

Research on the Promotion Route of Continuous Nursing Service for Postoperative Rehabilitation

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Abstract: The hospitalization period of surgical patients is limited, and most of postoperative rehabilitation needs to be completed outside the hospital. Continuous nursing is an important nursing mode. At present, the construction of continuous nursing service after surgery is still imperfect in our country. There are many problems, such as poor connection between nurses and patients. Based on the characteristics of postoperative physical and psychological rehabilitation of surgical patients, this paper expounds the connotation and application value of continuous nursing service, analyzes various practical problems in the current development of nursing service, clarifies the basic principles of service promotion, and puts forward a systematic promotion route from the aspects of linkage mechanism, service content and talent construction, so as to perfect the postoperative rehabilitation nursing service chain, improve the quality of overall nursing service and provide reference for the standardization of clinical continuous nursing.

Keywords: Surgical operation; Rehabilitation nursing; Continuous nursing; Service promotion.

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1. Introduction

Surgical treatment is the main intervention of surgical diseases. The end of operation is not the end of diagnosis and treatment. Scientific and systematic postoperative rehabilitation nursing is the key to reduce the incidence of complications, shorten the rehabilitation period and improve the quality of life of patients. The traditional clinical nursing is mostly concentrated in the hospitalization stage. After discharge, patients are generally faced with various problems, such as lack of rehabilitation guidance, lack of self-care ability, low reexamination compliance, etc. Continuous nursing can break the barriers of in-hospital and out-of-hospital nursing, realize continuous and all-round extension of nursing service, and run through the whole rehabilitation stage. In this context, it is of great practical significance to study the path of continuous nursing service for postoperative rehabilitation of surgical patients.

2. Summary of postoperative rehabilitation continuous nursing services

2.1. Core connotation and service characteristics of continuous nursing

Continuous nursing is a patient-centered integrated nursing service model that runs through the whole process of

hospitalization, discharge and home-based rehabilitation of patients. Different from conventional in-hospital nursing, continuous nursing is no longer limited to the basic nursing operation in wards, but pays more attention to rehabilitation guidance, health education, disease monitoring, psychological counseling, home-based nursing guidance and other comprehensive services, and pays more attention to long-term tracking and dynamic management. It has the characteristics of continuity, extensibility, individuation and comprehensiveness. It can adjust the focus of nursing service dynamically according to the patients' physical condition in different recovery stages.

Continuous nursing emphasizes multi-dimensional and full-cycle nursing service extension, which is no longer limited to fixed nursing sites, but extends the service scope from hospital wards to various life scenes such as families and communities, covering all aspects of patients' postoperative recovery, psychological adjustment, life schedule, medication management, functional exercise, etc. At the same time, we should pay attention to the consistency and unity of nursing service, keep the consistency of nursing concept, nursing standards and rehabilitation guidance.

2.2. Basic needs of nursing services in postoperative rehabilitation stage

After surgical trauma, the body function, immunity and limb movement ability of surgical patients were impaired in different degrees, and the needs of holistic nursing were diverse. At the physiological level, patients generally need basic nursing services such as wound care, pain management, medication guidance, diet recuperation, rehabilitation exercise, and prevention of complications. In the psychological level, the majority of patients prone to anxiety, worry, irritability, anxiety and other negative emotions, the urgent need for professional psychological conciliation and emotional counseling, ease postoperative psychological pressure. At the same time, patients and their families generally lack professional knowledge of home nursing, and need systematic and comprehensive health science popularization and home nursing practice guidance.

With the progress of postoperative rehabilitation, the nursing needs of patients at different recovery stages are significantly different. In the early stage of postoperative recovery, the patients mainly needed wound maintenance, disease monitoring and basic recuperation nursing, and in the middle stage of recovery, the focus was on limb function training, lifestyle adjustment and medication management; in the later stage of recovery, the focus was on physical function consolidation, daily health management, relapse prevention, life ability recovery and other related needs.

2.3. Important value of continuing rehabilitation nursing services

Carrying out continuous rehabilitation nursing services after surgery can effectively bridge the gap of nursing services, improve the integrated nursing service system before, during and after surgery, effectively reduce the occurrence of postoperative complications, relapse of illness, secondary admission and other situations, effectively stabilize the effect of surgical treatment, and significantly improve the rehabilitation efficiency of patients after surgery. Regular follow-up and professional rehabilitation guidance can help patients and their families master scientific home nursing methods, regulate daily rehabilitation exercise, rational medication and healthy diet, comprehensively improve patients' self-health management ability, reduce family care pressure and improve patients' overall living conditions^[1].

The implementation of continuing rehabilitation nursing services is also an important measure to optimize the modern clinical nursing mode and improve the overall nursing service level of medical institutions, and can promote the transformation of nursing work from the traditional basic nursing in hospitals to the direction of full cycle, all-round and humanistic health management. At the same time, it can shorten the distance between nurses and patients, improve communication between nurses and patients, improve patient satisfaction and compliance, and build a harmonious and stable relationship between nurses and patients.

3. Major existing problems of postoperative rehabilitation continuous nursing service

3.1. The connection mechanism of in-hospital and out-of-hospital nursing service is not perfect

At present, most medical institutions have not established a mature connection system of in-hospital and out-of-hospital

nursing. Hospitalization nursing and home-based rehabilitation nursing are independent. At the time of discharge, the relevant information on the patient's condition, rehabilitation plan and nursing records cannot be completely synchronized to the link of community nursing and home-based nursing, and it is difficult for nursing staff to comprehensively grasp the overall condition of the patient and the rehabilitation situation, so it is extremely easy to have problems such as disconnection of nursing services and inconsistency of rehabilitation guidance plan. The division of rights and responsibilities among nursing subjects is vague, communication and cooperation channels are not smooth, and it is impossible to form a collaborative nursing work pattern.

Most of the existing nursing work is just a formality, lacking standardized and standardized discharge handover process, discharge guidance only based on simple verbal instructions, and systematic written rehabilitation program and long-term tracking mechanism. The communication frequency between nursing staff in hospital and community nursing staff, family nursing staff was insufficient, and the information transmission was lagged, omitted and biased.

3.2. The content system of rehabilitation continuous nursing service is relatively single

At the present stage, the contents of postoperative continuous nursing services are generally simple, the scope of which is limited to basic medication reminding, simple illness inquiry, routine health education and other basic contents, and the contents of in-depth services such as postoperative functional rehabilitation training, psychological and emotional intervention, nutrition and dietary matching, prevention of complications prediction, and guidance on home professional nursing are less involved. Most of the nursing services adopt the unified and template service mode, and the individualized nursing plan is not made according to the patients' operation type, body constitution, rehabilitation progress and individual demands.

Continuous nursing services are also relatively single, with telephone follow-up and short-term online inquiries as the main forms, and less services such as offline on-site guidance, one-to-one practice teaching and community rehabilitation guidance. The whole service lacked systematic and hierarchical sense, lacked progressive nursing content planning with stages and levels, and could not match the patients' progressive rehabilitation law.

3.3. Inadequate comprehensive capacity of professional rehabilitation services for nursing staff

Continuing rehabilitation nursing has higher requirements for nurses in terms of professional knowledge, practical ability, communication ability and rehabilitation guidance ability, but most nurses still prefer to traditional basic clinical nursing and lack systematic professional rehabilitation knowledge, rehabilitation training guidance skills and psychological intervention ability^[2]. Some nurses are not well grasped the key points of rehabilitation of different surgical diseases, and the specialty of rehabilitation guidance is not enough.

Nursing staff generally lack of special training of continuous nursing, traditional service concept, inadequate understanding of the connotation, process and focus of continuous nursing, weak awareness of active service and long-term tracking. At the same time, nursing staff daily clinical work is heavy, time and energy are limited, it is difficult to invest enough energy to carry out long-term follow-up, personalized guidance, continuous rehabilitation follow-up and other work.

4. Principle of promoting continuous nursing service for postoperative rehabilitation

4.1. Principle of whole-process coherence

The principle of whole-process coherence and cohesion is the core foundation of continuous nursing, which requires nursing services throughout the whole process of preoperative education, intraoperative cooperation, in-hospital and postoperative nursing, handover, and home-based rehabilitation and recovery, so as to maintain the coherence, uniformity and seamless convergence of all nursing work. Strictly ensure the orderly transmission of patient health information, rehabilitation plan and nursing measures, eliminate the problems of nursing fault, information fault and service fault,

and ensure the connection and consistency of nursing work. Following this principle, we can break through the barriers of every nursing link, form a complete rehabilitation nursing chain, and ensure the smooth and orderly progress of rehabilitation nursing.

It is necessary to coordinate the nursing force among hospital, community and family, establish smooth information exchange and work connection channels, and realize multi-party coordination, whole-process follow-up and dynamic management. According to the state of patients in different stages of rehabilitation, smooth transition of the focus of care, step by step to promote rehabilitation nursing.

4.2. Principle of individualized and stratified symptomatic nursing

The principle of individualized and stratified nursing requires that nursing work should be based on the individual differences of patients and based on the types of operation, age and physique, severity of illness, speed of postoperative recovery, physical basis of individuals, conditions of home care and other factors, to divide different nursing levels and formulate differentiated and targeted continuous nursing programs. It is imperative to abandon the traditional unified and popular general nursing model, accurately match the actual rehabilitation demands of each patient, achieve one-person-one-plan, phased symptomatic nursing, and effectively improve the accuracy and effectiveness of rehabilitation nursing services.

According to the principle of individualized and stratified nursing, nursing staff need to touch and arrange the basic information of patients, accurately assess the physical and mental recovery of patients, sort out the important and difficult points of nursing for different patients, and set up rehabilitation objectives, nursing contents, frequency of follow-up visits and guidance priorities in a stratified manner. For the high-risk patients with advanced age, multiple underlying diseases, slow recovery and high risk of complications, the follow-up efforts and service depth shall be strengthened; for the mild patients with good recovery, the routine nursing contents shall be reasonably simplified with emphasis on the daily health consolidation management^[3]. Through the stratified classification, accurate symptomatic nursing model, to maximize the satisfaction of various types of patients with personalized rehabilitation needs.

4.3. Principle of professionally regulating scientific services

It is required that all postoperative rehabilitation nursing contents, operation procedures and guidance methods strictly follow clinical nursing standards and surgical rehabilitation medical standards, so as to achieve standardized service procedures, scientific service contents and professional service operation. Nursing staff shall rely on professional medical knowledge to carry out rehabilitation guidance, health education, risk prevention and control and other work, put an end to random, experiential and non-standard nursing guidance, and ensure the safe, scientific and orderly home-based rehabilitation process of patients.

Adhering to the principle of professional service, it is necessary to unify the service standards of continuous nursing industry, clarify the operating norms, service processes and work requirements of various nursing work, and make the overall nursing service rule-based and evidence-based. Continuously strengthen the professional quality and ethics of nursing staff, carry out various continuing nursing work with a professional, rigorous and standardized professional attitude, strictly control the details of nursing services, and effectively avoid postoperative rehabilitation risks caused by non-standard nursing operations. Through the whole process with scientific professional nursing concept, steadily enhance the level of standardization of continuous nursing services.

5. Optimization and promotion path of postoperative continuous rehabilitation nursing service

5.1. Perfect the linkage service mechanism of integrated in-hospital and out-of-hospital nursing

Build a platform for coordinated nursing linkage among hospitals, communities and families, open up information sharing

channels among all subjects, improve the mechanism for synchronizing the information of patients' health files, realize real-time communication of patients' medical records, operation conditions, rehabilitation plans and nursing records from multiple parties, and solve problems such as poor information transmission and disjointed nursing from the source. Establish a standardized discharge handover management system, standardize the discharge nursing handover process, and specify the handover content, responsibilities and handover process to ensure smooth transition and seamless connection of nursing work. Clearly divide the nursing responsibilities of all parties to form a clear division of labor, coordination, interconnectivity and integration of nursing work pattern.

Improve the linkage mechanism between normalized follow-up and two-way referral, regularly carry out multi-dimensional follow-up visits, dynamically grasp the home-based rehabilitation of patients, and timely discover and rectify various problems in the rehabilitation process. A two-way linkage mode of upward feedback on community nursing and downward guidance on hospital nursing shall be established. The community shall be responsible for daily basic continuous nursing, and the hospital shall be responsible for guidance on difficult problems, adjustment of rehabilitation plan and handling of emergencies.

5.2. Enrich and diversify the contents of comprehensive postoperative rehabilitation nursing services

Expand the coverage of continuous nursing services, and in addition to the basic medication reminder and routine health education, add special services such as postoperative wound maintenance, pain care, nutritional dietary guidance, rehabilitation of limb functions, and prevention and control of complications. We shall also include psychological emotional counseling, negative emotional intervention, life and rest guidance, home-based care skills training, review and reminder management and other diversified service plates, and take into account the physiological rehabilitation and psychological health of patients, so as to comprehensively cover all kinds of nursing needs of patients after operation. Based on the rehabilitation characteristics of different surgical diseases, a hierarchical and systematic rehabilitation nursing system was established.

Innovate and diversify forms of nursing services, integrate online remote guidance and offline practical services, and rely on online platforms to carry out video guidance, online Q&A, rehabilitation knowledge push, and one-click consulting services, so as to provide convenient and efficient home-based nursing guidance for patients. Carry out regular offline home nursing, community rehabilitation training, one-on-one physical exercise teaching, offline health lectures and other activities, and guide patients and their families to master home rehabilitation skills^[4].

5.3. Strengthen the construction of rehabilitation professional ability and comprehensive quality of nursing staff

Establish a systematic and normalized special training system for nursing staff, regularly organize and carry out special training on postoperative rehabilitation knowledge, continuous nursing norms, rehabilitation guidance skills, psychological intervention methods, communication ability and other skills, and comprehensively consolidate the professional theoretical foundation and practical service ability of nursing staff. Specialized rehabilitation training for different surgical departments shall be carried out to enable nurses to master the key points of rehabilitation after various operations and the methods for handling common problems, enhance the ability of personalized nursing guidance and emergency response to unexpected problems, and build a team of compound professional rehabilitation nursing talents.

Emphasis was put on strengthening the nurses' consciousness of active service, responsibility and humanistic service, changing the traditional solidified nursing thinking, setting up the whole cycle closed-loop nursing service idea, and attaching importance to the follow-up of nursing outside the hospital. The post assessment and incentive management mechanism shall be improved, and the effectiveness of continuous nursing services, patient satisfaction and rehabilitation guidance quality shall be included in the scope of daily assessment, so as to mobilize the enthusiasm and initiative of nurses.

6. Conclusion

Continuous nursing is an important measure to ensure efficient rehabilitation of surgical patients and improve the modern clinical nursing system. It plays an irreplaceable role in speeding up the recovery of patients, reducing the risk of rehabilitation and improving the quality of holistic nursing. At present, there are still many practical problems in postoperative continuous nursing, such as imperfect connection mechanism, single service content and insufficient professional ability. In practice, it is necessary to strictly follow the principles of consistency, personalization and professional service, improve the multi-party linkage nursing mechanism, enrich the contents of diversified rehabilitation services, strengthen the building of nursing talents, and coordinate and promote the standardized implementation of continuous nursing services in a multi-dimensional manner. Postoperative rehabilitation nursing service chain should be connected in an all-round way, and the nursing service mode should be optimized continuously, so as to meet the needs of patients in the whole cycle of rehabilitation and promote the steady development of surgical nursing.

Disclosure statement

The author declares no conflict of interest.

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