**The Future of Nursing in an Evolving Health Care System**

Student’s Name

Institutional Affiliation

Course Number and Name

Instructor’s Name

Assignment Due Date

**Discussion Question #1: Nursing Shortage and Resolutions**

Several causes have played a role in the nurse shortage and are still contributing to the crisis. The growing need for healthcare is a major contributor, as is the nation’s aging population. As most studies reveal, the demand for medical services, particularly nursing care, is increasing rapidly along with the elderly population (Drennan & Ross, 2019). Additionally, the retirement of numerous experienced nurses has contributed to the shortage by leaving a void in the profession. Nursing’s high-stress level and the long hours that are standard practice may easily result in burnout, including early career exit.

The nursing community is implementing several measures to combat the current shortage of nurses. Several nursing schools are increasing their course offerings and staffing to meet the growing need for nurses. Outreach and scholarships are being offered to entice people from more backgrounds into nursing (Drennan & Ross, 2019). In addition, nursing groups are pushing for better working conditions, higher pay, and more benefits to keep current nurses and entice new ones. Incorporating telehealth and other cutting-edge technology into nursing practice has increased productivity and decreased fatigue.

**Discussion Question #2: Nursing’s Role in Shifting to Wellness and Prevention**

Because of healthcare reform, the emphasis in the healthcare system has shifted from treating diseases to promoting wellness and prevention. The shift is prompted by recognizing that focusing on wellness promotion and disease prevention is more cost-effective in the long run (Jayasinghe et al., 2023). Nurses are vital in bolstering and enhancing this transformation.

Since nurses play such an important part in the care and education of patients, they are in an excellent position to promote the adoption of preventive health practices. Patients are educated on the significance of preventive care, as well as the benefits of leading a healthy lifestyle and receiving regular checkups. Community health programs, such as vaccination campaigns and health assessments, are key in preventing the spread of sickness, and nurses play an important part in the planning and execution of these activities in collaboration with other medical professionals.

In addition, nurses contribute to the development of tailored treatment plans for patients, which often contain specific instructions and preventive measures. They assist individuals in taking charge of their own health by providing them with the knowledge and tools necessary to do so (Jayasinghe et al., 2023). As the healthcare sector evolves, nurses will continue to play a leading role in advancing the cause of health promotion and illness prevention, which will contribute to a reduction in the system's total burden. To put it another way, nurses play a significant part in ensuring that the rising emphasis on preventative care and wellness will continue for the foreseeable future.

**References**

Drennan, V. M., & Ross, F. (2019). Global nurse shortages: the facts, the impact and action for change. *British medical bulletin*, *130*(1), 25-37.

Jayasinghe, S., Holloway, T. P., Soward, R., Patterson, K. A., Ahuja, K. D., Dalton, L., ... & Hills, A. P. (2023). “An Ounce of Prevention is Worth a Pound of Cure”: Proposal for a Social Prescribing Strategy for Obesity Prevention and Improvement in Health and Well-being. *JMIR Research Protocols*, *12*(1), e41280.