

Innovation Project: Strengthening Nursing Care Through the Implementation of the Nursing Process

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Project Title:

Enhancing Quality Nursing Care through Structured Implementation of the Nursing Process

Project Overview:

The nursing process is the bedrock of professional nursing practice, ensuring individualized, evidence-based, and holistic patient care. Despite its centrality, implementation among practicing nurses remains a significant challenge, particularly after formal training. My innovation project addresses this gap by systematically implementing the nursing process at the International Maritime Hospital, Ghana.

Identified Problem:

Findings from my research revealed that the nursing process was poorly implemented due to several key challenges:

- **Limited understanding** of the nursing process by practicing nurses
- **Lack of logistics**, particularly the unavailability of nursing care plans
- **High workload** caused by inadequate staffing levels

Interventions and Solutions:

To address these barriers, I introduced the following innovative strategies:

1. **Capacity Building through Continuous Training:**
I organized periodic training sessions focused on reinforcing the theoretical and practical aspects of the nursing process. These workshops improved the nurses' confidence and competence in applying the process to patient care.
2. **Integration into Electronic Health Records (EHR):**
To reduce cognitive load and improve consistency, I led the integration of standardized nursing diagnoses into the hospital's EHR system. Nurses no longer needed to memorize complex classifications—they simply navigate the domains and classes to select accurate diagnoses. This digital support streamlined care planning and documentation.
3. **Standardization of Nursing Interventions:**
I compiled and disseminated a repository of evidence-based, standardized nursing orders tailored to common patient responses. This resource empowers nurses to provide timely, appropriate, and individualized interventions.
4. **Staffing Optimization:**
I implemented a policy of one nurse to a maximum of six patients—adjusted based on patient acuity—with additional support from healthcare assistants. This significantly reduced workload stress and improved focus on individualized care.

Outcomes and Impact:

These interventions have transformed the delivery of nursing care at the International Maritime Hospital. Notable outcomes include:

- Improved nurse confidence and job satisfaction
- Consistent use of the nursing process in patient management
- Enhanced quality of patient care and outcomes
- A replicable model for nursing leadership and quality improvement

Conclusion:

This innovation demonstrates how leadership, research, and technology can converge to overcome systemic challenges in nursing practice. The structured implementation of the nursing process has empowered nurses at all levels and reaffirmed their professional role in delivering individualized, patient-centered care.