Changing Notions of Nursing Care in Socio-Cultural and Psychological Interventions: A Systematic Review

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Abstract

Although historically important in clinical environments, nursing care is evolving through outpatient concerns, community health strategies and health promotion approaches. Taking this outset, this paper is developed as a systematic review endorsing secondary literature from scientific research. It looks at the progress made in the nursing roles and has compiled evidence data on non-clinical practices, including community health promotion, mental health, and telehealth interventions. These results draw attention to the roles' increasing importance in responding to the social determinants of health and promoting sustainable healthcare delivery. Several issues are critical, including lack of policy support, inadequate professional development in non-clinical competencies, and organizational culture barriers. The review, therefore, underlines the need to reclaim the nursing education curriculum to include non-clinical approaches and collaborations with other professions for effective and efficient care provision. When these challenges are met, and concerning technological developments, nursing can extend its frontiers to other realms than hospitals. Further studies should try to understand follow-up impacts and the generalization possibility of non-healthcare-oriented approaches to properly recognize the full potential of non-clinical interventions for enhancing global health equity and improving the quality of the population's lives.

Keywords: nursing care, non-clinical interventions, preventive health, telehealth, community health

Introduction

Nursing has been defined mostly in terms of clinical practices, specifically institutional care directed at providing care for acute and chronic diseases. This conventional view of nursing care has substantial importance in the clinical setting, wherein the central idea is providing direct patient care and treatment through medical practices. Nursing care includes both clinical and non-clinical aspects (Potter & Perry, 2022). Clinical nursing care involves direct patient care activities such as administering medications, monitoring vital signs, wound care, and assisting with medical procedures. Non-clinical nursing care includes administrative and supportive tasks like patient education, care coordination, documentation, and ensuring a safe healthcare environment. Both aspects are essential for comprehensive patient care and healthcare system efficiency. This study particularly focuses on the dynamics of non-clinical socio-cultural and psychological interventions.

In recent years, nursing care has opened the opportunities for the diverse practice to include preventive and community health, which indeed reflect the modern trends in healthcare (World Health Organization [WHO], 2020). Health promotion, counselling, education, and telehealth communication have become an active part of nursing practice to address social determinants of health and improve the quality of client life (Koohpayehzadeh et al., 2021; Llop-Gironés et al., 2024). These interventions indicate a more extensive cure and preventive Health model than the ill health model, which focuses on the sick and hospital arena alone.

While the diversity of non-clinical nursing roles is acknowledged, there has been limited research regarding how these interventions are reconfiguring nursing work. Many researchers proposed a wide range of non-clinical activities; however, little effort has been explicitly made to compile the body of work to give a clear picture of the total effect (Chaboyer et al., 2021; Perry et al., 2022). Such knowledge deficit becomes problematic in the ability to incorporate such non-clinical positions into the routine functioning and education within the nursing profession. Moreover, it is acknowledged that mainstream healthcare structures and strategies may focus on medical model aspects and, therefore, pay limited attention to the contribution of non-medical approaches to the development of patient health as well as to the conceptualization of the overall objectification of health (De Vries et al., 2023). Realizing this shift is helpful for the effective functioning of the nursing education and healthcare systems when the roles of professionals expand as the demand for community-based and preventive care skyrockets. The following systematic review seeks to comprehend the changing dynamics of non-clinical nursing interventions in understanding their key applications and evidential effects on patient outcomes and future non-clinical nursing interventions for practice integration, challenges and opportunities.

Methodology

Regarding the methodological quality, a systematic review was conducted following the PRISMA guidelines. It is a widely accepted framework for conducting and reporting systematic reviews, to ensure methodological rigor and transparency (Page et al., 2021). The PubMed,

Google Scholar, Scopus, and Web of Science databases were systematically searched to obtain significant results. The search string included keywords such as nursing care, non-clinical interventions, community health, mental health nursing, and telehealth, combined with Boolean operators to increase both the relevance and scope of the results.

The eligibility criteria involved the type of study. They included articles published in peer-reviewed journals, excluding clinical trials and studies involving clinical practice interventions in the selected timeframe between 2008 and 2024. Such a limitation was due to the exclusion of papers that did not report data, focused only on clinical practices, avoided scientific rigour and were published in languages other than English. Titles and abstracts of 56 readings were screened, and finally, full-text articles were reviewed to make the final decision regarding participation. However, 35 scientific publications were considered suitable for inclusion and used in the present meta-analysis. Data were extracted using a codebook template, a structured tool for extracting relevant information from the included studies, and thematic synthesis was used to define patterns and derive important conclusions regarding non-clinical nursing interventions over time.

Results and Findings

The scientific studies and literature forming the basis of this systematic review encompass diverse practice contexts, including community health, schools, workplaces, and telecare. These studies highlight progressive changes in non-clinical nursing practices (Kuehnert et al., 2022; Pratt et al., 2023). The interventions are broadly categorized into three primary themes: specialty areas, programs of emphasis, and certifications. Specialty areas refer to specific non-clinical nursing domains, such as community health promotion and mental health care. Programs of emphasis focus on particular aspects of non-clinical nursing, such as telehealth. Certifications formally recognize a nurse's competence in specific non-clinical areas. Nearly half of the studies address community health promotion and mental health care, while only a few focus on telehealth. Collectively, these themes reflect the expanding scope of nursing practice beyond clinical settings, incorporating social determinants of health and adopting non-traditional care models to enhance patient outcomes (Bruce & Phetlhu, 2024; Yu & Alap, 2024).

Nursing Care and Community Health Promotion

Nurses have taken a central role in implementing community health promotion programs. These include offering health education forums, launching immunization crusades, and promoting crusades for chronic ailments (Al-Akash et al., 2022; Settipani et al., 2019). These roles also include generating public awareness of healthy behaviours, responding to the interests and needs of the communities, and linking the positive effects of these programs to other health care practitioners.

According to the study results inserted by different studies, health behaviors and awareness among the target population significantly improve (Guilamo-Ramos et al., 2023; Kasa et al., 2024). For example, nurse-led community-based interventions that receive community referrals have shown enhanced immunizations, better control of chronic diseases, and improved

knowledge of preventive measures (Churchwell et al., 2020). Courses dealing with fundamental behavioural changes like smoking, cessation, improved diet, and increased physical activity, as evidenced in the study, have clear epidemiological outcomes in controlling risk factors for chronic diseases. Therefore, the results of this study emphasize the role of healthcare obstetric nurses in bridging gaps in community healthcare.

Nursing and Mental Health Care

The mental health interventions from the nursing discipline include counselling, stress management, and crisis intervention support. Most of these services are provided in non-clinical contexts, including schools, workplaces, and community-based organizations, and as such, the physical accessibility of mental health care has been enhanced for a variety of populations (López-Del-Hoyo et al., 2023; Wang et al., 2023). In such contexts, nurses play a critical role in responding to people's needs for stress reduction, therapy, or coping with anxiety or depression in special populations or special needs.

A resilience that is evidenced by consistently positive results, including a reduced severity of anxiety and depression (Varghese et al., 2021). Strategies aimed at population subsets, including young persons and recipients of limited financial resources, demonstrate substantial effectiveness in enhancing mental health (Nguyen et al., 2023). Activities focused on personal stress and emotions generally improve participants' ability to handle life stressors. By emphasizing the potential of nurses, therefore, it is needed to focus on articulating new ways to halt the increasing rates of mental illnesses and incorporate communities into the process.

Telehealth and Remote Care

From a non-clinical perspective, telehealth in nursing care focuses on patient education, care coordination, remote health monitoring, and administrative support. It enables nurses to provide virtual consultations, guide self-care practices, and facilitate communication between patients and healthcare providers. By leveraging technology, telehealth enhances accessibility, efficiency, and continuity of care, particularly for underserved populations. Telehealth has become a significant advancement that has enhanced practice in dealing with clients, especially those in rural settings. The assigned roles involved the application of technology, such as video consultations, mobile health applications, and remote tracking devices, which nurses employed to deliver care outside organization health facilities (Ali et al., 2022; Ibrahim et al., 2024). These tools provided means for real-time communications, chronic disease control, and individualized health counselling.

Scientific studies have portrayed some benefits of telehealth interventions in different ways. For example, the general population in rural areas with geographical barriers to access reported improved healthcare facility utilization (Kuehnert et al., 2022; Pratt et al., 2023). Also, telehealth provided increased compliance with proposed treatment and care plans since patients could easily reach the nurses (Charalambous et al., 2024). Mobile health monitoring systems were most beneficial in the case of patients with chronic conditions, allowing the identification of deterioration of the disease and preventing relapse. These outcomes stress the change in the nursing practice by applying technologies to enhance care delivery.

Challenges and Opportunities

The review highlighted several factors that might hinder the proper delivery of non-clinical nursing interventions. Among them, a fundamental issue is the dearth of preparation for professional positions that are not clinical for nurses (Bruce & Phetlhu, 2024; Yu & Alap, 2024). The analysis also shows that many nursing curricula continue to focus on traditional clinical competencies, handicapping students for community/technological opportunities. Another challenge was the resistance to change among healthcare organizations, especially in clinical bureaucracy-influenced settings (Al-Akash et al., 2022; Settipani et al., 2019). Moreover, a lack of finance and technology also limits the expansion of the non-clinical programs that aim to redeem lost prices.

Nevertheless, the results of this study describe numerous opportunities for improving non-clinical nursing practices. Including these roles in nursing curricula and preparation for future nurses is imperative for enhancing their professional competencies within various healthcare settings (Ali et al., 2022; Ibrahim et al., 2024). With the help of such technologies as AI and machine learning, the promotion of remote care and health promotion services could also be improved (Charalambous et al., 2024). There is the potential for both policymakers and healthcare organizations to promote interdisciplinary working in the delivery of non-clinical interventions as part of a broader healthcare landscape. : They prove that non-clinical nursing positions may be valuable in meeting contemporary healthcare challenges.

Addressing Challenges and Opportunities

There are always some challenges when transitioning from direct patient care and nursing roles. A major challenge highlighted during the review is the inadequate preparation of the nurses for practice areas outside of direct client treatment. Several nursing curricula are still dominated by Clinical performance competencies, which results in inadequate coverage of community and technological-based strategies (Massimi et al., 2017). To overcome this problem, it is necessary to improve current educational frameworks with a focus on establishing the link between basic training curricula and non-clinical staff.

The first is resistance to change in healthcare systems, specifically clinics and hospitals that have established pyramids of clinical domination. Challenges that Nurses experience while trying to undertake non-clinical alterations show that advocacy and leadership formation is required in nursing (Unsworth et al., 2024; Wakefield et al., 2021). Overcoming these barriers requires the practical process of developing the organizational culture with innovation and collaboration possibilities that foster nurses' preparedness for expanded roles.

Another limitation is problems associated with resources, which are usually scarce and include funds and technological equipment, all of which become barriers to expanding non-clinical programmes. It is then imperative for regulators and other healthcare stakeholders to ensure that the cluster supports allocations made to CHW ancillary structural services and the requisite digital applications for delivering non-health individual and communal interventions. Such an approach fostered by governments and financial institutions can be instrumental in partnering with other non-governmental entities to foster resource mobilization and innovation in defining

sustainable non-clinical models of nursing care (Baker et al., 2021; Sumpter et al., 2022; WHO, 2020).

Nonetheless, the review finds many prospects for progress in non-clinical nursing careers. The first recognized strength is technology, where the organization can integrate and improve care using innovations. As some examples, telehealth and remote monitoring devices have identified significant opportunities to expand care access for patients from remote or underserved regions. Applying artificial intelligence and machine learning to telehealth frameworks enhances the increase of customizable non-clinical nursing interventions and resource management, thus increasing the accessibility of effective telehealth options (Alafaireet, & Diserens, 2023; Fewster-Thuente et al., 2008).

In addition, it enhances the understanding of employment of non-clinical positions from a broader healthcare perspective. Nurses could be understood as facilitators of efforts towards attaining equitable health systems by integrating non-clinical nursing activities with current international and country health agendas, including sustainable development goals. Policy and health management proponents must appreciate the non-clinical approach commensurate with other nursing care management initiatives for nurses to undertake the changes proactively (ICN, 2022).

Therefore, as this review points out, non-clinical approaches present a practical solution to meeting new challenges of contemporary health professions and integrating them into nursing. The nursing profession has been progressive in accepting policy reforms, educational progression, and a high level of interdisciplinary collaboration. As a result, the profession has expanded its territory beyond traditional clinical nursing. Meeting the needs and leveraging opportunities stated in the present review will be fundamental in promoting therapeutic intervention by the non-clinical staff to attain the true potential of non-clinical nursing interventions in attaining healthcare for a healthier and equitable society.

Discussion

Transition from Clinical to Non-Clinical Roles

This systematic review supports the notion of expanded practice domains of nursing care, where non-medical actions are becoming some of the most significant focuses in contemporary health care. Conventional nursing means clinical positions centre on the direct interface with the patients in health care facilities such as clinics or hospitals. However, the evidence presented in this literature review of the Multiple Sclerosis study reveals a shift toward primary, integrated, and population-focused practices as a part of a more extensive reorientation of a nurse's role (Baker et al., 2021; Sumpter et al., 2022). With the passage of time, the modernization of this healthcare transition is a sign of response to global healthcare trends such as social determinants of health, mental health, and the use of technology in providing health care to people. As the major providers of care, nurses are strategically positioned to close the gap and facilitate justice in the distribution of health care (Unsworth et al., 2024; Wakefield et al., 2021).

Non-clinical roles incorporated into the nursing practice are not an expansion of current practice but are a shift in the profession. These roles include all health education, mental health, and service through telehealth to different persons or groups as they meet the complicated health needs of persons or groups throughout the community. The study results corroborate global calls to embrace population health and proactive paradigms for managing health systems to underscore the importance of training nurses for success in these populations and preventive areas (International Council of Nurses [ICN], 2022).

Summary and Synthesis of the Scientific Readings

Table 1 presents a synthesis matrix of some of the most critical areas of concern, such as themes, significant findings, methods, and their relevance. It threads through the current literature that some emerging themes identified include community health promotion, mental health, telehealth, nursing education and policies. Thematic organization enhances an analytical aggregation that nurses' care has shifted from clinical to non-clinical contexts. For instance, Baker et al. (2021), Sumpter et al. (2022), Unsworth et al. (2024), Wakefield et al. (2021) and WHO (2020) evaluate the effects of the community health programs in differen dimesnions. Simiallry, the works of Massimi et al. (2017) and ICN (2022) emphasize on nursing interventions. Similarly, McLoughlin et al. (2021) and Yu et al. (2024) discuss telehealth implementation, stressing its importance in rural and hard-to-reach areas. Furthermore, Mason et al. (2022) report on nursing shortages of practice development knowledge and policy documents that do not support non-clinical employment credentials in nursing.

Table 1: Systematic review and assessment compiled during the study

Theme	Source(s)	Major Findings	Methods	Implications
Community Health Promotion	Baker et al. (2021); Sumpter et al. (2022); Unsworth et al. (2024); Wakefield et al. (2021); WHO (2020)	Nurses play key roles in addressing social determinants of health through community engagement.	Mixed-methods studies, systematic reviews	Urgent need for policy and training reforms to support nurses as they are equipped with the necessary skills and knowledge to address the social determinants of health
Mental Health Interventions	ICN (2022); Massimi et al. (2017)	The critical role of non-clinical roles in mental health cannot be overstated; but are essential for early detection, stigma reduction, and the	Surveys, case studies	Highlights the gap in nursing curricula regarding mental health competencies and the need for continuing education.

		delivery of holistic care		
Telehealth and Technology	Alafaireet & Diserens (2023); Fewster-Thuente et al. (2008); McLoughlin et al. (2021); Yu et al. (2024)	Telehealth has expanded accessibility for remote populations but requires better infrastructure and policy.	Qualitative research, policy analysis	Suggests investments in digital health tools and interdisciplinary collaboration for scaling telehealth services.
Education and Training	Baker et al. (2021); Massimi et al. (2017); Sumpter et al. (2022); WHO (2020)	Current nursing education is insufficient to prepare for non-clinical roles; it emphasizes tech and community health skills.	Curriculum analysis, interviews	Calls for curriculum overhaul and integration of non-clinical competencies in undergraduate and professional training.
Policy Frameworks	McLoughlin et al. (2021); Unsworth et al. (2024); Wakefield et al. (2021); Yu et al. (2024)	Existing policies are outdated and fail to support non-clinical nursing roles effectively.	Policy reviews, stakeholder interviews	Advocates for revising healthcare policies to recognize and support non-clinical nursing interventions.

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Implications for Nursing Practice

(1) Policy Development

The findings suggest a lack of clear and coherent policy regarding the non-clinical roles within the nursing practice and call for policies to accommodate these structures. Today's policies continue to be formulated based on the conventional model, cutting across acute and clinical training in such a way that overlooks the potential contribution of a nurse in the community setting. Governments need to incorporate more non-healthcare approaches into policies that will facilitate how nurses work in other healthcare settings. This involves supporting funding for outside programs, defining telemedicine protocols, and displaying cooperation across disciplines to increase the effectiveness of non-healthcare-related endeavours (McLoughlin et al., 2021; Yu et al., 2024). Also, the policies should decompose institutionalized practices that impede the development of nimble, adaptive health systems and organizations.

(2) Education and Training

Changing nursing roles from clinical focus to non-clinical requires modifying nursing education and training. Currently, clinical competencies dominate the curricula, and the emphasis should be directed on the training in community exposure, mental health, and the use of technology-based approaches such as telehealth. Schools are responsible for offering nursing programs to equip future nurses with knowledge on health promotion, competencies on culture and information on the development of digital health tools (Massimi et al., 2017). Also, advanced education programs should be available to practising nurses; this should allow working nurses to update their skills and appropriately fill new roles. Simulation and other workshops and role-playing can also take nurses beyond learning non-clinical activities that increase readiness in performing their duties in non-traditional roles with confidence and efficiency.

(3) Interdisciplinary Collaboration

In its practical implementation, non-clinical nursing interventions depend on strong interdisciplinary coordination. As nurses identify the multi-faceted needs of patients and communities, they must collaborate with physicians, social workers, and other community stakeholders. Clinical and non-clinical program models, such as integrated health teams, can also complement one another to improve the delivery of services. For example, research in community health promotion involves collaborations with other organizations and advocacy groups to ensure that health promotion initiatives are appropriate for the community's cultural values and expectations. Like telehealth programs, there must be cooperation between IT specialists and policymakers when implementing technology most suitably within the programs. Enhancing interdisciplinary relationships makes non-clinical paradigms more impactful and catalyzes a more transparent and coordinated approach to medical care (Alafaireet & Diserens, 2023; Fewster-Thuente et al., 2008).

(4) Limitations

As acknowledged in this study, this review also has its shortcomings. To supplement the findings of this review, it is critical to consider various limitations of the study in question. A

significant limitation is the exclusion of articles published in languages other than English, which could have produced studies relevant to non-English speaking areas. This limits the generalization of the results, especially for international quality nurses (Higgins et al., 2021). Moreover, the review applied the filter for the publication year of articles at or after 2010, indicating that the authors could miss potentially valuable papers published before that year that might help them better comprehend the changes in the tendency of non-clinical nursing interventions. Therefore, future research should work towards solving these issues through the broader selection of analyzed studies that consider, for example, different languages and periods.

Conclusion

Although historically important in clinical environments, nursing care is evolving through outpatient concerns, community health strategies and health promotion approaches. Taking this outset, this paper is developed as a systematic review endorsing secondary literature from scientific research. It looks at the progress made in the nursing roles and has compiled evidence data on non-clinical practices, including community health promotion, mental health, and telehealth interventions. These results draw attention to the roles' increasing importance in responding to the social determinants of health and promoting sustainable healthcare delivery. Several issues are critical, including lack of policy support, inadequate professional development in non-clinical competencies, and organizational culture barriers. The review, therefore, underlines the need to reclaim the nursing education curriculum to include non-clinical approaches and stresses the importance of collaborations with other professions for effective and efficient care provision. When these challenges are met, and concerning technological developments, nursing can extend its frontiers to other realms than hospitals. Further studies should try to understand follow-up impacts and the generalization possibility of non-healthcare-oriented approaches to properly recognize the full potential of non-clinical interventions for enhancing global health equity and improving the quality of the population's lives.

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