

Empowering Patients through Advanced Nursing Practices: A Path to Better Health Outcomes

Laurel Chapman*

Department of Advanced Practices in Nursing, University of Edinburgh, Old College, South Bridge, Edinburgh EH8 9YL, UK

Abstract

Empowering patients is a fundamental aspect of advanced nursing practice. Through advanced nursing practices, nurses have the opportunity to actively engage patients in their healthcare journey, promote self-management, and improve health outcomes. In this article, we will explore the role of advanced nursing practices in empowering patients and how it can lead to better health outcomes.

Keywords: Health outcomes • Healthcare • Treatment

Introduction

Advanced nursing practice places a strong emphasis on patient-centered care. APNs take the time to understand patients' unique needs, preferences, and values, ensuring that care are tailored to individual circumstances. This personalized approach fosters a collaborative relationship between patients and healthcare providers, where patients are actively involved in decision-making regarding their health. By actively engaging patients in their care, APNs empower them to take ownership of their health and make informed decisions that align with their goals and values. One of the key ways advanced nursing practices empower patients is through health education and promotion. APNs provide patients with comprehensive information about their health conditions, treatment options, and self-care strategies. By equipping patients with knowledge and skills, APNs empower them to actively participate in their own care and make informed choices. This education empowers patients to manage their health conditions, engage in preventive behaviors, and adopt healthy lifestyle choices. Through health education and promotion, patients become partners in their own healthcare, leading to improved health outcomes and a better quality of life [1-3].

Literature Review

In advanced nursing practice, shared decision-making is central to empowering patients. APNs engage in collaborative discussions with patients, considering their values, preferences, and goals alongside the best available evidence. This approach ensures that patients have a voice in their healthcare decisions and feel empowered to actively participate in the decision-making process. Shared decision-making promotes a sense of autonomy, fosters trust between patients and healthcare providers, and leads to decisions that are aligned with patients' individual needs and desires. Empowering patients through advanced nursing practices also involves providing them with the necessary tools and support to effectively self-manage their health. APNs work closely with patients to develop personalized self-management plans that address their unique needs and circumstances. These plans may include strategies for medication adherence, symptom management, lifestyle modifications, and monitoring of health indicators. By empowering patients to take an active role in

managing their health, APNs enable them to become partners in their care and promote better health outcomes.

Discussion

Advanced nursing practices recognize the importance of care coordination and continuity. APNs play a crucial role in ensuring that patients receive comprehensive and seamless care across various healthcare settings. By coordinating with other healthcare professionals, facilitating communication, and promoting continuity of care, APNs empower patients to navigate the healthcare system more effectively. This reduces fragmentation, improves patient satisfaction, and enhances health outcomes. Advanced nursing practices have the potential to transform the healthcare landscape by empowering patients and promoting better health outcomes. By recognizing the importance of patient empowerment, healthcare providers can create a collaborative and patient-centered care environment that encourages active patient participation in decision-making, promotes self-management, and improves overall health outcomes.

Advanced nursing practices prioritize patient education and aim to improve health literacy. APNs play a vital role in ensuring that patients have access to accurate and understandable health information. By providing clear explanations, using plain language, and employing visual aids, APNs help patients understand their health conditions, treatment options, and self-care strategies. When patients are well-informed, they can actively participate in their care, make informed decisions, and take necessary steps to improve their health outcomes [4]. Advanced nursing practices emphasize the development of a therapeutic relationship between the APN and the patient. This relationship is built on trust, respect, and effective communication. APNs create a safe and supportive environment where patients feel comfortable expressing their concerns, asking questions, and actively engaging in their care. By fostering a therapeutic relationship, APNs empower patients to actively participate in decision-making, share their health goals and preferences, and collaborate in developing care plans that are aligned with their needs and values [5].

Shared decision-making is a core principle of advanced nursing practices. It involves a collaborative process where APNs and patients work together to make healthcare decisions that take into account the best available evidence, patient preferences, and individual circumstances. APNs provide patients with comprehensive information about treatment options, risks, benefits, and alternatives, empowering them to actively participate in the decision-making process. By involving patients in the decision-making process, APNs ensure that healthcare decisions are based on shared values and preferences, leading to better patient satisfaction and improved health outcomes. Advanced nursing practices place a strong emphasis on supporting patients in self-management. APNs provide patients with the knowledge, skills, and resources necessary to effectively manage their health conditions. This may include teaching patients about medication management, symptom monitoring, lifestyle modifications, and adherence to treatment plans. By equipping patients with self-management skills, APNs empower them to take control of their health and engage in behaviors that promote better health outcomes.

*Address for Correspondence: Laurel Chapman, Department of Advanced Practices in Nursing, University of Edinburgh, Old College, South Bridge, Edinburgh EH8 9YL, UK, E-mail: Laurelc@gmail.com

Copyright: © 2023 Chapman L. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 01 May, 2023; Manuscript No. APN-23-100764; **Editor Assigned:** 03 May, 2023; PreQC No. P-100764; **Reviewed:** 15 May, 2023; QC No. Q-100764; **Revised:** 22 May, 2023, Manuscript No. R-100764; **Published:** 31 May, 2023, DOI: 10.37421/2573-0347.2023.8.326

APNs serve as advocates for patients, promoting their rights, values, and preferences within the healthcare system. They actively work to ensure that patients' voices are heard, their concerns are addressed, and their needs are met [6]. APNs also play a crucial role in health promotion by educating patients about preventive measures, facilitating early detection of health issues, and promoting healthy lifestyle choices. By advocating for patients and promoting health, APNs empower individuals to take proactive steps towards maintaining and improving their health.

Conclusion

Advanced nursing practices have the potential to empower patients and drive better health outcomes. By prioritizing patient education, cultivating therapeutic relationships, engaging in shared decision-making, providing self-management support, and advocating for patients, APNs can transform healthcare delivery. Empowered patients are more likely to actively participate in their care, make informed decisions, and take ownership of their health, leading to improved adherence to treatment plans, better disease management, and ultimately, better health outcomes. By embracing advanced nursing practices, healthcare providers can pave the way for a patient-centered healthcare system that empowers individuals to take control of their health and well-being.

Acknowledgement

None.

Conflict of Interest

None.

References

1. Jerofke, Teresa, Marianne Weiss and Olga Yakusheva. "Patient perceptions of patient-empowering nurse behaviours, patient activation and functional health status in postsurgical patients with life-threatening long-term illnesses." *J Adv Nurs* 70 (2014): 1310-1322.
2. McCorkle, Ruth, Elizabeth Ercolano, Mark Lazenby and Dena Schulman-Green, et al. "Self-management: Enabling and empowering patients living with cancer as a chronic illness." *CA Cancer J Clin* 61 (2011): 50-62.
3. Spence Laschinger, Heather K, Stephanie Gilbert, Lesley M. Smith and Kate Leslie. "Towards a comprehensive theory of nurse/patient empowerment: Applying Kanter's empowerment theory to patient care." *J Nurs Manag* 18 (2010): 4-13.
4. Frogner, Bianca K, Erin P. Fraher, Joanne Spetz and Patricia Pittman, et al. "Modernizing scope-of-practice regulations-time to prioritize patients." *N Engl J Med* 382 (2020): 591-593.
5. Calvillo, Jorge, Isabel Roman and Laura M. Roa. "How technology is empowering patients? A literature review." *Health Expect* 18 (2015): 643-652.
6. Russell, Sarah, Jeanne Daly, Emma Hughes and Corinne opT. Hoog. "Nurses and 'difficult' patients: Negotiating non-compliance." *J Adv Nurs* 43 (2003): 281-287.

How to cite this article: Chapman, Laurel. "Empowering Patients through Advanced Nursing Practices: A Path to Better Health Outcomes." *Adv Practice Nurs* 8 (2023): 326.