

The Therapeutic Approach in Nursing: Enhancing Patient Care through Compassion, Communication, and Evidence-Based Practices

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ABSTRACT

The therapeutic approach in nursing is a holistic framework that integrates empathy, trust, and effective communication to promote comprehensive care. Nurses play a pivotal role in fostering relationships that address not only the physical but also the emotional and psychological needs of patients. This approach enhances the quality of care, ensuring that patients feel valued and supported throughout their healthcare journey. By emphasizing patient education, individualized care, and collaborative decision-making, nurses contribute to improved patient outcomes and overall well-being. Furthermore, the integration of evidence-based practices ensures that nursing interventions are grounded in the latest research, optimizing treatment efficacy and patient safety. This review examines the role of the therapeutic approach in nursing care, focusing on the importance of effective communication, holistic care, and continual professional development (CPD) in achieving better health outcomes and patient satisfaction.

Keywords: nursing, Therapeutic Approach, patient outcomes, holistic care.

Introduction:

The therapeutic approach in nursing care is of utmost importance in enhancing the well-being of patients and improving their experience during their stay in healthcare facilities [1]. The therapeutic approach involves building a relationship based on empathy and trust between nurses and patients, with a focus on meeting their emotional, psychological and physical needs. Therefore, the therapeutic approach plays a vital role in creating a therapeutic environment that supports patients in various aspects of their treatment [1,2].

Nurses play an important and key role in implementing the therapeutic approach in nursing care services, with the aim of building a relationship and partnership with patients that enhances patients' sense of appreciation and respect during the health care period [3]. Therefore, providing a therapeutic environment enables nurses to improve the patient's health care outcomes in addition to positively impacting patients' emotional well-being [4]. Creating a sense of appreciation, respect and support for patients contributes to improving healthcare outcomes and motivates them to engage and participate in decisions and treatment plans and adhere to them, which gives them a sense of satisfaction with the nursing services provided to them and thus achieve the best healthcare outcomes [5,6].

Furthermore, the therapeutic approach in nursing care is not limited to focusing on the physical aspects and healing [7]. Rather, the therapeutic approach also cares about and deals with the emotional and psychological needs of patients as they are no less important than physical healing in promoting the health and well-being of patients. Nurses can provide emotional support and help patients get rid of fears and anxiety during the treatment period only by establishing a relationship based on compassion and trust. Nurses can provide emotional support, alleviate patients' fears and concerns, and help them deal with the stress and anxiety that often accompany illness or hospitalization.

The therapeutic approach also emphasizes the importance of effective communication. Nurses must be good listeners to patients, showing empathy and using nonverbal cues to understand their concerns and needs. By establishing clear and open lines of communication [9]. Integrating a therapeutic approach into nursing care is essential in improving health care and patient experience and enhancing patient well-being. Therefore, this review seeks to review the role of nursing in implementing a therapeutic approach to provide compassionate, comprehensive, and evidence-based care to meet the unique needs of each patient.

The role of the therapeutic approach in nursing care:

The therapeutic approach is an important foundation in nursing care that enhances patients' health and experience. The therapeutic approach focuses on a variety of practices and strategies that aim to provide comprehensive care for patients that includes all physical, psychological, mental and social aspects of patients [10]. Accordingly, nurses are keen to meet patients' needs by following the therapeutic approach with patients and improving health outcomes [11].

The nursing role in the therapeutic approach include:

- ***Comprehensive assessment:***

The therapeutic approach is based on accurately diagnosing and assessing the patient's health condition, which helps nurses determine care priorities and develop treatment plans that suit each medical condition [12].

- ***Effective communication:***

The therapeutic approach is based on establishing a partnership between the nurse and the patient and enhancing communication between them to gain the patient's trust and understand his requirements, thus achieving the best health outcomes [13]. Effective communication between the nurse and the patient includes listening to patients, meeting their needs, and involving them in treatment plans [14].

- ***patients Education:***

In all nursing practices, nurses are responsible for educating and informing patients about their health condition, preventive methods and healthy lifestyles that suit them, with the aim of enhancing patient participation in the treatment plan and improving health care outcomes [15].

- ***Personalized Care:***

The therapeutic approach is based on providing individualized care that suits each medical condition and considers the individual needs of each patient [16].

- ***Preventive and sustainable care:***

According to the World Health Organization, the therapeutic approach includes promoting the prevention of health complications through continuous follow-up and early intervention when needed [17].

- ***Multidisciplinary collaboration:***

Coordination between nurses, doctors and specialists contributes to improving health care outcomes and ensuring optimal treatment [18].

Establishing Effective Communication Between Nurses and Patients

Effective communication is an essential component of providing therapeutic nursing care. Through communication, nurses can build strong relationships with their patients, leading to improved patient outcomes. Nurses must utilize active listening skills, empathy, and nonverbal cues to understand patients' concerns and needs [19].

- ***Building trust and enhancing patient satisfaction***

Establishing clear communication strategies with patients helps build trust with nurses, which makes patients feel comfortable and confident about sharing their health information and data and enhances patient satisfaction with nursing services and patient compliance with treatment plans [20].

- ***Patient participation in treatment decisions***

Effective communication enables nurses to involve patients in decisions related to their care, discuss treatment plans and thus enable patients to make informed choices regarding their health care, enhances patient autonomy and ultimately improves patient adherence to treatment plans [21].

- ***Adapting communication with individual patients***

Patient needs vary depending on their characteristics and the nature of the disease, and therefore each patient has different communication strategies. Therefore, nurses must meet the diverse and individual needs of each patient. The importance of adapting communication methods lies in enabling nurses to establish a friendly and trusting relationship with patients, which leads to improved patient outcomes [22].

- ***Overcoming language and cultural barriers***

Language and cultural barriers can pose challenges to effective communication in nursing care. Nurses must be aware of these barriers and find ways to overcome them and ensure that patients fully understand their care and feel respected and valued in their cultural context [23].

Incorporating Holistic Care in Nursing Practice

A holistic approach to nursing care is important because it has the benefits of achieving comprehensive and effective care for all patients and meeting their needs and expectations, which enables nurses to improve patient health outcomes.

- ***Treating the patient as a whole person:***

When providing nursing care, nurses must treat patients with consideration for the psychological and emotional aspects of the patient and treat them not just as a set of symptoms or diseases. This enables nurses to develop a therapeutic approach that fosters trust and respect between the nurse and the patient and enhances the health outcomes of patients [3].

- ***Designing interventions according to individual needs***

Each patient is unique, and their care should reflect this individuality. By considering factors such as personal preferences, cultural background, and beliefs, nurses can tailor their interventions to meet the specific needs of each patient. By understanding these individual needs, nurses can ensure that their interventions are consistent with the patient's values and preferences, enhancing the effectiveness of the care provided [24].

- ***Promoting overall well-being***

Integrating holistic care aims to improve the overall well-being of patients. By addressing physical, emotional, spiritual, and social needs, nurses can contribute to a patient's sense of well-being and wholeness. This holistic approach helps promote healing, reduce stress, and improve patients' quality of life [25].

- ***Collaborating with other healthcare professionals***

Holistic care involves collaborating with other healthcare professionals to provide a multidisciplinary approach to patient care. By working together, healthcare professionals can ensure that all aspects of a patient's well-being are addressed, leading to better patient outcomes. Each professional can contribute their expertise and perspectives to create a comprehensive treatment plan that addresses the physical, emotional, and psychological aspects of pain management [25].

- ***Training and Education for Holistic Care***

To effectively integrate holistic care into nursing practice, it is important that nurses receive training and education about this approach. Continuing professional development programs can help nurses develop the knowledge and skills needed to provide holistic care for their patients [8].

Utilizing Evidence-Based Practice in Therapeutic Nursing Care

Evidence-based practice (EBP) is a cornerstone of quality healthcare. It aims to ensure that the most effective and safe interventions are provided to patients by integrating research evidence, clinical expertise, and patient concerns. Nurses can confidently guide their care and thus achieve positive health outcomes.

- ***Evidence-based interventions:***

Continuous updating of evidence-based practices enhances nurses' ability to implement interventions that have proven effective in improving patient health. These interventions improve patient safety and provide higher quality healthcare, as the best evidence-based approaches are followed to achieve the best therapeutic outcomes [26].

- ***Improving patient outcomes:***

The practice of evidence-based care is an essential tool to ensure that nursing interventions are not based on personal opinions or inherited habits alone, but rather on strong and reliable scientific evidence. This leads to improved clinical outcomes for patients, as treatment is based on scientifically proven research, which increases the success rate and reduces the likelihood of complications or medical errors [26].

- ***Cost-effective care:***

The practice of evidence-based care contributes to achieving cost-effective healthcare. When practitioners rely on interventions that have proven effective in research, unnecessary tests or treatments can be avoided, which reduces the consumption of health resources. This contributes to reducing the financial burden on the health system in general and helps in allocating resources more efficiently [27].

- ***Reducing variation in practice:***

Evidence-based care practice helps reduce variation in the quality of care provided by nurses by providing a unified framework based on research evidence. This ensures consistent, high-quality healthcare is delivered to patients regardless of the orientation of the healthcare organization or individual practitioner, thereby improving patient safety [26].

- ***Continuous learning and professional improvement:***

Continuous learning and professional development for practitioners is one of the pillars of evidence-based care practice. This requires nurses to update their knowledge and skills periodically by reviewing and analyzing current research. This continuous learning enhances practitioners' competence and equips them with the tools to deliver the latest and most effective interventions [28].

- ***Collaborative decision-making:***

Evidence-based care practice promotes collaborative decision-making between nurses, patients, and the rest of the medical team. By engaging patients in healthcare decisions based on their personal preferences and specific needs, personalized, patient-centered care can be provided. This contributes to strengthening the patient-provider relationship and leads to improved patient satisfaction with the care they receive [29].

- ***Promoting the application of ethical principles in healthcare:***

One of the primary benefits of evidence-based care practice is that it supports the rigorous application of ethical principles in patient care. By using scientific evidence to make clinical decisions, practitioners ensure that care is safe, equitable, and based on the latest knowledge, which enhances respect for patients' rights and reduces the risks associated with unproven treatments [26].

- ***Achieving prevention-oriented healthcare:***

Following up-to-date research evidence enables nurses to focus on prevention rather than treatment, which contributes to reducing morbidity and improving overall health.

- ***Supporting innovation and research in nursing:***

Adopting evidence-based care practice is not limited to implementing existing interventions, but also encourages ongoing research and innovation in nursing. Practitioners and educational centers can direct research toward developing new solutions to existing health problems, thereby contributing to the advancement of nursing care [13].

The role of information technology in promoting evidence-based care practices:

The use of information technology such as healthcare electronic health records, databases, and digital health platforms is a contributing factor in accelerating the process of accessing and implementing research evidence in daily care. Digital decision-making tools also enhance nurses' ability to make more accurate and effective decisions [30].

Enhancing Therapeutic Nursing Care through Continual Professional Development

Continuing Professional Development (CPD) is an ongoing learning process that enables nurses to enhance their knowledge, skills and competencies, and is a fundamental pillar for improving the quality of nursing care and achieving better health outcomes for patients. Continuing professional development includes key components such as continuing education and training through workshops, seminars and online courses, enabling nurses to keep up with the latest developments in the health field and apply innovative methods in their daily practice [24]. Self-reflection helps nurses critically evaluate their practices, as it is an essential part of CPD, enabling them to identify strengths and weaknesses in their performance and develop their skills continuously, and enables nurses to improve their nursing practices and provide more effective and safe care. It also helps nurses expand their skills and

acquire new therapeutic techniques that enable them to provide comprehensive and personalized care that suits the needs of each patient [28].

Continuing professional development is a vital element in enhancing nursing practice, as it ensures the provision of evidence-based health care and enhances nurses' ability to meet patients' needs in individual and specialized ways, which contributes to achieving better health outcomes and the highest level of quality of care.

Conclusion:

The therapeutic approach in nursing care is essential for fostering positive health outcomes and enhancing the overall patient experience. By integrating empathy, trust, and effective communication, nurses can create a supportive environment that meets the physical, emotional, and psychological needs of patients. The adoption of evidence-based practices ensures that nursing interventions are both safe and effective, while continual professional development empowers nurses to refine their skills and knowledge, leading to better patient care. Ultimately, the therapeutic approach in nursing not only improves the quality of healthcare delivery but also strengthens the nursing relationship, promoting a culture of compassion and respect in clinical settings.

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