

RECENT TRENDS IN SPECIALITY NURSING CARE

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The driving forces of health care cost containment and nursing responsibility for helping to attain cost containment have escalated the need for speciality nursing care and advanced nursing practice. Patients may need specialized care in certain situations, where specially selected and trained nurses can make a meaningful difference to recovery and well-being.

Clinical nurse specialist plays a vital role in specialized care to address specific patient needs and conditions. Advance practice to integrate care across the continuum and through three spheres of influence: Patient, Nurse and System. These three spheres are overlapping and possess a distinctive focus. The primary goal of each sphere is continuous improvement of patient outcomes, standard and competent nursing care. Key elements of speciality nursing practice are to create environments through mentoring, system changes that empower nurses to develop caring process, evidence based practices to alleviate patient distress, facilitate ethical decision-making and respond to diversity. Speciality nursing care include category wise - Based on population, includes pediatrics, women's health, adult health, geriatrics; Setting based - eg. Critical care emergency department, acute care, long term care; Disease wise - eg. Diabetes, oncology, palliative care; Type of care - eg. Psychiatric, rehabilitative care. Role of nurse specialists in rendering speciality care include nursing autonomy, patient advocacy, emergency care, skillful, rapid assessment, holistic nursing care, client teaching, wellness & health promotion, coordination & continuity of care.

Sparacino (2005) identified seven core competencies that every clinical nurse specialist should exhibit during

- Direct clinical practice - the expertise in advanced assessment, implementing nursing care and evaluating outcomes.

- Expert coaching and guidance encompasses modeling clinical expertise while helping nurses to integrate new helping nurses to integrate new evidence into practice. Also provide education or teaching skills to patients & family.
- Collaboration focuses on multidisciplinary team building
- Consultation involves reviewing alternative approaches and implementing planned change.
- Research involves interpreting and using research, evaluating practice.
- Clinical & professional leadership involves responsibility for innovation and change in the patient care system.
- Ethical decision-making involves influence in negotiating moral dilemmas, allocating resources, direction patient care and access to care.

Thus, clinical nurse specialists (CNS) in every field or speciality is responsible and accountable for diagnosis and treatment of health / illness states, disease management, health promotion and preventions of illness and risk behaviors among individuals, families, groups and communities. Having speciality nurses and rendering care in a hospital setting will reduce length of stay, costs of care, while improving patient outcomes and standards of health profession. This issue holds variety of articles emphasizing the current concepts in nursing speciality rendering specialized care for different group of patients in different situations. I hope this issue will satisfy the readers / nursing fraternity to update their knowledge with current trends

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