

# Challenges in Giving Versus Receiving Care

---

## Editorial

A common belief exists among children growing up that mothers never experience hunger because of the sacrificial nature of most mothers that makes them forego their meals on several occasions in order to make their children eat in times of scarcity. Along a similar line of thought, many people think healthcare providers possess a higher tolerance over the conditions their clients suffer to the extent that some people are surprised when healthcare providers become sick. Patients and their families as well as the communities from which they come, oblivious of the health needs of the providers of healthcare, expect the providers to understand the condition of the sick and adequately take care of them without any thought to their (providers) own health status. Sanchez-Reilly and others (2013) however affirm that notable among other conditions, many clinicians suffer from burnout and moral distress in the course of their duty of delivering care to others.

In the healthcare industry both inside and outside the hospital environment, clients expect and demand satisfaction from their providers in terms of provision of knowledge and skilled care. The health clientele is becoming more and more curious about health conditions and it behooves

providers to be more knowledgeable to address the needs of current clients. This situation can be stressful not just for the providers but even more stressful for the managers of the providers who are expected to ensure the provision of quality care to the satisfaction of clients and their families and communities.

This edition of the *Numid Horizon: An International Journal of Nursing and Midwifery*, addresses the challenges experienced both by the providers and their clients as the former group seeks to meet the expectations of the latter group. The first article in this edition on the coping mechanism on stress among nurse managers brings out the realities in terms of the challenges these managers face as they manage the team under them to meet the high expectations of their clients. The article supports a similar study by Udod, Cummings, Care and Jenkins, (2017) who stress on the importance of adequate interventions to reduce the level of stress nurse managers face in their roles.

The second article on stigmatization of mental health nurses is another example of challenging situations many healthcare providers face in their line of duty. The question of how much sacrifice is enough keeps recurring as these nurses recount the stigmatization they undergo as they continue to play their roles.

The complex nature of nursing and the holistic nature of quality care expected by patients, families and communities demand higher education for an upgrade in the knowledge, skills and ability to think critically among nurses to enable them cope with the current challenges in their jobs (Alamri, & Sharts-Hopko, 2015). Nurses, especially those who play auxiliary roles and are not considered professional, therefore, try to face the challenges they meet in the workplace by opting for higher education and this is expressed in the third article in this edition, on motivational factors for continuing higher education among non-professional nurses.

On the part of the beneficiaries of health-care the articles on maternal satisfaction on birth experience and the experiences and management of menopause among some clients express the expectations of clients as they look up to their providers as the experts in the health field. The part that knowledge plays in clients' understanding of health issues is buttressed in the articles delving into knowledge on reproductive is-

ssues like contraceptives use among women in the fertility age and pregnant women's discussions on caesarian section.

The management of chronic diseases usually falls in the domain of preventive health with the primary "focus on promotion of informed lifestyle choices, risk-factor modification, and active patient self-management of chronic diseases" (Adams, 2010, p.61). The last article in this edition speaks to the need to address the challenges clients face in management of chronic diseases by delving into the effect of knowledge on practice in terms of dietary modification among diabetic patients.

In summary, this third edition of the Numid Horizon addresses questions arising on the challenges providers go through as they sacrifice to take care of others as well as the equally challenging actual experiences patients and clients go through as they receive care and the role knowledge of the conditions plays in the process.

---

## References

- Adams, R. J. (2010). Improving health outcomes with better patient understanding and education. *Risk Management and Healthcare Policy*, 3, 61–72. <http://doi.org/10.2147/RMHP.S7500>
- Alamri, M., & Sharts-Hopko, N. (2015). Motivational factors and barriers related to Saudi Arabian nurses' pursuit of a bachelor of science in nursing degree. *Nursing Education Perspectives*, 36(3), 157-162. <https://search-proquest-com.contentproxy.phoenix.edu/docview/1683082243?accountid=134061>
- Sanchez-Reilly, S., Morrison, L. J., Carey, E., Bernacki, R., O'Neill, L., Kapo, J., ... Thomas, J. deLima. (2013). Caring for oneself to care for others: physicians and their self-care. *The Journal of Supportive Oncology*, 11(2), 75–81.
- Udod, S., Cummings, G. G., Care, W.D., & Jenkins, M. (2017). Role stressors and coping strategies among nurse managers. *Leadership in Health Services*, 30 (1), 29-43. <https://doi-org.content-proxy.phoenix.edu/10.1108/LHS-04-2016-0015>