

## THE DUAL PILLARS OF HEALING: HOW NURSING CARE AND HEALTH SERVICES WORK IN TANDEM FOR PATIENT RECOVERY

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### Abstract

*Healthcare is bolstered by the invaluable synergy between nursing care and health services, two fundamental components fostering patient recovery and wellness. Nursing care, a holistic approach, addresses patients' physical, emotional, social, and spiritual needs, serving multiple roles such as caregivers, educators, counselors, and advocates. Concurrently, health services encompass a broad spectrum of clinical endeavors, including diagnosis, treatment, and preventive care, executed by skilled healthcare professionals. Together, they form a collaborative and complementary relationship crucial for efficient patient recovery. Health services offer medical expertise for diagnosing and treating conditions, whereas nursing care provides personalized support, promoting patient comfort and empowerment. This integrated approach, observed across various healthcare settings, ensures not only medical attention but also encourages patients' active, confident participation in their recovery processes. Consequently, the alliance between nursing care and health services enhances patient outcomes by facilitating a comprehensive recovery environment that supports, understands, and empowers patients, leading to improved and sustainable health results.*

**Keywords:** *Healthcare, Nursing, services, Patient recovery, Wellness, Holistic approach, Diagnosis, Treatment, empowerment, participation, Educators*

## **1- INTRODUCTION:**

Healthcare delivery is an intricate, multifaceted sphere, necessitating the harmonious interplay of various components to ensure optimal patient outcomes. At the forefront of this dynamic landscape are nursing care and health services, two integral elements that underpin the entire continuum of care, from prevention and diagnosis to treatment and rehabilitation (WHO, 2020). These entities do not operate in silos; instead, they embody a complementary relationship, collectively enhancing the efficacy and quality of care provided to patients.

Nursing care is emblematic of a comprehensive, patient-centric paradigm that emphasizes holistic well-being (American Nurses Association, 2015). Within this framework, nursing professionals undertake diverse roles, ranging from caregivers and educators to advocates and counselors, addressing the gamut of patients' physical, emotional, social, and spiritual needs. Their involvement extends beyond clinical tasks, encompassing education, support provision, and active participation in care planning and delivery, thereby cultivating a supportive environment conducive to healing and recovery (Saranto & Kinnunen, 2009).

On the other hand, health services denote a broader conglomeration of clinical and preventive interventions designed to diagnose, treat, and manage various health conditions. These services are dispensed by a cadre of healthcare professionals, including physicians, therapists, specialists, and allied health staff. The strategic alignment and integration of these services are imperative to navigate the complexities of healthcare delivery, ensuring that patients receive timely, appropriate, and effective care (Starfield, Shi & Macinko, 2005).

The relationship between nursing care and health services is not merely additive; it is synergistic. Each element reinforces and amplifies the other, yielding a collaborative dynamic that is pivotal for patient recovery and health maintenance. The cross-functional collaboration between nurses and other healthcare providers fosters a climate of mutual respect and understanding, facilitating seamless communication and coordination throughout the care process (Reeves, Pelone, Harrison, Goldman & Zwarenstein, 2017).

This integration is crucial in the contemporary healthcare context, characterized by an increasing prevalence of chronic diseases, an aging population, and the ongoing quest for improving care quality while containing costs. The synergy between nursing care and health services is instrumental in addressing these challenges, providing a robust foundation for delivering patient-centered, evidence-based, and cost-effective care (Institute of Medicine, 2011).

Understanding the nuanced interdependencies between nursing care and health services is indispensable for healthcare practitioners, policymakers, educators, and researchers alike. This awareness informs practice, guides policy formulation, influences educational curricula, and shapes research agendas, ultimately contributing to the advancement of healthcare delivery and the improvement of patient outcomes globally.

## **2- Previous Studies**

Previous research extensively illuminates the synergistic relationship between nursing care and health services, emphasizing their collective importance in optimizing patient recovery and overall healthcare delivery. A seminal report by the World Health Organization (WHO, 2020) underscores nursing's pivotal role in global health, noting that nurses are indispensable in providing essential health services, including primary and preventive care, to populations worldwide.

The American Nurses Association (ANA, 2015) delineates the scope and standards of nursing practice, highlighting nurses' multifaceted responsibilities, which encompass caregiving, educating, counseling, and advocating for patients and their families. This comprehensive approach to care, as outlined by the ANA, is instrumental in addressing patients' holistic needs, fostering an environment that supports their physical, emotional, social, and spiritual well-being.

Research conducted by Saranto and Kinnunen (2009) evaluates the significance of nursing documentation, a critical component of nursing care, in enhancing communication, care planning, and delivery among healthcare professionals. Their systematic review suggests that meticulous nursing documentation contributes to the quality and continuity of care, facilitating better coordination among various health services provided to patients.

Starfield, Shi, and Macinko (2005) explore the substantial contribution of primary care to health systems and overall health outcomes. Their research indicates that effective integration of primary care services, including nursing care, is associated with improved health indicators, reduced health disparities, and more efficient utilization of health resources.

In the context of interprofessional collaboration, a Cochrane review by Reeves et al. (2017) examines the impact of collaborative practices between nurses and other healthcare professionals on patient care and healthcare outcomes. The review concludes that interprofessional collaboration significantly enhances the quality of patient care, leading to better healthcare outcomes and improved professional practice.

Lastly, the Institute of Medicine (2011) provides visionary insights into the future of nursing, emphasizing the profession's transformative role in leading and advancing health. This report highlights the imperative for nurses to collaborate closely with other healthcare providers and engage in continuous learning and development to drive innovation and improvement in health services delivery.

## **3- Defining the Pillars**

Understanding the pillars of nursing care and health services is fundamental in appreciating their combined role in ensuring superior patient care. The American Nurses Association (ANA, 2015) provides a comprehensive definition of nursing care, highlighting it as an integral approach that incorporates attending to the holistic needs of patients. Nursing care

encompasses diverse roles including caregiving, education, counseling, and advocacy for patients and their families. These roles address not only the physical requirements of patients but also their emotional, social, and spiritual needs, thereby facilitating a supportive environment that is vital for the healing and recovery process.

On the other hand, health services represent a broad set of clinical and preventive interventions aimed at diagnosing, treating, and managing a plethora of health conditions. This term is inclusive of the efforts and services provided by a diverse group of healthcare professionals such as physicians, therapists, specialists, and allied health staff (Starfield, Shi & Macinko, 2005). The alignment and integration of these services are of paramount importance to successfully navigate through the intricate landscape of healthcare delivery, ensuring that patients receive the necessary care in a timely, appropriate, and effective manner.

When nursing care and health services function collaboratively, they create a synergy that is fundamental for patient recovery and health maintenance. Each pillar not only supports the other but also enhances the other's function, thereby forming a collaborative dynamic essential for the healing process. Nurses and healthcare providers working together foster an environment of mutual respect and understanding, and this collaboration is crucial for seamless communication and coordination throughout the care process (Reeves et al., 2017).

In the context of the present healthcare environment, characterized by the rising prevalence of chronic diseases, an aging population, and the imperative for high-quality care alongside cost containment, understanding the synergy between nursing care and health services becomes even more critical. The Institute of Medicine (2011) notes that the collaboration between these pillars is crucial in addressing contemporary healthcare challenges, providing a robust foundation for delivering patient-centered, evidence-based, and cost-effective care.

#### **4- Nursing Care: The Foundation of Patient-Centered Care**

Nursing care represents the bedrock of patient-centered care, delivering a holistic and compassionate approach that is crucial for optimal patient outcomes. According to the American Nurses Association (ANA, 2015), nursing care is fundamentally a patient-centric practice. It extends beyond clinical services to embody emotional support, patient education, advocacy, and care coordination, addressing the comprehensive needs of patients and their families.

The holistic approach of nursing care considers the patient as a whole—recognizing the intricate interplay between physical health, emotional wellbeing, social circumstances, and spiritual needs. As articulated by Dossey et al. (2020), this approach is vital for fostering an environment conducive to healing and recovery, promoting patient dignity, respect, and empowerment throughout the healthcare journey.

Nursing care also plays a pivotal role in patient education, a process crucial for enhancing patient understanding, engagement, and compliance with treatment regimens (Saranto & Kinnunen, 2009). By providing patients and families with the necessary knowledge and skills to manage their health conditions, nurses facilitate informed decision-making and self-management practices that contribute to better health outcomes.

Care coordination is another essential function of nursing care, ensuring seamless integration and transition of care across various healthcare settings and services (McDonald et al., 2014). Nurses often serve as the main point of contact for patients, collaborating with other healthcare professionals to deliver coordinated and integrated care that is responsive to the changing needs of patients.

Advocacy, another cornerstone of nursing care, involves actively working to support the rights and interests of patients (Curtis, 2016). Nurses often advocate for patient access to necessary health services, protection of privacy, and participation in decision-making processes related to their care, reinforcing the principles of patient autonomy and informed consent.

Together, these facets of nursing care consolidate to form the foundation of patient-centered care, providing a supportive framework that not only addresses the medical needs of patients but also considers their personal values, preferences, and unique life circumstances.

#### **5- Health Services: Enabling Comprehensive Healthcare**

Health services stand as a pivotal component in the broad tapestry of comprehensive healthcare, offering a range of clinical and preventive services essential for patient health and wellbeing. These services embody a spectrum of interventions, from diagnostics and treatment to rehabilitation and palliative care, ensuring individuals receive the requisite medical attention for diverse health conditions (Starfield, Shi & Macinko, 2005).

Notably, health services extend beyond the confines of acute care, incorporating primary care, specialty care, and public health initiatives aimed at preventing diseases and promoting health within communities. The structure of health services is designed to address both immediate and long-term health needs of individuals, providing accessible and coordinated care that aligns with patients' health goals and expectations (Institute of Medicine, 2001).

Furthermore, the efficiency and effectiveness of health services significantly influence the overall quality of healthcare delivery. Efficient health services streamline the patient care process, reducing delays and improving the accuracy of diagnostics and effectiveness of treatment plans. In this context, evidence-based practices within health services are imperative, as they contribute to improved patient outcomes by implementing interventions proven to be effective through rigorous scientific research (Brownson, Fielding & Maylahn, 2009).

In addition, health services play a crucial role in health equity, aiming to provide accessible and affordable care to all individuals regardless of their socio-economic status. The integration of health services within a universal healthcare

system is fundamental for reducing health disparities and ensuring that every individual has equal access to the necessary medical services (Marmot, Friel, Bell, Houweling & Taylor, 2008).

In understanding the panorama of health services, it is essential to acknowledge the value of interprofessional collaboration. The coordinated effort among various healthcare providers, including physicians, nurses, therapists, and other healthcare professionals, is vital for delivering comprehensive and patient-centered care (Reeves et al., 2017).

In conclusion, health services are indispensable enablers of comprehensive healthcare, providing a wide range of clinical and preventive services necessary for addressing the multifaceted health needs of individuals and communities.

## **6- The Complementary Relationship**

The complementary relationship between nursing care and health services is an imperative focus in healthcare literature, being foundational to effective patient recovery and care quality. Health services primarily deal with the clinical aspects of patient care, involving diagnosis, treatment, and preventive interventions conducted by healthcare professionals (Starfield, Shi & Macinko, 2005). These services are designed to address specific health conditions and are typically executed by an array of healthcare providers, from physicians and specialists to therapists.

On the opposite side, nursing care delivers a more personalized approach to patient care, serving as a support mechanism that facilitates the treatment and healing process (ANA, 2015). Nurses provide not only clinical care but also emotional and psychological support to patients, engaging in educational and advocacy roles. They ensure that care plans are not only medically sound but also patient-centered, addressing the comprehensive needs of each patient.

The synergy of nursing care and health services substantially enhances the patient recovery process. The integration of these two aspects of care is fundamental, with each playing a significant role in ensuring effective and efficient patient recovery and care. While health services deliver the technical, clinical aspects of care, nursing provides the supportive environment necessary for patients to understand, participate in, and navigate through their treatment and recovery process (Reeves et al., 2017).

The collaboration between nursing and health services has also been identified as crucial in the management of chronic diseases and long-term care, where patients require not only medical intervention but also long-term support and care coordination (Institute of Medicine, 2011). The seamless cooperation between these two pillars ensures a continuum of care that supports patients from diagnosis through to recovery and rehabilitation, providing an integrated approach to healthcare that is essential in today's complex health environment.

The complementary relationship between nursing care and health services thus provides a balanced, integrated approach to patient care. Recognizing and leveraging this complementary relationship is crucial for healthcare professionals, as it enables the provision of high-quality, patient-centered care that meets the diverse needs of patients in various healthcare settings.

## **7- Symbiotic Roles in Patient Recovery**

The symbiotic roles that nursing care and health services play in patient recovery cannot be overstated. In various healthcare settings, these components come together to provide an integrated approach to care that is essential for optimal patient outcomes. Their intersection is evidenced by their collective efforts in developing, planning, and implementing patient treatment plans, while also providing emotional and educational support to patients and their families.

Nursing professionals often work hand-in-hand with physicians, therapists, and other healthcare providers to develop and refine individualized treatment plans for patients (ANA, 2015). They are intricately involved in the administration and monitoring of these plans, providing a supportive framework that enhances patient comprehension and adherence to prescribed treatment regimens. Furthermore, nurses play a pivotal role in patient education, ensuring that patients and their families are well-informed about their conditions, treatment options, and the necessary lifestyle adjustments required for successful recovery (Saranto & Kinnunen, 2009).

Concurrently, health services focus on delivering the necessary clinical interventions required for patient recovery. From accurate diagnosis to effective treatment and preventive care, health services ensure that patients receive the appropriate medical attention required for their conditions (Starfield, Shi & Macinko, 2005). These clinical interventions are supported and supplemented by the diligent care provided by nursing professionals, who ensure that patients' broader needs, beyond their immediate medical requirements, are adequately met.

The collaborative environment created by the interaction between nursing care and health services fosters a seamless care continuum. This cooperation significantly contributes to a healthcare landscape where patient needs are prioritized, and care is coordinated efficiently among various healthcare providers (Reeves et al., 2017). Such a coordinated effort is instrumental in reducing healthcare fragmentation, improving the patient experience, and ultimately leading to better patient outcomes.

In this harmonized framework, patients are empowered to take an active role in their recovery process. The support provided by both nursing care and health services not only facilitates physical healing but also addresses the emotional and psychological aspects of recovery, providing patients with the confidence and resilience required to navigate through their healthcare journeys (Institute of Medicine, 2011).

## **8- Enhancing Patient Outcomes**

The collaborative efforts between nursing care and health services are instrumental in enhancing patient outcomes, providing a holistic approach that supports patients through every step of their recovery journey. Together, nursing care

and health services deliver a combination of clinical expertise, personalized care, and emotional support that caters to the multifaceted needs of patients.

The Institute of Medicine (2011) emphasizes the importance of this collaboration, highlighting how it fosters an environment where patients are encouraged to actively participate in their care. This participative model not only aids in better understanding and management of the patients' health conditions but also empowers them to take control of their health, leading to improved adherence to treatment plans and ultimately better health outcomes.

Furthermore, research by Reeves et al. (2017) illustrates that the interprofessional collaboration between nursing staff and other healthcare providers significantly improves the quality of patient care. This collaboration ensures that care is seamlessly coordinated, reducing the risks of medical errors and enhancing the effectiveness of care delivery. The study found that such collaborative practices lead to improved healthcare outcomes and more satisfactory experiences for patients.

Patient education, a fundamental role of nursing care, also plays a pivotal role in enhancing patient outcomes (Saranto & Kinnunen, 2009). By ensuring that patients are well-informed about their health conditions and treatment options, nursing care enhances patient engagement and adherence to prescribed treatments, leading to more successful recovery processes and improved quality of life.

Moreover, the holistic approach taken by nursing care, which addresses not only the physical but also the emotional, social, and spiritual needs of patients, provides a supportive framework that is crucial for patient recovery (ANA, 2015). This comprehensive care approach ensures that patients receive the support they need to cope with the challenges of their health conditions and treatments, enhancing their resilience and emotional well-being, which are integral to the recovery process. The synergistic relationship between nursing care and health services thus plays a crucial role in improving patient outcomes, providing an integrated and supportive approach to care that addresses the diverse needs of patients. This collaboration is foundational to delivering high-quality, patient-centered care that leads to successful patient recovery and improved health and well-being.

## **Conclusion**

The intricate and indispensable relationship between nursing care and health services constitutes the cornerstone of effective patient recovery and healthcare delivery. Each element within this dynamic duo complements and amplifies the other's strengths, collaboratively working to provide a seamless, supportive environment throughout the patient's healthcare journey. This synergy is not merely an operational necessity; it's a critical factor that enhances the quality of patient care, supports the treatment process, and significantly improves healthcare outcomes.

Nursing care and health services together form a robust framework where clinical expertise meets compassionate care, and where patient treatment is not only medically sound but is also delivered with a deep understanding of the patient's holistic needs, from physical and emotional to social and spiritual aspects. This approach ensures that the care patients receive is truly patient-centered, empowering them to actively participate in their recovery process while also providing them with the essential support they need at every step of the way.

Research consistently underscores the significant benefits arising from the collaborative practices between nursing and health services. Such collaboration is essential in today's complex and evolving healthcare landscape, characterized by an aging population, the prevalence of chronic diseases, and the continual need for high-quality, cost-effective care. The synergistic relationship between nursing care and health services addresses these challenges head-on, providing a foundation for healthcare delivery that is not only effective and efficient but is also deeply rooted in meeting the diverse needs of patients in various healthcare settings.

In conclusion, recognizing and fostering the complementary relationship between nursing care and health services is imperative for healthcare practitioners, policymakers, educators, and researchers. Understanding the nuances and intricacies of this relationship informs practice, influences policy, shapes educational curricula, and drives research agendas. Ultimately, this recognition and understanding contribute significantly to advancing the field of healthcare, improving the quality of care delivered, and most importantly, enhancing the health and well-being of patients globally. Through their combined efforts, nursing care and health services collectively act as the dual pillars supporting the edifice of healthcare, each one indispensable and irreplaceable, working in tandem to promote healing, recovery, and wellness.

## **9- Future Directions**

The symbiotic relationship between nursing care and health services continually evolves in response to the shifting landscape of healthcare needs and technological advancements. Exploring future directions of this dynamic partnership necessitates a focus on integrated care models, technological adoption, educational initiatives, and policy advocacy to further enhance patient outcomes and care delivery efficiency.

### **Integrated Care Models**

Future healthcare paradigms increasingly emphasize integrated care models where nursing care and health services seamlessly collaborate. Integrated care fosters a holistic approach to patient wellness, ensuring that care delivery is patient-centered, efficient, and equitable (Valentijn et al., 2013). Adopting such models requires organizational restructuring, inter-professional education, and shared electronic health records to facilitate communication and care coordination.

### **Technological Adoption**

The emergence of advanced technologies, including telemedicine, artificial intelligence (AI), and wearable devices, profoundly influences the complementary roles of nursing care and health services. These technologies support remote patient monitoring, personalized medicine, and data analytics, allowing for precise diagnosis, treatment customization, and enhanced patient engagement (Wachter, 2015). Nursing professionals need to acquire digital literacy skills to adapt to these technological shifts effectively, while health services must invest in infrastructure that supports technology integration.

### **Educational Initiatives**

Investments in continuous professional development and interdisciplinary education are crucial for preparing healthcare professionals to navigate the complex, integrated healthcare environment (Frenk et al., 2010). Education curricula should focus on collaborative practice, communication skills, and technology use, ensuring that future healthcare practitioners can effectively contribute to the synergistic relationship between nursing care and health services.

### **Policy Advocacy**

Advocacy for policies that support the collaboration between nursing care and health services is vital for sustaining and enhancing their complementary relationship. Such policies should promote workforce development, facilitate technology adoption, and support research on integrated care effectiveness (Institute of Medicine, 2010). Engaging in advocacy enables healthcare professionals to influence legislative and regulatory frameworks, ensuring that they are conducive to collaborative practice and improved patient care.

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