

Merging Technology and Nursing Theory: Innovations in Patient-centered Care

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Commentary

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Abstract

The intersection of nursing theory and technology is reshaping the landscape of patient care. As healthcare becomes increasingly complex, nurses are leveraging innovative technologies to enhance patient-centered care. This article explores the synergy between nursing theory and technology, examining how this fusion is revolutionizing healthcare delivery and ensuring a more personalized and efficient patient experience. Nursing theories, such as Martha Rogers' Science of Unitary Human Beings, provide a holistic framework for understanding patients. These theories emphasize the importance of considering patients not just as individuals with diseases but as complex beings influenced by various factors, including emotional, social and environmental elements. By integrating these theories into practice, nurses gain a profound understanding of their patients, enabling them to deliver care that is tailored to individual needs.

Keywords: Nursing theory, Merging technology, Patient-centered care

INTRODUCTION

Advancements in technology, including Electronic Health Records (EHRs), telemedicine, wearable devices and Artificial Intelligence (AI), have significantly impacted healthcare delivery. EHRs streamline patient information, allowing nurses to access comprehensive medical histories instantaneously. Telemedicine facilitates remote consultations, breaking down geographical barriers and ensuring access to healthcare services. Wearable devices monitor patients' vital signs in real-time, providing continuous data for analysis. AI-driven tools analyze vast amounts of data, enabling predictive analytics and enhancing diagnostic accuracy. Integrating nursing theory with technology amplifies the human aspect of patient care. By understanding patients holistically, nurses can customize technological solutions. For instance, wearable devices can track not only physical health indicators but also emotional states, aligning with the holistic approach advocated by nursing theories^[1]. AI algorithms, when informed by nursing theories, can consider psychosocial factors, providing more nuanced and empathetic insights into patients' conditions.

The integration of nursing theory and technology yields numerous benefits. Patients receive personalized, comprehensive care, improving outcomes and satisfaction. Nurses, equipped with a deep understanding of patients, forge stronger connections, enhancing trust and communication. However, challenges such as data security, ethical concerns and ensuring equitable access to technology must be addressed. Additionally, nurses require extensive training to effectively utilize these technologies while upholding the core tenets of nursing theories. The fusion of nursing theory and technology signifies a new era in healthcare, where the human touch is augmented by the precision and efficiency of innovative tools. As these technologies continue to evolve, it is imperative to uphold the principles of nursing theories, ensuring that the advancements benefit patients in a holistic manner^[2,3]. By embracing this synergy, healthcare professionals are not just treating diseases; they are nurturing the well-being of the entire individual, thereby transforming patient-centered care into a truly patient-centric experience.

DESCRIPTION

In the midst of technological advancements, maintaining the human connection is paramount. Nursing theories remind us that every patient is unique, influenced not only by their medical condition but also by their emotions, beliefs and experiences. Technology should augment this understanding, not replace it. Nurses must be trained to interpret digital data within the context of individual patients, ensuring that the human touch remains an integral part of care. The marriage of nursing theory and technology empowers patients to actively participate in their healthcare journeys. Patient portals, linked to EHRs, allow individuals

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to access their medical records, fostering transparency and informed decision-making. Mobile applications provide resources for self-management, enabling patients to monitor their conditions, set health goals and receive timely reminders for medications and appointments.

This active engagement promotes a sense of ownership over one's health, aligning with the holistic approach advocated by nursing theories. While technology holds immense potential, it is essential to address disparities in access. Vulnerable populations, including those in rural areas or with limited financial resources, must have equal opportunities to benefit from these advancements. Initiatives aimed at bridging the digital divide, such as community-based telehealth services and subsidized mobile health clinics, can ensure that all individuals, regardless of their background, have access to the advantages offered by nursing theory-informed technology. As technology becomes more integrated into healthcare, ethical considerations surrounding data privacy, consent and cybersecurity become paramount. Nurses, as advocates for their patients, play a crucial role in safeguarding sensitive information^[4,5]. Adhering to ethical guidelines and staying updated on legal regulations ensures that the implementation of technology aligns with the values upheld by nursing theories, guaranteeing patient trust and confidentiality.

CONCLUSION

The fusion of nursing theory and technology signifies not just progress, but a paradigm shift in healthcare. It represents a harmonious blend of humanity and innovation, where advanced tools and empathetic care converge to elevate patient experiences. As nursing professionals embrace these advancements while staying rooted in the principles of nursing theories, they pave the way for a future where healthcare is not just a service; it is a profound and holistic human experience, enriching lives and nurturing well-being in the digital age. The synergy between nursing theory and technology thrives on collaboration. Healthcare professionals, researchers and technologists must collaborate to develop solutions that honor the holistic principles of nursing theories. Continuous learning is key; nurses must stay abreast of technological advancements while consistently applying the foundational principles of nursing theories to their practice. By fostering this symbiotic relationship, healthcare can evolve into a realm where cutting-edge technology and compassionate care coexist harmoniously.

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CONFLICT OF INTEREST

None.

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