Technology is Transforming Work for Nurses and Care for Patients

Nurses at Mattel Children's Hospital at UCLA Health have just one complaint about the tablets the hospital recently introduced at patients’ bedsides: the charger cables—which fit many patients’ phones—keep disappearing. Otherwise, nurses have only superlatives to describe the new technology and its impact on patients and nurses. For children, the tablets are loaded with games and videos and are a great distraction during blood draws and other procedures.

"While the tablets are entertaining for kids, they're just as important for parents," says UCLA Health nurse R-J Soliven. Physicians can choose to make patient information, such as laboratory test results, available on the tablet, which parents can access with a password. "Parents of children undergoing chemotherapy for cancer treatment, for example, know that the medication can be delayed if a child's white blood cell count is low," says Liz Bolaños, another UCLA Health nurse, "so they anxiously check those numbers on the tablet, often getting the information at the same time it's sent to the chart and the nurses' station."

The tablets and other new technological innovations enhance both patient care and comfort and nurses’ job satisfaction, says Jessica McKee, clinical communications coordinator at UC San Diego Health. At UC San Diego, patients can use tablets to adjust blinds, control the television, and watch entertainment programs and videos about their condition. "I can see, from visiting patients and working with our nurses, that the tablets are having a positive impact," says McKee. "Patients have control over their environment, and because they get basic information on the condition they're being treated for, the nurses can spend more time on their specific situation, like timing medication once they're home or wound care."

In an article on its website, Norwich University in Northfield, Vermont, highlighted several key technologies that have been transforming nursing, such as electronic health records, mobile communications systems, patient-generated health-data systems (from devices such as smartphones and smart watches), real-time location systems (for patients, medical staff, and medical equipment), and smart alarm technology (to reduce false alarms). And in a report from technology firm Hewlett Packard Enterprise on technology and nursing, Sandra Bogenrief, dean of nursing at Rasmussen College in St. Cloud, Minnesota, says emerging technology is making a nurse's work easier: "We enjoy the efficiency of having medical records at our fingertips, algorithms to guide our nursing critical thinking processes, and pumps that calculate and maintain accurate medication administration."

Some technologies were specifically designed with nurses in mind, such as robotic telehealth systems nurses monitor from their stations to keep an eye on patients who are at risk for a fall or who might pull out an iv line. Digital display signs placed on the door of a patient's room alert staff to crucial patient information (such as allergies) and can be updated instantly with new information. "It's an,
amazing time in nursing,” says Bonnie Clipper, vice president of innovation at the American Nurses Association, who also acknowledges that “it’s absolutely a concern that you can lose touch with patients. We’re working very hard to keep this about the patient and use technology and innovations to supplement care.” Clipper says it's vital that nurses learn everything they can about emerging technology. "We want them to know the strengths and weaknesses, as well as how to communicate about the technologies to patients, so they understand their role.”

Clipper highlights opportunities offered by artificial intelligence. Computers, for instance, can be programmed to detect indications and patterns, such as emerging cardiac failure or sepsis. “That allows us to anticipate and predict before bad things happen to patients,” says Clipper. She adds that nursing schools are working hard to catch up with technological advances, teaching students about these concepts and the mechanics, “so that the first time they see them isn’t on the job.” She hopes that nurses will become involved in developing technologies as they identify patient needs and marry these to technological innovation.

"Nurses are incredibly flexible and very nimble in their embrace of new ideas,” Clipper says. "I find them to be excited about new technology, and that’s exciting for patients and our profession."


**TEXTO 2**

**The FOMO is Real: How Social Media Increases Depression and Loneliness**

Studies have linked the use of social media to depression, anxiety, poorer sleep quality, lower self-esteem, inattention, and hyperactivity — often in teens and adolescents. The list goes on. However, these studies are almost entirely of an observational or correlational nature, meaning they don’t establish whether or not one is causing the other.

A common argument against the theory that social media makes individuals more depressed and lonely is simply that perhaps those who are more depressed and lonely are more inclined to use social media as a way of reaching out.

A new study concludes that there is in fact a causal link between the use of social media and negative effects on well-being, primarily depression and loneliness. The study was published in the Journal of Social and Clinical Psychology. “What we found overall is that if you use less social media, you are actually less depressed and less lonely, meaning that the decreased social media use is what causes that qualitative shift in your well-being,” said Jordyn Young, a co-author of the paper and a senior at the University of Pennsylvania. “Prior to this, all we could say was that there is an association between using social media and having poor outcomes with well-being,” she said. The researchers say this is the first time a causal link has ever been established in scientific research.
Even with an established causal link, there still remains a larger, unanswered question: Why? **How could systems designed to bring us closer to our friends and family be bad for our mental health?** Much like the algorithm that powers your Facebook feed, it’s complicated.

Some general theories have come to the forefront, some obvious and some not so much. “What happens many times when they log on is that you kind of activate a lot of social comparison,” said Oscar Ybarra, PhD, a professor of psychology at the University of Michigan. “People don’t necessarily have to be super aware that this is occurring, but it does. You log on, you’re generally dealing with very curated content on the other side.” Ybarra has published pieces on the relationship between Facebook and certain mental health outcomes. He’s attempted to suss out the “why” of this relationship for himself. He notes that even if individuals are aware of the “curated” nature of many online platforms, “they nevertheless feel like, ‘How am I stacking up?’ or ‘How is my life stacking up?’ compared to what these people are presenting. I think that what happens is that the more you use the platforms, the more social comparisons tend to induce, and that relates to these decrements in how people are feeling.” These constant “upward social comparisons” can happen hundreds of times each day, depending on how frequently you check your social media feeds.

Fear of missing out, or FOMO, is another mental health effect that’s been strongly linked with the use of social media. Although a relatively new phrase often attributed to millennial ennui, psychologists say it has real social significance. Amy Summerville, PhD, a professor of psychology at Miami University in Ohio, is an expert on issues of regret and the psychology of “what might have been.” She explains that FOMO is an extension of larger issues of inclusion and social standing. Once our basic needs are met, like food, shelter, and water, the need for inclusion and social interaction ranks right up there, she says. “The FOMO experience specifically is this feeling that I personally could have been there and I wasn’t. I do think that part of the reason that’s really powerful is this cue that maybe we’re not being included by people we have important social relationships with,” she told Healthline.

The now ubiquitous use of social media and technology has created a world in which we can gaze into our own crystal ball to see what our friends are doing at almost any time of day. And that’s not necessarily a good thing.

So, should we all just be using less social media? **Maybe.** But both Ybarra and Summerville say there isn’t enough research to set any kind of real guidelines. “I don’t know that I would say, at this point, that the research necessarily says that everyone needs to put app blockers on their phone,” Summerville said. “It does, to me, suggest that this could be helpful, especially for people who are already seeming to struggle with negative emotions and a sense of belonging.” Nevertheless, what’s clear is that social media isn’t going away. If anything, this kind of technology will likely only grow more pervasive. “Given how available these technologies are and continue to become, **they are just going to be part of how we interact with our world and with people. There’s definitely a lot of work to be done in this area,**” Ybarra said.

QUESTÕES

As questões de 1 a 5 referem-se ao TEXTO 1:

1) Qual a opinião dos profissionais de enfermagem do *Mattel Children’s Hospital* sobre os impactos das novas tecnologias?

2) Analise as seguintes afirmativas sobre o uso de *tablets* nos hospitais.

I. É considerado mais relevante para os pais do que para as crianças.
II. Otimiza o tempo dos enfermeiros.
III. Permite aos pacientes controlar alguns aparelhos eletrônicos.
IV. Tem se mostrado útil para enfermeiros, médicos, pacientes e pais.

São VERDADEIRAS:

(A) TODAS.
(B) apenas I e III.
(C) apenas II e IV.
(D) apenas II, III e IV.

3) Segundo o site da Universidade de Norwich, todas as opções são tecnologias que têm transformado a enfermagem, EXCETO:

(A) Tecnologia de inteligência artificial.
(B) Tecnologia de alarme inteligente.
(C) Sistemas de localização em tempo real.
(D) Sistemas de comunicação móvel.

4) As tecnologias especificamente voltadas para os profissionais de enfermagem

(A) alertam sobre informações triviais do paciente.
(B) permitem o monitoramento do paciente a partir do posto de enfermagem.
(C) emitem relatórios eletrônicos do estado de saúde do paciente.
(D) localizam o paciente em tempo real.

5) De acordo com Bonnie Clipper, qual o papel das escolas e dos profissionais de enfermagem no ensino/aprendizagem do uso das novas tecnologias?
As questões de 6 a 10 referem-se ao TEXTO 2:

6) Segundo o autor, o que significa dizer que os estudos anteriores são quase totalmente correlacionais?

7) Analise as seguintes afirmações.

I. A teoria de que o uso da mídia social pode tornar as pessoas mais depressivas e solitárias tem apenas um argumento contrário, até o momento.
II. Os indivíduos que usam as mídias sociais para aproximarem-se de outras pessoas não sofrem impactos negativos.
III. A relação causal apresentada no artigo mencionado no 3º parágrafo é sem precedentes.
IV. A frequência de uso das mídias sociais pode estar associada à qualidade do bem-estar dos usuários.

São VERDADEIRAS:
(A) apenas I e II
(B) apenas III e IV.
(C) apenas I, II e III.
(D) apenas II, III e IV.

8) De que forma o uso das mídias sociais pode acentuar o efeito *FOMO*?

9) É resposta encontrada no texto para a pergunta destacada no 4º parágrafo:

(A) Porque não preenchem necessidades básicas dos usuários.
(B) Porque podem causar a sensação de impotência.
(C) Porque podem causar depressão e solidão.
(D) Porque podem causar sentimentos de comparação e exclusão.

10) É CORRETO o que se afirma em:
(A) Os advérbios *perhaps, maybe* e *Maybe*, destacados em sequência nos 2º, 6º, e 7º parágrafos, podem ser intercambiados sem alterar o sentido do texto.
(B) A expressão *not so much*, destacada no 5º parágrafo, refere-se a ‘forefront’.
(C) A expressão *We can gaze into our own crystal ball*, destacada no 6º parágrafo, é empregada em sentido literal.
(D) O pronome *they*, destacado em sequência nos 5º e 7º parágrafos, refere-se a tecnologias em ambas as ocorrências.