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Nursing skills that are essential in palliative nursing theories and evidence based concepts in quality of nursing

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Introduction: Palliative care is the most sought-after nursing care in the modern times, with the increasing number of life style diseases, increased life expectancy and life lengthening mechanisms, the need for palliative care has become incredibly important. Therefore, the nurses working with the patients and families, in palliative care settings need to have a specific skillset. The Increasing global demand and lack of competent nurses in palliative care has opened up avenues for the training and skill development of nurses specific to palliative care. The nursing care need requirements of palliative nursing are different from the skillset required in acute settings.

Materials and Methods: I surveyed literature and I found that there is a need to develop a theoretical framework for the nursing care for palliative nursing. Therefore, we surveyed recent literature to develop a theoretical framework and the main issues and challenges faced by nurses and the health team members in the care of patients in palliative settings which could provide them with care along with the care of families that were grieving in such situations.

Results: The results of this theoretical exploration led the development of a framework that identifies the skills that are essential to care for the patients and the family members of the people in palliative care. The most important skills identified were expressing compassion, for the patient and family members, other necessary skills among the nurses apart from the general clinical competencies, are validation of emotions, offering choices, compassionate communication and involvement of family and friends in the care of the dying, also the nurses require the skill of managing grief and hope generation and compassion among the care givers of the patients. Therefore it becomes the responsibility of nursing managers to engage in sensitization and training of nurses in communication, expression and expressing compassion in palliative care settings.

Recent Publications

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Biography

Deblina Roy, has been a motivated and interested nurse with experience in diverse areas, she has done her bachelors in nursing from B.M. Birla College of Nursing, Kolkata and had done her Masters in nursing from King George's Medical University, in Mental Health Psychiatric Nursing, after that she has been Involved in teaching and training of Nursing students in the University and Also worked in All India Institute of Medical Sciences, New Delhi. She has multiple scholarly publications in various pubmed indexed journals. She has also served as a section editor, for Springer Nature's Encyclopedia of Evolutionary psychological Sciences, also is assistant Editor of Indian Journal of Health Sexuality and Culture also is a part of editorial board of various national nursing journals. She serves as reviewer for Core clinical as well as various nursing and medical Journals. She is pursuing PhD in nursing from Nims University Rajasthan

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