

# **Current Nursing Studies II**

**Editor**

Fatma ETİ ASLAN



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<b>ISBN</b> 978-625-375-092-3	<b>Page and Cover Design</b> Typesetting and Cover Design by Akademisyen
<b>Book Title</b> Current Nursing Studies II	<b>Publisher Certificate Number</b> 47518
<b>Editor</b> Fatma ETİ ASLAN ORCID iD: 0000-0003-0965-1443	<b>Printing and Binding</b> Vadi Printingpress
<b>Publishing Coordinator</b> Yasin DİLMEN	<b>Bisac Code</b> MED058000
	<b>DOI</b> 10.37609/akya.3301

#### **Library ID Card**

Current Nursing Studies II / ed. Fatma Eti Aslan.  
Ankara : Academician Bookstore, 2024.  
86 p. : tablo, figure. ; 160x235 mm.  
Includes References and Index.  
ISBN 9786253750923  
1. Medicine--Nursing.

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# Chapter 1

## PALLIATIVE CARE IN GERIATRIC PATIENTS

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### INTRODUCTION

The elderly population is increasing worldwide (TUIK, 2017). Parallel to the increase in life expectancy in society, the number of older people increases, the complex needs of the elderly cannot be adequately responded to, and the elderly and their relatives suffer from chronic illnesses, symptoms, pain control, etc. It causes serious problems such as needing support (United Nations, 2011; Erol & Ergün, 2019; Sariçam & Kahveci, 2021). This situation creates the need not only to prevent or cure disease and disability but also to ensure that people live well and die well when the time comes and to enhance the quality of their remaining life (Palliative care for older people: better practices, 2011). Palliative care is a manner that provides dignified, sensitive, and patient-centered care for persons, their families, and caregivers (Palliative care for older people: better practices, 2011).

Although geriatrics and palliative care are different medical specialties, they are both patient- and family-centered multidisciplinary fields that aim to improve the physical and social capacity of the individual as well as the quality of life (Albers et al., 2016; Voumard et al., 2018).

### OLD AGE AND AGING

The World Health Organization (WHO) considers people aged 65 and over as elderly. Aging is defined as “the accumulation of a series of cellular and molecular damages that lead to a decrease in physiological capacity and an increased risk of various diseases” (WHO, 2011). Changes, physical and cognitive problems that occur with aging may differ from individual to individual (Kar, 2015; Unsar et al., 2016).

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## **Chapter 2**

### **NURSING ROLES AND NURSING MODELS**

**Ferzan KALAYCI EMEK<sup>1</sup>**  
**Tuğba ÖZTÜRK<sup>2</sup>**

#### **INTRODUCTION**

Modern nursing has scientific knowledge content, rules specific to the profession, professional ethical values and professional autonomy. Professional activities carried out in the context of nursing can be examined by dividing them into three roles according to the degree of decision-making; by the nurse's own decision or autonomously, according to the physician's request, and in collaboration with other health professionals. Another approach adopted in classifying nursing activities is to determine the roles according to the work-functions performed (1).

#### **1. NURSING ROLES**

##### **1.1.What is the Role?**

It is defined by the Turkish Language Association as “The general name for the actions that the actor portraying a personality must say and do, the duty that falls on a person or thing in a job, and unreal behavior, ostentation” (2). In the Cambridge Dictionary, the concept of “role” is defined as “The position or purpose that someone or something has in a situation, organization, society or relationship and the role of an actor in a film or play” (2). Since the concept of role has more than one dimension, it becomes difficult to define and analyze it. Commonly, roles are the behaviors expected from an individual in a particular job or social position (1).

##### **1.2.Traditional Nursing Roles**

Nursing is a profession that constantly develops and changes with the development of individuals and historical and political changes (3). The nursing profession has

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The field of view of practice theory, which is a guide for practice, is important for nurses who have undertaken new roles. For example, while specialist nurses working in a pain clinic know that they can reduce the patient's pain experience with certain actions, nurses specialized in elderly care know that pressure area damage can be reduced by turning the patient every two hours. Using practice theory, nurses will go beyond defining, explaining or predicting a phenomenon, and will organize actions that are equivalent to each other and have positive effects. Therefore, practice theory provides an expert or advanced practitioner with a predictable practice repertoire more effectively than mid-level theory (33).

## **RESULT**

The number of new roles in nursing is increasing worldwide and these new roles have major impacts on nurses and the nursing profession. In order to understand these issues, it is important to first understand role theory. Nurses still need theories to guide their practice in these new roles. However, there is little discussion about the choice and use of theory to assist expert nurse practitioners and nurse consultants. Since most interventions undertaken by nurses in these new roles were previously performed by physicians, it remains unclear whether the biomedical model should be accepted in its entirety. Furthermore, nursing theories developed decades ago may not be relevant to the present day and may include many of the major theories of the late 20th century. It is suggested that middle-range theories and theories of practice are the most useful and should be adopted as guides in defining nursing interventions. In these new roles, it will not be sufficient to use the biomedical model as a blueprint to guide nursing practice. It may be useful to reexamine some existing nursing theories, particularly middle-range theories, for their applicability to contemporary nursing practice in their new roles. Similarly, practice theories used by advanced practice nurses need to be identified, articulated, and tested in order to contribute to nursing science.

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## **Chapter 3**

# **INTRAMUSCULAR INJECTION ADMINISTRATION AT THE VENTROGLUTEAL SITE**

**Şeymanur ÇELİK<sup>1</sup>  
Gülçin AVŞAR<sup>2</sup>**

### **INTRODUCTION**

Nursing, which is founded on the existence of human existence, derives its roots from the fundamental human need for “care.” Modern nursing began with Florence Nightingale and has evolved into a health discipline based on theoretical and scientific knowledge and requiring practical skills (1-3). In this context, medication administration within the therapeutic role of nursing also involves practices that require knowledge and skills (2,3). In their therapeutic role, nurses administer medication through enteral and parenteral routes (4,5). Parenteral medication administration is carried out via intravenous (IV), subcutaneous (SC), intradermal (ID), and intramuscular (IM) routes, and these practices fall within the nurse’s scope of authority and responsibility (2,6,7).

### **INTRAMUSCULAR INJECTION**

In intramuscular (IM) injections, a type of parenteral medication administration, the drug is delivered into the deep muscle tissue beneath the dermis and subcutaneous layers. In IM injections, drug absorption occurs through the blood vessels in the muscles, and the systemic effects of the medication typically begin within 10-30 minutes (8,9). Due to the need for the injection needle to penetrate the subcutaneous tissue and reach the deep muscle tissue, long and wide-bore needles are used for IM injections (9,10). Additionally, a maximum of 4 ml of medication can be administered in IM injections, and the volume of drugs may vary depending on the muscle area used (9,13) (Table 1). The gauge and length of the needle vary according to the patient’s age, the properties of the medication, and

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to update nursing education curricula and expand continuous professional development programs. Emphasizing evidence-based methods in clinical practice will enable nurses to apply their theoretical knowledge more effectively in practice. In this context, clinical nurses must be aware of and incorporate current evidence-based practices from the literature into their daily routines.

The continuous updating of clinical nurses' knowledge and skills will enhance the quality of patient care and reduce the risk of complications. Post-graduation training programs and ongoing professional development activities will encourage nurses to stay current with the latest information and implement evidence-based practices. This will increase nurses' professional satisfaction and improve patient safety and care quality. For instance, using correct techniques in IM injection practices will minimize post-injection complications and enhance patient comfort. Furthermore, properly using the VG site will alleviate nurses' workload and increase patient satisfaction.

Additionally, clinical nursing students who carry out treatment practices alongside clinical nurses rely critically on the role of these nurses to apply the knowledge learned in the classroom to practice. One factor that complicates the transfer of evidence-based practices from classroom learning to clinical settings is the need for clinical nurses to be more aware of and use these practices. Therefore, continuous education and professional development for clinical nurses are of great importance both to support the education of students and to enhance the overall quality of patient care.

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## **Chapter 4**

# **ETHICAL PROBLEMS AND SOLUTION SUGGESTIONS IN ORGAN TRANSPLANTATION**

**Orhan POLAT<sup>1</sup>**

### **INTRODUCTION**

Organ transplantation is defined as the treatment of the patient by transplanting a new, healthy organ taken from the living or dead with the support of advanced techniques and equipment instead of organs that are damaged to the extent that no alternative medical treatment is possible and sometimes can harm the human body. More precisely, it is defined as the transplantation of healthy organs instead of chronically, subsequently lost organs or tissues that are diseased in such a way that they cannot be restored to a healthy state in order to return the patient to life.

The primary problem in organ transplantation is that the number of organs available is insufficient compared to the current need. Today, many vital organs and tissues such as heart, lung, liver, kidney, face, arm and leg, pancreas, small intestine, bone marrow, blood, skin and cornea can be transplanted. Depending on the type of transplant, the source of organ transplantation can be living or dead (cadaver).(1,2)

Organ Transplantation from Cadaver; Organ transplantation from cadaver is only possible after brain death has been definitively determined and permission has been obtained from relatives.

Living organ transplantation; involves the removal of an organ or organ part from a healthy individual who is willing to donate their organ and transplantation to a patient with organ failure. One of the most important reasons behind this process is the lack of sufficient cadaver donors.(3)

### **A BRIEF HISTORY OF ORGAN TRANSPLANTATION**

The earliest data on organ transplantation can be found in Ancient Greek, Chinese, Roman and Indian Mythology, including bone, skin, tooth, extremity

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should not be harmed in the transplantation process and that the appropriate recipient should be identified and maximize the benefit for both parties. However, in many countries, there is an imbalance in organ transplantation between the donor and the recipient due to lack of coordination and communication.

- **Illegal Organ Trafficking;** In the World Health Organization's report on organ trafficking, no action can be taken on the human body and its parts. It is forbidden to search for organs in exchange for money or to buy them when needed. It is forbidden to buy and sell organs or tissues for a fee or profit, and to advertise in any way on the subject. 'Despite the statement, it is known that there is a large number of illegal organ trafficking, especially in colonized countries, wars and extraordinary migration situations, especially orphaned and unclaimed children.(11) However, the Iranian government's 1998 amendment to the law on organ donation and the payment of remuneration to organ donors as a reward or gift enabled almost all of the organ transplantation needs in the country to be met. However, the sale of organs for large fees, which is perceived as a way of making money in society, causes serious ethical problems.(10)

### **Solutions and Suggestions**

\* Increasing the number of active organizations such as Eurotransplant in Europe, United Kingdom Transplant Support Service Authority (UKTSSA) in England, United Network of Organ Sharing (UNOS) in the USA will provide significant benefits in terms of education, communication and coordination.

\* The World Health Organization (WHO) should take more initiative and prepare guidelines that all countries can implement and undertake an effective policy by monitoring the use of these guidelines.

\* Health authorities of countries should inform and encourage their populations with encouraging, educational and guiding policies related to organ transplantation.

\* It would be beneficial for all religious authorities to explain to the public in a widespread and continuous manner that religious rules do not prevent organ transplantation, but rather encourage it.

\* Taking effective measures by all countries against illegal organ trafficking will reduce victimization in this field.

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## **Chapter 5**

### **TRANS-CULTURAL NURSING**

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#### **INTRODUCTION**

Nursing is an applied health branch that requires conceptual knowledge and skills and has applications for the individual, family and society. Due to this feature, it is affected by changing health policies (1), human rights, patient rights and movements, ethical discussions, in short, all kinds of dynamics that concern society. Demographic changes such as migration, cultural characteristics, and urbanization have differentiated the care needs of the society and have necessitated changes in the health care services provided by nurses (2). One of the situations where changes are most common in health care services is cultural differences. In this review, the extent to which culture, perceived as a way of life of a society, affects people's perception of health and nursing practices will be examined.

#### **CONCEPTS OF HEALTH, DISEASE AND CULTURE**

Health was defined by the World Health Organization in 1974 as “not only the absence of disease and infirmity, but also a state of complete physical, mental and social well-being”. Well-being is a state that each individual perceives and interprets differently according to their own values and beliefs and the family and social structure they are in (3,4). Disease, on the other hand, is “the state of deterioration of the spiritual, physical and social balance of the human organism due to various reasons”. Disease and health are not only biological processes and have many affecting factors. One of the factors affecting the perception of disease and health is culture. According to the definition of the Turkish Language Association (TDK), culture is the totality of all material and spiritual values created in the historical and social development process and the tools used to create and transmit these

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## **CONCLUSION**

Nurses, who are an important part of the health team, should not ignore culture when evaluating the individuals and communities they provide treatment and care services to as a whole. Culture-specific data should also be collected and evaluated. In this way, a quality care result specific to the individual can be achieved.

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