

## Modern nurse: Benefits of standing desk

Beckham Jonathan\*

---

Citation: Jonathan B. Modern nurse: Benefits of standing desk. *J Nurs Prac* 2021; 5(10):1-1.

---

### PERSPECTIVE

In today's digital world, the Nursing turned modern with contemporary times, Nurses are obliged to have knowledge about and hands on electronic equipment's and gadgets being used in Health care system to facilitate the Digital Quality Healthcare.

Now days, it has become common and advantageous for Doctors, Nurses, and Healthcare workers to make use of the standing desks by employing mobile workstations throughout the Hospitals. When a patient is in an examination room, a nurse will typically come in, check vitals, and ask questions. This is all recorded on a computer. And instead of healthcare workers having to lug around a cumbersome laptop, most medical centers have their desktops or laptops stationed on a mobile standing desk.

On admission of patient in an examination room or ICU, usually assigned nurses do come in and check vitals, and inquire questions with respect to the Health status of the patient, ordinarily all recorded on computer/laptops. And instead of healthcare pros having to pull around a ambling tablet, most therapeutic centers have their desktops or versatile workstations situated on a versatile standing work zone.

This hardware permits medical caretakers, specialists, and social laborers, and anybody else seeing a persistent to rapidly enter into the room with their computer at the prepared to start the examination as before long as possible—all whereas giving an precise record of the patient's visit. Less time went through mishandling with gear or a clipboard implies more time that suppliers can spend with patients. This permits for more proficient persistent visits, but it too makes room for more discussion between supplier and understanding, since the provider's computer is on, prepared, effectively opens.

A standing table, conjointly referred to as a stand-up table, is essentially a table that permits you to face up well whereas operating.

Many trendy versions square measure adjustable, in order that you'll be able to amendment the peak of the table and alternate between sitting and standing.

This square measure stated as height-adjustable desks, or sit-stand desks.

Although analysis continues to be in early stages, it will seem that employing a standing table will have spectacular advantages for health. It's going to conjointly increase productivity.

At the terribly least, mistreatment this sort of table will partially nullify the harmful effects of sitting an excessive amount of.

The truth that work areas aren't basically a put to sit but are presently a put to stand (and sit, in case you've got a sit-stand show) isn't the as it were enormous development within the office of today's healthcare laborer. Numerous within the healthcare industry, particularly those not running around in a restorative office or clinic floor, are utilizing moving workstations. Envision work areas where you're not as it were not sitting, but you're effectively moving your body whereas you're working. That's the thought behind moving workstations.

When a person's wellbeing is in your hands, each small step includes up creating a colossal contrast in their quality of life. And in 2021, standing work areas play a part in advancing quiet wellness from starting to conclusion of the quiet involvement.

---

Department of Nursing, *Journal of Nursing Research and Practice*, United Kingdom (UK)

Correspondence: Beckham Jonathan, Department of Nursing, *Journal of Nursing Research and Practice*, United Kingdom (UK), Email: editor.nursing@rediffmail.com

Received: October 06, 2021, Accepted: October 20, 2021, Published: October 27, 2021

---



This open-access article is distributed under the terms of the Creative Commons Attribution Non-Commercial License (CC BY-NC) (<http://creativecommons.org/licenses/by-nc/4.0/>), which permits reuse, distribution and reproduction of the article, provided that the original work is properly cited and the reuse is restricted to noncommercial purposes. For commercial reuse, contact [reprints@pulsus.com](mailto:reprints@pulsus.com)