



THE ROLE OF NURSE IN THE CARE OF PATIENTS WITH CHRONIC DISEASES

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Summary:

People with chronic illnesses require ongoing health and a high level of medical care. Professional physicians provide strategies for treating chronic conditions (hypertension, diabetes, asthma, heart disease, and diseases of aging) and support and accompany all patients who face life's difficulties every day. This definition highly reflects the practical and proactive approach required to care for patients with chronic heart disease. Consideration and education are the foundation of patient-centered care, which is based on respect and consideration of the patient's wishes and needs. The nurse's role is primarily to guide patients toward a healthier lifestyle through teaching and example. Patient-centered care can transition into nursing care when implementing long-term management strategies, as visits to cardiac specialists are often sporadic and inconsistent. Therefore, the nursing staff remains the ongoing authority and advisor to these patients in the outpatient setting. The global goals and care of patients with ischemic heart disease are to reduce complications, maximize quality of life, and maintain independence and function. This allows for effective implementation of care through advice and education on secondary preventive treatments. General advice about quitting smoking, improving diet, and increasing exercise can serve as a transition to more specialized advice from a nurse who specializes in this area. As Ho, Russell, and Phillips stated in a study conducted in late 2008, "Higher levels of nursing competence are associated with lower mortality and readmission rates and higher quality of life for emergency and general practice patients." Efforts The goals are to: Deliver care in a manner that makes patients feel comfortable and safe and that highly maintains the global goals of caring for patients with CVD.

This aspect of nursing is extremely valuable today as it has been referred to in recent popular media as a "jack of all trades" for patient education, research, and health promotion. This is a large and open field with promising career opportunities, as the prevention of chronic heart disease is a growing concern among public health experts. Easier access to medical services and medications helps heart disease patients live longer, more comfortable lives. The benefit of this is to provide nurses with more advocacy and care options. Compensation ranges from simple telephone support or health advice to patient home visits and ongoing monitoring. In some serious cases, this may spill over into long-term care or hospice care, where nurses provide the most support and are closest to the role of patient advocate. (Levitt et al., 2020).

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1. Introduction

The role of the professional nurse continues to change and evolve. Nurses work in a variety of settings, caring for patients and their families. They work to care for individuals and groups to improve health and help people adopt healthy lifestyles. They support them in recovering from illness and handling life-or-death situations with dignity and respect. Nurses are the frontline workers closest to patients. They act as intermediaries who can influence the best discoveries and bring them into practice. This is just as important as caring for those with chronic illness. For chronic diseases, caregivers are an important part of patient care. The relationships and knowledge nurses develop with patients are critical to helping patients understand and manage their illness. This prevents the disease from getting worse and leading to hospitalization. In an environment of increasing chronic disease burden, more informed and coordinated health care systems are needed to meet the needs of patients with chronic diseases. Nurse-led clinics have become a powerful model for providing care to all patients, especially those with chronic conditions. Clinics can close the service gap for these patients by ensuring continuity of care from health care professionals who have the necessary expertise and can guide patients through a system that is often confusing and difficult to access. This can be accomplished by the nurse working with the patient to set goals, determine appropriate interventions, and coach the patient

It is up to the patient to self-manage and continuously monitor the patient's condition. This type of care has been shown to be effective in preventing hospitalizations for chronically ill patients and freeing up much-needed resources in acute care settings. (Floriancic, 2021)

2. Understanding Chronic Diseases

Acute illness can be defined as a rapid change in condition and usually a complete return to a normal state of health. This model of care is not appropriate for chronic conditions, which require ongoing care from patients and their healthcare providers. In most cases, people with chronic illnesses live with their illness for

the rest of their lives. However, it is important for these patients to maximize life by preventing all complications of the disease in order to achieve normal life expectancy and quality of life. This is especially true for older adults and people with more severe and complex medical conditions. Healthcare for patients with chronic diseases is shifting from compensating for complications to preventing them. (Badan et al., 2020)

Chronic diseases are long-term diseases that progress slowly and last for a long time. Chronic diseases are also the leading cause of death and disability in the United States. They are often preventable diseases that account for a large portion of health care costs. The most costly chronic conditions include obesity, heart disease and diabetes. These diseases can be prevented through diet, exercise and regular check-ups. Diabetes is currently one of the largest health problems, with more than 17 million cases in the United States. Diabetes is a leading cause of kidney failure, non-traumatic lower limb amputations and new cases of blindness in adults. People with diabetes are twice as likely to develop heart disease. As the incidence of various chronic diseases in society is increasing, the treatment of these diseases is particularly important. (Paik et al., 2021)

3. The Importance of Nurse Patient Communication

The concept of patient-centered care and its importance in healthcare has been extensively researched and reviewed. Patient-centered care is defined as the recognition that "the patient is the source of control and full partner in the provision of compassionate and coordinated care based on respect for the patient's preferences, values, and needs" (Epstein & Street, 2007). According to the Institute of Medicine (IOM), "Patient-centered care, driven by factors such as patient engagement, works best when care is based on an ongoing therapeutic relationship and has the patient's needs and safety at the center of care." , Information, Coordinated and integrated care and involvement of family and friends. For many nurses and medical professionals, patient-centered care is seen as an obvious and important part of the overall building of the

nursing and therapeutic relationship. However, the nursing profession's long tradition of more task-oriented care, driven by ever-increasing procedural and paperwork demands, has resulted in significant gaps in nurses' ability to provide complete, patient-centered care. Chronic conditions are often persistent, incurable, and, although not contagious, can severely impair a person's physical and/or psychosocial functioning. This makes patient-centered care concepts and the opportunity to positively influence treatment outcomes even more important. Health promotion and education are core components of care for patients with chronic diseases. Information and self-management skills can help patients maintain or adopt a healthy lifestyle, which can help prevent the disease from getting worse. Given this, the possible progression of chronic disease or associated comorbidities may result in the patient's reduced functional abilities and the possibility of becoming more dependent on the assistance of nurses and/or caregivers. The overall goal of care is to maximize the patient's independence and prevent further complications. Tailored education and support require a deep understanding of the individual patient and their experience of the illness. In turn, this will promote stronger therapeutic relationships between nurses and patients, with patients feeling their care is personalized. As a nursing student, I worked as a nursing assistant for several years, caring for a varying number of stable and acute patients with chronic illnesses, ranging from young adults to older adults. There are substantial differences in functioning and coping between younger patients with chronic illness and older adults. At times, caring for a younger population in an emergency setting may seem almost equivalent to caring for general medical and surgical patients. This is a mistake because their disease progression and support needs differ. Effective communication and patient assessment are needed to identify individuals who are at risk or experiencing functional decline. To assess nurses' optimal ability to communicate effectively and provide comprehensive care, a case study was conducted. (Brickley et al., 2020)

4. Nursing Interventions for Chronic Disease Management

The role of the patient educator is critical in the care of patients with chronic diseases. Education empowers patients to proactively manage their disease, and well-informed patients can make complex decisions about their treatment and lifestyle. The ultimate goal of education is to improve patient outcomes and is an important foundation for all other interventions. Educational topics vary and include lifestyle changes, understanding disease progression and treatment plans, effective use of self-monitoring or management tools, and when to seek further medical care. Education is usually an ongoing process, and because knowledge has a positive impact, most patients are willing to educate themselves on new or existing topics. Unfortunately, due to lack of time, nurses are often unable to provide the level or frequency of education that the nurse believes the patient needs. In these cases, it is often more effective not to "teach" the patient a lesson, but to try to educate them about their disease. (Farley, 2020)

5. Education

Chronic disease management interventions typically focus on preventing further disease, promoting optimal health and well-being, and achieving optimal quality of life. For patients, these interventions are critical to the effectiveness of care. Due to the long-term nature of the intervention, it is often the patient who ultimately determines the effectiveness of the intervention based on its impact on daily life. As stated in the article, chronic conditions are often the cause of illness and disability. It is this effect that interventions seek to reverse or ameliorate. The nurse's role in these procedures is often critical, as they may be required to serve as educators, coordinators, counselors, and, in some states, prescribers. The following sections are not exclusive units because interventions often involve complex combinations of these roles, and nursing interventions can often serve multiple roles within a single patient interaction. Please note that as Australia has only recently adopted the nurse role, some interventions may not

currently be available to all nurses. (Bech et al., 2020)

6. Collaborative Approach in Chronic Disease Care

Nurses must have extensive knowledge and skills to care for patients with chronic conditions. The basic concepts of caring for patients with chronic illness are to prevent disease, slow disease progression, promote maximum health and well-being, and help patients achieve optimal levels of independence. Therefore, these nursing concepts should be implemented together in nursing to achieve better results. Kitson et al. Collaborative care is mentioned as an interdependent process in which healthcare professionals work together to provide quality patient care. It involves a doctor, a nurse, a patient, and a family member. There are five types of collaborative care that can be used to care for people with chronic conditions. The first priority is collaboration between doctors and nursing staff. This is an effective way to improve the quality of care. In this type, the nurse should have good communication with the doctor so that the doctor can exchange medical information and continuously discuss the patient's progress. The nurse should be able to ask questions and clarify any unclear aspects of her patient's care. For example, nurses should be aware of possible drug side effects in patients so that they can notify doctors as early as possible if a patient has a problem. This results in safer patient care. (Boev et al., 2021)

7. Method

Sixteen interviews were conducted with the patients, most of them in the patients' own homes. A home interview is considered the most appropriate location for the patient as it provides the patient with the most comfortable and relaxed environment, allowing him to talk freely about these potentially emotional and personal topics. This is also an added benefit for the interviewer as it allows for flexibility in interviewing formats until the actual interview day is scheduled based on how the patient is feeling on that particular day to meet the patient's needs. A total of 12 interviews with caregivers were conducted, which took place in different settings, such as the participant's

home or an interview room at work, depending on the participant's convenience. All interviews were conducted by the principal researcher, ensuring that the same person was responsible for collecting all data. This was considered important as it ensured that different interviewing styles and skills did not mix, thus ensuring consistency in data collection. Patient and caregiver interviews lasted an average of one hour and were audio-recorded to allow for complete and accurate representation of each participant's account. The interviewer also keeps a reflective journal after each interview to provide personal insights and thoughts on how the interview went. This is particularly useful in patient interviews, which can sometimes be very emotional, and reflecting on this can help the interviewer prepare for future interviews with patients. (Bos-van et al., 2021)

Conducting qualitative research is a complex process that aims to systematically and rigorously gain a comprehensive understanding of a specific phenomenon. To gain insight into the experiences of patients with chronic conditions when receiving care from caregivers, this particular study conducted in-depth, semi-structured interviews with patients and caregivers in a community setting. Patient samples were collected in primary care physicians' offices, using targeted sampling techniques to locate patients, all of whom had some type of chronic disease and had a history of receiving nurse care. Purposive sampling was chosen because the sampling frame had to reflect a range of ages, genders and different chronic conditions to add depth to the data and provide a variety of perspectives and experiences. This helped us identify potential participants who could best answer the questions we asked.

8. Results

Overall, patients felt they received good support from carers. This can be seen in the fact that patients tend to trust nurses to improve their health and that overall patients feel that they are well supported by nurses. This feeling of support is important in self-treatment because it increases the patient's confidence in managing the disease. Self-confidence has been identified as one of the most consistent

determinants of self-management behavior. Nurses can help increase patient trust through patient education. Step-by-step training can improve a patient's ability to manage disease and symptoms, as well as effectively prevent or reverse co-morbidities and complications, and is one way caregivers can help patients gain confidence and help them cope with their disease. This education has been shown to increase patients' activation levels, leading to better adoption and maintenance of healthy behaviors. (Rathnayake et al., 2021)

In the current study, the researchers continued to focus on the role of nurses in caring for patients with chronic diseases from both the patient and nurse perspectives. The population used in the study was from the Hospitals in Makkah. The minimum age for the patient group was 21 years and older. Patient participants must have at least one of the following 10 chronic conditions: hypertension, dyslipidemia, stroke, asthma, chronic obstructive pulmonary disease (COPD), diabetes, arthritis, osteoporosis, benign prostatic hyperplasia, depression disease.

9. Conclusion

The questionnaire was created electronically using the Google Drive program and then distributed via a mobile social networking program (WhatsApp). All participants were able to answer the questionnaire via email. 600 questionnaires were distributed to all mobile groups and 550 questionnaires were emailed to the researchers. (The target group is residents of the holy city of Mecca between the ages of 30 and 65.) For example, diabetics need to control their diet. This allows the nurse to educate the patient about appropriate diet for patients with diabetes. (Farley, 2020)

Nurses involved in caring for patients with chronic diseases are critical as it has a significant impact on the patient's health. Nurses are the frontline healthcare providers with whom most patients come into regular contact. Nurses spend more time with patients and have the most frequent contact with patients than other health care providers. This allows caregivers to assess a patient's condition more frequently and detect any changes earlier. Patients with chronic diseases often have lower quality of life, shorter life expectancy, and

expensive medical care. These diseases require long-term, lifelong treatment, and without proper care, patients' conditions sometimes worsen. However, with good care, a patient's condition can improve significantly, allowing them to live like healthy people. Good nursing care is not an option for patients, it is a necessity, and one of the people who can help patients is a nurse.

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