



NURSING JOURNAL

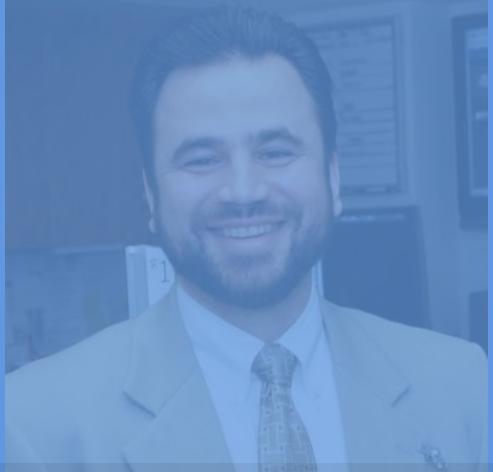
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CNO MESSAGE

As nurses, we have the opportunity to serve patients from the heart; which is to deliver the most compassionate yet competent nursing care to every patient we encounter.

Providing this service does not come easy, nor does it just happen on its own. There will be days when you're going to feel like quitting. You're going to struggle. You'll have days when you'll wonder, what's it all for? You'll have days when people attempt to break you down, or challenge your intelligence, skills and right to be where you are. You'll have moments when you question your own abilities, and perhaps your sanity - but you'll rise. You rise, because your strength as a nurse is not determined by one grade, one shift or one job - it is an ongoing journey to learning, honor, humility and a chance to make even the smallest, and many times the biggest, differences in the lives of our patients.

So let us dedicate our lives today to the care of those who come across our way. Touch each one of them with the healing hand and a gentle art for which we stand.

For at the end of the day, let us be in peace if we have helped even one.

Mr. Hani AYYAD

Chief Nursing Officer



مستشفى د. سليمان فقيه
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FRIENDLINESS OF THE NURSE AND LEADERSHIP:



An employee-friendly culture would be more inclusive and achieve positive organizational outcomes.

Nurses play a major role in creating and maintaining a workplace environment that fosters quality patient care, job satisfaction, commitment, and health. As professionals, nurses must participate in creating and sustaining a positive and healthful workplace environment. This requires a commitment to enhance patient care and strengthen organizational communication and processes, and a willingness to be a leader.

In most cases, nurses do not think of themselves as leaders.

When asked about the leadership within a unit, most nurses identify the nurse manager as the leader. Of course that is true from the perspective of line authority. However, leadership is more than a position of authority; it lies within an individual. Limiting their perspective to the notion that the manager is the unit's leader, many nurses look to that manager to fix the problems that arise. Often we fail to recognize our ability to fix the problem, to initiate change, to make the difference.

Even more often we do not realize that it is our responsibility to take the lead in resolving issues that affect the welfare of the patients and the functioning of the unit.

Accepting the professional responsibility of being problem solvers and change agents may require some consideration. First, we must believe that it is our professional responsibility to create and maintain a workplace environment that fosters quality of care and the efficient and effective provision of that care. Second, we must believe that we can lead, facilitate, direct, and participate; we can initiate actions that resolve problems.

Empowered nurses can effect change in the workplace with a well thought plan of action and the support of colleagues. These changes can make a difference in the workplace environment, job satisfaction, and commitment to the organization. A nurse-friendly culture is possible if nurses are willing to be leaders within the work

~WISSAM TANIOS

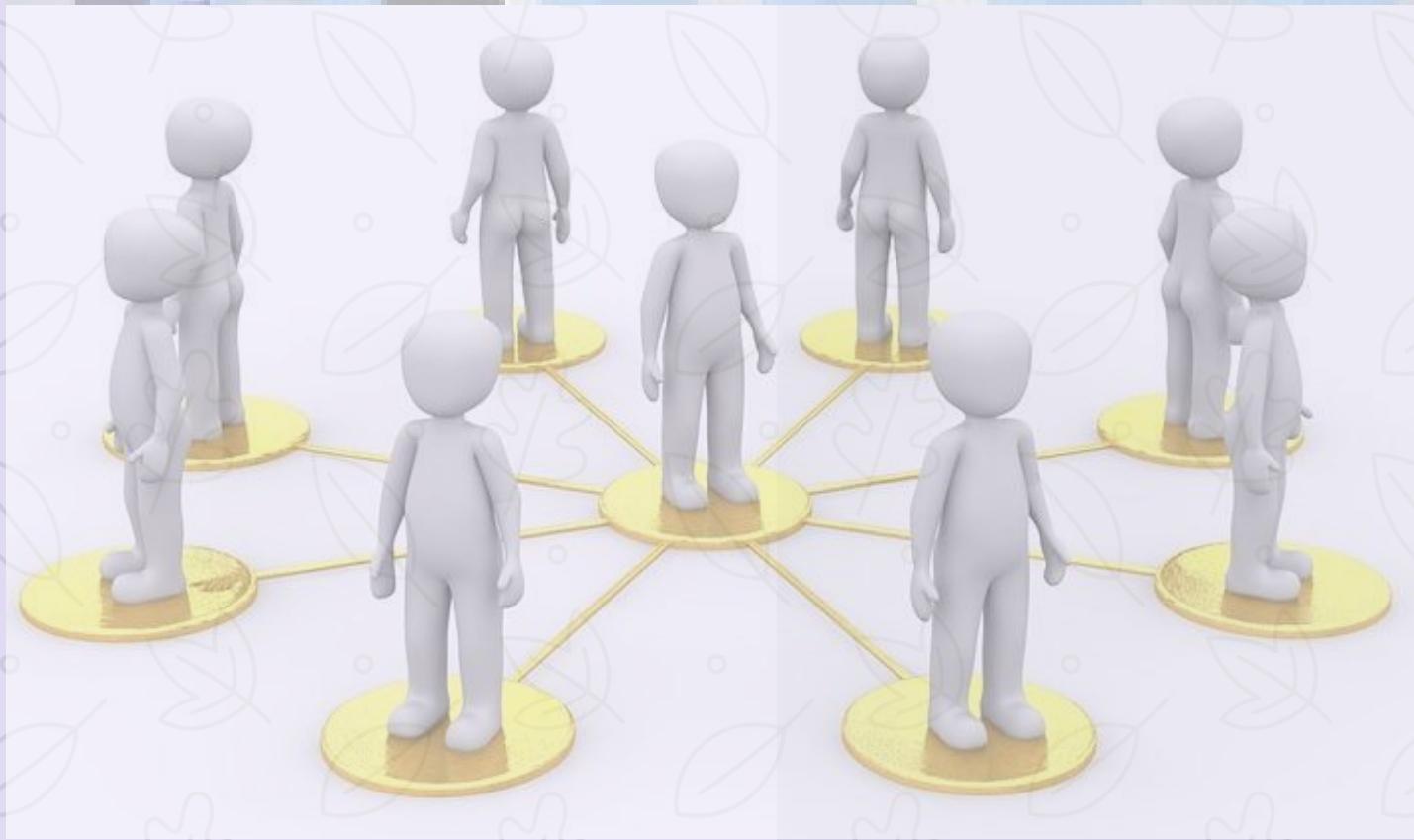


WHAT MAKES A NURSE SKILLFUL?



Skills of the nurse is one the question that survey will ask to patients in a survey after receiving care from DSFH. The public knows that nurses are compassionate people and this is the image we have been portrayed to them over years. So it is not a surprise if a patient will find a good nurse based on their caring practices than their technical skills. This backed up by the study published by critical care nurse journal last 2009 that showed patient perception of a nurse's skills are largely based on their interpersonal skills and caring practices rather than specialized skills. In addition to that, they find out that patient description as skillful nurse is one who is friendly, caring, compassionate and good listener. The author also added that being cheerful, happy, and smiling were the qualities that leave an impression that a nurse is skilled. Although technical skills and critical thinking should not be neglected as part of nursing, we should give importance to caring behavior as this is a good indicator of a good nursing in the eyes of patients.

INTERPERSONAL SKILLS



So nurses, whenever we enter DSFH door, don't forget to wear the most important uniform we should wear - our BIG and CHARMING SMILE.

(Patients view smiling as 'best' indicator of nurse skill

<https://www.nursingtimes.net/news/hospital/patients-view-smiling-as-best-indicator-of-nurse-skill/5006094.article?v=1>)

ARE YOU KEEPING YOUR PATIENT INFORMED?



The World Health Organization is dedicated in providing strong and international leadership for promoting, advancing and protecting the right for health as a fundamental human right. "Everyone has the right to a standard of living suitable for the health and well-being of himself and his family, including food, clothing, housing and medical care and services" stated in (1948) by The Universal Declaration of Human Rights. Therefore, many laws and principles were created and implemented to protect the patient's right to be informed about his health status and to be involved in determining what shall be done with his own body and he/she has the right and responsibility to make health care decisions; health care practitioners must always ensure that people are treated with dignity and not against their will.

Among the major standards related to patient's rights, nurses as care givers, have duty to promote and support client's health as well as to act as advocates of their rights. "A nurse does for her patient what he would do for himself if he had not lost his power of agency".

In addition to that, patient and family engagement in health care plan and making decisions plays a significant role, not only because providing patient- and family-centered care is the right thing to do, but also because it increases the individual benefits of the patient and family when working together for purpose of improving patient's health status and decrease hospital stay. Building up this kind of engagement and relationship would help in many aspects;

- ❖ Respect patient's autonomy, legal and ethical principles.
- ❖ Improve patient experience, outcomes and increase satisfaction.
- ❖ Improve hospital performance in surveys scores and accreditations.
- ❖ Increase professionalism by adherence to the hospital's policies and practices.
- ❖ Improve quality and safety and decrease risks.
- ❖ Provide cost-effective care.
- ❖ Allow patients and their families to express their feelings and concerns freely.
- ❖ Enhance market share and competitiveness that may increase financial outcomes of the hospital.
- ❖ Increase employee satisfaction and retention.
- ❖ Respond to Joint Commission and international standards
- ❖ Improve nursing time management.



Every human being, as a health care client, and a consumer of health care services as well, has rights in making decisions related to the delivery of health care interventions. Health care professionals, as they are the providers of health care, should be aware and respectful to those rights, and it has to be stressed that those principles are applicable and supported as far as there are no restrictions to the autonomy of others, especially the one related to healthcare clients who have specific rights regarding being informed about all medical procedures, treatments and interventions related to their plan of care during hospital stay or visit. However, many patients remain unaware of their rights and are not included in making decisions related to their lives. Therefore, we have to do our best in applying, encouraging and promoting these rights of our patients.



Perspectives of caring of ourselves:

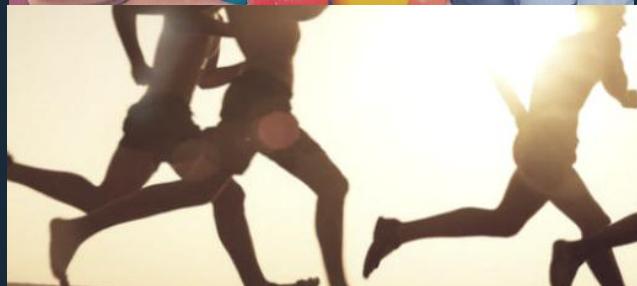
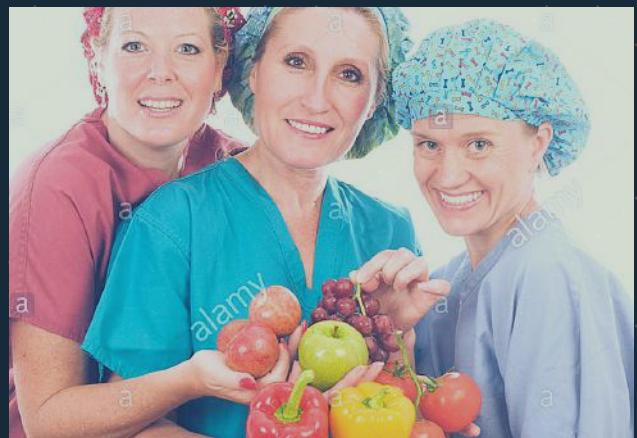
Nursing is an art of caring. It is an act of love. It is a passion. Nursing is giving without expecting in return. It is a word which means “patient comes first”.

From the beginning as we became nurses, we learned to be compassionate and provide care for our patients. We tend to overstretch our responsibilities just to satisfy their needs. We overworked ourselves just to finish the job on time. But the job as care givers does not stop when the shift is over. Busy personal lives and family responsibilities are also part of our daily routine.

Despite of being compassionate to the profession, nurses tend to forget their most important patient: themselves. “A nurse was so worried about a patient who was not able to pee for eight hours without even realizing that she did not pee for 12. Nurses should also think of themselves as much as they pay attention to their patients. You may wind up being so focused on others that you forgot to stop and take care of yourself. Self -care and self-love are also important to us. Why? Loving and caring for oneself gives you the energy and motivation to give love and care for others. Self-care can help you manage stresses of your profession. It can help you cope with difficult issues such as your own emotional pain versus interacting with people who are ill and also suffering. It will help you avoid exhaustion and burn out. Remember, that being in this profession means to maintain integrity, safety of both self and others and competence at all times. How can you give your best to others and provide high quality care to your patients if you are exhausted and tired because you did not take care of yourself in the first place? You are most likely to make safety errors and compromise others health.



So how can nurses take care of themselves? Self-care depends on personal preferences and needs. It differs from one nurse to the other. But, there are certain foundational elements that all self-care routines include. One is eating a high-nutrient diet. We can't deny the fact that we tend to eat fast food and ready to eat goods because of our tight schedule and tiring day. Eating a nutritious one will not only make us healthy and strong today but keeps us going tomorrow and the days after. Regular exercise aside from walking the whole day just to answer the call bells is also a good idea. Another self-care routine is to have plenty of sleep. It helps us replenish lost energy and makes us recharge. Stress management like hanging out with friends, listening to relaxing music, watching a movie or getting a good massage are other ways to keep you stress free.



Taking care of oneself is not a selfish act. You cannot share what you don't have. You cannot pour in an empty cup. Filling oneself with health promoting activities will generate good vibes and healthy energy that can make your own life cup full. Fill your cup so that you can share the overflow to others. Have a try and you will be glad that you did.

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UNSELFIE : PLACING OTHER PEOPLE IN FRONT OF THE LENS



As nurses, we come across patients whom we thought just make our lives difficult-- from pressing call bells for the nth time to making petty requests that could make our eyes roll to the back of our heads... But hey, have we really delved deeper as to why they act the way they do? Was it somehow their way of attracting our undivided attention for something? A cry for help perchance without really saying the words?

Have we been so focused with what we must accomplish before the shift ends that we somehow denounce the need to read between the lines? Patients come from all walks of life. They are diverse in color, religion and status quo. They can never have the same wants and needs. We can never foresee one from the other but we can cater to them with the same compassion, sympathy and empathy. Among the three qualities mentioned above, we only need to have empathy and all the rest intertwines.

DO YOU CONSIDER YOURSELF AN EMPATH?

To really understand how patients truly feel? Imagine yourselves in their shoes...

Would you like your nurse to be pouting instead of smiling? Asking how you've been feeling without really being interested to know? Wanting to get out of the room the minute they walk in? Patting the side railing of your bed instead of your hand? Looking through you instead of AT you? Nodding their heads as they listen to you rant about your discomforts without knowing why? Do they really understand your dilemma?

DO YOU?

We come from our workplace, spent and depleted but just heave a sigh of relief and whisper in silence: "I hope that in those precious hours I've worked, I have helped even one-person ease some of his/ her pain." We may not have been apparently acknowledged by the patients we cared for yet be assured that there's a Higher Being who looks down at us and approves the good deeds we do.

Nursing is not just a profession. It's a service. We show them our person -- who we are and what we are made of. We are armed with resiliency and the staunch belief that could withstand any weather.

I know in this age of SELFIES; may we not lose track of ourselves amid these techno-hype. May we still find the grand meaning of why we are placed here in this place called earth.

...EMPATHY is simply listening, holding space, withholding judgement, emotionally connecting and communicating that incredibly healing message of "YOU ARE NOT ALONE" .. -anonymous-

~Faye



THANK

YOU

NURSING MEDIA COMMITTEE

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WISSAM TANIOS (committee chairperson)

MARGARETH LANGUIDO

FAYE

HANAN AL-ASHRAM

MYCA CABANGIS

JOHN MILTON

ANJOHNS JOHN

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“When perception,
thoughtfulness and
understanding do meet, we
can fashion a range of
viable expectations and
craft a world of
togetherness.”
— Erik Pevernagie