**ADVANTAGES OF NURSING CLINIC**

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**INTRODUCTION**

The benefits of nursing clinic cannot be over-emphasized. They help with daily tasks, housekeeping, regular meals, health care services, specialized health care services, social interaction, safety and security, relieving stress on family members, and access to outside resources. When a family member requires more care than their relatives can provide, it is time to consider a nursing clinic. Nursing clinic are also referred to as skilled nursing facilities. When the time to look for a care home for a loved one comes, it can sometimes be difficult to identify what type of setting is best suited to their needs. In short, nursing clinic offer services to people that may need more care and support than help with washing, dressing and taking their medication or other types of personal care.

Nursing clinic, which are sometimes referred to as residential nursing homes or care homes with nursing, have qualified nurses and care assistants to provide nursing care in addition to residential care. The purpose of a nursing home is to provide care and support for people with specific conditions or different types of disabilities who struggle significantly with daily life and need the added support. In a nursing clinic care facility, there is always at least one qualified and registered nurse on site, meaning residents have access to 24-hour medical care and skilled nursing support.

Some nursing clinic provide specialist care, where staff are trained to care for people with a specific medical condition. The facility could specialize in caring for people with dementia, severe learning disabilities, substance abuse and more. Whether someone needs short-term or long-term care, nursing homes are for people who cannot be cared for sufficiently at home because they need regular medical attention but do not need to go into hospital. For example, a person may have to go into a nursing home when they need intensive rehabilitative care following a stroke or are unable to swallow and require artificial feeding. Nursing clinic can improve a resident’s quality of life. When considering how best to deal with the problems of getting older, you need to be sure that your loved ones receive the highest standard of care.

**Nursing clinic have number of advantages these are:**

1. **HEALTH CARE SERVICES**

Training nursing staff are always on hand in nursing clinic, ready to deal with any medical problem that arises quickly and efficiently. Staff dispense medication at the appropriate time and arrange further investigation when this is deemed necessary . Good nursing homes offer standard health care to their residents. They always have trained nursing staff who are ready to deal with any medical problems that may arise. The services they offer are wound dressing, dressing, administering medication, monitoring their general health status, pain control, emergency services, etc. Offer Specialized Healthcare Services. Some seniors have medical conditions like Alzheimer’s or Dementia, that require special attention. Seniors’ nursing home, therefore, requires staff who are trained to attend to needs that are specific to them.

1. **AROUND THE CLOCK CARE**

The most obvious advantage of placing a loved one in a nursing clinic is that there is continual care available 24 hours a day, seven days a week. That is practically impossible for family members to provide at home. Even with the ability to monitor the loved one with Web cameras, the attentiveness such monitoring requires means that the care givers in the family never get a real break. In a nursing clinic, there is always a trained health care worker available to monitor and, when necessary, intervene to help loved one. As they can also help to solve their health-related issues.

1. **ASSISTANCE IN DAY TODAY ACTIVITY**

Many elderly ones find it difficult to do everyday tasks like bathing, dressing, eating, drinking, using the restroom, etc. They need extra care to get things done. A nursing home always has a member of staff available to help them with any of the daily tasks that they may have difficulty with. Many people find that they struggle with many of the everyday task of daily living and in nursing clinic there will be always a member on hand to help with the task.

1. **HELP IN HOUSEKEEPING**

Older people may not be able to keep up to tasks like keeping their environment or clothes clean. In a nursing clinic, there are people on duty to take care of cleaning and laundry. They make sure that the elderly’s environment is kept clean, their beddings are changed regularly, and their clothes are always properly washed and pressed.

1. **HAVE REGULAR MEAL PLAN**

Some of the older ones can’t cook themselves, while some others can’t feed themselves. A few others even forget to eat or drink when due, especially if they are suffering from illnesses like dementia. When your elderly ones are at a nursing clinic, you don’t have to worry about whether they’ve eaten or not. The nursing home ensures that they are given healthy and balanced meals at regular intervals. Some nursing homes even have a nutritionist and/or dietician that can help with specialized diets.

1. **ADVANTAGE TO FAMILY**

As a family every one considers that your loved one is living in safe nursing clinic and that he or she is also being fed and given medications on time, your family can return to a more normal life. Because the people who are most likely to serve as the caregivers for elderly and impaired relatives still often have children at home, it is a relief to once again be able to prioritize their needs. When the nursing clinic is close enough to your home to allow regular or even daily visits, even short visits, you can maximize your availability to the whole family. Having a family member that is elderly can put a strain on the other family members. While trying to create time to take care of their elderly ones, your work and family suffer, and vice versa. It is therefore advisable that you take them to a good nursing home where they’ll be well-catered for, while you have more time for yourself, the rest of the family, and your work. To make an informed decision about taking your loved one to a nursing home, you must know the pros and cons of living there. Having a family member that is elderly can put a strain on the other family members. While trying to create time to take care of their elderly ones, your work and family suffer, and vice versa. It is therefore advisable that you take them to a good nursing home where they’ll be well-catered for, while you have more time for yourself, the rest of the family, and your work. To make an informed decision about taking your loved one to a nursing home.

Caregivers face many challengers, including the tendency to neglect of their own physical and emotional health in order to help others. Support groups are one way in which caregivers can decrease their stress. These groups focus on topics that can help them share their experiences, offering comfort and understanding and teaching important coping skills.

1. **SPECIFIC UNIT CARE**

Many nursing homes offer their patients a selection of graduated care units. If your loved one has dementia or Alzheimer's disease, many nursing homes have special care units staffed with expertly trained caregivers. Nursing homes also usually have occupational therapists, physical therapists, and psychologists available in house to provide therapies and/or critical care for the residents as needed, with the convenience of having to transport your loved one to various medical offices.

Good nursing clinic offer standard health care to their residents. They always have trained nursing staff who are ready to deal with any medical problems that may arise. The services they offer are wound dressing, administering medication, monitoring their general health status, pain control & emergency services, etc.

1. **SOCIAL ADVANTAGE**

Nursing clinic provide lots of social options for the residents who are able to participate. Without having to leave the facility, patients can do crafts and art projects, play bridge or bingo, nursing clinic also encourage social interaction. Being in a social environment is a very important benefit of a nursing home. Human beings are social beings, and that is why there is always a longing to be with people and interact with them. Old age comes with loneliness, which can lead to depression. Therefore, an important reason why old people should live in a nursing clinic where they can be with their peers and interact with them. They can also engage in fun-filled activities like outings and games, which can keep them active and mentally stimulated. The safety of elderly ones cannot be guaranteed, especially when they are alone. An elderly one with dementia can easily forget to close the windows or lock the doors, which makes them vulnerable to danger. However, living in a nursing home can guarantee their safety because the staff is responsible for making sure that the residents are safe.

1. **FINANCIAL ADVANTAGE**

Obviously, there are differences in the amenities at various nursing homes, and the more a nursing home has to offer, the more it likely will cost. Many nursing homes are certified by Medicare and Medicaid, so these programs often cover the costs of eligible patients.

1. **ENCOURAGE SOCIAL INTRACTION**

 Being in a social environment is a very important benefit of a nursing home. Human beings are social beings, and that is why there is always a longing to be with people and interact with them. Old age comes with loneliness, which can lead to depression. Socializing is; therefore, an important reason why old people should live in a nursing home where they can be with their peers and interact with them. They can also engage in fun-filled activities like outings and games, which can keep them active and mentally stimulated.

1. **SAFE AND SECURE**

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1. **ASSESS TO OUTSIDE RESOURCES**

The world is advancing in technology and has left some of our old folks behind. When they are in a nursing home, the staff on duty can help them with anything that has to do with using technology. They can get assistance from anyone on hand, be it making a phone call or sending an email, which helps them stay connected to family and friends.

1. **SELF CARE**

Self-care is incredibly important for caregivers and is usually the first thing that overwhelmed caregivers’ neglect. Neglecting self-care can lead to burn-out. Self-care encompasses many subtopics that may be discussed at separate meetings. For instance, participants may share diet and exercise tips, productive ways to cope with feelings, strategies that have or have not helped, methods of combating depression and relaxation and other stress-reduction techniques. The group can also bring in an expert, such as a therapist, counselor or meditation instructor.

1. **RELATIONSHIP**

Caregivers have many changing needs, especially when caring for a loved one. Topics that deal with changing family relationships can be important discussion topics for relaying information and normalizing the experiences of group members. The group discussion can also be organized around personal experiences of marital and family change and loss if the person being cared for is a spouse or family member. The group may also brainstorm about how to have healthy boundaries and ways to take care of a loved one when living at a distance. Group participants can also discuss topics that have to do with the daily challenges of caregiving, such as finding respite care and support.

1. **HELTHCARE**

Caregivers may also take on the responsibility of negotiating the healthcare system on behalf of the person for whom they are caring. Participants may set aside a meeting to share specific information about local healthcare resources, such as nursing, social work and other social service resources. They may also invite a local social service organization to help the group connect to services and educate them on issues such as help paying for medical services, healthcare providers such as local clinics and home care services.

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