



Intensive Care Nursing in Iran

Challenges, Innovations, and Lessons for Global Practice

About the Speaker



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Intensive Care Unit (ICU) Nurse at Nekouei Hedayati Forghani Hospital, Iran.
Specializing in critical care, palliative, and end-of-life care.

Over five years of clinical experience, navigating resource-limited settings
and ethical decision-making.



The Landscape of Critical Care in Iran

Critical care nursing in resource-limited settings demands resilience, adaptability, and innovative thinking.

1

Resource Constraints

Medical supply shortages and limited equipment.

2

High Ratios

Challenging nurse-to-patient ratios.

3

Psychological Toll

High-stress, high-mortality environments.

Innovative Strategies in Iranian ICUs

Despite constraints, Iranian ICUs develop resourceful strategies to optimize patient outcomes.



Nurse-Driven Protocols

Infection prevention and care optimization.



Creative Equipment Reuse

Maximizing available resources.



Enhanced Team work

Strong interdisciplinary collaboration under pressure.



Cultural & Ethical Decision -Ma king

Navigating the intersection of cultural, ethical, and clinical decisions.

Fa m i l y I n v o l v e m e n t

Significant role of families in care, especially end-of-life, differing from Western models.

A d v o c a c y

Nurses advocate for patient dignity and evidence-based practice.





Psychological Impact of Crisis

The COVID-19 pandemic exacerbated challenges but also fostered solidarity and rapid skill adaptation.

Understaffing

Increased workload and pressure on nurses.

Limited PPE

Challenges with protective equipment availability.

Burnout & Resilience

High risk of burnout, yet fostering strong solidarity.

Policy & Education for Critical Care

Strengthening critical care nursing through policy and education.



Policy Gaps

Need for formal training programs.

Peer Mentorship

Informal learning and skill development.

Self-Directed Learning

Nurses proactively enhance their knowledge.



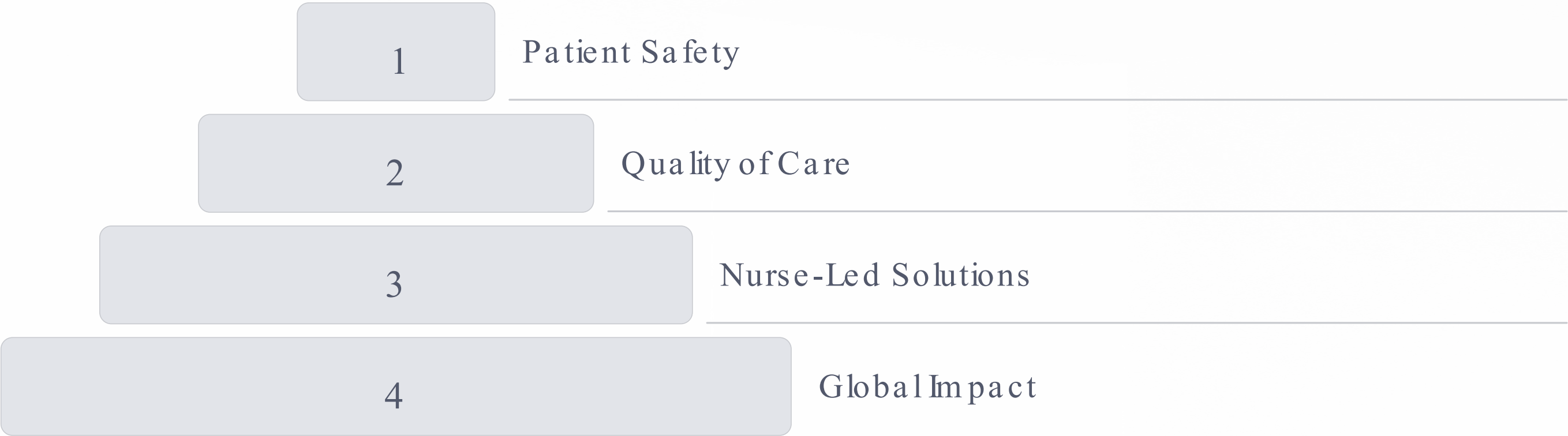
Lessons for Global Health

Iranian experiences offer valuable insights for other low-resource healthcare systems.

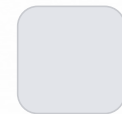


Bridging the Gap

Advocating for adaptable, nurse-led solutions to enhance patient safety and quality of care worldwide.

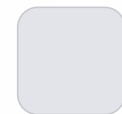


Key Takeaways



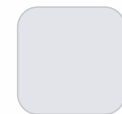
Resilience in Adversity

Iranian nurses demonstrate remarkable adaptability in challenging environments.



Cultural Sensitivity

Integrating cultural values into ethical care decisions is crucial.



Global Learning

Experiences from resource-limited settings offer valuable lessons for worldwide critical care.

