



## Improvement of the Nursing Hone Scale for End-of-life Family Conferences in Basic Care

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### DESCRIPTION

Critical care nursing is an essential and challenging specialty within the field of healthcare. Critical care nurses work in high-stress environments where they provide care for patients who are critically ill, often facing life-threatening conditions. While critical care nursing is a rewarding profession, it comes with its own set of drawbacks and challenges. In this article, we will explore some of the common drawbacks of critical care nursing and discuss potential solutions to address them. Critical care nurses are exposed to patients who are often in life-or-death situations. Witnessing the suffering of patients and their families can take a significant toll on a nurse's emotional and psychological well-being. Constant exposure to trauma, suffering, and death can lead to burnout, compassion fatigue, and Post Traumatic Stress Disorder (PTSD). To address this issue, healthcare institutions should prioritize the mental health of their critical care nursing staff. Providing access to counselling services, regular debriefings, and encouraging a supportive work environment can help nurses cope with the emotional stress associated with their profession. Critical care nurses often work long hours, including overnight shifts and weekends. Irregular working hours can disrupt their sleep patterns and personal lives, leading to fatigue and burnout. These shifts can also affect their ability to maintain a healthy work-life balance. Implementing reasonable shift patterns, adequate rest between shifts, and providing opportunities for flexible scheduling can help mitigate the impact of long and irregular shifts on critical care nurses. Additionally, offering support for childcare and family obligations can improve their work-life balance. Critical care nursing involves physically demanding tasks, such as lifting patients, administering treatments, and responding quickly to emergencies. Over time, these physical demands can lead to musculoskeletal injuries and chronic pain, affecting the nurse's overall health and job satisfaction. Hospitals can invest in equipment and training to help critical care nurses perform

physically demanding tasks safely. Encouraging proper body mechanics, offering regular exercise and stretching programs, and providing ergonomic workspaces can reduce the risk of physical injuries. Many critical care units experience chronic staffing shortages, leading to increased workloads and stress for the existing nursing staff. Understaffing can compromise patient safety and quality of care, as well as contribute to nurse burnout. Hospitals should address staffing shortages by recruiting and retaining critical care nurses. Offering competitive salaries, incentives, and professional development opportunities can attract and keep qualified staff. Additionally, utilizing technology and telemedicine for monitoring and consultations can help alleviate some of the staffing pressures. Critical care nurses often encounter complex ethical dilemmas, such as end-of-life decisions, resource allocation, and disagreements with patients' families. Navigating these ethical challenges can be emotionally draining and mentally exhausting. Healthcare institutions should provide training in ethics and support mechanisms to help nurses navigate ethical dilemmas. Encouraging open communication and collaboration among healthcare teams and involving ethics committees can assist in resolving complex ethical issues. High patient-to-nurse ratios in critical care units can lead to reduced quality of care and increase the risk of adverse patient outcomes. Nurses may struggle to provide the level of attention and monitoring needed for each patient. Regulatory bodies and healthcare institutions should establish and enforce safe nurse-to-patient ratios in critical care units to ensure that nurses can provide high-quality care and maintain patient safety.

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### CONFLICT OF INTEREST

The authors declare no conflict of interest.

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