It is the responsibility of the nursing staff to ensure that their patients are being properly taken care of. In order to increase the efficiency of the working staff, it is important that they must focus on certain core perspectives and outcome goals. While there are multiple competencies that must be catered by the nurses, in my opinion, one strategy that can help the nurses ensure long term patient care is Self-Care Contract which will involve not only the patient but his entire family.

Using this strategy, the nurse will ensure two main objectives i.e. to ensure long term physical comfort, and second to provide emotional support to the patient.

The physical comfort, care and associated interventions are the most important and primary jobs of nurses. The nurses need to ensure that they are providing healthcare services and medications in such a way, that the patient may not only improve health-wise, but also ensure that no secondary discomforts are brought to the patient. For instances, researches have shown that a significant number of inhouse patients fall prey to hospital infections, communicable diseases and fall injuries (Moorhead et al. 2014). It is the role of the nurses to ensure that the patients are not vulnerable against such secondary risks and health threats. Along with these physical healthcare interventions, emotional and spiritual wellbeing of the patients is also important for quick recovery.

The physical improvement and wellbeing of the patient is dependent on proper diagnosis and medications. However, in order to ensure that the recovery is not only long term, durable and quick, it is important that the psychological, emotional and spiritual wellbeing of the patient is also ensured. This is where the role of advanced nursing practices is required. A dedicated and highly competent nurse will ensure that the nurse is being motivated and is well informed of the conditions (Fontaine, 2009). This allows the patients to be less anxious and frustrated from the possible health uncertainties. Furthermore, emotional support by the nurses ensure psychological satisfaction of the patients as well.

Overall, it is important that the competent nursing staff must ensure that they are creating a balance between the physical and emotional interventions for the wellbeing of the patient.

**References**

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