

Discussion on Humanistic Nursing Education based on Healthy China Strategy

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Abstract. Humanities nursing is the essence and essence of nursing, and how to implement humanistic nursing education is a subject of great concern. In order to cultivate the talents of application-oriented nursing to meet the health needs of the people, educators should actively promote application-oriented curriculum reform and improve humanistic nursing skills; Build a platform of diverse social practices to improve the empathy of nursing students; The implementation of fine-care management, improve the humanistic teaching of teachers.

Keywords: humanistic nursing education; humanistic care; empathy.

1. Introduction

As an important part of health care, nursing should accurately meet the diverse and differentiated health needs of the people. Nurses play multiple roles in the realization of "Healthy China" and play an active role in health education, rehabilitation nursing, preventive health care and many other aspects. Under the background of the comprehensive launching of the "Healthy China 2030" program, more and more attention has been paid to the health of the whole people.

Previous studies have shown that patients' satisfaction with nursing work is closely related to nurses' care behavior. Humanistic care for inpatients can effectively improve patients' satisfaction with nursing work. Compared with foreign countries, the humanistic care ability of nursing students in our country is generally at a medium to low level. Moreover, the humanistic care ability of nursing students is lower than that of non-nursing students in medical colleges. Good humanistic literacy is not only an important element for the sustainable development of nursing students, but also the key to the vigorous development of nursing. The purpose of this paper is to explore how humanistic nursing can be effectively infiltrated and implemented in nursing education in order to cultivate high-quality applied nursing talents, meet the growing needs of the people for spiritual civilization, and promote the construction of socialist spiritual civilization in the medical and health industry.

2. Overview of Humanistic Nursing

Humanistic care is a kind of values and attitudes that actively care about people's willingness, consciousness or responsibility and are reflected in specific actions. It is the essential attribute requirement of human nature. The quality of nurses' humanistic care embodies that nurses respect the life value of patients, understand the life culture of patients, meet the individual needs of patients, express their caring feelings, coordinate the relationship between nurses and patients, etc. [5]. Nurses have a strong ability of humanistic care, which means that they can have a certain degree of initiative, flexibility, adaptability and communication and coordination ability in their work. The essence of nursing humanistic care is to embody the concept of "people-oriented" humanistic care in professional help behavior, which embodies the care for patients' life and physical and mental health.

With the change of medical care model, nursing science is evolving from the category of biomedicine to that of natural sciences and social sciences. Nursing is not only a knowledge-intensive industry with high-tech content, but also the most humane and humane work. It must be a perfect combination and unity of science and technology and humanity. To achieve this "perfect unity", as undergraduate nursing students, we should pay attention to professional value, attitude, behavior and ethics, basic knowledge of medical science, communication skills, clinical skills, group health and health systems, information management, critical thinking and research learning. Professional value, attitude and behavior, ethics and communication skills, critical thinking and so on must be achieved through humanistic education.

3. Current Situation of Humanistic Nursing

Although humanistic care has made some achievements in clinical application, some studies show that the humanistic care ability of nurses in China still needs to be improved. A study of 211 hospitals in China showed that 13.15% of the respondents thought that they were very deficient and 63.85% thought that they were relatively deficient [8]. According to the survey, only 67.31% of nurses in clinical work have received humanistic literacy training; 91.47% of nurses need to improve communication skills training; 94.69% of nurses need to improve the ability to care for patients [9]. Hospitals in China mostly concentrate on general humanistic care in practice, such as civilized etiquette, service attitude, etc. They fail to fully assess the care needs of patients, and the specific practice standards and assessment system have not yet been established.

4. The Significance of Humanistic Nursing Education

In the field of medical education, it has become an important topic in the field of contemporary medical education to train medical personnel with high quality of humanistic care. Humanistic nursing is the essence and essence of nursing science. Many nursing educators believe that incorporating humanistic care into nursing teaching can promote students to better understand and grasp the connotation of humanistic nursing and deepen the cultivation of medical students' humanistic quality. Humanistic nursing education has positive significance for nurses to establish correct values, improve professional ethics and improve psychological quality. Good humanistic literacy of nurses helps to improve the quality of nursing service, build a harmonious relationship between nurses and patients, and improve patients' satisfaction with medical treatment and nursing, thus alleviating the increasingly tense contradiction between doctors and patients to a certain extent.

5. Specific Measures to Improve the Humanistic Care Ability of Nursing Students

5.1 Actively Promote the Reform of Applied Curriculum and Improve Humanistic Nursing Skills

A survey shows that 65.2% of the medical students think that the primary problem of humanistic education is the disconnection between humanistic education and clinical practice, the lagging of teaching content, the lack of rich teaching methods and the unreasonable curriculum setting. Nursing education does not attach enough importance to humanistic education. Humanities is less important in curriculum setting. Medical science is more important than humanistic knowledge and interpersonal communication skills.

In order to solve the dilemma faced by humanistic education, on the one hand, humanities courses need to be increased appropriately, such as Medical Humanities, Nursing Ethics, Nursing Management, etc., to re-demonstrate and evaluate the existing humanities courses. On the other hand, the application-oriented curriculum reform of humanities course is imperative. The application-oriented curriculum reform integrates humanistic education into public and professional education, and increases the total school hours of both. We always put medical practice into the curriculum, guide nursing students to put humanistic care and nursing skills in the same position, and infiltrate life value education into the teaching of professional courses; guide students to respect life, with a sense of reverence for life to analyze and solve problems, so as to achieve the organic integration of medical and humanistic education. In addition, we should absorb advanced foreign humanistic education concepts in time to achieve the goal of effectively enhancing the quality of humanistic education.

5.2 Building a Diversified Social Practice Platform to Improve the Empathy Ability of Nursing Students

The empathy ability of medical staff refers to the ability of medical workers to correctly capture and understand patients' emotions from the perspective of patients, and to convey this understanding to patients. The development of empathy ability of medical staff plays an important role in the improvement of doctor-patient relationship. The research suggests that good empathy can help to improve job achievement, avoid job burnout and promote medical development. Studies at home and abroad have found that the empathy ability of students majoring in nursing and medical care is not ideal, and the level of empathy needs to be improved urgently.

A study of undergraduate nursing students showed that there was a correlation between their empathy ability and humanistic care ability. Sociological factors affecting their empathy ability included their preference for nursing specialty, their participation in social activities at school, and the type of family education. Therefore, nursing students need to strengthen social practice activities to gradually improve their empathy ability. The cultivation and exercise of empathy ability of nursing students should run through the whole process of talent cultivation from admission to school. In addition to carrying out social services in traditional medical practice bases such as community health service centers and hospitals, it can be extended to rural poor families, nursing homes, special schools and other places to carry out diversified and multi-dimensional social practice activities. Through face-to-face visits with patients, nursing students carry out health education to patients, stimulate their cherishing of life and thinking about medical humanistic care, and promote their spontaneous respect and care for patients. For a long time, the humanities between nurses and patients will continue to shine. Nursing students can realize the importance of transposition thinking, perceive the world around them by the role of patients, and think and look at problems from the perspective of patients. In the future career, nursing students will be easy to understand the patient's thinking mode and psychological state, can actively perceive the patient's emotional needs, and assess the patient's care needs, and then give them humanistic care.

5.3 Implementing Fine Nursing Management to Improve Teachers' Humanistic Teaching Ability

Clinical practice is a key step in training applied nursing talents and an important link in training nursing students to work independently. In order to improve the teaching quality of clinical nursing students and cultivate high-quality nursing talents, it is necessary to carry out meticulous management of clinical nursing students. Studies have shown that the implementation of fine management including teaching, professional learning, internship arrangements, accommodation and other aspects of nursing students, nursing students' three-basic theory test results, responsibility and system test results, student satisfaction are higher than the control group. Fine management can improve the internship effect of nursing students in an all-round way, and really improve the comprehensive quality of nursing students.

Teachers in hospitals should pay attention to strengthening their own humanistic accomplishment, draw on psychology, sociology, ethics and other knowledge extensively, and establish a humanistic knowledge system. Teachers should set a good example for nursing students in clinical practice. They should teach more by example than by word. They should make nursing students pay more attention to patients' demands in practice, maintain good service attitude, communication ability and rigorous language expression, give positive psychological hints to patients, make patients feel respect, equality and care, and do a good job of high-quality nursing clothes. Business. Nursing students recognize the complementary relationship between nursing skills and humanistic care in clinical practice, and naturally integrate the two. In addition, in order to enhance the humanistic nursing ability of nursing students, from nursing skill operation examination to nurse-patient communication, to health education and other projects can reflect the humanistic care, in each clinical departure examination to increase the strength of humanistic care, so that the content of the assessment of nurses is more comprehensive.

6. Summary

According to WHO statistics, the number of nurses per 1,000 people in the United States and Japan is 9.8 and 11.49 respectively. By the end of 2017, the number of nurses per 1,000 population in China was 2.74. Although the shortage of nurses' human resources in China has been improved, it can not be underestimated. It is our duty to cultivate more and more excellent nurses to fill this gap. Therefore, we should recognize the situation, grasp the essence of Nursing - humanistic education, constantly explore new methods and Strategies of education reform, improve the level of humanistic quality education of nurses, and play a huge role in the realization of healthy China.

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