

## THE ROLE OF THE NURSES IN CARE OF PATIENTS WITH DIGESTIVE SYSTEM DISEASES

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Digestive system diseases can affect individuals of all ages and require comprehensive and specialized care. Effective management of digestive system diseases requires a multidisciplinary approach, involving healthcare professionals with specialized skills and knowledge. Nurses play an integral role in this approach, working in collaboration with other healthcare professionals to provide high-quality care to patients with digestive system diseases.

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## РОЛЬ МЕДИЧНОЇ СЕСТРИ В ДОГЛЯДІ ЗА ПАЦІЄНТАМИ ІЗ ЗАХВОРЮВАННЯМИ ТРАВНОЇ СИСТЕМИ

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Захворювання органів травлення можуть уражати людей будь-якого віку і вимагають комплексної та спеціалізованої допомоги. Ефективне лікування захворювань травної системи потребує мультидисциплінарного підходу із залученням медичних працівників зі спеціальними навичками та знаннями. Медичні сестри відіграють невід'ємну роль у цьому підході, взаємодіючи з іншими медичними працівниками, щоб надавати високоякісну допомогу пацієнтам із захворюваннями травної системи.

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**Introduction.** Nurses who work with patients with digestive system diseases may specialize in gastroenterology, endoscopy, or enterostomal therapy. They work in a variety of settings, including hospitals, clinics, and home care, and collaborate closely with physicians, dietitians, and other healthcare professionals to develop individualized care plans that address the specific needs of each patient. Nurses act as advocates for their patients, ensuring that their voices are heard and their needs are met.

**The main part.** One of the key roles of nurses in the care of patients with digestive system diseases is patient education. Nurses provide information to patients and their families about the disease process, treatment options, and self-care strategies, such as dietary modifications, medication management, and symptom management. They also teach patients how to manage their symptoms, such as nausea, vomiting, and diarrhea, and how to recognize signs of complications, such as bleeding or infection [1, 2]. Nurses are

responsible for explaining medical procedures, treatments, and medications to patients in a way that is easy to understand. They also provide guidance on lifestyle modifications and self-care strategies that can help patients manage their condition.

In addition to educating patients, nurses also provide support to their families. They help families understand the patient's condition, answer their questions, and provide emotional support. Nurses may also provide education and support to family members who are caring for the patient at home.

By providing information and support to patients and their families, nurses help to empower them to take an active role in their own care. This can lead to better outcomes, increased patient satisfaction, and a more positive overall healthcare experience.

Nurses provide information to patients and their families in several ways, depending on the patient's condition and individual needs. Some of the most common ways that nurses provide education and support to patients and their families include:

*In-person communication:* Nurses often meet with patients and their families in person to provide education and answer questions. They may use visual aids, such as diagrams or videos, to help explain complex medical information.

*Written materials:* Nurses may provide written materials, such as brochures or pamphlets, that patients and their families can take home and review at their own pace.

*Technology:* With the rise of telehealth and other digital technologies, nurses may also provide education and support to patients and their families remotely. This can include video conferencing, online chat, or email communication.

*Support groups:* Nurses may also facilitate support groups for patients and their families. These groups provide an opportunity for individuals to connect with others who are experiencing similar challenges and to share information and resources.

By using a variety of communication methods, nurses can provide information and support to patients and their families in a way that meets their individual needs and preferences.

Nurses also play a critical role in the screening and prevention of digestive system diseases. They may assist with diagnostic tests, such as colonoscopies or endoscopies, and provide pre- and post-procedure education and support. Nurses also educate patients about the importance of maintaining a healthy lifestyle, including eating a balanced diet, exercising regularly, and avoiding alcohol and tobacco [3]. They work in collaboration with other healthcare professionals to identify patients who are at risk of developing digestive system diseases and to provide appropriate screening tests and interventions.

One way that nurses contribute to screening and prevention is through patient assessments. Nurses are often the first healthcare professionals to interact with patients and can identify risk factors for digestive system diseases, such as obesity, poor nutrition, and sedentary lifestyle. By conducting comprehensive assessments, nurses can identify patients who may benefit from screening tests or lifestyle modifications to reduce their risk of developing digestive system diseases.

Nurses may also provide education to patients and their families about the importance of early detection and prevention of digestive system diseases. They may provide information on screening tests, such as

colonoscopies or fecal occult blood tests, and help patients understand the benefits of early detection.

In addition to patient education and assessments, nurses also collaborate with other healthcare professionals to develop and implement screening and prevention programs. For example, nurses may work with dietitians to develop nutrition education programs, or with gastroenterologists to provide colonoscopy screenings to at-risk patients.

By taking an active role in the screening and prevention of digestive system diseases, nurses can help patients maintain their health and avoid serious complications. Through patient education, assessments, and collaboration with other healthcare professionals, nurses can identify and address risk factors for digestive system diseases and promote healthy behaviors to reduce the incidence of these conditions.

In addition to patient education, nurses provide direct patient care, such as administering medications, monitoring vital signs, and performing procedures such as nasogastric tube placement or wound care for patients with enterostomies. They also collaborate with other healthcare professionals to manage patients' pain, nausea, and other symptoms and to ensure that patients receive timely and appropriate care [4]. Patients with digestive system diseases may require specialized care, such as management of bowel incontinence, nutritional support, or wound care. Nurses are trained to provide this type of care and have a deep understanding of the specific needs of patients with digestive system diseases.

For example, patients with inflammatory bowel disease (IBD) may require close monitoring of their symptoms and may require medications such as immunosuppressants or biologics. Nurses are responsible for administering these medications, monitoring for side effects, and educating patients on the importance of adherence to their medication regimen.

Similarly, patients with enterostomies, such as colostomies or ileostomies, require specialized care to prevent complications such as skin breakdown or infection. Nurses are responsible for monitoring the stoma site, providing education on proper care techniques, and assisting with stoma appliance changes.

In addition to direct patient care, nurses also work closely with other healthcare professionals to ensure that patients with digestive system diseases receive comprehensive and coordinated care. They collaborate with dietitians to develop specialized nutrition plans,

with social workers to address psychosocial needs, and with physicians to develop treatment plans.

Dietitians are experts in nutrition and can provide guidance on specific dietary interventions that can help manage symptoms and improve outcomes for patients with digestive system diseases. For example, patients with inflammatory bowel disease (IBD) may require specific dietary modifications to manage their symptoms. A dietitian can work with the nurse and the patient to develop a personalized nutrition plan that meets the patient's nutritional needs while also minimizing symptoms such as diarrhea or abdominal pain [5].

Similarly, patients with liver disease may require a specialized diet to manage their condition. A dietitian can work with the nurse and the patient to develop a nutrition plan that meets the patient's nutritional needs while also minimizing stress on the liver [6, 7].

Nurses play an important role in facilitating communication between the patient and the dietitian, ensuring that the nutrition plan is individualized and appropriate for the patient's specific condition and needs. Nurses also monitor the patient's response to the nutrition plan and communicate any changes or concerns to the dietitian [8, 9].

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Through collaboration with dietitians, nurses can help ensure that patients with digestive system diseases receive appropriate nutrition interventions that support their overall health and well-being.

Overall, nurses play a crucial role in the care of patients with digestive system diseases, providing information, education, and emotional support to patients and their families. They are involved in screening and prevention, monitoring and assessing patients' conditions, and administering medications and other treatments.

**Conclusion.** In conclusion, nurses play a crucial role in the care of patients with digestive system diseases. They provide comprehensive care that encompasses patient education, screening and prevention, direct patient care, and collaboration with other healthcare professionals. Nurses are instrumental in helping patients manage their symptoms, maintain their health, and improve their quality of life. As such, their contributions to the healthcare team are invaluable. It is important to recognize and support the important role of nurses in the care of patients with digestive system diseases to ensure the provision of high-quality, patient-centered care.

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