistic care in medical practice includes humanistic care in diagnosis and treatment and humanistic care in nursing.

Nursing humanistic care means the professional values and attitudes shown by nurses through specific behaviors, and they have the willingness to care, social responsibility and treatment purpose. Nursing humanistic care is the essence of nursing, which has attracted scholars’ attention and extensive research. The essence of

care lies in “caring for the life value of the whole person”. It requires nurses to understand the needs of human nature and the needs of patients for rehabilitation. In other words, nursing humanistic care means that in the nursing process, the nursing staff starts from the sincere care and care of the patient’s life and health, rights and needs, personality and dignity, in addition to providing the patients with the necessary nursing technology, but also patients provide spiritual, cultural, emotional and other services beyond diagnosis and treatment to promote the recovery of patients’ physical and mental health. In nursing, to actively learn from the humanistic spirit of medicine, it is also necessary to develop a humanistic spirit suitable for nursing work itself. Compared to medicine, treatment and nursing care can better reflect the humanistic care for patients, because in reality, nurses are the ones who communicate with patients most. Some basic medical care tasks are carried out by nurses. They can better pass the medical temperature to patients and can promote humanistic care.

1.2 Practice of humanistic care in neurology nursing

Since the humanistic care of nursing was promoted, the practice of humanistic care of nursing has generally been carried out nationwide, and various hospitals are actively exploring. The author combed some practices of some colleagues on the basis of consulting the literature, and found some practices for reference. In the neurology nursing work, measures have been taken to improve the ward environment, implement smile services, and carry out health education to improve the satisfaction of patients or their families. On the basis of routine nursing care, Yan Qiong and others adopted the humanistic spiritual nursing philosophy of caring for patients, respecting patients, and focusing on patients’ interests and needs throughout the entire nursing process, fully observing and evaluating patients’ conditions, and understanding the differences between patients demand, implement patient-centered personalized care. On the one hand, it relieves the patients’ bad mood and eases the nurse-patient relationship; on the other hand, it pays attention to the humanistic care of nurses, improves the overall quality of nurses, further improves the quality of care, and improves patient satisfaction. Ding Zaixin reported on the practice of building a humanistic care

nursing culture in the neurology ward of a hospital. After comparing before and after the construction, he found that the comprehensive satisfaction of patients has increased after the establishment of humanistic nursing culture. Therefore, it is recommended to promote it in clinical practice. Zhou Fenfeng and others have carried out humanistic interventions on the quality of life and mood of patients with neurological diseases, which effectively improved the quality of life of patients and relieved the mentality of tension and despair during admission. Luo Hui and others provided targeted humanistic care to dying patients in the neurology ICU, and actively explored to improve the quality of care. They provide comprehensive care to dying patients, not only biological, but also social and psychological. They respect the dignity of the patient’s life, effectively control the patient’s clinical symptoms, improve the quality of life of the patient, and let the dying patient go through the end of life peacefully and comfortably. This is the sublimation of humanistic care.

2. Specific measures to carry out humanistic care and nursing

At present, the occurrence of some doctor-patient conflicts is directly related to the cultivation of medical staff, which shows the importance of medical humanities, which is not only for patients, but also for all parties involved in medical activities. Academician Zeng Yixin said: strengthening the construction of medical humanities and promoting the humanistic spirit of medicine has become an important task to ensure the healthy development of medical and health undertakings and promote the construction of a healthy China. It can be seen that the humanistic spirit in medical care is important.

2.1 Implement new nursing concepts and insist on “people-oriented”

Among the diseases of the internal medicine system, most of the patients in the department of neurology are elderly patients, with weak physical fitness, inconvenience in movement, and complicated conditions, usually accompanied by somatic neuromotor function defects. It is very difficult to take care of themselves, so they have higher and better service requirements. At the same time, each patient also has its own different preferences and living habits, so the requirements for care details are also

different. Therefore, adhere to the “people-oriented” service concept, and implement individualized care programs for different patients’ living habits and personal requirements, not only for elderly patients’ own care. It is also a beneficial measure to build a harmonious nurse-patient relationship.

2.2 Construct a harmonious medical environment

A harmonious environment mainly includes two aspects: the humanistic environment and the psychological environment. Through the warm notification to the patient upon admission, the issuance and explanation of the health education card, the balcony of the ward, the corridor of the ward are equipped with green plants, the color special disease knowledge propaganda map is posted on the wall, and the curtain between the bed and the bed is separated, etc. Means to create a warm and comfortable humanistic environment in the ward, which is conducive to soothing patients’ emotions. The psychological environment mainly requires the bed nurse to actively communicate with the patient, increase the communication between the hearts, provide psychological support to the patient, and highlight the love for the patient, which is conducive to gaining the trust and acceptance of the patient and constructing a good treatment psychology surroundings.

2.3 Create a reasonable nursing system to ensure the sustainability of the humanistic care nursing culture in the department

A good institutional culture is the support and guarantee for the survival and development of the department. Therefore, the procedures of neurology nursing work, the responsibilities of nurses in each class, and detailed assessment standards should be established. At the same time, the neurology department’s health path, standard care plan, and critical patient care records should be revised to stimulate personal initiative, so that nurses have more time to go to the bedside, to the patient’s side, observe the condition, and communicate with the patient in time and provide rehabilitation guidance and training to improve the treatment effect. In addition, the department system stipulates that the nursing work process must always adhere to the propaganda and education of etiquette and health education, and pay attention to the cultivation of nurses’ quality awareness,

service awareness and humanistic awareness; for patients at high risk, in addition to verbal education, it also produces graphic prevention points notification book. At the same time, patients themselves and their families should be involved in prevention. Through these systems, patients can better understand the hardships of nurses’ work, and can also find deficiencies in our work and make improvements. In this way, patients and their families can actively cooperate with various tasks, organically integrate nursing service and nurse-patient relationship, and lay a solid foundation for building a harmonious nurse-patient relationship.

2.4 Focus on humanistic care for nurses

While the medical humanities or nursing humanities are gradually being valued, at one time they only paid attention to the humanistic care for patients or family members, but did not pay attention to the humanistic care for nurses. Nurses in various departments are facing greater job burnout or work pressure. Nurses are also facing life pressure while undertaking huge work pressure, which is not good for improving the quality of care. Therefore, some scholars have begun to actively study the humanistic care for nurses, starting with the study of nurses’ happiness. However, researches mostly face the overall situation of nurses and lack specific departmental research. Therefore, when promoting humanistic care in neurology, in addition to studying care measures for patients and their families, it should also focus on how to improve nurses’ work experience, such as the ratio of medical care to nurses should be scientifically equipped, rich team building activities have been organized, and nurse-patient dialogue methods have been explored. For some patients in the Department of Neurology, the hospital needs to provide nurses with special training to improve their working skills and improve quality of care.

3. Conclusion

To sum up, rigorous nursing attitude, superb nursing technology and warm humanistic care have always been an indispensable part of nursing service. At present, nursing workers must completely change the concept of purely technical service of “care for the sick but not for others” and establish a holistic concept. In nursing, it is necessary to understand the patient’s psychology and emotions, pay attention to communication with patients

and their families, and make nursing practice follow pure medical care turns to whole-hearted care, or even full-cycle care, especially for patients suffering from neurological diseases, they should pay more attention to their experience of seeing a doctor in the hospital.

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