

Discuss the impact of general practice nursing on the lives of patients with chronic diseases

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Abstract. This article provides an in-depth discussion of the impact of general practice nursing on the lives of patients with chronic diseases. General Nursing is an integrated model of care that encompasses health, prevention, rehabilitation and nursing, focusing on the patient's overall health and long-term care needs. Patients with chronic diseases often face physiological, psychological, social and economic challenges, such as decreased physiological function, frequent psychological problems, impaired social skills, and increased economic burden. General practice nursing actively improves the physiological health of patients by regularly monitoring physiological indicators, providing pain management and comfort improvement, and preventing complications. At the same time, it also provides psychological counseling, emotion regulation training, and helps patients build a positive mindset. In addition, general practice nursing focuses on the involvement of family members, the use of community resources, and the enhancement of social support for patients. Economically, general practice reduces the burden on patients by reducing the number of hospitalizations and improving the efficiency of medical resource utilization. In summary, general practice nursing has a positive impact on the lives of people with chronic diseases and helps to improve their quality of life.

Keywords: general nursing, patients with chronic diseases, life, effect

1. Overview of general practice nursing

1.1. Definition and characteristics of general practice nursing

General practice nursing is an integrated nursing model that covers multiple aspects of health care, prevention, rehabilitation and nursing, aiming to promote and maintain the overall health of human beings through a full range of services. General practice care focuses not only on the physical well-being of patients, but also on their mental health and social resilience. [1] Provide personalized care to patients through a comprehensive assessment of their physical condition, psychological condition, social background, and lifestyle; General practice nursing emphasizes involvement in the entire process from prevention, treatment to rehabilitation, ensuring that patients receive a continuum of care at all stages of their care. At the same time, general practice nurses play the role of coordinators in the medical team, working closely with other medical professionals to improve the quality of medical services. General practice nursing encourages the active identification and resolution of patients' health problems, and improves patients' self-care ability through regular follow-up visits and health education. In addition, general practice care is often rooted in the community, providing patients with convenient and accessible medical care.

1.2. Service philosophy and objectives of general practice nursing

General practice nursing emphasizes a "patient-centered" approach to medical care, focusing on the patient's overall health and long-term care needs, rather than just the treatment of diseases and the alleviation of symptoms. By providing comprehensive, integrated and personalized care services, we promote and maintain the overall health of human beings, improve the quality of life of patients, reduce medical costs, and improve medical service satisfaction.

1.3. Service content of general practice nursing

General nurses are responsible for monitoring patients' vital signs such as body temperature, blood pressure, and heart rate, and guiding patients in drug treatment and rehabilitation training. By assessing a patient's health status holistically, GP nurses provide doctors with valuable information to support accurate diagnosis and treatment. At the same time, general practice nurses formulate personalized nursing plans according to the specific conditions and needs of patients, including treatment plans, nursing interventions and health guidance. General practice nurses educate patients about health and diet, and help them establish a healthy lifestyle. They also provide psychological support to alleviate patients' anxiety and fears and improve their quality of life; General practice nurses are involved in the management of medical records to ensure the accuracy and completeness of medical records. At the same time, they collect and analyze data to provide feedback and recommendations to the medical team to help continuously improve the quality of medical services.

1.4. The development of general practice nursing

In ancient times, humans tried to protect their lives, alleviate their suffering, and reproduce their offspring. Medical activities during this period were characterized by the integration of medicine, medicine and nursing. In the 19th century, the German priest Friedner established a hospital and a training center for deaconess, and began to train nurses. Florence Nightingale, the founder of modern nursing, opened the first nursing center for nurses and led nurses to Crimea to participate in battlefield relief work. With the progress of society and the development of science, nursing education and nursing research continue to develop, the knowledge system of nursing continues to improve, the complexity of nursing practice increases, and the scope of services expands rapidly, and modern nursing has become an independent discipline. Modern nursing has gradually developed from the traditional nursing method based on technical operation to comprehensive nursing services based on nursing procedures, and the application of complex technology to participate in the care of urgent, critical and severe patients.

1.5. The development status of general practice nursing at home and abroad

Australia, the United Kingdom, the United States and other developed countries have formulated strict training standards and access systems for general practice nurses, and the development is relatively mature. In the 2015-2016 Service Evaluation Report, the UK Commission for Quality in Healthcare fully affirmed the importance of general practice nurses, indicating that they play an irreplaceable role in patients' care decisions, and the patient satisfaction rate of general practice nurses reached 87%. In recent years, with the development of general medicine, all tertiary hospitals have successively opened general practice departments. The general practice nursing model has been widely used in many medical institutions in China, and its implementation effect has been confirmed by relevant studies. However, there are still some problems in the implementation process, such as the lack of effective incentive mechanism, insufficient quality of nurses, and inadequate management, which need to be further improved.

1.6. Future trends in general practice nursing

For general practice nursing staff, a systematic and comprehensive professional knowledge training program should be developed, including training in technical operation, patient management, interdisciplinary collaboration, and communication skills, so as to cope with diverse medical scenarios [2]. Establish a sound mechanism for the development of general practice nursing, strengthen multi-faceted cooperation, increase support input, and promote the promotion and application of this model across the country. With the application of electronic health record systems, telemedicine technology, artificial intelligence, etc., caregivers need to continuously learn and adapt to new technologies to improve the efficiency and quality of nursing work. With the increasing aging of the global population, the demand for geriatric care and long-term care is increasing, and caregivers need to master more geriatric care knowledge and skills to better meet the health needs of the elderly. Caregivers need to be equipped with cross-cultural nursing competencies to better adapt to the needs of patients in different cultural contexts. At the same time, globalization has also promoted innovation and international cooperation in nursing technology, bringing new development opportunities to the nursing industry.

As a comprehensive, proactive, coordinated, continuous and accessible health service, general practice nursing is gradually developing and improving. In the future, with the continuous progress of medical technology and the growing demand for people's health, general care will play a more important role and become an important force to promote the development of medical and health care.

2. Influencing factors on the lives of patients with chronic diseases

2.1. Physiological health effects

Chronic diseases persist for a long time, often leading to damage to important organs such as the heart, brain, and kidneys. For example, cardiovascular disease can lead to a decline in heart function and heart failure; Diabetes mellitus may lead to complications such as retinopathy and diabetic nephropathy, which seriously affect the physiological function of patients [3]. Many chronic diseases are accompanied by persistent pain or discomfort, such as joint pain due to arthritis, difficulty breathing due to chronic obstructive pulmonary disease, etc. These pains and discomforts not only interfere with the patient's daily activities, but may also reduce their quality of life; The treatment of chronic diseases usually requires long-term medication, and the side effects of drugs are also a problem that cannot be ignored. For example, antihypertensive medications may cause symptoms such as low blood pressure and dizziness; Hypoglycemic drugs may cause hypoglycemic reactions, which can be life-threatening in severe cases.

2.2. Mental health impacts

Patients with chronic diseases are often prone to psychological problems such as anxiety and depression due to long-term illness. These psychological problems not only affect the emotional state of patients, but also may reduce their ability to cope with the disease, forming a vicious circle. Chronic illness may lead to a decrease in self-identity and a perceived burden to the family and society. This decline in self-identity further affects the patient's self-esteem and self-confidence, making them more helpless and depressed in the face of illness; People with chronic diseases may reduce their social activities due to physical limitations, leading to a narrowing of their social circle and reduced social skills. This social disorder not only affects the mental health of the patient, but may also exacerbate feelings of loneliness and helplessness.

2.3. Social impact

Family relationships in people with chronic illnesses may change due to the long-term nature of the disease. On the one hand, family members need to take on more care responsibilities, which may lead to increased pressure within the family. On the other hand, patients may reduce their interaction with family members due to the limitations of their physical condition, which affects the harmony of family relationships. People with chronic illnesses often need to find a balance between work and caring for themselves. This can lead to them having to adjust their work pace, reduce their working hours, or even give up their jobs, which can affect their career development and economic income; People with chronic diseases may have reduced opportunities to participate in social activities, such as participating in community activities, volunteering, etc., due to physical limitations. This decrease in social engagement not only affects the patient's sense of social belonging, but may also exacerbate loneliness and social impairment.

2.4. Economic impact

The treatment of chronic diseases usually requires long-term and continuous medical investment, including the cost of drugs, examinations, treatments, etc. These expenses not only bring a heavy financial burden to the patient's family, but also may affect the patient's willingness and behavior to seek medical treatment. People with chronic illnesses may work fewer hours or reduce productivity due to physical limitations, resulting in lost productivity. This loss of productivity not only affects the patient's financial income, but can also have a negative impact on their career development; As the number of people with chronic diseases increases, the social security system is under more pressure. The government needs to devote more resources to the prevention, treatment and rehabilitation of chronic diseases to reduce the burden on families and society.

2.5. Coping strategies and suggestions

Improve patients' awareness and management of chronic diseases through health education, so that they can actively cope with diseases and reduce the occurrence of complications; Establish a support system including family members, medical staff, community organizations, etc., to provide patients with all-round care and support, and reduce their psychological burden and social pressure.

Optimize the allocation of medical resources: rationally allocate medical resources, improve the accessibility and quality of medical services, and reduce the cost of medical treatment and time for patients; The government should introduce relevant policies to encourage enterprises and social organizations to participate in the prevention and treatment of chronic diseases, so as to reduce the economic burden of patients' families and society; Strengthen interdisciplinary cooperation in the fields of medicine, psychology, sociology, etc., to provide patients with comprehensive treatment plans and rehabilitation programs to improve their quality.

In summary, the impact of chronic diseases on patients' lives is multifaceted and far-reaching. Mitigating these impacts requires a concerted effort of patients, families, healthcare workers, community-based organizations, and governments. By strengthening health education, establishing support systems, optimizing the allocation of medical resources, promoting policy innovation, and promoting interdisciplinary cooperation, we can provide patients with better medical care and rehabilitation environments, and promote their quality of life.

3. Research on the impact of general practice nursing on the lives of patients with chronic diseases

3.1. Positive effects on physiological health

General practice nursing regularly monitors patients' physiological indicators (such as blood pressure, blood glucose, blood lipids, etc.) to detect and deal with abnormalities in a timely manner and effectively control the progression of the disease. For example, for patients with hypertension, general care can guide patients to measure blood pressure correctly, adjust their diet, and use drugs rationally, so as to lower blood pressure levels and reduce the occurrence of cardiovascular events; General practice care focuses on pain management and comfort for patients. Through the use of medication, physical therapy, psychological counseling and other means, general practice nursing can effectively alleviate the symptoms of chronic diseases, such as pain and dyspnea, and improve the comfort of patients. Patients with chronic diseases often have a variety of complications, such as diabetic foot, cardiovascular disease, etc. General practice care helps patients effectively prevent complications and reduce hospitalization and readmission rates by providing individualized health education, lifestyle interventions, and medication guidance [4].

3.2. Positive impact on mental health

Patients with chronic diseases often face long-term pain and psychological pressure, and are prone to psychological problems such as anxiety and depression. General practice nursing helps patients build a positive mindset and improve their ability to cope with illness by providing psychological counseling, emotion regulation skills training and other services. General practice nursing focuses on developing patients' self-management skills, including disease monitoring, medication, and lifestyle modification. Through education and training, patients are able to better understand their condition and master self-management skills, thereby enhancing their sense of control over the disease; Chronic diseases may lead to impaired social functioning, loneliness, social impairment and other problems. General practice nursing helps patients rebuild their social networks, enhance their social skills, and improve their quality of life by organizing them to participate in rehabilitation activities and social gatherings.

3.3. Positive impact at the level of social support

General practice care focuses not only on the patient's own health, but also on the involvement and support of family members. Through home visits, health education and other services, general practice nursing can enhance family members' understanding and support for the patient's condition, and promote the harmony of family relationships. General practice nursing can make full use of community resources to provide patients with convenient medical services. For example, through the establishment of chronic disease self-management groups, health talks and other activities, general practice nursing can enhance patients' connection with the community and improve patients' social participation. General practice nursing plays an important role in driving policy support. By reflecting the needs and problems of patients to the government and relevant departments, general practice nursing can promote the formulation and improvement of relevant policies, and provide patients with better medical security and social support.

3.4. Positive impact at the economic level

By providing a comprehensive, continuum of care, general practice care can detect and treat conditions in a timely manner, reducing the number of hospitalizations and readmissions, thereby reducing healthcare costs. In addition, general practice care can help patients reduce unnecessary drug use through health education and lifestyle interventions, further reducing healthcare costs [5]. General practice nursing emphasizes patient-centered care and provides personalized care. By optimizing the allocation of medical resources, general practice nursing can improve the utilization efficiency of medical resources and reduce the waste of medical resources. People with chronic illnesses may lose their jobs or lower their incomes due to their medical conditions. General care reduces the financial burden by providing services such as rehabilitation training and employment guidance to help patients regain their ability to work and increase their income levels.

3.5. Implementation strategies and recommendations

Health education for patients with chronic diseases should be strengthened in general practice nursing to improve patients' ability to understand and manage diseases. Through health lectures and distribution of publicity materials, the knowledge of chronic disease prevention and treatment is popularized, and patients are guided to establish a healthy lifestyle; Establish and improve the general care service system, including home visits, telephone consultations, rehabilitation guidance and other services. By providing comprehensive, continuum of care to meet the diverse needs of patients.

Strengthen interdisciplinary cooperation: General care should work closely with multidisciplinary teams such as clinical, rehabilitation, and psychology to jointly provide patients with personalized treatment plans and rehabilitation plans. improving the overall level and quality of health care through interdisciplinary collaboration; Actively reflect the needs and problems of patients to the government and relevant departments, and promote the formulation and improvement of relevant policies. Through policy support and guarantee, we provide better medical security and social support for patients.

4. Conclusion

In summary, the impact of general practice nursing on the lives of people with chronic diseases is multifaceted and positive. By strengthening health education, improving the nursing service system, strengthening interdisciplinary cooperation, and promoting policy support and guarantees, we can better play the positive role of general practice nursing and improve the quality of life of patients with chronic diseases.

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