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*History and development of nursing*

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**Abstract.** *The article "History and Development of Nursing" examines the evolution of nursing from ancient times to modern times. The key stages in the formation of the profession are examined, including the early practices of nursing, the organization of nursing in medieval monasteries, and the significance of Florence Nightingale in the development of modern standards of nursing care.*

*The results of statistical studies highlighting the relationship between the quality of nursing care and clinical outcomes, in particular, a decrease in mortality with an increase in the number of nurses per 10 patients, are also analyzed. In conclusion, current trends and prospects for the development of nursing are discussed, including the introduction of telemedicine and advanced training programs, which emphasizes the importance of this profession in the health care system.*

**Key words.** *History of nursing, development of the profession, Florence Nightingale, standards of care, statistical studies, quality of nursing care, clinical outcomes, telemedicine, advanced training, health care system.*

Nursing is an integral part of the healthcare system, providing care and support to patients at all stages of their treatment. It has deep historical roots dating back to ancient civilizations and has undergone significant evolution, adapting to changes in medicine and society. Since the formation of the

profession in the 19th century, nursing has become more organized and professional, which has contributed to improving the quality of medical care.

This article examines key stages in the development of nursing, from its origins to current trends and challenges. It also focuses on statistical data that support the impact of nursing quality on clinical outcomes. Understanding the history and development of nursing allows for a more profound assessment of its role in modern healthcare and the identification of areas for further improvement.

Exploring the early stages of nursing, we can say that it has deep historical roots dating back to ancient civilizations. Nursing existed in Ancient Egypt, Greece and Rome. In these societies, women, often called "nurses", cared for the sick and wounded. For example, in Ancient Egypt, there were specialized institutions designed for medical care. And Ancient Greece was famous for the great Hippocrates and other outstanding doctors who emphasized the importance of patient care as an integral part of medical practice.

During the Middle Ages, nursing underwent significant changes, becoming more organized and systematized. The main factors that contributed to this process were the social, religious, and cultural conditions of the time. Monasteries, run by various religious orders such as the Benedictines and Franciscans, became centers of health care. Monks and nuns provided health care by caring for the sick and needy. These institutions developed the foundations of medical knowledge and practices, including the use of herbs and other natural remedies for healing. Women, often from the lower classes, became nurses in monasteries and hospitals, allowing them to fulfill an important social function in caring for the sick. Nursing during this period was seen as an act of mercy and service, which emphasized the religious aspect of the profession.

The Renaissance was a time of renewed interest in science and medicine, which contributed to the development of nursing. The emergence of

new medical texts and ideas led to improved treatments and care. New scientific discoveries made it possible to establish stricter standards and practices for caring for patients. During this period, the first educational institutions for the training of nurses began to appear, which contributed to the formation of professional standards and advanced training. Nursing education became an important aspect of the professionalization of nursing, which later influenced its development in the 18th and 19th centuries. Thus, the Middle Ages and the Renaissance were key periods in the development of nursing, when patient care began to be systematized and professionalized. These changes laid the foundation for the further development of nursing as an important component of the health care system.

Modern nursing began to develop in the 19th century and became an important part of the healthcare system. This period was characterized by the professionalization of nursing care, the introduction of scientific approaches and standards, and the development of educational programs.

Florence Nightingale (1820–1910) is considered the founder of modern nursing. Her contributions to the profession included introducing a systematic approach to patient care and creating the first nursing standards. Nightingale developed statistical analysis techniques that improved working conditions for nurses and the quality of health care, especially during the Crimean War. In 1860, the first nursing school was founded in London at St. Thomas' Hospital, which was an important step in the professionalization of nursing. Nursing education became an integral part of nurse training, which contributed to the development of skills and competence. Similar schools began to open in other countries in the following decades, helping to spread nursing education standards.

In the late 19th and early 20th centuries, professional nursing associations began to form, such as the American Nurses Association (ANA), founded in 1896. These organizations played a key role in protecting nurses' rights, establishing ethical standards, and advancing professional status. The

associations also promoted standards of practice and educational programs that improved the quality of nursing care.

Modern nursing is based on the principles of evidence-based medicine, which involves using scientific data to make decisions about the treatment and care of patients. This includes the use of clinical guidelines and protocols based on research results. Research shows that high-quality nursing care directly affects clinical outcomes, including reduced morbidity and mortality. Modern nursing is a dynamically developing profession that combines scientific approaches, high standards of care and professional ethics. Its development is due to historical, social and cultural changes, as well as the constant desire to improve the quality of health care. Nursing continues to evolve, adapting to new challenges and requirements of the healthcare system.

Current research confirms that the quality of nursing care directly affects clinical outcomes. This demonstrates the importance of statistical data in assessing the effectiveness of nursing and its impact on patient health. This study found that an increase in the number of nurses by 1 per 10 patients is associated with a 10% decrease in the risk of mortality. These results highlight that an adequate number of nurses can significantly improve the safety and quality of patient care. These studies can serve as a basis for making recommendations for optimizing the number of nurses in clinical settings, which, in turn, can contribute to improving clinical outcomes. According to 2021 data, more than 27 million nurses were registered worldwide. These statistics highlight the importance of this profession in the healthcare system and the need for further development and support of nursing. Increasing the number of nurses can help improve the availability of health services and improve the quality of patient care, which is critical in the context of increasing population needs for health care.

The future of nursing is a dynamic field that is undergoing significant changes due to advances in technology, changing demographic trends, and healthcare needs. These factors require adaptation and rethinking of the role of

nurses in the healthcare system. The development of telemedicine technologies opens new horizons for nursing, allowing nurses to monitor patients at a distance, which is especially important in conditions of limited access to healthcare services. The use of mobile applications and platforms for remote communication with patients helps to improve interactions and improve the quality of care. The introduction of artificial intelligence (AI) in clinical practice allows for the automation of routine tasks, such as data collection and analysis, which frees up nurses' time for more complex and demanding aspects of care. AI can also support clinical decision-making by providing nurses with relevant data to assess patients' conditions. The future of nursing will be determined by the integration of technology, adaptation to demographic changes, and the active participation of nurses in healthcare management. These factors will create new opportunities for professional growth and improved quality of patient care, ultimately leading to a more efficient and accountable healthcare system.

**Conclusion:** The future of nursing is a multifaceted process in which technological innovations, changing demographics, and the need for continuous professional development of nurses play a key role. Successful adaptation to these changes will allow nurses to not only improve the quality of patient care, but also to take an active role in healthcare management. Given the growing demand for healthcare services, nurses will play an important role in ensuring the safety and effectiveness of care. The integration of new technologies, such as telemedicine and artificial intelligence, will create opportunities for improved quality of care and deeper interaction with patients. In the context of an aging population and global health challenges, nursing must adapt and evolve to provide a holistic approach to patient care. Continuous education and leadership development will be essential to shaping the future of nursing, enabling nurses to effectively meet new challenges and make a meaningful contribution to the healthcare system. The future of nursing will therefore be determined not only by professional skills, but also by nurses'

ability to adapt and innovate, ultimately leading to improved public health and better healthcare.

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