

The Role of Skilled Nursing Facilities in Enhancing Health and Well-being for Patients and Nurses

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ABSTRACT

Nursing is the cornerstone of healthcare, with nurses playing a pivotal role in providing comprehensive care for patients. However, nurses often face a variety of challenges that impact on their health and the quality of care they provide. This review explores the important role that skilled nursing facilities (SNFs) play in promoting the health and well-being of both patients and nurses. SNFs offer a comprehensive approach to care, providing specialized services for patients with chronic conditions, the elderly, and those requiring long-term medical supervision. At the same time, these facilities foster an environment that supports the physical and psychological well-being of nurses, thereby improving job satisfaction and reducing burnout. The integration of skilled medical teams, including physicians, nurses, and therapists, ensures coordinated patient care while mitigating the challenges faced by healthcare workers. This review highlights the importance of skilled nursing facilities in improving patient outcomes through a patient-centered, collaborative model of care, and emphasizes their role in improving the quality of nursing care and overall healthcare delivery.

Keywords: Skilled Nursing Facilities, Patient Health Outcomes, Well-being, Nursing Care Quality.

Introduction

Nursing is the backbone of healthcare and is seen as a calling that requires exceptional commitment to meet the multiple and complex needs of individuals. Nursing is considered one of the most noble professions that combine compassion and competence [1]. However, it faces many challenges that prevent it from delivering its message and achieving its goals efficiently[2].

In general, nursing is exposed to several pressures and challenges in the work environment such as assault, infection, psychological and emotional stress, fatigue,

and others [3]. This negatively affects the health of nurses, and the quality of nursing care provided to patients include increased risk of medical errors and risks to patient safety [3,4].

Skilled nursing facilities (SNFs) provide a suitable nursing environment that contributes to promoting the health and well-being of both patients and nurses [5]. These facilities are important in providing health care for patients with chronic diseases, the elderly, and others. They are not limited to providing treatment and medical care, but also include strategies to support the health and well-being of nurses, which contributes to improving the quality of nursing care and improving the patient and nurse experience [6,7]. The literature indicates that the health and well-being of healthcare workers is linked to the quality of healthcare and health outcomes for patients [8,9]. Therefore, skilled nursing facilities (SNFs) play an important role in enhancing the ability of nurses to deal with their patients and meet their physical, psychological and social needs, while emphasizing the importance of continuous support for nurses in the face of professional stress and challenges [10].

Accordingly, this review aims to explore the importance and role of skilled nursing facilities in promoting the health and well-being of both patients and nurses in nursing care, and their role in achieving a comprehensive and continuous collaborative approach to providing nursing care that promotes the long-term health and general well-being of patients.

The Role of Skilled Nursing Facilities in Enhancing Health and Well-being

Skilled nursing facilities promote the health and well-being of patients, meeting their diverse and complex needs, especially for patients with chronic diseases, the elderly, or critical medical conditions who require specialized nursing care [9]. This is done by integrating specialized medical treatment with nursing, rehabilitation, and support services [11]. Skilled nursing facilities also address the psychological and emotional needs of patients and nurses.

Skilled nursing facilities provide a comprehensive and organized environment that includes a diverse group of health professionals to enhance patient care, develop treatment plans that fit the unique needs of each patient's condition, and improve nursing care outcomes [12]. In addition, skilled nursing facilities provide a supportive work environment to enhance nurse well-being and alleviate stress and burnout often associated with the nursing profession. This will lead to improved health care outcomes and patient experience [13].

Given the dynamics of changing health care systems, skilled nursing facilities play a pivotal role in promoting health and well-being, which is integral to closing gaps in care, contributing to more equitable health outcomes [13,14].

Nursing Care and Professional Support

Skilled nursing facilities include an integrated, experienced medical team of physicians, nurses, and health care professionals to provide medical and nursing care to patients. These professionals, including nurses, physicians, therapists, and nursing assistants, work collaboratively to create personalized care plans based on each

patient's unique needs, ensure timely medical and nursing services are provided to patients, and respond promptly to any emergencies [15].

Nurses and nursing technicians in skilled nursing facilities oversee the provision of comprehensive patient care, coordinate and collaborate with various medical specialties and patients to ensure appropriate medical interventions, develop treatment plans, and monitor patient progress and health outcomes [16].

How a skilled nursing facility works

A skilled nursing facility (SNF), also known as a nursing home or long-term care facility, is a residential health care facility that provides round-the-clock nursing care and specialized rehabilitation services for individuals with complex medical conditions and disabilities [17]. These facilities are equipped to provide a higher level of care than can typically be provided in home settings and meet the needs of individuals who require ongoing medical supervision, assistance with activities of daily living, and therapeutic interventions [18]. Any patient admitted to a skilled nursing facility receives an initial health assessment as well as ongoing health assessments to evaluate physical and mental health, medications, and ability to handle activities of daily living, such as bathing and dressing.

Key Features and Services Offered by Skilled Nursing Facilities

Skilled nursing facilities provide comprehensive healthcare to patients and address their multiple and complex medical needs. These services include [19,20]:

- **Medical Care:** Skilled nursing facilities employ healthcare professionals and nurses to provide 24-hour medical and nursing services, monitor vital signs, and administer medications to patients.
- **Rehabilitation Services:** Skilled nursing facilities provide physical and speech therapy services to help residents regain mobility and independence and improve their overall quality of life.
- **Personal Care:** Patients in skilled nursing facilities receive assistance with daily activities such as bathing, dressing, eating, and toileting, which enhances patient well-being.
- **Social and Recreational Activities:** Skilled nursing facilities organize activities to encourage social interaction, mental stimulation, and emotional well-being.
- **Safety and Security:** Skilled nursing facilities maintain a safe environment with monitoring systems, emergency protocols, and trained nurses to handle potential emergencies.
- **Care Planning and Coordination:** Personalized care plans are developed for each resident, with coordination among healthcare providers to ensure comprehensive care.

The Role of Skilled Nursing Facilities in Chronic Disease Care and Management

Skilled nursing facilities enhance the long-term care and support of individuals with chronic conditions. Skilled nursing facilities are designed to effectively manage and relieve the symptoms of chronic conditions, improving quality of life [21].

Specialized Programs in Skilled Nursing Facilities

Skilled nursing facilities offer specialized programs designed to meet the needs of residents with chronic conditions such as Alzheimer's, Parkinson's, dementia, or diabetes. These programs are developed by healthcare professionals who work closely with residents to ensure effective management of their conditions using modern medical techniques and tools [22].

Improving Quality of Life

In addition to medical care, skilled nursing facilities focus on providing emotional and psychological support to patients and their families. These facilities offer therapeutic interventions, counseling sessions, and support groups to help individuals cope with the emotional stresses associated with chronic illness, with the goal of improving their quality of life and overall well-being [23].

Collaboration and Continuity of Care

Skilled nursing facilities rely on a collaborative approach, communicating with physicians and specialists to ensure a comprehensive and coordinated care plan. This approach facilitates a smooth transition for residents from hospitals to nursing homes, ensuring continuity of care and providing integrated support that enhances their health and well-being [24].

Long-Term Continuing Care in Skilled Nursing Facilities

Skilled nursing facilities (SNFs) use a collaborative approach that involves medical, nursing, and other health professionals in providing medical and nursing services, ensuring continuity and comprehensive support for the community and patients. The collaborative approach, or multidisciplinary team, enables effective coordination among primary care physicians, nurses, and nursing technicians to develop individualized care plans that address the multiple and complex aspects of each patient's condition [25]. This ensures that all aspects of their physical, emotional, and mental health are considered.

In addition, the collaborative approach among healthcare teams facilitates the exchange of medical information and care plans for patients between physicians and nurses to promote consistent and coordinated care, allowing for seamless integration into the facility's care system [26]. SNFs also maintain strong relationships with trusted sources and evidence-based practices to ensure they are up to date with the latest medical developments. This commitment to evidence-based care supports the continuous improvement of quality of care and outcomes [27].

As patient needs evolve, SNFs continually review and update care plans to ensure they remain consistent with changing health conditions. Regular collaboration with healthcare providers and families is essential to ensuring the best long-term outcomes. In conclusion, a collaborative approach and continuity of care are vital in SNFs [28]. By fostering strong partnerships among health care providers and involving families in the care process, SNFs ensure that residents receive consistent, coordinated, and individualized care, promoting their long-term health and overall well-being.

Conclusion:

Skilled Nursing Facilities (SNFs) represent a crucial component in the continuum of care, offering specialized medical, nursing, and rehabilitative services to vulnerable patient populations. These facilities not only cater to the complex health needs of patients, particularly those with chronic conditions, but also provide an environment that supports the mental and emotional well-being of nursing staff. By integrating a multidisciplinary approach, SNFs ensure that patients receive comprehensive, individualized care while simultaneously addressing the challenges faced by healthcare workers. This collaborative care model enhances both patient and nurse experiences, ultimately leading to better health outcomes. As healthcare systems evolve, the role of SNFs in promoting health and well-being will continue to be vital, helping bridge gaps in care and contributing to more equitable healthcare outcomes for all involved.

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