



# Uloga medicinske sestre u savremenom zdravstvu – gde smo, a gde treba da budemo

## Role of a nurse in modern healthcare - where we are and where we should be

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### Apstrakt

*Uvod:* Osnovno ljudsko pravo jeste zadovoljenje svojih potreba - održavanje zdravlja, emocionalna podrška i kontinuitet nege. Sestre su danas spremne da postanu akademski i praktično sposobne da definišu i udovolje tim ljudskim potrebama, koje su prevazišle vreme i tehnologiju.

*Cilj:* Prikazati današnje mogućnosti za integrisanjem stečenog znanja u obrazovanju medicinskih sestara utemeljeno na dokazima kroz kritičko mišljenje i realnu primenu u svakodnevnoj praksi.

*Metoda rada:* Sistematski pregled kvantitativnih studija objavljenih u Konzorcijumu biblioteka Srbije za objedinjenu nabavku (KOBSON).

*Rezultati:* Zadatak nosioca politike i uređenja društva je povećanje visokoobrazovanih u sestrinstvu suprotstavljajući se stereotipima i uzdižući struku. Da bismo povećali razumevanje i uvažavanje vrednosti sestrinstva, moramo promovisati realne slike medicinskih sestara i njihov ogroman doprinos zdravstvu. Ponekad se stepen uloge medicinske sestre posmatra kroz uobičajene toalete u krevetu, nameštanja posteljine, dodira ruke, stavljanja hladnih obloga, različitih merenja i aplikovanja terapije – ili slepog izvršavanja naloga lekara i potreba pacijenata. U Republici Srbiji postoji produkcija medicinskih sestara sa akademskim obrazovanjem i bilo bi potrebno proširiti kompetencije i priznati koeficijent. Razvojem novih tehnologija i medicinskih aparata, medicinske sestre se u svakodnevnom radu susreću sa novinama, udruženim komorbiditetima i neophodno je da se obrazuju a ne da se obučavaju na kratkim obukama. Osim obaveznog stručnog usavršavanja, potrebna je motivisanost medicinskih sestara za celoživotno obrazovanje radi napredovanja u radu i struci. Bez obzira na sve, medicinska sestra se i dalje bori sa prekomernim radom, nedostatkom priznanja, nedovoljnom platom i nezavisno da li radi osam ili 12 sati, takođe mora da podučava, pojačava, objašnjava, nadgleda, komforuje, vodi evidenciju i neguje poverenje pacijenata. Ovo je odličan primer potrebe za timom koji se uzajamno podržava i radi u najboljem interesu pacijenata. Sestrinstvo se stalno razvija a medicinske sestre zauzimaju svoje mesto kao posebni članovi zdravstvenog tima. Veliki deo svog radnog vremena provode u edukaciji pacijenata, emocionalnoj podršci i radu sa članovima pacijentove porodice kako bi im pomogle da shvate kroz šta pacijent prolazi i kako najbolje mogu da pomognu. Budući da je medicinska sestra sa pacijentom 24 sata dnevno, ona je u jedinstvenom položaju da posmatra njegove potrebe, bilo da su fizičke, emotivne ili duhovne i upozorava odgovarajuće članove zdravstvenog tima. Medicinske sestre imaju najodgovorniju

### Abstract

*Introduction:* The basic human right is to satisfy one's needs - maintaining health, emotional support, and the continuity of care. Today, nurses are ready to become academically and practically capable of defining and meeting those human needs, which have surpassed time and technology.

*Aims:* To present today's possibilities for the integration of the acquired knowledge in the education of nurses based on the evidence through critical thinking and realistic application in everyday practice.

*Methods of the research:* Systematic review of quantitative studies published in the Consortium of Libraries of Serbia for unified procurement (KOBSON).

*Results:* The task of the bearers of politics and the organization of society is to increase the number of highly educated nurses by opposing stereotypes and raising the profession. To increase understanding and appreciation of the value of nursing, we need to promote realistic images of nurses and their huge contribution to healthcare. Sometimes the role of a nurse is observed through maintaining a patients' hygiene in bed, bed making, touch of a hand, applying cold compresses, various measurements and applying therapy - or execution of doctor's orders and patients' needs. In the Republic of Serbia, there is a production of nurses with academic education and it would be necessary to expand competencies and recognize the coefficient. With the development of new technologies and medical devices, nurses encounter innovations, associated comorbidities in their daily work, and it is necessary for them to be educated and not to be trained in a short training. In addition to mandatory professional development, nurses need to be motivated for lifelong learning in order to advance their careers. Nonetheless, nurses are still struggling with overwork, lack of recognition, insufficient pay, and whether they work eight or twelve hours, they also must teach, reinforce, explain, supervise, comfort, keep records, and nurture patients' trust. This is a great example of the need for a team that is mutually supportive and works in the best interest of patients. Nursing is constantly evolving and nurses are taking their place as special members of the healthcare team. They spend much of their working time educating patients, providing emotional support, and working with the patients' family members in order to help them understand what the patient is going through and how they can best help. Because the nurse is with the patient 24 hours a day, she can easily observe his needs, whether they are physical, emotional, or spiritual, and warn the members of the health team. Nurses have the most responsible role in providing

ulogu u pružnja kvalitetne nege i životnog tretmana u zdravstvu. Raznolika obrazovna i edukovana sestrinska radna snaga pomaže povećanju pristupa kvalitetnim zdravstvenim uslugama, rešenju zdravstvenih stanja koja se mogu sprečiti i rešavanju socijalne odrednice zdravlja kao i aktivnu ulogu u podsticanju zdravstvene pismenosti. Promovisanje realne slike o medicinskim sestrama i sve veća raznolikost u struci moraju biti namerni kako bi se pomoglo kreatorima politike da postignu i unaprede karijeru u sestrinstvu. Takođe, moramo razgovarati o finansijskoj pomoći i zagovarati razvojne programe koji uključuju bespovratna sredstva za obrazovanje i usavršavanje sestrinstva.

*Zaključak:* Prevazilaženje poteškoća u nedostatku vremena, nedostatku sestričkog osoblja kao i nedostatak visokoobrazovanih sestara treba sprovoditi sa ciljem pružanja sigurnije i efikasnije sestričke nege. Velika zastupljenost visoko obrazovanih u sestrinstvu može da poboljša sve napore na povezivanju rezultata utemeljenih i primenjenih na istraživanju sa svakodnevnom praksom kao jedan od ključnih preduslova poboljšanja sestričkog položaja i rada.

quality care and life treatment in health care. A diverse and educated nursing workforce affects the enhancement of the access to quality health services, address preventable health conditions, and the social determinants of health. They also play an active role in promoting health literacy. Promoting a realistic picture of nurses and increasing diversity in the profession must be intentional to help policymakers achieve and advance careers in nursing. We also need to discuss financial assistance and advocate for development programs that include grants for nursing education and training.

*Conclusion:* Overcoming difficulties in the lack of time, lack of nursing staff as well as lack of highly educated nurses should be conducted with the aim of providing safer and more efficient nursing care. The high representation of the highly educated in nursing can enhance all the efforts to link research-based and applied results with everyday practice as one of the key preconditions for improving nursing position and work.