

Arise

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For Appointments

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*Understanding
Ambulatory Care Nursing
in Today's Shifting
Healthcare Environment
and Practical Tips to
Promote Nurse Wellness*

*Written by Cham Rodrigues,
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OPD Charge Nurses*



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Understanding Ambulatory Care Nursing in Today's Shifting Healthcare Environment and Practical Tips to Promote Nurse Wellness

*by Cham Rodrigues, Maricel Mabanglo, and Silvia Samuel
Outpatient Department Charge Nurses*

In the developed world, healthcare systems have obviously transformed from being reactive to proactive approach. Organizations are devoting serious efforts to highlight preventable measures, reduce health care costs, and bring health services to families and communities. Being great collaborators and the centre of every healthcare industry, nurses continue to play a pivotal role in the ever-changing healthcare environment. Over time, opportunities progressed and nurses were found to belong everywhere in the community not just at the bedside. Lately, I observed a rise in demand for our Outpatient nursing services. The majority of insurance companies are creating new products in regard to OPD-based services and procedures.

In all settings, patients deserve unparalleled care that is unique to their needs and beliefs where values are necessary to build successful plans and experience. Out-patient nurses at University Hospital Sharjah (UHS) are committed to following ARISE values. (Accountability, Respect, Integrity, Service, Excellence). These fundamentals serve as our mutual platform and help us to deliver the highest quality care to a high volume of patients in a timely manner.

As described by the American Academy of Ambulatory Care Nursing (AAACN), “Ambulatory care nursing is a holistic practice which is built on a comprehensive knowledge base of nursing and health sciences, and applies clinical expertise rooted in the nursing process.” The Roles of nurses in UHS OPD is more than skin-deep. We work dependently and interdependently with each other. We run the day with over 60 clinics from pediatrics to geriatric. We assess the physical, mental or emotional needs of our patients as well as their cognitive impairment. We work in collaboration with a multidisciplinary team of doctors, and allied health care, to ensure we provide the best patient outcomes. With good governance and leadership, UHS OPD excels in ambulatory care.

Nowadays, with the advancement of research and technology, many invasive and noninvasive procedures can safely be performed in the outpatient setting. In UHS OPD, we provide more than 80 evidence-based procedures in the unit using modern techniques. We are recognized as Sharjah's best outpatient department for its highest footfall in the region and the top-notch services provided. It is vital to keep our competencies, skills and knowledge up to date to perform effective procedures where safety is our top priority.

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Procedures done in OPD include, but are not limited to the following:

- Vaccination,
- Intravenous infusion,
- Dressing and wound care,
- Pulmonary function test,
- Cast application,
- Catheterization,
- Tracheostomy change,
- Cardiotocography (CTG),
- Electrocardiography (ECG),
- Laser therapy,
- Aviation-related medical tests and many more

Ambulatory care nursing is more than just a day shift, it is an intricate prototype of clinical, psychosocial, and administrative tasks.

Effective communication is another essential skill of an OPD nurse as we deal with patient and their families from all walks of life. It is vital to develop critical reasoning and smart clinical judgment in order to expedite appropriate care and treatment, especially if the patient presents with complex problems or potentially life-threatening conditions. Moreover, effective communication is also important in order to convey relevant patient education and teaching.

As with any other unit in the hospital, OPD is not spared from challenges and healthcare crises, especially with the continuous threat of COVID-19 and other emerging disease outbreaks. We are positioned at the frontline to assess patients and provide immediate treatment. Our health and wellness are at stake without proper self-care and maintaining work-life balance.

A nurse's mindset is always work-work-work but sometimes breaking this work-work cycle and dedicating self-time are needed to equip our bodies with the right energy to give and care for others. So here are some simple practical tips to maintain a balanced lifestyle.

Understanding Ambulatory Care Nursing in Today's Shifting Healthcare Environment and Practical Tips to Promote Nurse Wellness

Practical tips to promote nurse wellness

Physical Wellness

Maintain a Healthy Balance Diet :

Prioritize eating vegetables and protein. It is often tempting to eat fast foods because it is conveniently available, but the majority of those foods are rich in sugar and carbohydrates. Watch your diet properly, seek our clinic's nutritionist to help you create new habits and set SMART goals for a healthier lifestyle.



Be Physically Active:

Exercise 30 minutes a day or 3-4 times a week. If it's difficult to exercise alone, join a club. Sometimes you need an accountable friend who is as equally eager to be physically active as you, find them and encourage one another.

Take adequate sleep and maintain a healthy sleeping pattern:

Avoid drinking caffeinated drinks and using gadgets 2 hours prior to sleep. Healthy sleeping patterns improve memory and creativity.



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Mental and Emotional Wellness

Advocate Positive Thoughts:

Embrace the humour in everyday happenings. Smile or even laugh, especially during difficult times. Surround yourself with supportive and positive people. Ask yourself in light of your current circumstance, what are the new lessons that I grasped?



Be Mentally Active:

If you tend to have a disengaged outlook, do not expect that you will become super active overnight. Engage gradually in mentally stimulating activities such as reading books and cross-words. Many studies conclude that mentally active people have a reduced risk of anxiety or depression.

Take a short break to prevent fatigue:

Taking short breaks from work helps reset your mood and improve your right reasoning. Remember, to be the best, you need to rest!



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Social Wellness

Stay connected with family and friends by spending quality time with people that matter to you. Be more intentional with them and avoid isolating yourself.



Set Boundaries:

Boundaries differ from person to person. Know your limits and refrain from being a people pleaser. Be happy and content with your simplicity. At the same time, respect other people's limitations.

Be Organized:

Prioritize task accordingly, know the difference between needs and wants, and learn how to do one thing at the time.

Apply the SUD mnemonic.

“**S**tart where you are,
Use what you have,
Do what you can”



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Spiritual Wellness

Have a Daily Prayer Habit:

It is very important to communicate with God, to help seek God's plan in your life and to have courage to do it. Praying fervently results in peace and joy.



Practice Mindfulness:

Have a quiet time and focus on your breathing, give attention to every part of your body and appreciate it for helping you do the task. Be kind to yourself.

Express Gratitude:

Show heartfelt appreciation to your family, friends, or colleague for a specific help they did to you. Practice thoughtfulness and tell them how thankful you are.



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Genetic Newborn Screening Test

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Genetic Newborn Screening Test

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The birth of a child is a special moment for every family. Often, the main concern of any new parent is whether the child is born healthy. Typical tests only check for the well-being of the baby on the spot. However, newborn screening is one of the very crucial tests that need to be done to check for various health disorders that may not be apparent at the time.

What do you need to know about the Genetic Newborn Screening Test?

Newborn screening test may screen for up to 50 diseases, including phenylketonuria (PKU), Sickle cell disease, and hypothyroidism. About 3,000 newborns test positive each year for one of these severe disorders.

A newborn screening test is done between 24 to 48 hours after birth to check for numerous genetic and developmental conditions. A simple blood test is conducted. Then, it gets analysed for a host of possible diseases.

This test allows your doctor to identify possible disorders in the child before the disease develops or symptoms manifest thus taking timely preventive action. Not only does it help the child at the infancy stage but creates a foundation for a healthier future.

A lot of diseases, such as phenylketonuria (PKU), do not show any apparent symptoms in the early stages causing them to go undetected. Once fully developed, it can be a serious condition that can have a huge bearing on the child's developmental future. Early detection by a newborn screening test and early initiation of the treatment can help circumvent this concern and support a healthy life.

The screening is done for numerous genetic and other disorders some of which include:

- Haemoglobin-related concerns such as Sickle cell disease, Beta thalassemia, and others.
- Metabolic screening for phenylketonuria (PKU), methylmalonic acidemia, tyrosinemia, citrullinemia, maple syrup urine disease (MSUD) and more.
- Hormone conditions such as congenital hypothyroidism and congenital adrenal hyperplasia
- Health conditions including cystic fibrosis, spinal muscle atrophy (SMA), biotinides deficiency, Pompe disease, galactosemia, carnitine uptake defect/carnitine transport defect (CUD) and more.

Genetic Newborn Screening Test

Procedure



Blood is drawn from the newborn's heel and sent for analysis to the lab.

Understanding Test Results

The blood work may take up to a week to be completely analysed while the other two tests will offer instant results. Waiting for results can be daunting for parents so it is important to remember that this screening is being done to help the child before there is a major cause for concern.

In case the blood test comes back with any positive indicators, your paediatrician may order additional tests or refer you to another specialist. Keep in mind that a positive indication does not confirm the existence of a disease. In some cases, simple changes to the baby's food patterns can help mitigate the occurrence of a disease. Other treatment solutions may include supplements, medicines, or routine check-ups.

Talk to your doctor about the newborn screening test and any concerning results honestly to better understand how to care for your child.

Other Newborn Screening Tests

Hearing Test

The newborn hearing screening test is conducted to check your baby's hearing ability. This is done with the help of earphones to check the child's response to sound.



Genetic Newborn Screening Test

Critical Congenital Heart Defects & Screening Method

This newborn screening test is done to gauge the child's heart health. It helps detect critical congenital heart defects in the newborn and prevents them from developing or mitigating their symptoms through timely medical intervention.



The sensors of a pulse oximeter machine are placed on the baby's skin to check the saturation of oxygen in the blood.

Key Notes

For a lot of parents, the thought of subjecting their newborn to screening tests can be uncomfortable. However, this simple screening which is done when the baby is 1 or 2 days old can help pave the way for your child to develop into a healthy adult. Several genetic and metabolic conditions do not show any symptoms in the early years which may cause them to worsen before they are detected.

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Summer Sickness

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Summer Sickness

by Lydiadel Dizon, Paediatric Ward Healthcare Assistant

Summer is here. The perfect white-coloured fine sand and the clear colour of the beach are inviting. The best-selling author Jenny Han once wrote., “Everything good, everything magical happens between the months of June and August”. Yes, it is all true but as the sun sizzles a bit more in the United Arab Emirates and most of our awaited activities are well-planned, there are certain health risks that we need to consider. Heat exhaustion and heat stroke are inevitable conditions with our current temperatures soaring above 40 degrees Celsius. So being aware of these sicknesses will help us better prepare and enjoy the season without being trapped and affected poorly by the sweltering temperature.

There are certain management that we can do in order to prevent these conditions. Below is a simple guide to their management:

1 Heat Exhaustion

What : This is the body’s response to excessive loss of water and salt. And with this, excessive sweating occurs and results to dehydration. Without prompt treatment, this can lead to heat stroke.

Symptoms : Cool moist skin with goose bumps when in the heat, heavily sweating, faintness, dizziness, weak rapid pulse and nausea

Mostly Affected : The elderly and those with high blood pressure.

Management : Move to a cooler area, loosen clothing, have a sip of cool water and seek medical help if symptoms do not improve.



Summer Sickness

2 Heat Stroke

What: This is a condition when your body overheats as a result of exposure to extreme high temperatures and requires emergency treatment. If left untreated, it can cause damage to vital organs such as brain, heart, kidneys and muscles.

Symptoms: High core body temperature, confused and agitated, no sweating, and rapid breathing and heart rate.

Most Affected: People with conditions that affect their ability to sweat such as those with cystic fibrosis. Diabetic and hypertensive patients are also included.

Management: Move to a cooler place, loosen clothing and cool the person with whatever means possible (put in a cool tub of water or give a cool shower).



Summer is fun but taking precautions to avoid the conditions mentioned above makes it way better. Amidst the summer activities always be reminded to:

Keep yourself hydrated

Water would be the best remedy at this point in time to avoid any untoward illnesses.



Limited Sun Exposure

Sunlight is one source of Vitamin D but an over exposure to it would yield to an unpleasant condition. Depending on the gravity of humidity, sun exposure from 7AM until before 10AM is ideal.

Summer Sickness

Use Sunscreen

This is not a beauty regimen but serves as a layer of protection against the harmful direct rays of the sun.



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مستشفى الجامعة بالشارقة

- AWARDS & ACCREDITATIONS -



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