

ARISE

QUARTERLY NEWSLETTER

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PEDIATRIC NURSES WEEK 2022

#ProudPediatricNurse

3-7 October 2022



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Pediatric Nurses Week 2022

The annual celebration of Pediatric Nurses Week took place last October 3-7, 2022. The Society of Pediatric Nurses (SPN) chose #ProudPediatricNurse to be this year's theme, with the mission of promoting pediatric nursing, the practice of nurses dedicated to promoting the optimal health of children and providing excellence in nursing care of children and their families.

In line with this, the UHS Pediatric Department held a big event last October 6 within the unit premises. The simple celebration commenced with a brief lecture on accessing totally implantable venous access devices, followed by a few sets of games that echoed laughter along the ward's busy hallways. Despite the high influx of patients, the pediatric unit was able to celebrate the annual event and each staff was empowered to perform their best in the provision of high-quality care.

A lot of unique challenges have been kept in store in this field of nursing, one of which is the emotional challenge with what the parents insist on the care of their child, up until deciphering the real reason behind the little one's cry, to involving parents in the care to ensure adherence to the plan of care implemented.



Pediatric Nurses Week 2022

No matter how challenging it may seem, being a pediatric nurse can be the most rewarding. The optimistic outlook and the sweet smiles of these wonderful patients, along with witnessing real and concrete changes in their lives with all the nursing care rendered, bring inexplicable job fulfilment.

Pediatric nursing involves taking a double dose of patience, matched with the willingness to adapt and be flexible with the approach to take in caring for these young patients. This speciality of nursing is meant for those filled with genuine empathy and compassion to better help the children under their care regardless of any circumstance. Indeed, pediatric nurses are labelled as those who have a caring heart that touches young lives!



CRITICAL CARE NURSING WORK DURING COVID-19 PANDEMIC



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Critical Care Nursing Work During COVID - 19 Pandemic

INTRODUCTION

The COVID-19 pandemic was something which was not seen by world or healthcare sectors in the recent decade and placed unprecedented demands on Nurses- issues ranging from mental health to general well-being. Working structure with a high level of burnout in the Intensive care unit.

The world has learned a harsh lesson from the COVID-19 pandemic about the fragility of the many systems we rely on each day and their interconnectedness. Many people have recognized for the first time why nurses and other health professionals are important not just to patient experience but, also to community health. In the American Journal of Tropical medicine and Hygiene, researchers write, "Nurses hold a vital function as one of the most distinguished health service teams in delivering public awareness regarding disease prevention and decreasing the dissemination of myths regarding the epidemic covid-19."



Critical Care Nursing Work During COVID - 19 Pandemic

Different studies have pointed out the great work of Nursing in history. However, the COVID-19 pandemic was, is and continues to be a challenge. Nursing professionals stood out for their great physical and intellectual effort surpassing human capabilities with long working hours, psychological pressure, and detachment from their social and family environment.

During the pandemic, Nursing shortages are exacerbated by shifting infection surges that take down some working nurses and overwhelm others who are fortunate enough to remain healthy. Many were anxious about extra responsibility and implementing unfamiliar practices such as managing ventilated patients in prone positions but still never hesitated or step back from their responsibilities or duties. Despite off caring for themselves or their families, Nurses remain active and stand out for being the heart and fundamental pillar in the different levels of care demonstrating their safety and leadership by being in a front-line scenario.

The role of Nurse before health emergencies has been overshadowed, however during COVID- 19 pandemic, Nurse has played an important role in developing leadership and assistance in the services, recognizing that they are at the heart of the different health systems playing a crucial role in health promotion, professional and treatment of diseases and subsequent rehabilitation of patients.

Critical Care Nursing Work During COVID - 19 Pandemic

ISOLATED CRITICAL CARE UNITS

COVID-19 in critical care with a rapidly changing situation and guidance, staff found themselves working in a state of the constant fear. Every day at work felt like the first day at work and scared of running out of PPEs. Situations were isolated when people were afraid to come to ICU, in fact, staff from other departments. ICU felt isolated in the hospitals.



Critical Care Nursing Work During COVID - 19 Pandemic

CARING FOR PATIENTS

The provision of patient care was never compromised, despite the stressful circumstances brought on by the numerous renal replacement therapies, numerous procedures, beeping infusion pumps, demanding patient needs, and panic attacks in PPE that resulted in headaches, a sense of can't breathe, excessive sweating, and fear of contracting an infection. All pains were eventually kept apart, and critical care nursing was in operation. The lack of research supporting the treatment of COVID-19 also caused basic confusion over the type of care to be given, according to the nursing team. There is a lot of information vacuum and information overload, which is made worse by the fact that there is no single, centralized source that can be relied upon to provide accurate information regarding clinical practice.



Critical Care Nursing Work During COVID - 19 Pandemic

CHALLENGES AND OBLIGATIONS

People were really ill, and it was a stressful environment where there was always someone to train in case the workload increased. The majority of the 12.5 hours of a shift are spent caring for seriously ill patients and working with coworkers whose talents we are unfamiliar with. Consequently, it was a challenging scenario.

CONCLUSION

Despite all these struggles, Nurses move in a positive manner when a Patient or two is extubated from their ventilator and stepped down from ICU. A few days later patient seems to talk on the phone, laughing and joking with their friends and family. It is at that moment that we know and remember - why we do, what we do.



Critical Care Nursing Work During COVID - 19 Pandemic

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TIPS TO MAKE NURSES OPTIMISTIC AT WORK

By Medical Surgical Ward & Team

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Tips to Make Nurses Optimistic at Work

In definition by Cambridge dictionary, optimism is “the belief that something good will happen.” In most cases, nurses feel rewarded by being able to help other people in their type of work. “ I keep being positive by looking forward to my patient's positive feedback about my work,” says nurse Katrine from University Hospital Sharjah (UHS). But there are certainly days that affects this feeling of accomplishment. Nurses are experiencing different stressors which negatively affects their work satisfaction and psychological well-being. Some of this are caused by broader issues, like the nursing shortage, low work compensation, and the recent coronavirus pandemic can lower positivity outlook. So can personal and specific situations, like death of a patient, over-demanding workplace environment that can result to burn-out and being away from family as an overseas professional worker.

According to a 2021 study published online in the Front Psychiatry, “Optimism were observed to have a positive correlation with work satisfaction. Therefore, the enhancement of work satisfaction of nurses is necessary to promote the health of both nurses and patients.”And as the roles of nursing professionals are being varied with manifold of duties, we can see how relevant it is to stay optimistic in our work to deliver quality care and have a strong mental health.

Of course, it may seem an enormous task to start the habit of being optimistic especially facing all the above mentioned intrinsic and extrinsic factors. But you can start one step at a time by reading on these tips from the personal experience of our upbeat nurses and researched facts:

SURROUND YOURSELF WITH POSITIVE PEOPLE

When you meet people who are optimistic most of the time their positive energy will seep right into you. They try to influence you positively and are good emotional support that takes your best interest during tough times. This is said to be true to Joana, a healthcare assistant in University Hospital Sharjah (UHS), who finds optimism in finding good friends and colleagues.

Tips to Make Nurses Optimistic at Work

FORM A "PRE-SHIFT" HABIT

Make preparation's ahead of time. Fix your things, equip yourself with handbooks for reference, drink a coffee or read an inspiring quote. It all boils down to, the more prepared you can be every time you go to work, the less pressure you feel and the more confident you become. As your confidence grows, it's only natural that the pressure you feel diminishes and you can look forward to being optimistic your entire day.

MAINTAIN A WORK-LIFE BALANCE

"During my days off, I make sure I am out and away from the hospital and I do what I always enjoy most - my hobbies, to keep my mind clear and my body physically healthy to be ready on my next shift," said Katrine, a registered nurse in UHS. Socializing and having a life outside work helps to recharge yourself from your challenging shifts. Most importantly, do not get overworked as well, it's not bad to take on that long time leave you might still have.

STAY CONNECTED

There are a lot of opportunities for our nurses abroad and some braved on to seek greener pastures for themselves. Having to leave your home country, family and friends can be very overwhelming. It's hard to be optimistic if you are burdened by homesickness. One thing you can do is to keep in close contact with your loved ones. The advancement of technology allows us to see them face-to-face even at far distances. It helps to talk with your friends too, so you can feel like you're still at home.

FLEXIBILITY AND PATIENCE IS KEY

"If negative things happen, be gentle on yourself. Let it go. Move on and learn from it," says Kirk, a Healthcare assistance in UHS. As we work on a stressful environment, we tend to be totally immersed by it. A death of a patient, getting shouted at by relatives and reprimanded by superiors at work might put you under the mood for a while. But still, it's good to be flexible and easily overcome this situation's by not taking it on yourself.

Tips to Make Nurses Optimistic at Work

REWARD YOURSELF

Kathleen, one of the senior nurses in medical surgical ward, makes sure to give herself a treat by buying herself the food she wants to eat after work, "I look forward to eating my meals after a stressful shift, it feels comforting somehow," she said. Don't deprive yourself too much from the things you want to do. Because at the end of the day you need to be compensated for the work that you do may it be in monetary value, material things or a simple time for yourself. These activities helps you get the inspiration to be optimistic the next day or any time in the future.

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NATURAL BIRTH

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Natural Birth

1 in 5 mothers (21%) having a baby today will end up with a caesarean section. This number is set to continue increasing over the coming decade, with nearly a third (29%) of all births likely to take place by caesarean section by 2030, the research finds. (World health organization)

Natural childbirth is childbirth without routine medical interventions, particularly anesthesia. Natural childbirth attempts to minimize medical intervention, particularly the use of anesthetic medications and surgical interventions such as episiotomies, forceps, ventouse deliveries

WHAT TO EXPECT DURING A NATURAL DELIVERY?

BIRTH PLAN



Natural Birth

ANTENATAL EDUCATION



A SOOTHING ENVIRONMENT



Natural Birth

METHODS TO RELIEVE PAIN

BREATHING TECHNIQUES



MASSAGE



Natural Birth

METHODS TO RELIEVE PAIN

Warm water immersion in labour can diminish stress hormones (catecholamines) and reduce pain by increasing the body's production of endorphins. It can ease muscular tension and help you to relax between contractions. Labouring in water may provide significant pain relief.



COMFORTABLE POSITION

Warm water immersion in labour can diminish stress hormones (catecholamines) and reduce pain by increasing the body's production of endorphins. It can ease muscular tension and help you to relax between contractions. Labouring in water may provide significant pain relief.



Natural Birth

KEEP MOVING

Move around as much as the patient can to stay more comfortable.

Walk, lean, sway, rock, and squat.



USE IMAGINARY AND DIRECT VISUALIZATION

Focus on something that makes the patient happy (like partner's face, an inspirational picture or favorite object) to engage the senses and decrease the awareness of pain. Listen to music, a soothing voice or a recording of ocean waves, etc that's relaxing to the patient. Distraction techniques, such as music or games

Hot application

Birthing ball

Emotional support

Natural Birth

BIRTHING BALL EXERCISE

Sit on the ball with your back straight and your legs open slightly to balance. Once you've adopted a steady position, move your hips in circular movements one way and then back the other. These movements can also be used in labour for relief and to help baby get into the correct position.

SKIN-TO-SKIN CONTACT & MOTHER-BABY BONDING

- We encourage mother-baby bonding throughout your stay at the hospital.
- After delivery, if your baby is doing well, she will be placed directly on your chest to jump-start the bonding process.
- This skin-to-skin contact will also help keep baby warm and secure. You also may choose to start breastfeeding at this time.



Natural Birth

ROOMING -IN

- After your birth, you'll be moved to our Mother-Baby wing. Here the nurses are especially trained to care for both you and your baby.
- We offer 24-hour rooming in, so that you and your partner can stay together while bonding with your baby.
- Nap time signs are available so that you and baby can rest together, undisturbed, day or night.



BENEFITS OF NATURAL CHILD BIRTH

FOR THE BABY :

- Helping Baby to Breathe.
- Promoting a Strong Immune System
- Prevents hypoglycemia
- Promotes brain development
- Promotes Mother-Baby Bonding

FOR THE MOTHER:

- Faster recovery after birth.
- Less chance for perineal tear.
- Shorter duration of labor.
- Decreased risk of risky interventions.
- Women feel a sense of accomplishment and fulfillment.



UNIVERSITY HOSPITAL SHARJAH

P.O. Box 72772, University City, Sharjah, UAE, Tel: +971 6 5058555, Fax: +971 6 5058444

 @UHSharjah | www.uhs.ae