

# Policy on Nursing and Nursing Care

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## The NSW Nurses and Midwives' Association recognises that:

- The legislation which governs the practice of registered health practitioners in New South Wales is the *Health Practitioner Regulation National Law (NSW) No 86a*.
- The Nursing and Midwifery Council of New South Wales is a statutory body that was established in July 2010 under the *Health Practitioner Regulation National Law (NSW)* to protect the health and safety of the public by providing mechanisms to ensure that nurses and students of nursing 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, sustainable health 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 aims to maximise the health potential of an individual using a person-centred approach accounting for the individuals choices in regard to their own health outcomes.
- 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.
- Nurses work collaboratively with the wider multi-disciplinary team and other agencies to ensure the provision of effective health services and to promote the present and long term health of the population. The nurse provides leadership and 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, educational settings 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 using evidence-based practice.
- 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, demonstrate a wide range of competencies and be a skilled ethical decision-maker.

## **The NSW Nurses and Midwives' Association adopts the policy that:**

1. Any person engaged in providing nursing care to an individual or group of individuals must possess appropriate nursing qualifications and/or education and is responsible for maintaining that qualification. Nursing is provided by registered and enrolled nurses, nurse practitioners, assistants in nursing and care workers (however titled).
2. Nursing, is a discrete health care discipline. Nurses are responsible for providing leadership, direction and education to persons providing nursing care.
3. Nurses provide a non-discriminatory and universal service to all members of society, regardless of setting and are the most appropriate professional to meet the care needs of people with complex health issues.
4. Nurses are accountable for their actions and have a duty to ensure they remain relevant within a contemporary society by continually evaluating their practice against professional standards, emerging research, societal values and expectations, global health trends and health outcomes.
5. Nurses ensure their practice reflects changes in education, economics, technology and the environment and that they contribute to the development of nursing knowledge.
5. Employment and career opportunities should facilitate the roles of the nurse and the process of nursing and the advancement of nursing as a profession.
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.