

The challenges of community nursing in Europe with a focus on health advice patient education, digital education and the potential of telecare in nursing and nursing education

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European health systems face accelerating population ageing, rising multimorbidity, and persistent workforce shortages, with primary care and community services under increasing pressure. In Hungary, limited consultation time, unequal access to services, and GP shortages further constrain face-to-face care, particularly for older adults who require continuous follow-up, education, and support to remain safely at home. Telecare offers a practical pathway to strengthen continuity and accessibility of care across health and social sectors.

Aim

The aim of the presentation is to highlight the potential of telecare solutions in community nursing, with particular emphasis on the role of nurses and community/geriatric Advanced Practice Nurses (APNs) in primary care, social care, and elderly care.

Methods

The research was based on a structured literature review using predefined inclusion criteria. Relevant publications were identified in the Cochrane, PubMed, MEDLINE, and CINAHL databases using the search terms “nurse” and “telemedicine” The review focused on full-text, open-access systematic reviews and meta-analyses, complemented by a snowball search strategy to identify additional relevant evidence. The analysis examined the applicability of telecare and telehealth in Hungarian primary care, with special attention to the role of nurses and APNs in community, social, and elderly care.

Results

Telecare can expand nurse-led service capacity through structured remote follow-up, symptom and risk monitoring, medication and lifestyle counselling, and targeted patient and

caregiver education. In primary care, nurses and APNs can support chronic disease management, such as hypertension, diabetes, and COPD, by reinforcing adherence, detecting early deterioration, and coordinating timely escalation when needed. In social and elderly care, telecare enables proactive outreach, safety support, and integrated coordination between health and social services, helping older adults maintain independence and supporting ageing in place. Community and geriatric APNs are well positioned to lead telecare pathways through advanced assessment, care planning, case management, and interprofessional coordination.

Conclusions

Telecare-enabled, nurse-led models can strengthen primary, social, and elderly care by improving continuity, access, and patient empowerment. Building telecare competencies in nursing education and expanding community and geriatric APN roles are key strategic directions for sustainable gerontological care.