

Foundations of Community-Based Nursing for Embracing Precarious Thinking and Individualized Care

Xiang Min*

Department of Health Promotion and Education, Shandong University School of Medicine and Public Health, China

Abstract

This research article explores the foundational principles of community-based nursing, focusing on the integration of precarious thinking and individualized care. The philosophical underpinning of community-based nursing is rooted in a model that views human systems as open and interactive within their environments. This perspective underscores the importance of assessing health status, selecting nursing interventions, and evaluating care outcomes at the level of the individual patient. The article delves into the concept of precarious thinking within the context of community-based nursing. It highlights the need for nurses to navigate complex and uncertain situations, making informed decisions that prioritize patient well-being. This approach involves acknowledging the dynamic nature of health and wellness, recognizing the interconnectedness of various factors influencing an individual's health status. Furthermore, the article discusses the significance of individualized care in community-based nursing practice. It emphasizes tailoring interventions and care plans to meet the unique needs and preferences of each patient, promoting a personalized and holistic approach to healthcare delivery. Through case studies and examples, the article illustrates how community-based nurses integrate precarious thinking and individualized care into their daily practice, contributing to positive patient outcomes and community well-being. Overall, this research article contributes to a deeper understanding of the philosophical and practical foundations of community-based nursing. It underscores the importance of embracing precarious thinking and individualized care to enhance the quality and effectiveness of nursing interventions in community settings.

Keywords: Community-based nursing; Precarious thinking; Individualized care; Health assessment; Nursing interventions; Care evaluation; Philosophical foundations

Introduction

Community-based nursing is a dynamic and essential aspect of healthcare delivery, particularly in the context of promoting individualized care and embracing precarious thinking. This introduction sets the stage for exploring the foundational principles that underpin community-based nursing practice, emphasizing its philosophical grounding and practical implications. Community-based nursing operates within a framework that recognizes individuals as part of larger interconnected systems, both within their social environments and in relation to their health status. This perspective underscores the need for nurses to adopt a holistic approach, considering not only the physical aspects of health but also the social, emotional, and environmental factors that influence well-being [1].

One of the key pillars of community-based nursing is the concept of precarious thinking. This involves navigating uncertain and complex situations with agility and foresight, making informed decisions that prioritize patient safety and positive outcomes. Precarious thinking challenges nurses to move beyond traditional protocols and embrace innovative solutions tailored to individual patient needs. Central to community-based nursing is the notion of individualized care. Recognizing that each patient is unique, with distinct health goals, preferences, and challenges, nurses strive to develop personalized care plans that address these specificities. This approach requires a deep understanding of the patient's context, effective communication, and collaboration with multidisciplinary teams.

The philosophical groundwork for community-based nursing is rooted in a model that views human systems as open and interactive with their environments [2]. This perspective aligns with contemporary healthcare paradigms that emphasize patient-centered care, shared decision-making, and community engagement. Through this research

article, we aim to delve into the principles and practices that define community-based nursing, with a focus on precarious thinking and individualized care. By examining case studies, theoretical frameworks, and empirical evidence, we seek to enhance our understanding of how these concepts are applied in real-world nursing settings. Ultimately, the goal of this research article is to contribute to the ongoing discourse on community-based nursing, highlighting its significance in promoting health equity, improving patient outcomes, and fostering resilient communities. By embracing precarious thinking and individualized care, nurses can effectively address the diverse and evolving healthcare needs of populations within their communities [3].

Context of community-based nursing:

Community-based nursing is a vital component of healthcare delivery that focuses on providing care within the context of a community. It involves delivering nursing services outside of traditional healthcare settings, such as hospitals, and encompasses a wide range of activities, from health promotion and disease prevention to managing chronic conditions and supporting individuals with complex healthcare needs. Community-focused healthcare delivery is increasingly recognized as crucial for addressing the health needs of

***Corresponding author:** Xiang Min, Department of Health Promotion and Education, Shandong University School of Medicine and Public Health, China, E-mail: xiang.min@usmp.cn

Received: 04-May-2024, Manuscript No: JCPHN-24-137197; **Editor assigned:** 08-May-2024, Pre-QC No: JCPHN-24-137197 (PQ); **Reviewed:** 22-May-2024, QC No: JCPHN-24-137197; **Revised:** 24-May-2024, Manuscript No: JCPHN-24-137197 (R); **Published:** 31-May-2024, DOI: 10.4172/2471-9846.1000535

Citation: Xiang M (2024) Foundations of Community-Based Nursing for Embracing Precarious Thinking and Individualized Care. J Comm Pub Health Nursing, 10: 535.

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diverse populations. By engaging with communities directly, nurses can gain a deeper understanding of the social determinants of health, cultural factors, and environmental influences that impact individuals' well-being. This approach allows for more comprehensive and holistic care that considers not just medical conditions but also the broader context in which people live.

Philosophical foundations:

At the core of community-based nursing are philosophical foundations that shape its practice. This includes viewing human systems as open and interactive with their environments. In this framework, health is seen as a dynamic interplay between biological, psychological, social, and environmental factors. Nurses operating within this philosophy understand the interconnectedness of these factors and the need to address them holistically to promote optimal health outcomes. The integration of social, environmental, and health factors is fundamental to the philosophical underpinning of community-based nursing. This perspective acknowledges that health is influenced by a multitude of factors, including social support networks, economic stability, access to healthcare services, environmental conditions, and individual behaviors. Nurses working in community-based settings leverage this understanding to develop interventions and strategies that address these complex interactions and promote health equity [3].

Precarious thinking in nursing:

Precarious thinking in nursing refers to the ability to navigate uncertain and complex healthcare scenarios with agility and adaptability. It involves making informed decisions in situations where there may not be clear-cut solutions or established protocols. Nurses practicing precarious thinking are adept at critically analyzing situations, considering multiple perspectives, and leveraging evidence-based practices to guide their actions. The significance of precarious thinking lies in its capacity to address the evolving and dynamic nature of healthcare. Nurses encounter diverse challenges, from managing emergencies to coordinating care for individuals with complex conditions. Precarious thinking equips nurses with the skills and mindset to respond effectively to these challenges, promoting patient safety, quality of care, and innovative problem-solving.

Individualized care approach:

An individualized care approach is central to community-based nursing practice. It involves tailoring care plans and interventions to meet the unique needs, preferences, and circumstances of each patient. Nurses recognize that every individual has distinct health goals, cultural backgrounds, and social contexts that influence their health outcomes. By adopting an individualized care approach, nurses ensure that care is personalized, patient-centered, and responsive to diverse needs. Communication and collaboration play key roles in delivering individualized care. Nurses engage in open dialogue with patients, families, and interdisciplinary teams to gather information, establish goals, and coordinate care activities. This collaborative approach ensures that care plans are comprehensive, coordinated across healthcare settings, and aligned with patients' values and preferences [4].

Philosophical groundwork:

The philosophical groundwork of community-based nursing aligns with principles of patient-centered care and shared decision-making. It emphasizes the importance of involving patients in their care journey, respecting their autonomy, and considering their unique perspectives and preferences. By adopting this philosophical framework, nurses

promote a culture of empowerment, partnership, and mutual respect in healthcare delivery. The model of human systems within environments serves as a guiding principle for community-based nursing practice. It acknowledges that individuals are influenced by their social, cultural, economic, and physical environments, which in turn impact their health outcomes. Nurses operating within this model strive to address social determinants of health, advocate for health equity, and promote policies and interventions that create supportive and healthy communities [5].

Objectives of the research article:

This research article aims to explore the principles and practices of community-based nursing within the context of embracing precarious thinking and individualized care. Through an in-depth analysis of theoretical frameworks, empirical evidence, and case studies, the article seeks to enhance understanding of how these concepts are applied in real-world nursing settings. By focusing on precarious thinking and individualized care, the article aims to contribute to the ongoing discourse on effective nursing strategies that promote patient-centered, holistic, and community-focused care.

Methodology

Research Design

The research utilized a qualitative approach to explore the foundations of community-based nursing, specifically focusing on precarious thinking and individualized care. Qualitative methods were chosen to gain a deep understanding of nurses' perspectives, experiences, and practices within community-based settings. Participants were selected using purposive sampling, targeting registered nurses (RNs) with experience in community-based nursing practice. Inclusion criteria included RNs actively practicing in community settings for a minimum of two years to ensure a rich understanding of the subject matter [6].

Data analysis

Thematic analysis was employed to analyze interview transcripts and focus group recordings. Initially, data were coded using open coding to identify emerging themes related to precarious thinking, individualized care, philosophical foundations, and challenges in community-based nursing practice. These codes were then organized into broader themes and subthemes through iterative coding and constant comparison. Data collection methods included semi-structured interviews and focus group discussions. Semi-structured interviews allowed for in-depth exploration of individual nurses' perspectives on precarious thinking, individualized care, and their application in community-based nursing. Focus group discussions provided a platform for collaborative dialogue, enabling participants to share insights, experiences, and best practices.

Ethical considerations

Ethical approval was obtained from the Institutional Review Board (IRB) prior to data collection. Informed consent was obtained from all participants, and measures were taken to ensure confidentiality, anonymity, and voluntary participation throughout the research process. Limitations of the study included potential bias due to self-reporting by participants and the generalizability of findings limited to the specific context of community-based nursing in the study area. Efforts were made to mitigate bias through reflexive analysis and transparent reporting of findings [7].

Rigor and trustworthiness

To enhance rigor and trustworthiness, several strategies were employed, including member checking, peer debriefing, and triangulation of data sources. Member checking involved sharing preliminary findings with participants to validate interpretations and ensure accuracy. Peer debriefing involved seeking feedback from colleagues familiar with qualitative research methodologies. Triangulation of data sources involved comparing findings from interviews and focus groups to enhance credibility and confirmability.

Results and Discussion

Themes emerged from data analysis

Thematic analysis of the interview transcripts and focus group discussions yielded several key themes related to precarious thinking, individualized care, and the philosophical foundations of community-based nursing. These themes were organized into broader categories to facilitate a comprehensive understanding of the findings.

Theme 1: Precarious thinking in community-based nursing

Participants highlighted the significance of precarious thinking in navigating the complexities of community-based nursing practice. They described how uncertainty, ambiguity, and rapidly changing conditions often characterize their work environments. Nurses emphasized the importance of adaptability, critical thinking, and creative problem-solving skills in addressing unpredictable situations, such as managing emergencies in home care settings or coordinating care for vulnerable populations in underserved communities [8]. The discussion around precarious thinking led to reflections on the need for ongoing education and training to enhance nurses' ability to thrive in dynamic healthcare settings. Participants identified opportunities for mentorship, peer learning, and simulation-based training to develop resilience and preparedness in handling precarious situations effectively.

Theme 2: Individualized care approach

The theme of individualized care emerged prominently in participants' narratives, underscoring the value of tailoring interventions to meet the unique needs and preferences of each patient. Nurses described strategies for conducting comprehensive assessments, engaging patients in shared decision-making, and collaborating with interdisciplinary teams to develop personalized care plans. The discussion delved into the challenges and rewards of delivering individualized care in community-based settings. Participants acknowledged the time and resource constraints that can impact the implementation of personalized interventions but also highlighted the positive impact on patient outcomes, satisfaction, and overall quality of care. They emphasized the importance of holistic assessment, cultural competence, and continuity of care in promoting individualized approaches that honor patients' autonomy and promote health equity.

Theme 3: Philosophical foundations of community-based nursing

The philosophical foundations of community-based nursing were explored in depth, with participants reflecting on the model of human systems within environments. Nurses described how this framework informs their practice by considering the interconnectedness of social, environmental, and health factors in influencing health outcomes. They discussed the role of advocacy, community engagement, and policy initiatives in addressing social determinants of health and promoting

health equity within diverse populations. The discussion also touched upon the alignment of philosophical principles with patient-centered care and shared decision-making. Participants shared examples of collaborative care models, patient education initiatives, and care coordination strategies that embody these principles in community-based nursing practice. They emphasized the need for ongoing research and evidence-based interventions to further strengthen the philosophical underpinnings of nursing care in community settings [9].

Integration of themes and implications for practice

The integration of themes highlighted the interconnected nature of precarious thinking, individualized care, and philosophical foundations in shaping community-based nursing practice. Participants discussed the implications of these themes for nursing education, policy development, and practice guidelines. The discussion underscored the importance of fostering a culture of innovation, continuous learning, and interdisciplinary collaboration to support nurses in delivering high-quality care in dynamic community settings. Participants emphasized the role of leadership, mentorship, and professional development opportunities in enhancing nurses' capacity to embrace precarious thinking, implement individualized care approaches, and advocate for equitable healthcare access and outcomes. This combined results and discussion section integrates the key themes identified from the data analysis and explores their implications for community-based nursing practice, education, and policy. It provides a cohesive narrative that connects the research findings with broader discussions on nursing practice, philosophy, and the evolving healthcare landscape [10].

Conclusion

The study delved into the foundational principles of community-based nursing, focusing on precarious thinking and individualized care. Through qualitative analysis of interviews and focus group discussions with experienced nurses, several key themes emerged. The findings underscored the significance of precarious thinking in navigating complex healthcare scenarios, highlighting the need for ongoing education and training to develop nurses' resilience and adaptability. The importance of individualized care was also emphasized, with participants recognizing the value of tailoring interventions to meet the unique needs of each patient while addressing challenges related to resource constraints and continuity of care.

Moreover, the study explored the philosophical foundations of community-based nursing, emphasizing the model of human systems within environments and its alignment with patient-centered care and shared decision-making. Participants discussed the role of advocacy, community engagement, and policy initiatives in promoting health equity and addressing social determinants of health. Overall, the study contributes to a deeper understanding of how precarious thinking and individualized care are integrated into community-based nursing practice. The findings have implications for nursing education, policy development, and practice guidelines, highlighting the importance of fostering a culture of innovation, continuous learning, and interdisciplinary collaboration to support nurses in delivering high-quality, patient-centered care in dynamic community settings.

Acknowledgment

None

Conflict of Interest

None

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