

# The Vital Role of Nurses in Promoting Holistic Patient Care and Safety in Saudi Arabia

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*1 Anak General Hospital*

*2 Jazan General Hospital*

*3 Damad General Hospital*

*4 Jazan Health Cluster*

*5 Damad General Hospital*

*6 Damad General Hospital*

*7 Damad General Hospital*

*8 Damad General Hospital*

*9 Almwassam General Hospital*

*10 Iradah Hospital for Mental Health*

*11 Iradah Hospital for Mental Health*

*12 Jazan Health*

## Abstract

This study will also focus on how CNS plays a role in improving patient care in Saudi Arabia's health care. It aims to find out how the CNS contributes to the reduction of readmission, empowerment of patients through self-care education, and improvement the overall health outcomes. An essential component of any effective healthcare delivery leadership team is the clinical nurse specialist (CNS). The level of treatment a patient receives is directly related to the CNS's knowledge and experience. They teach other nurses, guide them through tough times, find out what their colleagues need to learn, and come up with new ways to treat patients. Improving the quality of healthcare and reducing the prevalence of diseases can be achieved via the implementation of holistic practices. Nevertheless, many nurses are inexperienced with holistic care, thus they neglect their patients' emotional, psychological, and social requirements in favor of attending just to their physical health. To improve patient care and healthcare outcomes by incorporating Clinical Nurse Specialists (CNSs) into the Saudi healthcare system, especially in the management of chronic illnesses such as diabetes, cardiovascular disease, and mental health disorders. This integration seeks to diminish hospital readmissions, equip patients with self-care knowledge, and enhance health literacy within the community.

**Keywords:** Nursing, Patient Care, Safety, Saudi Arabia

## Introduction

The nursing profession is ever advancing, influenced by developments in communication, specialized care, and creative practices that define its future. By concentrating on the enhancement of communication skills, comprehending the intricacies of psychiatric treatment, and utilizing predictive methodologies, nurses can elevate their practice and patient results. The integration of humanistic care principles and effective clinical training enhances the cultivation of compassion(1). Nursing is a dynamic discipline that adapts to advancements in healthcare practices and emerging issues. Effective communication is fundamental to nursing practice, significantly influencing patient care and

satisfaction. Moreover, specialist fields like psychiatric care for children and adolescents necessitate tailored strategies to address the distinct requirements of these groups (2). Moreover, the application of forecasting tools is becoming increasingly vital for predicting patient requirements and enhancing care delivery. To furnish a thorough comprehension of contemporary trends and methods in nursing. **Enhancing Communication Proficiencies:** Effective communication is fundamental to nursing practice. It includes various abilities, such as active listening, sympathetic engagement, and clear communication (1) asserts that enhancing communication skills requires proficiency in both verbal and non-verbal techniques. These competencies are essential for establishing confidence with patients, guaranteeing precise evaluations, and ultimately enhancing patient outcomes. Effective communication can greatly improve patient satisfaction and promote superior care management. Research by (4) substantiates that proficient communication abilities result in improved treatment outcomes and heightened patient satisfaction. **Psychiatric Nursing for Pediatric and Adolescent Populations:** Specialized nursing care, especially in psychiatric environments, poses distinct problems and opportunities. The management of children and adolescents with psychiatric disorders necessitates a sophisticated strategy, customized to their developmental phases and behavioral requirements. Effective psychiatric nursing for this age group necessitates the establishment of supportive environments, active engagement with families, and collaboration with multidisciplinary teams. This method addresses intricate mental health concerns and offers comprehensive care that takes into account both psychological and familial dimensions. The purpose of this research was to examine nurses' use of holistic nursing care and how CNS plays a role in improving patient care in Saudi Arabia's health care. Moreover, It aims to find out how the CNS contributes to the reduction of readmission, empowerment of patients through self-care education.

### **Integrating Family Support, Predictive Tools, and Humanistic Care in Enhancing Nursing Practice**

A study by (5) underscores the importance of integrating family support and multidisciplinary approaches in mental treatment for adolescent patients. Moreover, (6) found that targeted therapy and collaborative care models can significantly improve outcomes for children and adolescents with mental health issues. Forecasting in nursing is a crucial area of innovation, enabling better anticipation of patient needs and increased planning effectiveness. (3) investigates how predictive approaches, such as data analytics and trend analysis, could enhance nursing practice by improving resource allocation and patient management. By employing these forecasting methods, nurses may anticipate future demands, adapt to changing healthcare landscapes, and implement proactive strategies to address potential challenges. Studies by (6) and (7) illustrate the utilization of predictive analytics in forecasting patient needs and improving care provision. These approaches enable healthcare providers to anticipate and respond to changes in patient conditions with enhanced efficacy. **The Importance of Humanistic Care:** Humanistic care is a fundamental component of modern nursing practice. The integration of humanistic principles—such as empathy, respect, and understanding into patient care enhances interaction quality and fosters a supportive environment. Humanistic care extends beyond the management of physical symptoms to address the emotional and psychological needs of patients, leading to a more compassionate and patient-centered approach. Research by (8) corroborates the claim that humanistic treatment approaches improve patient happiness and overall results.

### **Transforming Nursing Practice: Advancements in Patient Care and Holistic Approaches**

Nurses fulfill a vital role in healthcare by providing patient-centered care, engaging collaboratively within interdisciplinary teams, adeptly incorporating technological advancements, and proficiently adjusting to the always evolving healthcare environment. The responsibilities of nurses have markedly transformed from predominantly manual tasks to encompass specialized and autonomous jobs

necessitating extensive knowledge and a diverse skill set. Nurses fulfill a vital role in healthcare by providing care, cooperating within interdisciplinary teams, efficiently integrating technological breakthroughs, and adeptly adjusting to the ever-evolving healthcare landscape. Nurses' responsibilities have markedly transformed from basic manual tasks to specialized and autonomous jobs necessitating comprehensive knowledge and a varied skill set. The nurses ardently advocate for their patients' rights and welfare, ensuring that their perspectives are recognized and valued in decision-making and customized treatment programs to address each patient's unique requirements. By integrating innovative technology, nurses may efficiently gather and analyze data, monitor patients remotely, and deliver evidence-based treatment, thus enhancing overall healthcare outcomes. The substantial alteration in nursing duties affects all tiers and dimensions of healthcare provision, underscoring the critical necessity to cultivate flexible skills and competencies for overseeing digital health systems. Nurses are vital for the sustainability of healthcare systems, spearheading innovation and advancing improvements in healthcare delivery through holistic and analytical thinking techniques (9). Patient care in the Kingdom of Saudi Arabia, particularly across diverse healthcare environments such as home health care, primary mental health care, hospitals, and inpatient wards, exhibits a substantial dependence on nursing services. Several factors are relevant in this context, including the quality of nursing services provided, the effective incorporation of mental health care into primary care, nurses' attitudes towards promoting a culture of safety, occurrences of neglected nursing care tasks, and the overall work environment for nursing professionals(10,11).

Holistic nursing encompasses care that seeks to heal the entire individual by taking into account several dimensions of health (12,13). The American Holistic Nurses Association underscores a patient-centered methodology that acknowledges diverse aspects including social, cultural, relational, contextual, and environmental influences. Despite nursing's incorporation of holistic ideas and natural therapies since the 1700s, by the mid to late 1900s, technical and commercial-driven improvements prioritized profit margins over essential caring and healing relationships (14).

### **Holistic Nursing Care: A Comprehensive Approach to Patient Well-being**

Holistic care is a healthcare method that considers the entire individual—mind, body, and spirit—rather than focusing solely on one component of their health (15). It takes into account the patients' physical, mental, emotional, social, and spiritual requirements (16). Holistic care advocates for a patient-centered approach that prioritizes customized attention and tailored care strategies (17).It frequently encompasses diverse modalities, including traditional medical treatments, alternative therapies, and integrative practices. The objective of holistic treatment is to enhance not just the patient's physical health but also their overall well-being and quality of life (18).Holistic care is a fundamental nursing philosophy that enables nurses to cultivate robust relationships with their patients, fostering trust, which is crucial for effective communication and collaboration in healthcare (19). Integrating holistic care in nursing enhances comprehension of the patient's experiences, values, and beliefs. It allows nurses to evaluate all facets of patient care and build complete care plans that meet the individual holistically (20). Holistic nursing care in the operating room commences upon the patient's permission for surgery and continues until release from the hospital; consequently, the Joint Commission has instituted measures to avert surgical errors and enhance patient safety. Perioperative nurses strive to prevent physical and psychological difficulties associated with surgery and facilitate the patient's return to normalcy (21). Note that cultural diversity presents a challenge for nurses in fulfilling holistic care standards within the Arab environment. These issues arise from value considerations, gender segregation among patients and staff, and familial and tribal affiliations. (23) posited that holistic care is a new notion in Iran and that a philosophical transformation is necessary to inspire nurses to contemplate their roles. This pertains to the healthcare team and aims to augment

their contributions to patient care beyond only assisting physicians. An observable alteration in the interventional strategies is seen upon the use of holistic nursing. Although holistic treatment is presumed to be comprehensive, prior research indicates that nurses inadequately implement holistic care (25). The practice of holistic care by nurses is presumed to significantly influence patient outcomes and safety. Therefore, there exists an opportunity to elevate the quality of treatment and patient safety by advancing nurses' use of holistic care. Interventions designed to improve nurses' implementation of holistic nursing care must address the critical factors essential for such care. Inadequate time, experience, motivational and organizational challenges, and insufficient resources can all hinder the implementation of holistic treatment. Furthermore, evidence indicates that the majority of nurses do not engage in holistic care due to their education in the biological allopathic system, which prioritizes disease above individuals, and their insufficient comprehension of holistic nursing practices (27,28). Due to a significant deficiency in standard treatment, Africans, particularly Ethiopians, are seeking alternate methods to improve their health requirements (29). All elements of the World Health Organization's public health strategy will be addressed through the successful integration of holistic care for patients and their families (30). Holistic care methodologies address the physical, emotional, social, and spiritual requirements of patients. Nurses, owing to their ongoing patient engagement and extensive training, are ideally equipped to deliver holistic care (30). Nursing theories, such as Jean Watson's Theory of Human Caring, underscore the significance of holistic care rather than mere symptom management (28).

### **Empowering Patient Care: The Vital Role of Clinical Nurse Specialists in Saudi Arabia's Healthcare System**

As part of their job in Saudi Arabia, CNSs have to do many things, such as analyzing patients, making diagnoses, planning treatments, and carrying out therapeutic actions. CNSs are very important because they use their advanced skills and knowledge to make sure that people with complicated health problems get the care they need. This helps cut down on hospital readmissions and stays that last too long. Their understanding of how to teach patients also helps people with long-term illnesses take better care of themselves. This gives patients more power and improves the community's health literacy<sup>29</sup>. To mixed healthcare teams, CNSs also bring important skills. Experts in their fields, they also teach and lead others, and they push for best practices and care that is based on facts. Because they do study, teach, and work as clinical nurse specialists (CNSs), they are in a unique position to find care gaps and lead efforts to improve patient outcomes. Their work to teach and mentor other nurses encourages nurses to keep learning, which improves healthcare in the UK as a whole (30). In Saudi Arabia, adding Clinical Nurse Specialists to the health care system is meant to help people who have diabetes, heart disease, or mental health issues. By making focused interventions and clinical pathways, the CNSs can help improve how these conditions are managed. In the long run, this will mean better health results, happier patients, and less stress on healthcare systems overall<sup>(31)</sup>. These are some things that clinical nurse experts can do. In health care, a Clinical Nurse Specialist (CNS) is very important because they specialize in advanced nursing techniques and fields of nursing. They play a big role in making things better for patients because, as advanced practice registered nurses (APRNs), they are very good at figuring out what's wrong with them and how to treat it<sup>(32)</sup>. Clinical Knowledge and Direct Care for Patients: Nurses in medical centers are the ones who give direct care to patients. They meet the different needs of patients at all stages of care by using their professional knowledge and caring nature. In this part, we'll talk in more depth about the many tasks and

abilities nurses use to directly care for patients in hospitals. One of the main jobs of nurses is to carefully check on patients' physical, mental, and emotional health when they first come to the hospital and any other time they need to be checked on while they are there. Nurses use different assessment methods, like physical checks, keeping track of vital signs, and health histories, to find out important information and see if anything has changed since the last assessment. Giving Medicines: Nurses are in charge of giving patients their medicines as directed by their doctors, making sure they are correct, safe, and given in the right way. As part of this job, you have to figure out how much medicine to give each patient, make sure that their orders are right, and watch them closely in case they have any bad thoughts or effects. Nurses also teach patients how to use their medicines, when to take them, and what might happen if they mix with other medicines. This is to make sure that patients stay safe and take their medicines as recommended. What Clinical Nurse Specialists Do for Patient Care: People who are clinical nurse specialists (CNSs) have at least a master's degree in nursing with a focus on a certain area of interest. They do a lot of different things at work that are meant to help patients get better care and get better results. These groups can be broken down into three main types of jobs: clinical practice, teaching, and running a company (33). In real life, CNSs give people direct care that is based on facts and is tailored to each person's needs. These people do full exams, make treatment plans, carry them out, and keep track of very long patient records. These doctors are very good at what they do and can handle a lot of different cases. This is very important in areas like pediatrics, oncology, and heart health. Because they manage care for people with long-term or complicated illnesses, CNSs help treatment plans work better. This can help people stay out of the hospital less and have a better quality of life (34). CNSs teach patients, their families, and other health care workers, which is one of the most important things they do. They teach people about their conditions, treatment options, and how to take care of themselves, which gives them power. CNSs help healthcare workers learn and grow by creating a setting where people are always learning. This job is even more important now that medical practices and technologies change so quickly to make sure that teams know about the newest best practices and new ways to care for patients (35). Leadership in a group: Not only do CNSs care for individual patients, they also often lead healthcare groups. As part of their job, they set standards for clinical practice, run quality improvement programs, and push for care that is focused on the patient. When people from different fields work together, they can improve care and make sure that the patient's voice is heard in choices (36,37). Historically, nursing roles were perceived as inferior to those of other healthcare professionals; nevertheless, contemporary viewpoints increasingly acknowledge nurses as essential participants in team-based care, capable of offering insights into patient requirements and facilitating communication among other specialties (38,39).

### **Impact of collaboration between nursing and different fields**

Research indicates that when nurses engage in active collaboration with physicians, therapists, and other professionals, patient results enhance, especially regarding recovery durations, patient satisfaction, and compliance with treatment protocols. Notwithstanding these advantages, obstacles to efficient nursing teamwork endure. Barriers encompass communication deficiencies, ambiguous position delineations, and hierarchical frameworks that occasionally diminish the significance of nursing contributions (41). Confronting these problems necessitates both institutional dedication and specific legislative reforms that enable nurses to function as essential members of healthcare teams (42). Furthermore, research indicates that enhancing collaboration among nurses and other healthcare personnel results in more thorough and coherent patient care (43). Although nursing school in Saudi Arabia

commenced in 1954, the profession is not predominantly selected by Saudi Arabians, especially Saudi women, owing to cultural influences and familial challenges. The expectation for nurses to perform night shifts, coupled with the public's poor opinion of the profession, exacerbates the challenges they encounter (44). Consequently, due to the swift expansion of the Saudi Healthcare System, the government is increasingly constrained to depend on foreign personnel. Forty-five. To solve this issue, several educational institutions have recently started offering bachelor's degrees in nursing to both guys and females. Conversely, master's degrees in nursing have historically been designated solely for females. Furthermore, governmental agencies have facilitated abroad scholarships to enable nurses to enhance their nursing competencies at various levels, including clinical master's degrees such as advanced practice nursing (APN). Despite anecdotal evidence indicating that Saudi nurses have pursued advanced practice nursing (APN) studies at overseas institutions, there is a lack of information concerning the progression of their careers upon returning to Saudi Arabia. The differentiation of these nurses from other registered nurses (RNs) will remain challenging, and they will be unable to perform their designated functions without the standardization of a formal clinical career ladder, along with titles and job descriptions that accurately reflect their roles and scope of practice. In the future, it will be imperative to differentiate clinical ladders from academic and leadership ladders. Although the only evidence of the use of a clinical ladder was published previously (46), it has not been endorsed by the Ministry of Health (MOH), and hence, it is not acknowledged within the official grading framework. The lack of acknowledgment for senior nurses discourages them from staying in clinical practice, so complicating the fulfillment of the increasing needs of the nation's healthcare system.

#### **Obstacles in the Saudi healthcare system**

A significant difficulty for the Saudi healthcare system is the insufficient availability of primary care, marked by a deficiency of general practitioners. Consequently, individuals often pursue care in the emergency room for both acute and chronic medical illnesses that are deemed non-life-threatening. The shortage of primary care physicians is anticipated to significantly harm the Saudi healthcare system and its patients, as the population ages and the rates of chronic disorders like diabetes and hypertension increase(47). Likewise, there exists a restricted pool of nurses qualified to administer care for patients with chronic illnesses in specialized fields. These nurses are constrained in nurse-led clinics due to their lack of autonomy to examine, diagnose, and prescribe. Notwithstanding the absence of recognition, definition, legislation, or regulatory framework, the nursing profession is advancing. This advancement is propelled by the increasing demands of the populace. Advanced practice nurses (APNs) worldwide have dedicated decades to ensuring that their roles are distinguished from those of physicians, albeit they have not consistently succeeded(48). The current juncture is optimal for delineating advanced practice nursing (APN) in Saudi Arabia in a culturally relevant manner, leveraging nursing as a vital resource for the health of the nation's populace. Achieving this necessitates legislation, the establishment of higher education tailored for advanced practice, the safeguarding of professional titles, and the regulation of practice scope. This ensures that competent professionals deliver patient care safely and effectively, while prioritizing patient-centered approaches grounded in the latest evidence.

#### **Obstacles in Nursing Collaboration**

Despite the recognized importance of collaborative practice, nurses often face challenges that obstruct effective teamwork. Hierarchical structures within healthcare settings may undermine nursing contributions, leading to the underutilization of their expertise in decision-making(48).

Communication barriers, including differences in language and communication styles among professionals, can impede information exchange. Role ambiguity and a lack of clarity regarding responsibilities may create discord within teams, potentially resulting in overlaps or gaps in care(49). Time constraints and workload pressures limit opportunities for interprofessional collaboration, as nurses juggle significant patient loads alongside administrative duties. These issues highlight the need for institutional reforms to enhance nursing teamwork(50)

### **Conclusion**

Basically, without the nursing profession, quality in providing patient-centered collaborative care does not exist. And finally, nurses are also tasked to adapt to emerging new trends in the ever-evolving health sector, which deals specifically with technology, holistic care, and also special treatment approaches. Despite the challenges facing Saudi Arabia and the rest of the world, nurses are essential in the improvement of health systems and patient outcomes. Overcoming the barriers to nurse collaboration and embracing legislative and pedagogical reforms will ultimately allow the nursing profession to reinforce its role within the healthcare system.

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