

A Journey Through Time: From Traditional Care to the Technological Era Benefits, Doubts, and Uncertainties

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ABSTRACT

Introduction: The shift from traditional healthcare to an increasingly technological era represents both a challenge and an opportunity for healthcare systems worldwide. The integration of innovative technologies can enhance quality, safety, effectiveness, patient compliance, and clinical outcomes, while also reducing the nursing workload. However, this transformation raises doubts and uncertainties, particularly regarding the direct involvement of healthcare professionals in the design and implementation processes.

Objective: This study aims to explore the main requirements to foster active nurse participation in the co-design of healthcare technologies, in order to make them more aligned with the needs of clinical practice.

Materials and Methods: A qualitative exploratory-descriptive study was conducted. Fourteen nurses from Italian public and private healthcare facilities, all involved in technological innovation projects, took part in the research. Data were collected through semi-structured online interviews and analyzed using thematic analysis to identify key facilitators and barriers to nurse participation.

Results and Conclusions: Four main themes emerged from the analysis: “*Motivation to Participate*,” “*Knowledge of the Technological Development Process*,” “*Assertiveness, Creativity, and Problem Solving*,” and “*Facilitation and Organization of Nurse Involvement*.” Nurses view their contribution as essential, distinctive, and meaningful in the transition to increasingly digital healthcare. However, they highlight the need to overcome current organizational and time-related barriers, as well as the importance of developing specific skills. Healthcare organizations should support this historical shift by providing dedicated spaces, appropriate training, and support tools to promote the active and informed involvement of nursing staff in the co-design of healthcare technologies.

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