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**KEY ASPECTS OF MODERN HEALTH CARE  
IN TRAINING OF NURSES IN THE USA**

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***Abstract:** Patient - centered care and care based on evidence of modern health care. Providing adequate and effective health care e complex and dynamic process changing in sync with the needs of society and living conditions. The beginning of modern nursing started in 1961 by Virginia Henderson - American nurse, teacher and researcher. Collection, analysis and assessment of objective and subjective patient information is current today. Care planning is part of the process by which the assessment of performance is adequate targets. The aim of this report is to analyze the place and importance of planning care in the training of nurses in the US and skills needed for its application in practice.*

***Material and Methods:** Study literature is intended for training of nurses in the United States. Analyzed scientific publications and peer-reviewed scientific books and journals on the use and application of the nursing process. Results of own observations.*

***Results:** The plan for health care is the basis of nursing practice in the US. The training of nurses on the care planning includes a variety of methods for the collection of objective and subjective data from the nurse to determine the evaluation framework through which the patient's needs form the nursing diagnosis. In this way, differentiated and autonomous functions of nurses in the United States. The emphasis in the training are the methods for assessing the patient's condition in order to fully and comprehensively collect objective and subjective data. At the core of nursing assessment is a holistic approach to the patient, ie Data analysis is based on a bio-psycho and social unity of man. This allows for an objective and individual assessment, adequate physical and mental condition of each patient, age and socio-public his identity, and thanks to that determine the care needs of the patient and his family. The documentation of the information gathered by the first stage of the nursing process is implemented in a unified specialized documentation.*

***Conclusion:** The planning of care is a key part of the training of nurses in the United States and a prerequisite for the realization of modern health care. The variety of methods of training is a prerequisite for the realization of nursing assessment based on objective and subjective data. Communication skills and monitoring are only part of the required competencies for effective and adequate planning of individual care of HIS MAJESTY THE PATIENT!*

***Keywords:** objective and subjective data plan for nursing care, nursing process, nursing assessment.*

***JEL:** I1-I19*

## **INTRODUCTION**

Patient - centred care and care based on evidence of modern health care. Providing adequate and effective health care is a complex and dynamic process changing adequate of the needs of society and living conditions. Care based on science-based approach, such as the nursing process are modern health care oriented to the individual needs of the patient.

In recent decades, the questions "*What challenges facing modern nurse and what the changes are in nursing practice?*" is discussed among both nurses and other medical professionals and society. The specifics of modern society sets new, different expectations of nursing practice requiring changes both in training and the daily activities of nurses [1].

*Where is beginning, to reach today to contemporary challenges facing nurses in the world wide?* It is well known the first scientific definition of is about the purpose of care "... acts of using the environment surrounding the patient to assist his recovery." According to her "To create the best conditions for the patient to activate its own forces." created in 1859 by Florence Nightingale, one of the most influential women in world history, in her" Notes care. "

In 1955 Virginia Henderson published a modern definitions of nursing practice: "*The unique function of the nurse is to assist individuals (sick or healthy) in carrying out such activities that promote health or recovery (or to peaceful death) and that he himself would perform if it had*

about it the necessary strength, will or knowledge, and it does this in such a way as to help the individual to gain independence as possible faster "[1,3].

That was the main idea of the definition of the WHO regarding the profession of nurse:

*"Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings. It includes the promotion of health, the prevention of illness, and the care of ill, disabled and dying people."*[12].

Everything above said that the mission of the nursing profession and the purpose of caring for people maintained their identity over time and are unified globally. At present Bulgarian nurses have a central role in the multidisciplinary team and they are responsible not only for the quality of health care, but also for the quality of life of Bulgarian citizens.

Nursing care is a universal concept for all over the world and the core of the profession of "nurse" too. But in different countries of the world can discover different approaches and resources for performance of this socially significant profession.

The purpose of this report is to analyse the place and importance of planning of care in the training of nurses in the United States as a key aspect in the providing of modern health care and skills needed for the practice.

Material and Methods: Study literature is intended for training of nurses in the United States. Scientific publications and peer-reviewed scientific books and journals were analysed on the use and application of the nursing process.

Results and discussions:

The application of various methods, resources and approaches in nursing practice in different countries can be explained by differences in the development of nursing science and practice also current legislation in different countries and the organization of nurses' activity.

## **WHAT IS THE STATUS OF NURSES IN THE US?**

According to the American nursing association *"Nursing is the protection, promotion, and optimization of health and abilities, prevention of illness and injury, facilitation of healing, alleviation of suffering through the diagnosis and treatment of human response, and advocacy in the care of individuals, families, groups, communities, and populations."*[11]

In an American hospital (Mercy Hospital of Buffalo, New York), place of honour is written an interpretation of nursing practise:

"There is perhaps none more sacred than that of the nurse. She feels the urge to devote herself to suffering humanity through motives of Christ like charity. Life and death are in her hands. Her knowledge and skills are invaluable adjuncts to the knowledge and skills of physician and surgeon in the modern world of medicine and surgery. Her profession demand the highest ideals of womanly character, fashioned and moulded by religious principles, which enjoin knowledge of the laws of God and respect them "(From Mercy Hospital Silver Jubilee Book, 1929)

From what has been said it can be determined a part of the characteristics of nurses in the US:

- Their unique professional value in society and in the American health system;
- They are the largest health care providers;
- They work independently and/or in teams;
- They are partners with the patient and his family

## **DIFFERENTIATION OF THE PROFESSION "NURSE" IN THE US**

In the United States nurses depending on their qualifications and responsibilities are differentiated as follows:

- Licensed Practical Nurses (LPNs), which occur in much of the United States and most Canadian provinces is a nurse who cares for sick people, people with wounds, recovering or disabled. LPNs work under the direction of registered nurses and doctors.

- Licensed vocational nurses (LVNs)

Both levels that are lower than the registered nurse provide basic nursing care. They work under the direction of registered nurses and doctors. It could say that such levels are identical, but in different states are used their different names.

Qualification to practice both positions in the field of nursing is acquired through training after high school without a degree.

- Registered Nurse (RN) provides and coordinates patient care, educate patients and the public about various health conditions as well as provide advice and emotional support to patients and their families. Registered nurses acquire licenses to practice through training after a bachelor's degree.

- Advanced Practice Registered Nurses (APRN), which coordinate patient care and can provide primary and specialized health care. They are three types - Nurse Anesthetises, Nurse Midwives, Nurse Practitioners. You could say that these are highly specialized positions that give patients primary and specialized health care.

The scope of their activity varies in the different states. Competence to practice is acquired through training after a master degree [10].

All kinds of positions are clearly regulated about responsibilities, competencies and their respective payment.

The activities of the different levels of nurses in US are regulated by the government through existing governmental and nongovernmental organizations. In every state has an organized structure "Nursing Board", which is part of the National Council of state nursing boards (NSSHTSB) [13]. American nursing Association (ACA) is a non-profit organization that represents 3.4 million registered nurses. In its structure there is a section called the Centre for nursing knowledge (ANA's Nursing Knowledge Centre (NKC), which offers various options for enhancing the professional qualifications to ensure the continuous training of nurses [11].

## **THE PLACE OF PLANNING CARE IN THE TRAINING OF NURSES IN THE US**

American nurses association actively engage in the development of standards of nursing practice by the end of the 1960. First standards on the practice of nurses in the US are published by ASA in 1973. These standards are common formulations and are focused on the nursing process, based on which they are arranged and realize care [8]. This requires knowledge of the nursing process by all practicing nursing.

Nursing process involves several stages: assessment of the patient, diagnose its problems, planning of care, implementation of the plan of care and evaluation of results (Table. 1). From the table it is clear that care planning is a key element of the nursing process.

Table 1. Phases of the Nursing Process

Phase	Title	Description
1	Assessment	Collecting objective and subjective data
2	Diagnosis	Analysing objective and subjective data to make professional nursing judgment (nursing diagnosis, collaborative problem or a referral to another specialist)
3	Planning	Determining outcome criteria and developing a plan
4	Implementation	Carrying out the plan
5	Evaluation	Assessing whether outcome criteria have been met and revising the plan as necessary

Source: Weber, j., J.Kelley. *Health Assessment in Nursing*, 2003, p. 5

Every step of the nursing process depends on implementation of the previous phase (Figure 1) [9]. To plan effective patient care requires efficient data collection and detection of the problem of the patient, which thoroughly studied in the course of training of nurses in the US. Data collection (Health Assessment in Nursing) is one of the disciplines in the training of the licensed practical nurses (LPN, LVN). It is consider the holistic approach in health assessment of nurses, i.e. implemented is an overall assessment of the patient based on the maximum collected objective data.

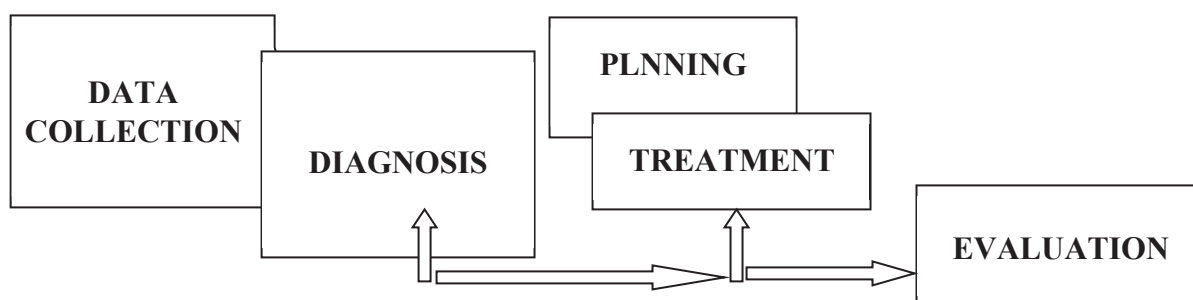


Fig. 1 Nursing process

Source: American Nurses' Association (ANA), *Congress for Nursing Practice*, Kansas City, Missouri, 1980, 14-15

Training includes learning approaches and methods for the collection of objective and subjective data and their analysis; nursing adults' judgment by assessing the overall status, vital signs and assessment of hydration. In order to maximize data collection, nurses are trained to do differentiated assessments of the patient to:

- Skin, hair and Nail Assessment;
- Head and Neck Assessment;
- Eye, Ear, Mouth, Throat, Nose and Sinus Assessment;
- Thoracic and Lung Assessment;
- Breast and Lymphatic Assessment;
- Heart and Neck Vessel Assessment etc.

It gives the impression that the training focuses on the specifics of the health assessment in different patients - infants, children, adults, and the discretion of the family and community.

In order to collect and analyse a large contents of objective information, health assessment in nursing is realized by using four basic methods - *percussion, palpation, auscultation and inspection* and it's write down in the relevant specialized documentation.

Based on the collected and registered objective and subjective data is made individual nursing care plan, which includes nursing diagnosis, aims, nursing interventions and evaluation. The care plan is a tool that determines the next step of the nursing process - implementation of interventions that are within the competence of the nurse and assessment of objectives. Within full implementation of the nursing process is more likely to realize a holistic approach to the patient and of making the nursing care to the so-called Patient-centred care [6].

## **CONCLUSIONS**

Care planning is a key stage of the nursing process. It is based on accurate data collection and analysis of objective and subjective patient's data. Continuous improvement of skills of nurses on assessment and diagnosis would undoubtedly lead to an accurate determination of individual needs and adequate planning of care.

Nursing process is scientifically methodology in nursing practice requiring specific skills and use of specialized documentation.

The first stage of the nursing process in its essence is a health evaluation of the patient. The methods applied in the United States by nurses to collect and analyse objective and subjective patient information are percussion, palpation, auscultation and inspection.

The stages of the nursing process are interrelated. The implementation of each phase of the nursing process depends on effective and accurate implementation of the foregoing. It is impossible to application of the nursing process without acquiring the competence to carry out "health assessment" of the patient.

The American experience shows that the application of the nursing process requires thorough study physical assessment techniques and adequate skills of nurses, corresponding to their level of training and adequate documentation.

Continuous improvement of methods and means of studying nursing process would increase the likelihood of its application in nursing practice in Bulgaria.

The planning of care is a key part of the training of nurses in the United States and a necessary requirement for realization of modern health care. The variety of methods of training is a prerequisite for the realization of nursing assessment based on objective and subjective data. Communication skills and monitoring are only part of the required competencies for effective and adequate planning of individual care of HIS MAJESTY THE PATIENT!

The study and application of the nursing process in practice is a clear step in the development of nursing in Bulgaria. This will enable the adjustment of global nursing science and practice to our conditions and this place us in an adequate European nursing position.

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