

Policy on Nursing and Nursing Care

Re-endorsed by Annual Conference 2007

The NSW Nurses' Association recognises that:

- The nursing profession in NSW is regulated by the *Nurses and Midwives Act 1991*, which protects the health and safety of the public by providing mechanisms to ensure that nurses are fit to practise and that they are accountable for the nursing care they provide.
- Nursing encompasses a continuum of care across the lifespan with a focus on wellness and includes health promotion, health education, life span experiences, health maintenance, illness care, rehabilitation and palliative care, supported by nursing and health research.
- Nursing provides holistic care by attending to the biological, psychological, sociocultural and spiritual needs of people and is relevant to all the life experiences of individuals and their environment.
- Nursing is the relationship which occurs between the nurse and the person requiring care in any context. The ultimate goal of this relationship is a state of health appropriate to the individual's potential, needs and desires.
- The essence of nursing is caring. Nursing care aims to empower the individual to maintain personal integrity, identity, autonomy and self esteem and contribute to the process of nursing care as an equal partner by collaborating in the planning, implementation and evaluation of their care.
- In co-operation with other health care providers and those in other sectors, nurses work to ensure the provision of effective health services and to promote the present and long term health of the population. The nurse initiates health care and coordinates the care prescribed and/or provided by other health workers.
- Nursing takes place in a variety of settings and is equally relevant in health care facilities, homes, communities, schools and worksites. Nursing includes: communicating, observing, reporting, monitoring, assessing, diagnosing, planning interventions, implementing, and evaluating care in relation to the health status of any individual or population group and the associated responsibility for education, research and management.
- The role of the nurse as clinician incorporates the nursing roles of manager, teacher, researcher, policy maker and consultant and is integral to the effective delivery of health care services, in the present and for the future. The complexity of this role is influenced by the context within which the nurse practises, by the level of resources available and by the often unpredictable nature of the practice environment. In these multiple roles, the nurse is required to exercise a high level of judgement and demonstrate a wide range of competencies.



The NSW Nurses' Association adopts the policy that:

1. All persons who have responsibility for the provision of nursing care to any individuals or groups are engaged in nursing. Such nursing is presently provided by registered and enrolled nurses, assistants in nursing and other persons, however titled. All such persons are practising nursing and in order to ensure adequate standards of care should possess appropriate nursing qualifications and/or education.
2. Nursing, as a discrete health care discipline, has the responsibility for providing education to persons providing nursing care.
3. Nurses provide nursing care in any setting to any individual or group regardless of their health status. Nurses however, are the most appropriate carers to meet the nursing care needs of any person who has complex care needs or who is unable to assume responsibility for assessing their own care needs, planning their care, directing the carer in the provision of those care needs or any variations which may arise over time.
4. Nursing demonstrates accountability to society by continually evaluating nursing against:
 - 4.1 the profession's standards, and
 - 4.2 society's values and expectations, and
 - 4.3 health outcomes
5. Nursing care reflects:
 - 5.1 changes in education, economics, science, technology, and the environment,
 - 5.2 the development and extension of nursing knowledge,
 - 5.3 the results of nursing and health research.
6. Employment and career opportunities should facilitate the roles of the nurse and the process of nursing.
7. Nurses as individuals are accountable for fostering caring relationships with nursing colleagues. The profession has a collective responsibility to care for the social and economic wellbeing of its members.

