

## Nursing Leadership; Empowering Patients Through Partnership

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### Abstract

A study assessing the agreement between patients and healthcare practitioners concerning priorities of care determined a huge discrepancy exists between what they consider to be medically necessary. The healthcare system is a compartmentalized, complex terrain to navigate that is difficult to access and its coordination has proven to be dissatisfactory to patients. The patient and his family remain the common denominators of their health management. Moreover, as humans, we can only control and change ourselves and what we are responsible for. For these reasons, the patient is indubitably the best and only person capable of putting the pieces of the puzzle together in a coherent, adapted manner.

Of course, transforming the system is met with some resistance due to deep-rooted professional identity amongst various practitioners. However, nurses play a pivotal role in empowering patients to engage themselves deeply in their care, to make informed and adapted decisions as well as navigating the system confidently.

The innovative nurse/patient approach is elevated from the building blocks of the nursing profession: assessment, teaching and caring, and requires owning our autonomy and knowledge to redefine our practice, take our place and be recognized for our contribution to health care. We listen to, assess and follow our patients using nursing process. We share our knowledge and assist in making informed choices adapted to the patients' desires, thus improving his engagement exponentially.

This approach dramatically reduces ER visits and promotes better overall health and reduces stress related to health management. As a result, the strain on the healthcare system is reduced. We create more desirable working conditions and maximise our professional potential, resulting in excellence of the nursing practice. As a shared responsibility, leadership must be extended to its full potential through all interdependent domains of healthcare because together we can transform the system and our health.

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