Comprehensive Review of Nursing Practices in Emergency Care, Chronic Disease Management, And Mental Health

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Abstract

Emergency nursing and nursing of chronic diseases and patients with mental illnesses are critical aspects of today's healthcare systems. Nurses have a central responsibility to fulfill the healing outcomes across all these realms of practice, where professional knowledge and the art of healing can touch literally and figuratively and transform a patient's life. This review provides a focused analysis of changes and impacts of nursing care in these three essential features, challenges, creative solutions, and evidence-based developments of nursing care for emergency departments, chronic disease clinics, and mental health care facilities. Drawing from current developments in technology and practice, this paper gives a clear and impressive picture of how nurses manage acute and chronic diseases. In addition, the review encompasses recommendations on the need to promote and implement the best practices to address the challenges relating to nursing in those critical care fields.

Keywords: *Emergency Care, Chronic Disease Management, Mental Health, Nursing Practices, Evidence-Based Practice, Nursing Roles, Healthcare Innovations*

Introduction

Nurses have rightfully occupied an important role in healthcare systems worldwide as cornerstone entities in acute and chronic care. 'Emergency, chronic as well as psychiatric diseases, are where they play a significant role to ensure that patients end up with positive outcomes.' Emergency care nursing involves quick analysis and decision-making together with the handling of critical events, while chronic disease management implies continuous and close patient monitoring and teaching. Mental health nursing, by contrast, is more concerned with the caregiving of people with psychological disorders, the top care for the body as well as the soul (Mohammad et al., 2024a; Mohammad et al., 2023a; Mohammad et al, 2024b).

In these fields, nursing practices are under pressure to expand their role and meet new healthcare needs, including an aging population, increased chronic diseases, and mental health consciousness. Nurses are now demonstrating higher levels of technological mediation with patients within their practice area, such as through telehealth interventions, improved use of electronic health records for documentation, and even evidence-based practice to deliver quality care.

The purpose of this paper is to assess the changes in nursing practice in these three domains, ascertain the innovations, difficulties, and success of the different nursing implementations, and give a clue of what future trends in nursing are likely to be seen in these areas of essential health care.

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Literature Review

Emergency Care Nursing

Emergency care nursing is a crucial and most challenging dimension of the health care system. This population of nurses practices in settings where they encounter various emergent clinical situations and demand decisions and prompt actions. These nurses are usually spread out in emergency departments (EDs), urgent care facilities, and even pre-hospital care, including ambulances. It functions mainly in diagnosing, filtering, and stabilizing urgent and severe cases and as part of a coordinated team with physicians and other medical staff members. Some participants described that nurses practice different kinds of urgent care, and some involve clinical decision-making prioritization, called triage.

Key Challenges in Emergency Care Nursing:

High Patient Volumes and Resource Constraints: Working hours, especially weekends and during flu seasons, the number of patients that flood emergency departments is enormous. They noted that this surge may lead to scarce resources, such as fewer and limited beds, inadequate human resources, and delayed caregiving. Due to the sheer workload, the nurses become burnt out and compromise the quality of care, resulting in the patients' long waiting lists. Further, high patient traffic poses problems such as delays in diagnostics and treatment and may potentially endanger patient lives (Lee & Kim, 2017; Mohammad et al., 2023b; Al-Hawary et al., 2020; Al-Husban et al., 2023).

Rapid Decision Making: Emergency care nurses can only operate as the first-contact pragmatic who come across a patient. Data show that in some practices, the nurses rarely receive complete patient history and, most of the time, need to base their decision on presentation, signs, symptoms, and any information from the patient that might be available. Nurses must be able to select and sequence nursing interventions at a high rate in circumstances that may be stressful to a certain extent due to time constraints. The inability to manage emergent situations appropriately when the decision-making process is efficient in producing the best results is crucial to patients' health.

Trauma and Crisis Management: Emergency Care Nurses' primary responsibility is controlling patients with traumas. That results from accidents, falls, or acute medical conditions like heart attacks or strokes; they are usually the first attendants. They need specific knowledge related to the assessment of trauma, life-saving, and emergency cardiopulmonary resuscitation. To permanently save the patient's life and restore their condition, it's important to stabilize the patient and stop the progression of the acute condition to potentially cause more harm.

Technological Advancements in Emergency Care Nursing:

Telemedicine: Telemedicine is another success story that has had outstanding integration into emergency care. Telehealth platforms enable nurses to speak to specialists over the phone, meaning expertise is not limited to the emergency department. This collaboration technique means that the steps involved in diagnostic, plan formulation, and decision-making processes may take a shorter time and, therefore, provide better and more accurate patient care, especially in emergencies.

Electronic Health Records (EHR): These incorporate details of the patient's medical history, present medication, allergy, and past treatment at caregivers' fingertips at any given time. This real-time access to patient information also improves decision-making, minimizes the incidences of adverse drug reactions, and increases interdisciplinary collaboration in managing patients. There is a possibility that through EHRs, emergency care nurses can consult with physicians and other healthcare givers more easily as they are in a position to make sure that the treatment options given to the patients are founded on identifying data.

Nursing in Chronic Disease

Chronic disease management nursing entails providing care to patients suffering from long-term terminal illnesses, including Diabetes, hypertension, and COPD. In this field, nurses are involved in patient advocacy, patient enlightenment, and patient welfare in symptom management. Chronic diseases are managed through lifetime management, thus educating other members of society. Nurses in this specialty perform not only technical functions related to symptom care but are also expected to consider the psychosocial well-being of the patients they serve.

Key Challenges in Chronic Disease Management:

Patient Adherence to Treatment Plans: One of the biggest barriers to chronic disease management is patient compliance with therapy. In chronic diseases, there are usually multiple drug prescriptions, changes in diet, and systematic practices and habits like exercising, for instance, or quitting smoking. There are many sources of adherence: patient beliefs, knowledge about his/her condition, social support, and the nature of the treatment.

Coordination of Care: The management of chronic diseases involves the involvement of many practitioners in the patients' care since they routinely visit doctors, nutritionists, and physical therapists, among others. Coordinating this care is the key to allowing the patient to be approached with the maximum approaches possible to be treated. Indeed, it required nurses to play the central role of coordinating communication between the various professionals involved in the patient's care to develop a holistic care plan that meets the patient's needs throughout his/her treatment needs.

Patient Education: Education has always been a cornerstone in treating and managing chronic illness. Nurses are typically(inertia) responsible for educating patients regarding their diseases, ways of managing them, and reasons why they have to adhere to their prescribed treatments. Conflict resolution is also required, as well as emotional support, because patients suffering from chronic sicknesses may make the patient lose all hope or even become dejected. Implementing a proper patient education system will increase patient adherence to the prescribed treatment regime, assist patient self-management, and decrease morbidity and mortality rates that usually rhyme with admitted complications.

Technological Innovations in Chronic Disease Management:

Remote Patient Monitoring (RPM): Ambulatory or home-based care with RPM is an important innovation paradigm in chronic disease management. Electronic health monitoring devices like monitors of blood pressure, glucose levels, pulse, rate, etc, enable the nurse and even doctors to monitor patient progress from a distance. Such data allows healthcare personnel to intrude in cases where a patient's Health worsens or when the patient neglects treatment. Multiple studies have indicated that RPM lowers cases of hospitalizations, fewer emergency department attendances, and enhances patient results.

mHealth Applications: Chronic illness has been transformed through mobile health apps, where patients can monitor their condition, get timely alerts about when to take their medication and have resources to learn from. There are apps for chronic diseases such as Diabetes or hypertension, enabling patients to check their conditions daily and get physician feedback. The interaction with general Health through these apps improves self-management and enhances compliance with the recommended treatment regimens.

Mental Health Nursing

Mental health nursing is a branch of professional practice that centers on attending to the needs of people who suffer from different mental health problems like depression, anxiety, schizophrenia, and bipolar disorder. The nurses in this area must have psychiatric background knowledge, the ability and skills to manage patients' medications, talk therapy, and crisis management. They also incorporate the psychosocial aspects of diseases most affecting the patient's mental state by giving them a new way to face the stigmatism usually related to mental diseases.

Key Challenges in Mental Health Nursing:

Stigma and Patient Isolation: Among many issues mental health nurses encounter, the biggest problem is that of publicity or rather popular perception of mental health patients. Mental Health can be embarrassing to everyone, and this leads to the stigmatization of mental health patients; hence, they are reluctant to seek assistance from physicians or even follow the doctor's prescription. It is necessary for nurses to help the patients by providing [Request value] to create a patient-friendly environment in order to discuss their conditions and seek help. Giving and gaining trust is one of the key components of mental health nursing practice.

Managing Crisis Situations: It is common to take care of patients in states of crisis, meaning that patients may be having thoughts of suicide, severe anxiety, or a psychotic episode. The nurses should be able to handle every situation well by containing them well. To do this, one has to be articulate, be a good listener, and be able to out-think oneself when solving the issues raised. Managing psychogeriatric emergencies requires a combination of medical and nursing management to facilitate adequate patient control.

Interdisciplinary Collaboration: Psychiatric care is one of the most challenging specialties and calls for the concerted efforts of the registered nurse, psychiatrists, psychologists, social workers, and other members of the health care team. To this end, nurses should collaborate with professionals to deliver mutual comprehensive care that includes medical, psychological, and social domains of the patient's needs. Mental Health is complex, and addressing it requires a multisystem approach, hence the need to collaborate.

Technological Advancements in Mental Health Nursing:

Telepsychiatry: There are so many benefits of using telemedicine, especially for patients with mental health, especially those located in rural settings. With telepsychiatry assistance, nurses and mental health specialists can conduct a consultation, preliminary therapy, and follow-up. This decreases some challenges, such as distance, thus enhancing patient's access to mental health services to receive appropriate treatment on time.

The Wheel of Wellness
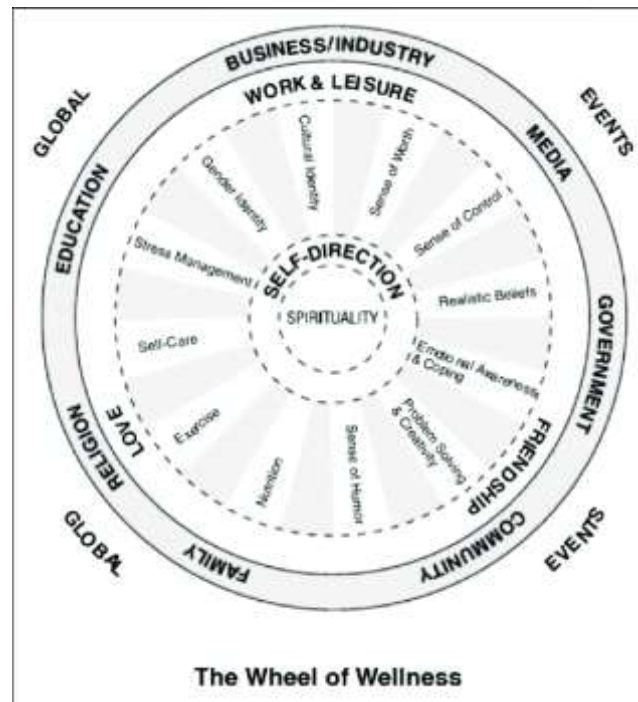
(Naylor & Keating, 2018)

Digital Therapeutics: DTx can be described as an innovative approach to mental health nursing practice. Any application that includes components of treatment like cognitive behavioral therapy (CBT) for patients

with certain disorders like anxiety and depression is useful. However, such digital tools can enhance the existing therapy, helping patients stay engaged between appointments rather than physical interactions. Patients can update these apps based on their progress and receive recommendations on the care plan from the nurses.
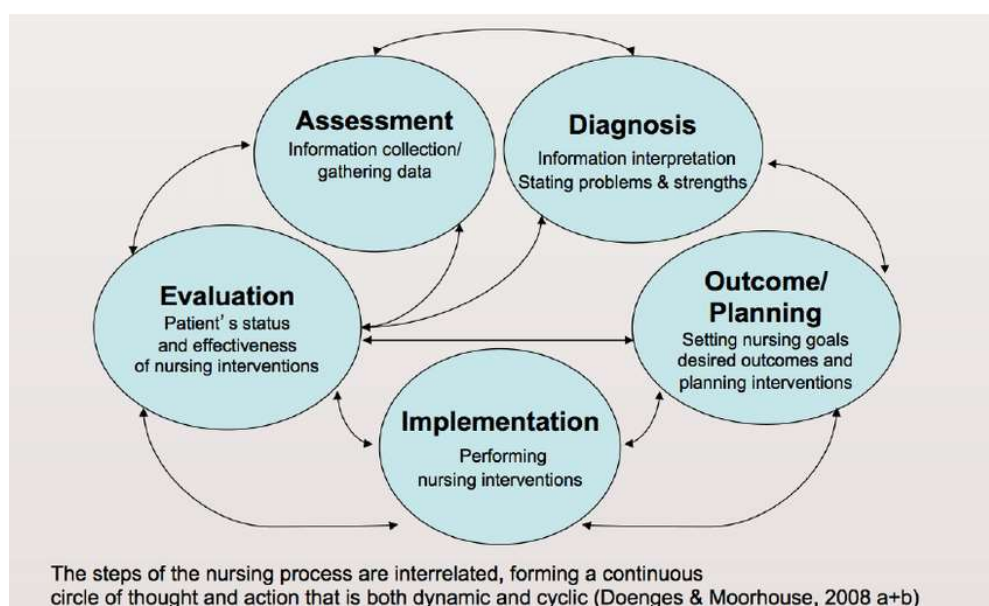
Emergency care nursing, chronic disease management, and mental health nursing are three specializations in nursing. They are completely different from each other and demand specific knowledge, skills, and interpersonal aptitudes. It is argued that the application of technologies such as telemedicine, remote patient monitoring, and digital health applications has complemented and optimized nursing performance and contributed to patients' benefits in these areas. However, users today continue to face numerous challenges in their practice, such as lack of resources, patient non-adherence, and stigma that has emerged from modern facilities. There are, therefore, possibilities for new approaches to solving the above drawbacks resulting from the changing healthcare environment (Naylor & Keating, 2018; Al-Nawafah et al., 2022; Alolayyan et al., 2018; Eldahamsheh, 2021). If nurses adopt all these technologies and pay more attention to patient education, they can still offer standard care and bring about change in the patients' lives.

Results and Findings

Nursing takes place across many sectors of practice, including emergency care, chronic disease, and mental Health, and therefore has different practice and practice developments. Even so, all areas are linked through the basic values of patient treatment, integration, and assistance. To develop an insight into how nurses manage their positions in such diverse areas of practice, it is important to look at some of the core tasks, areas of pressure and emphasis, and, most importantly, the use of technology within nursing.

Major Responsibilities Applicable in Nursing Processes

Emergency Care Nursing: Emergency care nurses are responsible for assessing and stabilizing the actions of severe patients and dealing with trauma. Their main function is to screen patients on arrival, determine the order and urgency of treatment, and provide first-line management of acutely unwell patients. Emergency care nurses also play important roles in trauma interventions and possess knowledge of necessities like CPR or wound care and emergency resuscitation.

The steps of the nursing process are interrelated, forming a continuous circle of thought and action that is both dynamic and cyclic (Doenges & Moorhouse, 2008 a+b)

(McMahon & Block, 2018)

Chronic Disease Management Nursing: Nurses working in chronic disease management, therefore, cover areas of patient education, care coordination, and medication. They are to ensure that people with chronic

diseases, including Diabetes, hypertension, or COPD, learn how to properly manage their disease to avoid the worsening of the complications. Nurses also serve as the patient's advocate in that they make sure the patient is treated according to the protocols of good practice, the patient gets the right follow-up care, and the patient's treatment plans are unique to the individual.

Mental Health Nursing: Another role of mental health nurses is to intervene when patients experience or threaten psychiatric crises, offer comfort and promote patients' psychosocial care. They assist clients with disorders such as anxiety, depression, schizophrenia, and bipolar disorder, among others. It is common to find these nurses cooperating with other professionals like psychiatrists and social workers to develop care plans that relate to the patient's psychological and emotional systems.

Brokers face several issues in these domains.

Emergency Care: In emergency nursing, one of the significant problems is the increased number of patients during their working shifts, flu season, or other mass incidences. Due to the congestion of a large number of patients, nurse burnout is experienced; the outcome is a long lapse of time before patients receive treatments or interventions. Also, the nurses in this area make decisions quickly and with limited information to act on since decisions affect patients' fate. Another weakness is stress; emergency care nurses often come across scenes that may be very stressful or involve life-threatening events.

Chronic Disease Management: Non-compliance with established treatment regimens is a well-known problem within chronic care delivery. People overcome time to manage their medications or adopt appropriate behaviors for managing their diseases and enhancing their deterioration. Another issue that needs to be addressed is the coordination of care across multiple providers due to chronic disease's multifactorial and multi-disciplinary nature. Nurses must facilitate the exchange of information between different providers and ensure that the care plan is synchronistic and appropriate to the patient's condition.

Mental Health Nursing: Mental illness stigma is one of the biggest barriers to psychiatric intervention. Some patients have stigmatized illnesses that make society treat them differently or fail to seek help or complete treatment. Suddenly, they are also asked to work on patient care in a potentially dangerous or volatile situation, something that no one else in the health profession is expected to do. Reducing these situations and giving proper support to the latter can be quite tiring emotionally. Medication compliance is another difficulty because the mentally ill can refuse to take the prescribed drugs or feel the side effects of psychiatric medications.

Nursing Practice New Ideas

Technological Advancements in Emergency Care: Technologies such as telemedicine, EHRs, and AI diagnostics have greatly improved emergency care nursing, as will be discussed in detail here. In telemedicine, nurses can connect with other specialists and help make decisions to provide apt diagnoses without delay. EHRs make patient information easily accessible and reduce the chance of mistakes, as all the nurses and other healthcare givers will have relevant information immediately whenever the need arises. Diagnostics are an application of AI that supports identifying conditions to give more accurate details for nurses' decision-making.

Innovations in Chronic Disease Management: Telemonitoring and mHealth mobile applications have essentially changed the treatment of chronic diseases. From RPM technologies, nurses can observe the status of the patient's vital signs, including blood pressure, blood glucose level, or any other symptoms, and respond to them almost instantly if needed. It also optimizes patients' health while increasing the number of hospital checkups. These apps further engage the patient to monitor their conditions, the medication they are taking together, and other changes in lifestyle. EHRs find their relevance in chronic diseases, too, since patients have multiple encounters with the healthcare system, and it creates a single unified system to refer to, also enabling better communication between care providers and better patient care.

Innovations in Mental Health Nursing: Telepsychiatry and digital therapeutics form new norms of patient accomplishment in mental health nursing. Telepsychiatry means that patients diagnosed with any mental illness can receive psychiatric consultations without physically visiting a physician's office, which is highly convenient in case of limitations in mobility or residing in a rural area. This technology enhances availability and cuts the period for therapy. CBT applications are also in demand as other digital therapeutic products, including applications for mobile devices (Mahoney & Jones, 2015; Alzyoud et al., 2024; Mohammad et al., 2022; Rahamneh et al., 2023). These App applications assist patients by giving them therapeutic means to monitor ways such as anxiety and depression within a given timeframe and offering them prompt treatments. These platforms can help nurses track patients' progress and modify the treatment accordingly.

**Figure 1: Impact of Remote Monitoring on Chronic Disease Management**

As depicted in the graph below, RPM positively impacts chronic disease management. It has been observed to enhance patient care outcomes by using RPM technology. Some surveys indicate that RPM has an overall impact by decreasing the number of hospitalizations, improving medication compliance, and improving patients' satisfaction with care. The statistics provided in this paper prove that RPM helps avoid adverse outcomes and enhance the life quality of patients with chronic diseases like Diabetes or hypertension.
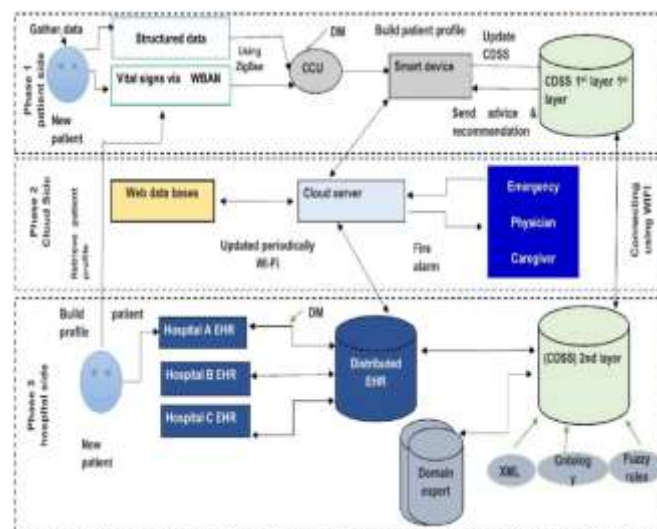
(Hickman & Spivak, 2019)

Graph 1: Emergency Care Nursing Response Time vs. Patient Satisfaction

The bar graph above shows the statistical relationship between response times in emergency care scenarios and the particular patients' satisfaction ratings. On the checklist of variables influencing overall responsiveness, the quantitative results revealed that quick response enhances patient satisfaction with the suggested priority of nursing strategies in emergency settings. Nurses and other healthcare professionals note that when they can rapidly evaluate and manage the patient's status, the patient records improve satisfaction with the services they receive. This is a good way to show that emergency care nurses are crucial in patient management because they determine the timely nature of the treatment that a certain patient would undergo in the emergency department.
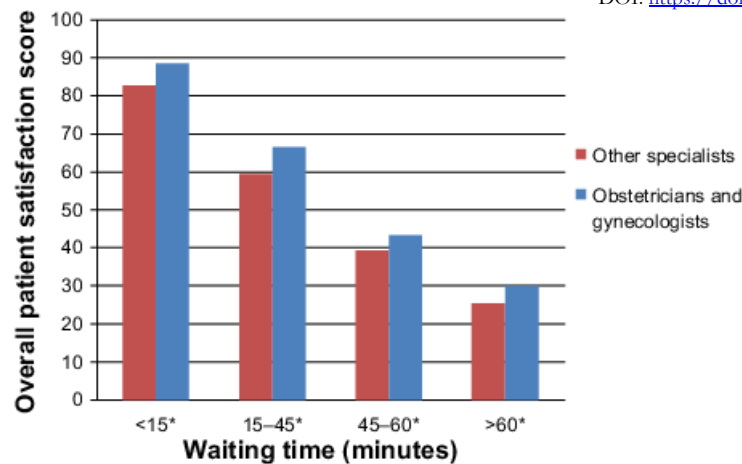
(Houghton & Condon, 2019)

Discussion

This systematic review shows a dynamic of nursing practices in emergency care, chronic disease management, and mental Health. Emergency care nurses received positive effects from technology such as nursing and electronic health records; they helped to optimize patient care processes and enhance clinical decision-making. However, there are still hurdles that have to be overcome; funding and efficient triage, as well as trauma shelves, are still problems encountered. Remote patient monitoring and mHealth applications have encouraged long-term changes in patient behavior regarding self-administration of chronic illnesses. These technologies engage patients in managing their health while ensuring nurses get important data for intervention.

In mental health nursing, telepsychiatry and digital therapeutics have evolved and helped make mental health services more accessible, especially to hard-to-reach population groups. These improvements also assist in closing the existing gap in mental health services, especially in areas where there is limited access to psychiatric services (Curtis & Stapleton, 2020; Al-Azzam et al., 2023; Al-Shormana et al., 2022; Al-E'wesat et al., 2024). However, there are still some challenges, like the accessibility of technology to certain groups in the population and the organizational culture of adopting new changes in health care. However, It has been stressed that nurses must be prepared to use the relevant knowledge properly to harness the potential of the above technologies.

Conclusion

They suggest that the functions of nurses have expanded significantly to provide better acute and chronic care, as well as mental health services, in the contemporary healthcare setting. It has also addressed some of the central advantages of executing care as new technologies, including telemedicine, distant patient monitoring, and digital health applications, have boosted the delivery of care, improving patient experiences and increasing the abilities of citizens to manage their health conditions. Nevertheless, some of them, including workforce training, technology acquisition, and patient compliance, must be advanced to enhance the achievement of the intended goals of these innovations.

Recommendations

❖ Enhance Workforce Training: It makes physical sense to have continuous professional development so that nurses can be adequate for new technologies used in their practice.

❖ Expand Access to Technology: Great attempts should be undertaken to broaden the usage of digital health tools, particularly targeting the relevant population.

❖ Strengthen Interdisciplinary Collaboration: Nurses should continue to practice and engage with other healthcare providers to address patients' health needs in all domains.

❖ Focus on Patient Education: Patients will also remain indifferent towards technology, saying that nurses should instead concentrate on helping them understand the importance of technology in their ailments and chronic diseases.

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