

Nurses' challenges and limitations inherent in the incorporation of new technologies

Desafios e limitações do enfermeiro inerentes à incorporação de novas tecnologias

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For hundreds of years, nurses have been known to be more concerned with nursing than any other professional class and, despite being characterized as a “practical” profession, their performance depends entirely on scientific technical knowledge and constant professional enhancement.

In the last decades, the expressive advance of technologies has been observed, which impacts in different ways the society, environment and social and economic field. The worker experienced the need to adapt to new situations in his work environment and the nurse's work, specifically, underwent intense and significant changes. The advent of new technologies in health, like everything new, has also brought fear and anguish, feelings that, in nursing practice, can have repercussions in situations of client withdrawal⁽¹⁾.

The incorporation of new technologies has created needs that go beyond learning to handle new equipment. It is essential to understand its concept, so that it is possible to evaluate its need for use, to identify the malfunction, to proceed with adjustments and regulation, as well as to use appropriate hygiene techniques⁽²⁾. For this, it is necessary that the nurse has the readiness to learn the new techniques and to use them in their favor in the care⁽¹⁾.

Faced with such demands, these professionals can present answers synthesized in two categories: those who do not want to master technology and those who overcome their fears and are interested in acquiring new knowledge. For these, the main process is the confrontation of the natural estrangement concomitant to the use of means to acquire the necessary understanding to the use of the new equipment and methods⁽¹⁾. For the first group, it must be considered that fear and the consequent resistance to new devices may negatively influence care, in order to deprive the patient of instruments and mechanisms that could be essential to patient care and recovery.

In addition to the challenge of addressing their fears in order to deal with the new and unknown, nursing teams need to take care of other very important factors: the fact that technological development is often linked to work and production organizations that emphatically, the activity to improve the cost-effectiveness-benefit ratio, making the nurses-patient relations little human⁽²⁾ and also to the fact that the irrational use of technologies can be more harmful than beneficial. In situations such as childbirth⁽³⁾, and many others, when prioritizing the appropriate and strictly necessary technologies, the principle of non-maleficence can not be hurt and cause irreversible disorders to the patient.

Considering the difficulties presented and one of the duties of the nurse is to ensure a safe and quality care, it is imperative that this professional can adopt techniques that allow not only the correct use of technologies, but also the integration of the same with holistic and humanized care.

The nurse, a professional who understands patient care needs too much, is indispensable in participating in the strategic planning of evaluation, selection, acquisition and clinical application of new technologies, in order to ensure the optimal attendance of therapeutic and care needs⁽²⁾.

NOTA

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In this sense, in addition to rescuing the nurse's autonomy, it is essential to ensure that the technology is used in favor of care. To this end, promoting the team's awareness of the importance of performing humanized, resolute and quality assistance with fluidity and interactivity, and reducing their stress on technological innovations becomes indispensable in the routine of the sectors. And, in addition, it is fundamental to promote permanent technical capacities, supervise the activities performed and follow up with the necessary support in face of verified demands. Such measures ensure that the technological advance serves as a propeller for improving the cost-effectiveness-benefit relationship of the care work implemented^(2,4).

Professionals should be aware that ensuring the proper functioning of the industry requires a differentiated ability to adapt to the use of new devices and to improving the care techniques involved in order to improve and humanize care.

Being a nurse implies dedicating herself to direct care concomitantly with professional improvement, dealing with diseases as varied as possible and treating them with the same diligence, using technical-scientific knowledge in the practice of care and technology in favor of care. All of this is guided by the certainty that everyone is unique, that the clinic will at times be sovereign and that humanized care is as old as it is essential.

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