

# Drugs Vs Nurses; the ongoing fight

## Opinion

Are drugs friends or enemies? This question might have struck your minds now and then and many of you would have given a thought to this question, what answer did you get.

From the very beginning the time when drugs were discovered, have been prescribed for one treatment or the other. May be earlier the drugs were prescribed when any one suffered from any problem or suffered from any illness but today we need prescription to become healthy to maintain our health, not this much but to enhance our natural beauty and brains.

Prescribing drugs at one time was so trendy that minor ailments were also treated by drug prescription. In many countries and states it had become a business aspect to cater money out of it. The irrational use of drugs was common and even the clients were not satisfied if they were not prescribed, may be this still continues.

Whatever the drug is prescribed, it has its harmful effects which are side effects particular to each drug. Drug may try to become your friend but never really does, if it helps you in one way but may harm you in the other way.

Drugs prescribed to the clients in door or out patient, institutionalized or in community centres, in homes or in nursing homes, Nurses play a barrier between the drugs and client to much extend. Nurses' role has the broader visibility now in the clients care. A nurse remains 24hrs with the client and thus becomes the first person to assess for any side effect or toxicity from any drug in any settings.

Nurses with the effective and efficient skills as the critical thinker can make the physician to have second while prescribing the medication. Current scenario is different for nurses to act; they can innovatory use drugs in various aspects definitely with scientific background to reduce the side effects of various drugs prescribed by the physicians or surgeons.

Present and future challenges are definitely very difficult for the nurse in many countries, But globally the time is not far when everyone will accept the role of nurse is really as fighter with drugs because the client is only satisfied with health care delivery when he or she is satisfied with nursing care, no matter what and which technologies you provide, unless you have a competent hand to deliver that technologies all is vain.

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## Management

Management of each drug is specific for that drug. Some many have common side effects or complications, yet nursing management for each drug prescription is unique in applying the interventions. Some of the general points which a nurse should keep in mind during management of any client on any prescription:

- I. Apply the nursing process for each client, assess the client, plan, and prioritize, take actions, evaluate and follow up.
- II. Be critical thinker and modify the nursing techniques as required.
- III. Always use therapeutic approach, develop rapport, encourage client to speak, maintain health NPR.
- IV. Don't take lightly any complaint by the client drug therapy.
- V. Be accountable to your actions.
- VI. Monitor each side effect keenly and act accordingly.
- VII. Always keep 10R's in mind.
- VIII. Be competent enough to handle any untoward action.
- IX. Always work according to your code of ethics.
- X. Be professional.
- XI. Always give the best nursing care possible

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## Conflicts of interest

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