

From Patient Care to Social Well-Being: Bridging Nursing, Optometry, Psychology, and Sociology

Aisha abduallah alqarnnas¹, Arwa Yahya Zakri², Wafa Ibrahim Ahmed Manai³,
Dhuwayhi Duhaim Abdurhman ALSuhaymi⁴, Khalid Hamad Alahmadi⁵, Bader Salem
Alamri⁶, Enas Jamiel Almeahadi⁷, Najla Hussain Albeladi⁸, Hassan Hamed Albadrani⁶,
Mesferah Saad Alwadei⁹, Abdullah Mohammed Almutraf¹⁰, Hanan Rabeh Saad
Alharbi¹¹

¹Nurse, Ministry of Health at Riyadh

²Nursing specialist, Ministry of health at Makkah

³Nursing, Almwasam General Hospital at Jazan

⁴Nurse, Cardiac center at Madinah

⁵Nurse, King Fahad hospital at Madinah

⁶Nursing, Madinah Cardiac Center

⁷Nursing, Al Salam Health Center

⁸Nursing, King Fahd hospital at Madinah

⁹Optometrist, Dhahran Aljanoub Hospital, Aseer

¹⁰Specialist Psychology, Ministry of Health Branch, Riyadh Region

¹¹Senior Specialist Sociology, Ministry of Health Branch, Riyadh Region

Received: 18.08.2024

Revised: 20.09.2024

Accepted: 24.10.2024

ABSTRACT

Introduction: Healthcare has transitioned from the biomedical model of alleviating the physical ailment of the patient to the biomedical-psycho-social model of catering to the wellbeing of the patient from the physical wellness aspect, mental wellness aspect, and the social aspect. Nursing, optometry, psychology, and sociology: striving for an interdisciplinary approach that enables the patient-centric model for each patient that takes into account their individual needs and societal impact to attain a sustainable and healthy outlook on life.

Aim of work: To examine the contributions and intersections of Bridging Nursing, Optometry, Psychology, and Sociology, exploring how they collectively bridge the gap between patient care and social well-being.

Methods: We conducted a comprehensive search in the MEDLINE database's electronic literature using the following search terms: Patient Care, Social Well-Being, Nursing, Optometry, Psychology, and Sociology. The search was restricted to publications from 2016 to 2024 in order to locate relevant content. We performed a search on Google Scholar to locate and examine academic papers that pertain to my subject matter. The selection of articles was impacted by certain criteria for inclusion.

Results: The publications analyzed in this study encompassed from 2016 to 2024. The study was structured into various sections with specific headings in the discussion section.

Conclusion: The roles of nursing, Optometry, Psychology and sociology in the health care delivery is a shift toward the holistic concepts in health care delivery where social aspects and health are looked at in parallel. This reduces the effectiveness of a single fixed approach to solve patient's issues since this model enables the healthcare providers to treat the multifactors this not only enhances the wellbeing of the patient, but also resilience. Nursing practices on care, optometry has an interactional part, psychology is involved with mental and sociologists take interest on social factors. Such integration is crucial to respond to the pluralism of patients and the subsequent shift from contemporary medicine that lacks humanity to a life-centric model of health.

Keywords: Patient Care, Social Well-Being, Nursing, Optometry, Psychology, and Sociology

INTRODUCTION

Over the last few years, the meaning of health care delivery systems has shifted from strict medical model that mainly focuses on the physical aspect of a patient's ability to heal, towards the notion of patient-centered healing. It shifted focus from physical and mental but also social and psychological aspect, which are closely intertwined (WHO, 2022). The new paradigm assumes points of view of nursing, optometry, psychology, and sociology with the intention of improving a more extensive model that should also cover societal aspects along

with individual patient requirements. It is equally important in creating focus on the patient-centered initiative that is aimed at ensuring comprehensive wellness and anticycling model (Nancarrow&Borthwick, 2021).

The discipline of nursing has historically made all round patient centered care, including care that is caring, clinical and assertive. Nurses enjoy direct patient contact and more often work with patients and families when they are 'at their worst'. They are therefore in a better position to assess the physical need and mental health of patients. In Watson's Theory of Human Caring: A Nursing Model for the Family, complementary and supporting caring-dimensions in patients can contribute to improvement in patients' care outcomes and a more profound family-nurse relationship (Sitzman, 2019). The nurse then goes beyond the mere technical in aspects of claiming and weaving the fabric of patient's emotional and social wellbeing.

In the same way, positions of optometry in health and wellness are becoming more diverse. While traditionally people tend to think of them primarily as eye care professionals, optometrists are quickly becoming viewed as significant decision-makers with regards to the effects of a patient's visual health on their psychological and social state. A study made showed negative correlation between different types of vision impairment and mobility, social contact, loneliness, even depression; thus, optometry should take into consideration the psychological aspect of vision (Shah et al., 2018). Optometrists can elevate the quality of life of many patient populations through exams at an early stage of their practice and constant focus on patients' education regarding preventive measures they have to take for their eyes' health as it is with the elderly and other vulnerable groups of people (Klauke et al., 2023).

Psychology has also shifted to being a critical component of multi-professional health care, as it offers understanding of mental ailments, acquired brain injury and the effects of trauma on healing. Clinical psychologists that practice in health care organizations collaborate with the doctors and other practitioners in providing the behavioral part of the medical therapies stressing on the impacts of mental status on the overall health. For instance, CBT has demonstrated applicability to other areas such as the management of stress, anxiety and behavior change in the treatment of mental disorders, besides enhancing patients' outcomes of clinical conditions through reduction of stress and behavior alteration (Beck, 2020). This is an integration of psychology with other health disciplines which is paramount for diagnosis and treatment of patients.

Last of all, sociology provides a top-down vision of the health care system and presents a way of influencing the external factors that impact it, including but not limited to, class, literacy, and household constitution. The sociological perspective enables the healthcare workers make considerations beyond the clinical practice environment that influences health of a patient including the community resources, culture and family support (Cockerham, 2020). Knowledge of such social factors assists the healthcare system to confront the source of health inequalities and progress towards universal healthcare.

Altogether, these disciplines establish the connection between the medical model and the social model of health and include physical, mental, and social aspects as equally important. Focusing on the interdisciplinary collaboration of nursing, optometry, psychology and sociology improves the healthcare field and aims at the further development of a healthcare model which concentrates on a holistic approach to patient's health, thus increasing not only the individual satisfaction with the life but also the quality of the life of an entire community.

AIM OF WORK

To examine the contributions and intersections of Bridging Nursing, Optometry, Psychology, and Sociology, exploring how they collectively bridge the gap between patient care and social well-being.

METHODS

A comprehensive search was conducted on recognized scientific platforms, including Google Scholar and Pubmed, using specific keywords such as Patient Care, Social Well-Being, Nursing, Optometry, Psychology, and Sociology. The aim was to gather all relevant research papers. The articles were chosen according to certain criteria. Upon conducting a comprehensive analysis of the abstracts and notable titles of each publication, we eliminated case reports, duplicate articles, and publications without full information. The reviews included in this research were published from 2016 to 2024.

RESULTS

The current investigation concentrated on the contributions and intersections of Nursing, Optometry, Psychology, and Sociology in patient care and social well-being between 2016 and 2024. As a result, the review was published under many headlines in the discussion area, including: Nursing and Holistic Patient Care, Optometry's Role in Social and Psychological Well-Being, Psychology's Impact on Health and Behavioral Change, Sociology and the Social Determinants of Health, Bridging the Disciplines: An Interdisciplinary Approach to Health and Implications for Policy and Practice

DISCUSSION

Discussing health in a more general context has greatly altered the perception towards modern medicine and care from a mere physical well-being perspective to encompass psychological, social, and even emotional aspects (WHO, 2022). The notion for interdisciplinary approach is based on the global integration approach which embraces ideas stating that health and wellbeing depends on both physical and mental health and social well-being and cannot be helped simply by a single branch of medical specialization. Specifically, nursing, optometry, psychology, and sociology all present useful insights and contribute significantly to the development of a more complex model of the human body and the corresponding healing and care processes needed to treat various health disorders (Christiansen et al., 2024). This essay seeks to discuss how these areas of study come into play as well as how they all come together to fight the gap between patient care and social justice for the patient.

Nursing and Holistic Patient Care

Nursing education has for a long time ensured comprehensive patient care at an individual level based on their physical, psychological and social status (Riley & Jones, 2022). It's based on the premise that caring for patients involves physical as well as psychological and psychosocial aspects of the patient. Nursing care model developed by Watson is widely known, it focuses on a basic human need for caring interactions and calls for nurse's attentiveness to patients' individual life stories. For Watson, this concept of care eclipses the technical and the logistical by focusing on the interpersonal, and the relationship between the nurse and the client. This gives the nurses the flexibility and knowledge of how to treat a patient holistically and help them get the feelings that they need to get better.

The literature review shows that supplementary and patient-centered interventions could potentially increase patient's compliance, satisfaction, and health outcomes by decreasing their levels of anxiety, as well as providing them with emotional support. For this reason, patient advocacy education by nurses sustains and promotes improved patient autonomy and resilience besides enhancing one's self-directed health management. This habitat makes the nurses to spend much of their time with the patients and therefore is able to detect and treat mental disorders or even notice aspects such as family and community that play a decisive role in the recovery of a patient (Hayajneh et al., 2020). Therefore it can be said that nursing plays the role of mediator between clinical therapies and social state that contributes to healthy living.

Optometry's Role in Social and Psychological Well-Being

Although optometry mostly encompasses refractive services, new scholarly evidence reveals social implications of optometric services (Fenwick et al., 2017). Visual impairment in some or most areas of daily living and dependency as well as social contacts is common during the later years of life. Maladaptive vision has not only the adverse impacts on the physical and mental health of the patient but also affects the psychosocial well-being of the patient, fundamental reasons why optometrists play significant roles in correcting both vision and psychology of the patient (Codina & Rhodes, 2023). Determination and correct care of the impairments can consequently therefore assist in averting the future arrival of the social and inner hardships.

Besides corrective actions, optometrists provide the intervention tools that help patients to address challenges at one's personal level and stay socially engaged (vom Lehn et al., 2022). Since optometrists provide access to both assistive devices and counseling, as well as rehabilitation services, they benefit the patient's decision-making capacity and promote their social reintegration in that patient's daily life (Garcia et al., 2016). Optometrists in the prevention and supportive model, thus, stand at the nexus of health and welfare on the rationale that vision care is an integral component of health and human services.

Psychology's Impact on Health and Behavioral Change

Psychology is a fundamental component in any healthcare setting because it offers knowledge about human behavior, thoughts, and feelings (Vaughn, L. 2019). Mental well-being is connected to bodily well-being; depression and anxiety correlate with poorer prognosis in chronic illnesses and slower healing (Thom et al., 2019). Psychologists in healthcare offer counseling techniques that focus on the social and mental well-being of a human being with a view of coming up with strategies of coping with pressures, managing stress and changing behavior. Aside from treating mental health disorders, CBT has also been found useful for patients with chronic diseases in that it empowers them with techniques on how to live with their diseases and follow the recommended treatment regimens (Chand et al., 2023).

Incorporation of mental health care in physical health care settings makes it easier to address the mental and emotional problems patients encounter due to an illness (Naylor et al., 2016). For example, the schools of managing pain- a frequent topic in the PHC settings – are based on the psychological interventions embracing mindfulness and CBT that effectively decreases reported pain and suffering, thus optimizes the quality of life for the patients (Paroli & Galdino, 2023). Furthermore, psychologists work alongside other doctors and healthcare

providers to elucidate how psychological factors can influence the success of care, thus improving the outcomes of the care provided.

Sociology and the Social Determinants of Health

Sociology is the branch of such science that is focused on the macro level and providing crucial insights of the social, economical, and cultural nature affecting health. Understanding social determinants such as power, wealth, and standard living conditions as the ultimate factors directing health status empowers healthcare workers to fight oppressive systems leading to health inequalities (Cockerham, 2020). For instance, higher prevalence of chronic diseases has been associated with low SES, emphasizing the importance of adopting healthcare approaches that address not only the disease but also other aspects of a person's life (Saunders et al., 2017). Healthcare professionals with sociological knowledge are more compelled to lobby for policies that enhance social justice and health care access. Moreover, sociology gives account of the family structures and types of community resources to which people have access, especially the ones that are vital for recovery and personal wellbeing. When health providers understand that social factors influence health, they can design interventions that focus on framing patient responsibility within their social environments. Such a view underscores healthcare as a social institution to address disease as well as enhance wellbeing among various groups (National Academies of Sciences, 2019).

Bridging the Disciplines: An Interdisciplinary Approach to Health

Nursing, optometry, psychology and sociology all demonstrate the interrelatedness of different fields of knowledge underlining the multiprofessional feature of healthcare. Every profession has its unique expertise and techniques, but altogether, they form a synergistic system that captures interrelated physical, mental, and social aspects of well-being. For example, nurses and psychologists can both assist a patient with post-surgery mental issues, and optometrists and sociologists can research the effect of vision loss on the ability to socially interact in various age and gender groups. This interprofessional approach also helps the healthcare professionals recognize that all the patients are human beings with multiple needs; this model also responds to the patients' holism as much as it responds to the illness (Dinh et al., 2020). An interdisciplinary approach also helps the healthcare providers to develop patient-oriented and individualized treatment plans (Watson et al., 2024). For example, a nurse observing a patient with vision problems and loneliness may collaborate with an optometrist and a psychologist to solve both problems (Boagy et al., 2023). This team involving a sociologist can thus come up with a composite strategy that addresses all the social, physical and mental requirements of a patient, such as social support networks, walking aids, and counseling.

Implications for Policy and Practice

By extending the concept of health care to include aspects of self-care known as the wellness model, there are certain implications for health care policy and practice. Addressing social and psychological care alongside physical requires systems changes such as educating healthcare workers in team approach and putting in place directives that favor integrated model of treatment (Ee et al., 2020). For example, imposed policies such as mental health check to chronic illness patients or vision exams in aging patients' frequently may help in early detection and management thus cutting overall healthcare costs in the long run. In addition, it is also important because incorporating social determinants of health in healthcare policy can improve disparities by increasing service delivery to the community (Adler et al., 2016). For instance, the policies of providing affordable and accessible vision care, mental health among areas with low SES can decrease the effects the SES has on health to increase equality of health access for everyone. Lastly, the strategies that should be implemented are the focuses on the integration of the complementary disciplines within the healthcare system and development of social determinants approaches for the population (Kemp & Fisher, 2022).

CONCLUSION

The integration of nursing, optometry, psychology, and sociology in health care is a revolution from the traditional medical model to a health model that embraces human welfare, social aspect as well as the anatomical. Due to its focus on all these aspects, recognizing both the physical, mental and social phenomena this is a unique model in which interdisciplinary is viewed as a strength in that it allows for the attending physician to better understand the patient's needs. The cultures of nurturing, non-judgmental care, patient advocacy in nursing, social interaction in optometry, inputs on mental health and social factors in psychology and Sociology all complement to a healthcare framework with sustainable health in a long run. Transcending these disciplines is crucial for servicing a variety of patients, and for reshaping the system to center people as individuals with primary health as the capability to live a life one wants to live.

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