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INTERNATIONAL NURSE NOMENCLATURE FOR INTEGRAL APPROACH OF METABOLIC SYNDROME

Virginia Fernandez^{1,2}

¹University of Murcia, Spain

²Basildon Thurrock Hospital (England)

Introduction: Many authors consider “metabolic syndrome” as the 21st century pandemic, pointing it as a huge challenge for the modern public health. That consideration comes from the constant increase of its prevalence, the close relation between different conditions leading to cardiovascular mortality and, as consequence, the reduction of life expectancy.

Murcia, stands out as one of the Spanish regions with a higher rate of people suffering this metabolic disorder. It is paradoxical that a disease with a, modifiable base, without ignoring the genetic load, constitutes one of the greatest challenges of public health today. In addition, different publications have shown an effective treatment. This suggests that comprehensive research in tackling this epidemic is still necessary. In Spain, since the publication of the Royal ordinance 1093/2010 that recognize the legal obligation for nursing professionals to use and document the international NANDA-NOC-NIC taxonomy on their care reports; different authors, have expressed the necessity to carry out investigations based on nursing methodology, making possible the description of problems (NANDA), objectives (NOC) and interventions (NIC), that nurses work with nowadays without being aware of them.

Aim: To legalize the care and improve nursing care practice on patients with obesity and metabolic syndrome.

Methods: Identification study proposed by Gordon (1996), in the international nomenclature of the nursing discipline, which has been accepted by the three international reference organizations.

Results: The publication of a NANDA diagnosis to label patients with MS is presented, “Risk for Metabolic Imbalance Syndrome” a NOC result to objectify the analytical variations involved in it, “Metabolic Function” a NIC interventions into the alterations of the pathologies involved in that metabolic entity “Hypertension Management”, “Hypotension Management” and “Dyslipidemia Management”.

Conclusion: This proposal has been presented under the nursing nomenclature (NANDA, NOC, NIC) or the integral approach and to help the comprehensive approach of metabolic syndrome and cardiovascular risk.

Biography

Virginia Fernández is a Professor-Nursing Degree from 2009-2014, NHS, Basildon and Thurrock University Hospitals. She is a Nurse at the Murcia Health Service from 2008-2015, Catholic University of Murcia, Spain. Currently working as a nurse in the UK and collaborating with the University of Murcia in the direction of Nursing Master Dissertation. She is the member of Organizing Committee and Collaboration in the VII AENTDE Work Days, Redefine the Diagnosis Nurse? Mamma Mia!, UCAM in May 2009, collaboration in the First National Congress of Nursing UCAM, occupational health and current research, UCAM. May 2013 and also collaboration in the Second National Congress of Nursing UCAM, integral and special care Vision Research, UCAM. May 2014. She is also the member of scientific committee: Collaboration in the XXVI National Congress of Clinical Interview and Communication Assistance in December 2015 at Cartagena and in the III National Congress of Young Nursing Researchers in December 2017. Murcia. Her publications include Journal Citation Report and in the international nomenclature of nursing.

agoncalvessv@hotmail.com