**PROFESSIONAL ACCOUNTABILITY IN NURSING**

Professional accountability in nursing refers to the moral and lawful obligation that medical attendants need to give protected, equipped, and sympathetic consideration to their patients while maintaining the norms and guidelines of the nursing profession (Tobi,et al 2020) . It includes being responsible for one's activities and choices, both separately and as a component of a medical care group. Professional responsibility entails keeping up with proficient skill through nonstop mastering, sticking to proficient sets of rules, pushing for patient privileges and government assistance, rehearsing inside the extent of training, and getting a sense of ownership with one's own proficient development and improvement. Nursing attendants are responsible for their expert lead and should endeavor to guarantee patient security, keep up with secrecy, and participate in powerful correspondence and coordinated effort with associates, patients, and their families, accordingly advancing trust, respectability, and the best of care (Anuradha et ,al 2021) .

A nurse exhibit exhibits professional accountability in clinical expertise by showing an elevated degree of capability, information, and expertise in conveying patient consideration. This incorporates remaining updated with current trends based works on, taking part in continuous professional development activities, exercises, and participating in deep rooted learning (Vanoostveen ,et al 2019). A nurse with professional responsibility in clinical expertise guarantees that their abilities and information are lined up with the developing nursing care scene and arising innovations. They effectively look for amazing chances to improve their clinical capability through affirmations, high level preparation, and advancing in their studies. Also, they participate in critical thinking and clinical thinking to use wise judgment and decisions in complex medical services circumstances (Berg, et al 2023). A nursing officer commitment to professional accountability in clinical skill does not only guarantee the provision of safe and compelling consideration yet in addition encourages a culture of greatness and impressive skill inside the medical services group.

An attendant shows professional accountability in the nursing process by effectively captivating in each period of the cycle and getting a sense of ownership with the results of their nursing care. They show responsibility by leading an exhaustive and exact evaluation of the patient's physical, personal, and psychosocial needs, guaranteeing that no part of the patient's condition is disregarded (Akkus, et al 2022). They team up with the patient, their families, and the medical services group to lay out concurred together upon objectives and foster a customized plan of care. During the execution stage, the nurse guarantees the legitimate execution of mediations, drugs, and medicines while intently observing the patient's reaction and making changes as the need might arise. Professional accountability in the nursing system is apparent in the assessment stage, where the nursing attendant basically breaks down the viability of the consideration gave, distinguishes regions for development, and alters the arrangement of care likewise. Nurture likewise show responsibility by reporting their evaluations, mediations, and results precisely and as quickly as possibly, guaranteeing the congruity and nature of care. Through this responsible methodology, attendants maintain the best expectations of expert practice and add to positive patient results.

A nurse demonstrates evidence-based practice by integrating the best available evidence from research studies, clinical expertise, and patient preferences into their decision-making and care delivery. They keep awake to-date with flow research writing, fundamentally evaluate the proof, and apply it to their training. By using proof based rules and conventions, medical attendants guarantee that their mediations and therapies depend on the latest and solid data, working on understanding results and lessening varieties in care (Hogle & L.f2019). They effectively participate in research exercises, partake in diary clubs, and work together with interdisciplinary groups to add to the age of new proof. Nurture likewise include patients in the dynamic cycle, consolidating their qualities, convictions, and inclinations into the consideration plan. By embracing proof based practice, attendants advance the conveyance of superior grade, safe, and compelling consideration, and add to the progression of nursing information and the improvement of medical care results.

Incorporating self-care that of mental health for your client and self, involves addressing the well-being of both the patient and the nurse. As a nurse, it is crucial to prioritize self-care practices to maintain optimal mental health and prevent burnout. This incorporates defining limits, participating in pressure decreasing exercises, looking for help, and rehearsing self-reflection. By dealing with their own psychological prosperity, attendants can all the more likely consideration for their patients (Kawalek & Jessica 2021) . While giving consideration to patients, medical caretakers can integrate emotional well-being viewpoints by advancing open and compassionate correspondence. They ought to effectively stand by listening to patients, approve their feelings, and offer profound help. Attendants can instruct patients about taking care of oneself practices for mental prosperity, like pressure decrease methods, sound survival strategies, and accessible psychological wellness assets. By taking into account psychological wellness as an indispensable piece of nursing care, medical attendants add to the comprehensive prosperity of both themselves and their patients, advancing better wellbeing results and cultivating an empathetic mending climate.

Integrating spiritual wellbeing for both the client and the nurse is a significant part of nursing care. To address the client's profound requirements, nurses can establish a steady climate that regards and praises their convictions, values, and social practices. This can include undivided attention, giving open doors to supplication or contemplation, working with admittance to profound assets, and teaming up with ministers or spiritual instructors (Canda, et al 2019). Also, nurses can take part in remedial correspondence that recognizes the client's otherworldly aspect and assists them with viewing as significance and reason in their nursing care venture. For their own otherworldly prosperity, attendants can participate in private reflection, care practices, and look for profound help. By perceiving and tending to the profound parts of care, medical attendants advance an all encompassing methodology that thinks about the entire individual, encouraging a feeling of direction, solace, and recuperating for both the client and themselves.

The Bible emphasizes the importance of caring for oneself in various aspects. It encourages individuals to honor their bodies as temples of the Holy Spirit (1 Corinthians 6:19-20), which includes taking care of physical well-being. It teaches seeking God's peace and casting anxieties upon Him (Philippians 4:6-7, 1 Peter 5:7) for emotional well-being. The Bible also stresses the need for spiritual nourishment through prayer, meditation, and fellowship with other believers (Psalm 119:11, Hebrews 10:24-25). While the term "self-care" may not be explicitly mentioned, the Bible provides principles that highlight the importance of tending to one's physical, emotional, and spiritual needs, recognizing that a balanced and healthy self allows individuals to better serve and love others.

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