Digital Nursing: The Role of Modern Technological Technologies in Enhancing Nursing Practice and Improving Health Care

Amsha Mohammed Al Harbi[1], Samar Shoei Barakat[2], Turkiah Nodad Alotaibi[3], Oqab Khadhran Algadhbani[4], Hind Mohammed Zaal Alanazi[5], Maha Hmoud Alenazy[6], Sweerah Alhomeidi N Semumoh[7], Tarfah Ghanem Algareeb[8]

[1]Nursing technician, Primary health care West Alnasim, Riyadh
[2]Nursing technician, MOH King Fisal, Riyadh
[3]Specialized Dental Center, Specialist-Nursing, Riyadh
[4]Nursing Specialist, Sajir General Hospital, Riyadh
[5]Nursing technician, Alnadem South Medical center, Riyadh
[6]Nurse, Nadwa Health Center, Riyadh
[7]Nurse, Western Swede Health Center, Riyadh
[8]Nurse, Western Swede Health Center, Riyadh

ABSTRACT

The nursing profession is undergoing a major transformation due to the integration of digital technologies, which are reshaping how nurses and nursing technicians perform their roles in patient care. Digital tools, such as electronic health records (EHRs), mobile health (mHealth) applications, telehealth platforms, wearable health devices, and robotic assistants, are improving communication, enhancing patient monitoring, and simplifying administrative tasks. These innovations are contributing to more accurate decisions, better patient outcomes, and more efficient healthcare delivery. Additionally, digital technologies are essential to improving the quality of nursing education and facilitating continuing professional development. Despite these advances, the adoption of digital tools in nursing practice faces several challenges, including concerns about technological proficiency, integration with existing healthcare systems, and ethical considerations regarding patient privacy and autonomy. This review highlights the critical role of digital technologies in modern nursing, the importance of equipping nursing professionals with the necessary skills, and the ongoing need for strategic integration into healthcare practices to improve patient care.

Keywords: Digital technologies, nursing, healthcare, electronic health records patient care.

Introduction:

Recently, nursing practice has witnessed many challenges and radical transformations in multiple and diverse professional practices. This makes the role of nurses and nursing technicians more diverse and complex to meet the requirements of healthcare [1]. The nursing profession forms the backbone of healthcare systems. Therefore,

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practicing the nursing profession requires keeping pace with scientific, technological and digital developments to ensure the improvement and enhancement of healthcare outcomes [2].

Digital technology and applications contribute to enhancing the practice of nursing by enhancing communication between nurses, nursing technicians and patients, automating office tasks, and improving treatment outcomes for patients, which effectively contributes to enhancing healthcare [3]. The importance of digitization in the field of nursing is increasing significantly; as it effectively contributes to enhancing the efficiency, accuracy and quality of patient care, and digitization technologies are an integral part of the practice of the modern nursing profession [3,4]. Digitization technologies include electronic medical records and modern medical devices used in diagnosis and treatment, communication technologies between nurses and patients, and countless other technologies [5]. Moreover, digital technologies, through technologies that enable the collection and storage of data and facilitate the process of accessing data, contribute to making accurate decisions based on scientific evidence in a timely manner [6]. They also contribute to treatment planning through quick access to appointment lists and medical resources, which facilitates the implementation of care plans with high efficiency [7]. In addition, digital health technologies contribute significantly to enhancing communication and multidisciplinary collaboration between different parts of the healthcare team [8]; where medical information and data can be exchanged quickly and securely, discussions can be held about patients' conditions and joint treatment decisions can be made [9]. Telehealth technologies also enable what is known as "virtual care" by providing medical services to patients in remote areas, conducting virtual interviews with patients, monitoring their health condition, and providing therapeutic interventions in a timely manner [10]. Digital nursing technologies help reduce the risk of infection by reducing direct contact between nurses and patients and enabling remote monitoring of patients' conditions [4,8,9].

Digital technology transformations in the field of nursing are embodied in the use of health applications via smartphones; these applications help patients and healthcare providers alike by providing tools for self-management, medication reminders and health monitoring. also contribute to developing the knowledge and skills of nurses in line with the latest trends and practices in the field of healthcare. This contributes to raising the efficiency of nurses and nursing technicians, thus improving performance and increasing the level of care provided to patients [11].

Therefore, this review seeks to review the digitization of nursing and modern technology in the nursing profession and its role in improving health care outcomes:

Digital and Modern Technologies in Nursing Practice

There are many digital technologies and technologies used in nursing practices, which aim to enhance nursing practices and thus improve healthcare outcomes, including:

Electronic Health Records (EHRs): Nurses have shifted from paper charts to electronic health records. Electronic medical records enable nurses to access patient information quickly and efficiently, reducing errors and improving care coordination

across different healthcare providers. With all relevant patient data at their fingertips, nurses can make informed decisions about patient care [12].

Mobile Health (mHealth) Apps: Nurses have integrated mHealth apps into their practices to enhance patient monitoring and engagement. These apps allow nurses to remotely track patients' vital signs, medications, and symptoms, enabling timely interventions and personalized care plans. Patients can also use these apps to stay connected to healthcare providers and manage their health more proactively [13].

Telehealth and Telemedicine: Nurses are using telehealth and telemedicine platforms to conduct virtual consultations with patients. This technology is especially valuable for patients in remote or underserved areas who may have limited access to healthcare facilities. By leveraging video conferencing and other communication tools, nurses can assess patients' conditions, provide guidance, and manage chronic conditions without the need for in-person visits [14].

Wearable health devices: Many patients now use wearable health devices, such as smart watches and fitness trackers, to continuously monitor their health metrics. Nurses can integrate data from these devices into patient care plans, allowing them to spot trends, identify potential problems, and encourage healthy behaviors [15].

Medication management systems: Nurses are using technology-based medication management systems to reduce medication errors. These systems provide real-time alerts for potential drug interactions, dosing errors, or allergies, helping nurses ensure patients receive the right medications at the right time [16].

Remote patient monitoring: Technology allows nurses to remotely monitor patients with chronic conditions or who are recovering at home after being admitted to the hospital. Through connected devices, nurses can track patients' progress, provide education, and intervene immediately if any concerning trends emerge, reducing readmissions and improving outcomes [17].

Virtual Reality (VR) and Augmented Reality (AR): Virtual reality (VR) and augmented reality (AR) technologies are transforming nursing practice. They provide a simulated environment for pain relief and relaxation during treatment, while AR enhances medical training and surgical procedures by adding virtual elements to the real world [3,5].

Robots: Robots are being used in nursing to perform tasks such as lifting patients, dispensing medications, and monitoring vital signs. Robots help reduce the physical burden on nurses, allowing them to focus on direct care and provide emotional support to patients in environments that lack human interaction [6].

Health education and training: Technology has enabled nurses to deliver health education to patients more effectively. Interactive e-learning platforms, virtual simulations, and multimedia content enhance the learning experience and empower patients to take an active role in managing their health [18].

Data Analytics: Nurses are increasingly using data analytics to identify patterns, trends, and potential areas for improvement in patient care. Analyzing large data sets

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can lead to evidence-based practice changes, ultimately improving patient outcomes [19].

Importance of Digital Technologies in Modern Nursing Practices

The challenges facing healthcare are increasing, such as the spread of chronic and infectious diseases, which makes the integration of technology and the use of modern digital technologies in nursing practices of utmost importance [20]. Digital and modern technology are an essential and essential part of modern nursing care. They help nurses improve patient outcomes, increase efficiency, enhance communication, and simplify documentation. Thus, delivering higher quality care and contributing to positive patient experiences [11].

Improving Patient Outcomes: Modern digital technologies in nursing enable nurses and nursing technicians to enhance patient care outcomes. Advanced monitoring systems have helped track patients' vital signs continuously, allowing nurses to detect any abnormalities or changes in real-time, preventing any complications and thus improving patient care outcomes [21].

Improving Communication: Effective communication is vital in nursing practice, and digital technologies help enhance and facilitate seamless communication between nurses, promoting collaboration and sharing information with colleagues and the interdisciplinary team quickly. This immediate and effective communication promotes coordinated care and enhances patient safety [22].

Improving Efficiency: Digital technologies play a critical role in improving the efficiency of nursing care and practice. Digital technologies such as electronic health records (EHRs) streamline documentation processes, reduce time spent on paperwork and allow nurses to focus more on direct patient care [23]. Additionally, digital technologies such as medication management systems can help prevent medication errors and improve overall medication administration efficiency [24].

Career Advancement and Professional Development: Digital technologies and emerging technologies contribute to enhancing the knowledge and skills of nurses and nursing technicians by expanding their scope of practice, sharing knowledge and expertise, and accessing the latest nursing research, as well as benefiting from global experiences in nursing practice [2].

The role of nurses in the effective use of digital technologies

While digital technologies are important for enhancing nursing practice and improving healthcare outcomes, it is important to ensure that nurses and nursing technicians are able to optimally navigate these technologies and technologies to effectively utilize and integrate them into nursing practice.

Training and Education: Active organizations and colleges should integrate and teach technology and digital technologies to equip nurses and nursing technicians with the skills to and utilize them in nursing practice. This includes training in the use of electronic health records (EHRs), telehealth platforms, wearable devices, and medication management systems. This will benefit nurses and patients alike [11].

Collaborating with Interdisciplinary Teams: Nurses must actively communicate with healthcare professionals, including IT professionals and administrators, to ensure the seamless integration of technology into the healthcare system [2]. By sharing ideas and expertise, nurses can contribute to the development of technology solutions that meet the diverse needs of patients and healthcare providers.

Continuous Evaluation and Quality Improvement: Nursing practitioners should monitor the performance and usability of technology and digital tools, participate in suggesting areas for improvement, and provide feedback. Nurse practitioners should contribute to improving the functionality and usability of technology in nursing care by continually evaluating the performance of these tools and reporting any technical issues [4].

Advocating for Nursing-Specific Technologies: Since nurse practitioners are in constant and direct contact with patients to meet their needs, they must offer technological suggestions and solutions that align with professional nursing standards, improve workflow, and ensure enhanced patient outcomes [25].

Considering Ethical Considerations: Nurses must prioritize ethical considerations when using technology in patient care. This includes maintaining patient privacy, securing data, and preserving patient autonomy [26].

Challenges of Digital Technologies in Nursing

Increased reliance on technology: Increased reliance on technology and modern digital technologies leads to a reduction in the skills of nurse practitioners and a loss of the ability to deal with emergency cases [27].

Lack of comfort with technology: There are still challenges around nurse practitioners' desire to use technology, their lack of confidence in it, and their fear of losing their jobs because of it [27].

Integration with existing systems: Integrating digital technologies into existing care systems is a huge challenge as it requires infrastructure, high costs, and joint cooperation between the IT team and nurse and healthcare practitioners to solve any technical problems in the technology and techniques used [11].

Conclusion:

The nursing profession has been transformed by the integration of digital technologies, reshaping how nurses and technicians perform their roles in patient care. Digital tools such as electronic health records (EHRs), mobile health (mHealth) applications, telemedicine platforms, wearable devices, and robotics are improving communication, enhancing patient monitoring, and facilitating administrative tasks. These innovations contribute to more accurate decisions, improved patient outcomes, and increased efficiency in healthcare delivery. Additionally, digital technologies are essential to improving the quality of nursing education and facilitating continuing professional development. Despite these advances, the implementation of digital tools in nursing practice faces several challenges, including concerns about technical proficiency, integration with existing healthcare systems, and ethical considerations regarding

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patient privacy and autonomy. This research explores the vital role of digital technologies in modern nursing, the importance of equipping nursing professionals with the necessary skills, and the ongoing need for strategic integration into healthcare practices to improve patient care.

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