EDITORIAL

#Humanising Neurology, a new frontier for neurological nursing☆

#HumanizalaNeuro, un nuevo frente para la enfermería neurológica

Alejandro Lendínez Mesa

Enfermería, Unidad de Neurorrehabilitación, Fundación Instituto San Jose, Madrid, Spain

The term humanising is not unknown to health professionals today. It represents a movement which aims to take measure of what is meant by "humanised treatment". This movement is closer to us every day, due to the team of professionals who participate in the HUCI Project presided over by Gabi Heras. Their participation in our annual congress less than a year ago sparked us with enthusiasm as professionals within the area of neurology. We think we should press on with this and highlight the importance of applying holistic and humanised care to achieve excellence within the comprehensive approach applied to neurological patients.

In this process of humanising neurology it is important to keep our attention continuously centred on the patient, their family and environment, without ever forgetting the professional. We must listen to their opinions, their experiences and contributions to the healthcare system.

The disease process of a neurological patient is heterogeneous but often it is a person for whom suddenly and unexpectedly after diagnosis, sequelae may be helped by rehabilitation. On other occasions they are degenerative and adaptations are required which may change the patient’s perception of their quality of life. These patients often have long hospital stays and we therefore have to make this period for them as ''human'' as possible.

We must never forget the suffering and distress of the family, the loved ones who accompany our patients all day and who also require care. The patient’s environment is therefore also important.

Finally, there is the professional, who usually provides a continuous link and accompanies the patient and their family, listening to their needs and emotions, but are the needs of these professionals listened to so they may continue caring? The professional also needs to be cared for and enjoy the most humanised environment possible.

All of this drives us to feed the spark which started at the last annual congress and make it a solid flame so it may help us design the neurology we want and which our patients and their families deserve—humanised neurological healthcare—with the intention that this utopia becomes a reality soon, where we are all involved and responsible for adding our humanising grain of sand.

For this reality to materialise it is important to begin developing lines of research within this area, to assess different interventions and put forward actions for improvement and advance.

Today several autonomous communities are getting up to date in humanisation matters, in many cases introducing...
plans of humanisation, where the tools for humanisation of the healthcare service are indicated. Having reviewed these plans we now observe that we could apply and assess their efficacy with regards to\(^5\):

- Adapted and appetising diets.
- Flexibility of visiting hours.
- Presence and participation of the family in care.
- Care at the end of life.
- Advocacy of training and information given to the family.
- Design and ambiance of humanised areas.
- Care of the professionals.

As a result of the inspiring message from the prominent personalities and professionals who participated in the #JHUCI “enthusiasm moves the world” and following and accompanying the great human team of the HUCI project along this path, we believe now is the time to start. Will you add your grain of sand?

References