

## Challenges and Future Vision to Improve Nursing Practice- A Systematic Review

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### Abstract

**Background:** Quality nursing care improves health outcomes, but quality nursing care cannot be provided without good vision. **The aim:** for this review was to identifying the future nursing vision along with challenges and how to overcome them **Methodology:** It was a literature review in which meta-analysis were utilized. A total of 181 articles related to the review title were accessed. After secondary reviewing, only thirty-three studies were included in the systematic review and meta-analysis during the period from November, 2018 up to February, 2019. The databases that used were PubMed, Google Scholar, SAGE and Academic Search Complete Magazines and journals (EBSCO). **Results:** The most cited future nursing vision was to improve health globally by raising the profile and status of nurses worldwide. For achieving this vision, there were some major challenges should be overcome. These challenges and obstacles had been categorized into six major groups which were financial, educational and training, clinical and working environment, technological, social and environmental determinants and multi-sectoral approach.

**Keywords:** Future vision, Nursing, Nursing practices, Challenges.

### Introduction

Nursing care and nursing education are changing as rapidly as healthcare itself. Nursing is an exciting and dynamic profession with multiple opportunities for every member of the profession to contribute toward achieving optimal health outcomes for individuals, families, communities and populations (Lea et al, 2011). That means nursing is an incredibly wide and diverse profession that offers many career options. It had been believed that nurses will be a key part of the solution to today's health challenges if they are properly deployed, valued and included in health decision-making (Kieft et al, 2014 & Bartels, 2015).

Nursing takes place in a huge range of settings (including hospitals, care homes, people's homes, schools, GP practices, prisons, education and research institutions), involves contributions to health, social care, independent and voluntary services, and delivers services to people with health and wellbeing issues that affecting their physical, mental, emotional and social status across the life-course (Cassatly, 2010 & Cameron, 2001).

Health care is changing dramatically because of advances in medical sciences and technology, new findings in clinical research and the greater demands of consumers. For nursing as a key profession in healthcare provision, these changes represent a significant challenge in terms of maintaining the quality of services and preparing nurses for the future. Effective systems for regulation, education, research and management are the key to strengthening the contribution of nursing services in order to achieve the required improvement in health outcomes (Scherer, 2007 & Edwards 2003).

With changes in care delivery, technological advances and increased patient expectations, the role of nurses as healthcare professionals is growing and evolving (Bolton, 2008). This trend requires nurses to have the latest information at their disposal so they can effectively assess and treat their patients effectively, beside reformulating the educational methods that implemented in professional training, which do not expose patients to unnecessary risks. There are a variety of educational methods widely used. Among these, the nursing simulation scenarios are a global phenomenon and they should be encouraged (Aggarwal et al, 2010).

Salmond and Echevarria stated that nurses have a greater opportunity to play a central role in transforming the health care system and to create a more accessible, high-quality and value-driven

environment that is more patient centered (Susan et al, 2017). Previously, the public knows the nurses as they stated that "The nurse is the person at my beside taking care of me when I am in the hospital." Say the majority of interviewed people. So accordingly, unless nurses articulate a clear vision for their future, the future may not include professional nursing as we know it. One of the major criticisms of professional nursing is that they have no clear vision.

### **Why we need a new or reformed nursing vision?**

Many gaps were noted in the literature which will provide ample opportunity for further investigation and research regarding the future vision for the nursing profession. Therefore, nurses are required to adopt a new vision that focuses on enhancing their knowledge of caring for patients and to be prepared with new competencies in areas like leadership, evidence-based practice and collaboration.

Additionally, countries around the world face huge challenges for providing health care to their people because of scarce resources, aging populations, spread of western lifestyles, rising burden of chronic diseases like diabetes, heart diseases and the impact of emerging factors such as climate change and migration.

## **Methodology**

### **Searching strategies**

This survey was a literature review that done through a qualitative research method, in which systematic reviews of published studies and meta-analysis were utilized. Data was collected from different sources nationally and internationally. A total of 181 articles related to the current review title were accessed. After secondary reviewing, 134 articles had been excluded either by their titles which were found to be not related directly to our topic, or the abstracts or full-texts were considered an individual predictor. The remaining forty-seven full-text articles had been accessed and evaluated carefully for eligibility based on predetermined inclusion and exclusion criteria. Therefore, only thirty-three studies were included in the systematic review and meta-analysis during the period from November, 2018 up to February, 2019. The databases that used were PubMed, Google Scholar, SAGE and Academic Search Complete Magazines and Journals (EBSCO). The used search key terms were nursing vision, challenges facing nursing, nursing education and nursing care. (Figure 1).

### **Study selection**

Potentially eligible studies for the current systematic review and meta-analysis were selected in three stages: the titles alone, followed by abstracts and finally the full-text articles that based on the following inclusion and exclusion criteria:

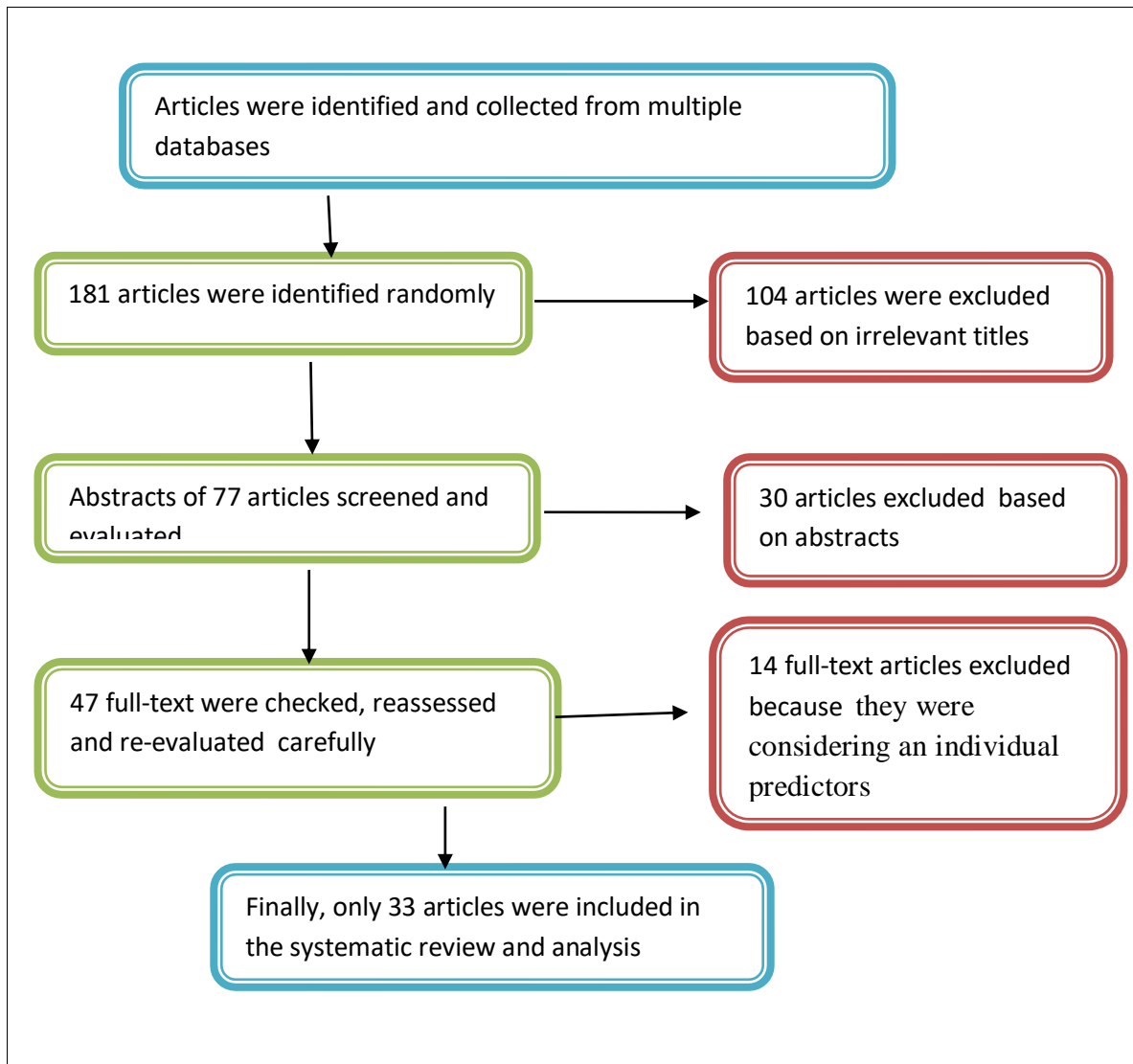
#### **Inclusion and exclusion criteria for data collection**

##### **The inclusion criteria**

- Articles that written in English
- Articles that had been published in per-reviewed journals
- Articles with published date of the year 2000 up to date
- Articles that relevant to this article topic.

##### **The exclusion criteria**

- Articles that written in language rather than English language.
- Articles which were not fully accessible
- Articles that had been published before the year 2000.
- Irrelevant articles to this article topic



**Figure 1.** Displays the follow chart, which reveals the procedures of study selection for the current systematic review

## Results

Upon initial screening, a total of 181 articles related to the review title were accessed. After secondary reviewing, 134 articles had been excluded either by their titles which were found to be not related directly to our topic, or the abstracts or full-texts were considering an individual predictor. The remaining forty-seven full-text articles had been accessed and evaluated for eligibility that based on predetermined inclusion and exclusion criteria. Therefore, only thirty-three studies were included in the systematic review and mea-analysis. Based on the information from these articles and in the light of the concluded results, a number of factors had been summarized that will impact significantly on the provision of health care over the next 20 years. Examining these areas and factors provide us with background information to help identifying the key drivers and issues that set the scene for the future nursing vision.

Based on the information that obtained from these articles, the current survey's results revealed that the most cited vision for future nursing was to be an innovative and national leader for excellence in nursing practice, education, management and research. For this vision to be accomplished, numerous challenges inherent either in the current educational process or/and in the practice environment must be overcome. The major challenges that had been concluded in this survey had been grouped into six major groups as follow: Financial, educational/training factors, clinical and working, technological

and communicational factors, social and environmental and multi-sectoral approach determinants. (Table1).

The most common proposed options for overcoming the mentioned obstacles were go around the financial, educational, as well as clinical practices reform. Regarding the educational issues, authors identified some solutions, for instance they stress on the importance of reformulating the educational methods implemented in professional training, which do not expose patients to unnecessary risks that focusing on evidence-based practices (Cassatly, 2010 & Edwards et al, 2003).

Murray et al and Long, argue that there are a variety of educational methods that widely used. Among these, the nursing simulation scenarios are a global phenomenon and therefore should be encouraged. These scenarios assist students and junior nurses in making clinical decisions based on evidence, and allow knowledge, skills and attitudes to be acquired safely oriented, efficient and without risks to patients (Murray et al, 2010 & Long, 2004).

**Table 1.** shows the major groups of challenges that facing nursing for achieving their vision

1	Financial	<ul style="list-style-type: none"> <li>• The impact of the global economy.</li> <li>• Insufficient funding for nurses to develop post graduate clinical and research skills.</li> <li>• Poor payment, incentives and motivation.</li> </ul>
2	Educational/ training factors	<ul style="list-style-type: none"> <li>• lack of clinical learning placements and time for training courses.</li> <li>• Inter-professional education.</li> <li>• The entry qualification for nursing education.</li> <li>• Innovative patient-driven programs by inclusion of patient safety in the curriculum of nursing undergraduate programs.</li> <li>• Transferring available knowledge for clinical practice for focusing on evidence-based practices.</li> <li>• Curriculum and educational methods problems either that implemented in nursing collages or at professional settings.</li> </ul>
3	Clinical & working settings factors	<ul style="list-style-type: none"> <li>• Organizational obstacles such as policies to improve the standards of nursing services.</li> <li>• Inadequate and disjointed involvement of decision - makers who are responsible for improving the health services.</li> <li>• Continuing to develop appropriate legislative and regulatory frameworks for practice.</li> <li>• Enabling nurses to practice to the full extent of their education and training</li> <li>• Tuff working conditions and inflexible schedules.</li> <li>• Outdated regulations, policies, and biases.</li> </ul>
4	Technological and communicational factors	<ul style="list-style-type: none"> <li>• Utilization of modern information technology.</li> <li>• Technological illiteracy</li> </ul>
5	Social and environmental determinants	<ul style="list-style-type: none"> <li>• Community partnerships with social service agencies</li> <li>• Modernizing public perceptions of nursing.</li> <li>• Predicted demographic trends</li> <li>• Global climate changes.</li> <li>• Ethnic diversity</li> </ul>
6	Multi-sectoral approach	<ul style="list-style-type: none"> <li>• Effective collaboration across health and education sectors.</li> </ul>

## Discussion

Nurses are at the heart of most health teams. The current review shown that when nurses have a clear creative and innovative vision and given greater scope to expand their roles, they can deliver impressive results for patients. Sasichay et al.2003, Aiken et al.2003 and Hansen et al,2009 reported that nursing to days aims to improve health globally by raising the profile and status of nurses worldwide, influencing policymakers and supporting nurses themselves to lead, learn and build a global movement. This impressive aim cannot be reached without a clear and creative vision.

Moreover, it had been cited in the reviewed articles the importance of reformulating the educational methods implemented in professional training, which do not expose patients to unnecessary risks as important issues to be considered when focusing towards meeting the vision. It had been argued that through the use of high-fidelity computerized simulation models, nursing students safely will develop new knowledge and skills about high-risk, low-volume practices (Dillon 2009, Nehring & Lashley 2009, Candela 2009, Beecroft 2004 and American Academy Of Nurse Practitioners, 2010). Maximizing this potential will be vital to achieving the goal. This obtained fact had been concluded in numerous of studies. They reported that advance nursing education will proactively prepare and foster the roles of nurses to meet their future vision in a variety of educational, clinical and research settings as necessary steps towards achieving this vision (Krugman et al 2006, Fernanda et al 2014, Gray et al 2000, and Distler, 2007).

Moreover, numerous of studies concluded that for meeting this vision, nurses need more motivation and flexible working schedules in order to be able to lead changes in a variety of clinical areas. They believe that nurses are able to provide a rapid response to changing physiological parameters using evidence-based protocols to improve patients' outcomes (Chikotas, 2008 and Casey et al, 2008).

The current review concluded that utilization of modern information technology along with advanced nursing education beside giving nurses opportunities and enough time for training or advance education will improve the standards of nursing services. In the same line, numerous of studies highlighted the demands on nurses to be actively involved in research, to develop, implement and integrate new technology and treatment modalities to meet health needs and thus the nursing future vision. They believe that technology, enhanced communication and new treatment modalities better be utilized to ensure that models of care are appropriate, cost effective and meet the needs of all people (Blumenthal & Tavenner 2010, Kahn& Ranade 2010, Poissant et al 2005 and Wieck, 2000).

Surprisingly, it had been noticed that some authors argue that there has been minimal effort to improve the standards of nursing services and education, mainly because of inadequate and disjointed involvement of those nurses who are responsible for improving the nursing services which may make it difficult for achieving the target vision (Halcomb et al 2011, Armstrong et al 2009 and Pryjmachuk et al, 2009).

## Conclusion and recommendation

Nurses have great potential to lead innovative strategies to improve the health care system. Considering the result of this review, several themes emerged in this document that examined a number of the trends and issues both within and external to nursing that will shape the future vision for nursing and thus provision of nursing care over the next twenty to thirty years. It has also identified the strengths and weaknesses, opportunities and threats that will not only continue to challenge nursing but also provide us with a direction for the future vision. Strongly leadership, focusing on primary health care and addressing the social determinants of health in all areas of practice, undertaking and utilizing nursing research to demonstrate nursing's contribution to improving health outcomes, staying true to nursing's core values, strengthening nursing education and working together as a profession will guide us as a group of nursing into the future which can be a major step forward in overcoming the mentioned challenges.

Moreover, health policy-makers should pay stronger attention to curriculum planning by increase the research. Rethinking of the motivation and rewards system are also important issue to be considered.

On the other hand, patients in all health settings deserve care that is centered on their unique needs and not what is most convenient for the health professionals involved in their care. Nurses have the opportunity to play a central role in transforming the health care system to create more accessible, high-quality and value-driven environment that is more patient centered.

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