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THE EFFECT OF NURSING QUALITY AND PEER INTERACTION ON LIFE QUALITY: LITERATURE REVIEW

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ABSTRACT

Purpose: This study aims to comprehensively assess the impact of quality of care and peer interaction on quality of life through in-depth analysis.

Design/methodology/approach: The methods of literature review and qualitative research were used in this study.

Findings: The research review found that both nursing quality and peer interaction have a positive impact on life satisfaction.

Research limitations: Different healthcare Settings may have different effects on the quality of care and peer interaction. Studies may not fully account for these differences, resulting in limited applicability of the results. Quality of care and peer interaction may be only one of many factors that influence quality of life, and other factors may also have an impact on outcomes.

Practical implications: The research helps to optimize the nursing process, enhance personalized care, promote peer interaction and support to improve patients' quality of life.

Innovation/value: Combining nursing with psychology, sociology and other interdisciplinary knowledge, this study helps to reveal more potential associations and influencing factors and provide more comprehensive guidance for nursing practice. This study provides powerful theoretical support and practical guidance for nursing practice.

Keywords: literature review; Definition; Family support; Personal Income; Life satisfaction.

1. INTRODUCTION

With the continuous progress of medical technology and the renewal of rehabilitation concept, more and more people realize the importance of nursing quality and peer interaction in the process of patient rehabilitation. Through literature review, empirical research and other methods, this study aims to reveal how the quality of care and peer interaction together affect the quality of life of patients, and tries to provide new ideas and methods for nursing practice. It is expected that the research results will provide better medical experience for patients, improve the rehabilitation effect, and promote the rational allocation of medical resources and relevant policy formulation. Although the importance of quality of care and peer help to patient quality of life has been widely recognized, research on how they work together and how to improve patient quality of life by optimizing quality of care and promoting peer help has remained relatively limited. Therefore, the in-depth study of the relationship between the three has important practical significance and theoretical value for guiding clinical practice, optimizing the allocation of medical resources and formulating related policies.

This study aims to fill the gap in the current research on the relationship between nursing quality, peer mutual assistance and quality of life. Through systematic analysis of the impact of nursing quality and peer mutual assistance on patients' quality of life, the study can better understand the internal connection and potential mechanism between them, so as to provide scientific basis for the development of personalized nursing plans and rehabilitation programs. By revealing the important role of quality of care and peer assistance in improving patients' quality of life, the study can guide medical institutions and government departments to pay more attention to these non-medical factors, so as to optimize the allocation of medical resources and improve the overall efficiency and quality of medical services.

This research will also promote the development of related disciplines. Through interdisciplinary research perspectives and methods, we can combine the knowledge of nursing with psychology, sociology and other disciplines to explore how to better improve the quality of life of patients. This will help promote exchanges and integration between relevant disciplines and promote progress and development in the entire medical and rehabilitation field.

2. LITERATURE REVIEW

2.1 Definition of Life Quality and Dimensions

Quality of life has become an important index to measure patients' health status and treatment effect. It covers not only a patient's physical health, but also mental health, social functioning, and personal satisfaction. According to Aqtam et al. (2023), the dimension of quality of life includes six aspects: comfort, safety, relationships, enjoyment, dignity, and spiritual well-being.

Quality of life is a multi-dimensional concept, which not only focuses on the physical health of individuals, but also covers psychological, social, economic, environmental and other aspects. Broadly speaking, quality of life refers to the overall evaluation of the living conditions of an individual or group in a specific cultural and social context, including the extent to which their material, spiritual and social needs are met. This evaluation is usually based on an individual's subjective feelings, which reflect their satisfaction and happiness with their life situation (Rojas, 2024).

To be specific, the quality of life is the sum of objective conditions and subjective feelings that measure the comfort and convenience of an individual or a group's life, as well as the enjoyment and fun obtained spiritually. It is not only a static state description, but also a dynamic process that reflects the changing needs, expectations, and satisfactions of people at different stages of life (Phyo et al. 2020).

According to Parmenter (2021), there are many dimensions of quality of life, which can be summarized into several main aspects according to different classification standards and research purposes, including physiological health dimension, mental health dimension, social function dimension, economic dimension and environmental dimension. According to Parmenter, T. R. (2021), physical health is the basis of quality of life, including the individual's physical health status, disease status, physical function, etc. This dimension focuses on physiological indicators such as an individual's physical function, pain level, sleep quality, nutritional status, and the impact of these indicators on daily life. The dimension of mental health involves individual mental state, emotional experience, cognitive function and so on. This includes the individual's emotional stability, self-confidence, coping ability, happiness, anxiety and depression. The quality of mental health directly affects the individual's life satisfaction and happiness. The social function dimension mainly focuses on the individual's role in society, interpersonal relationship, social support and so on. This includes individual family relationship, friend relationship, neighborhood relationship, social participation, social adaptability and so on. Good social function helps to improve individual's quality of life and happiness. The economic dimension involves the individual's economic status, income level, consumption power and so on. This reflects an individual's standard of living and satisfaction on a material level. The economic status directly affects the individual's quality of life, especially in education, medical care, housing and other aspects of investment and security. The environmental dimension mainly focuses on the natural environment, living environment and working environment of the individual. This includes air quality, water quality, noise pollution, transportation accessibility, and living comfort. A good environment helps to improve the quality of life of individuals and promote physical and mental health.

2.2 Definition of Nursing Quality and Dimensions

Nursing quality refers to the professional, safe, effective and humanized nursing service provided by nursing staff for patients in the course of medical service. High-quality nursing services can not only promote patients' physical recovery, but also alleviate their negative emotions such as anxiety and fear, and improve patients' satisfaction and happiness (Sherwood & Barnsteiner (2021)). According to Baker (2022), the dimensions of nursing quality include the provision of resident-centered care, the provision of professional logistics teams, the application of quality improvement, the use of

informatics, and timeliness. Resident-centered care, also known as community care, is a type of community-based care. It emphasizes the centrality of population health in the community (Davies et al. 2023). Professional support teams are usually made up of medical staff from different areas of expertise. Within a professional medical team, there may be multiple roles, including surgeon, anesthesiologist, nurse, etc. (Dang et al., 2021).

Applied quality improvement refers to the methods and strategies to improve the quality and efficiency of nursing service in nursing practice. Continuous quality improvement is a dynamic process that requires the healthcare team to continuously learn, adapt, and improve to meet the needs of patients and improve the overall quality of care (Zamboni et al., 2020). In applied informatics, professionals use technology to design, develop, and evaluate information systems to support and improve decision making and business processes in nursing homes, improve the level and quality of care, and make life easier for nursing home residents (Chernenko, 2021).

Nursing quality, as an important part of medical services, refers to the characteristics and effects of nursing services in ensuring patient safety, meeting patient needs, promoting patient recovery and improving patient satisfaction. It covers all aspects of nursing practice, including expertise, technical skills, human care, teamwork, and the ability to continuously improve. The level of nursing quality is directly related to the treatment effect, rehabilitation process and overall medical experience of patients, and is a key indicator to evaluate the level of nursing service in medical institutions (Parreira et al. 2021).

Nursing quality is a multi-dimensional concept, which usually includes six aspects: safety, effectiveness, patient-centered, timeliness, teamwork and continuous improvement (Duffy, 2022). According to Duffy (2022), safety is to ensure that patients are not harmed in the process of receiving nursing services. Including, but not limited to, safety measures in the areas of medication administration, infection control, fall prevention, etc. Effectiveness is that care services should be based on scientific evidence, can effectively solve patients' health problems, promote patients' recovery, and improve the quality of life. Patient-centered is about respecting individual patient differences, preferences and values, providing personalized care, and enhancing patient engagement and satisfaction. Timeliness refers to the timely response of nursing services to the needs of patients, including rapid response in emergency situations and timely intervention in daily nursing. Teamwork is the effective communication and collaboration between caregivers and with doctors and other members of the healthcare team to provide high-quality care for patients. Continuous improvement is the continuous optimization of nursing processes and service quality through monitoring, evaluation, feedback and continuous improvement mechanisms.

2.3 Definition of Peer Interaction and Dimensions

Peer Interaction refers to an interactive way in which patients face the disease and recovery process through mutual support, sharing experience and coping strategies. It helps patients to receive emotional support, enhance self-efficacy, and reduce feelings of loneliness and helplessness, thereby improving their ability to cope with the disease and their quality of life. Peer assistance has shown remarkable results in

chronic disease management, cancer rehabilitation, psychological rehabilitation and other fields (Castellanos-Reyes et al. 2024).

Peer interaction is the process by which two or more individuals of the same age communicate, cooperate, and influence each other (Tenenbaum et al. 2020). Peer interaction is defined as interaction between children, adolescents, or adults of similar age, social status, or shared interests (Tentama and Nur, 2021). Peer interaction is not only the transmission and exchange of information, but also emotional and cognitive communication. In interactions, individuals share their feelings, thoughts, and experiences, thereby increasing mutual understanding and trust. This communication helps to promote the emotional development of the individual and enables the individual to learn care, compassion and respect for others (Chen et al. 2021).

Peer Interaction refers to the process of interaction, interaction or communication between individuals at the same level or in the same status, age, experience, knowledge level, etc. Peer interaction plays an important role in many fields, such as education, work, and social interaction, which can promote knowledge sharing, skills improvement, experience exchange, and emotional bonding (Bauminger-Zviely & Shefer, 2021).

According to Motz et al. (2022), Peer Interaction has multiple dimensions, which together constitute the comprehensiveness and complexity of Peer Interaction. Peer Interaction mainly includes content dimension, form dimension, emotion dimension, feedback dimension and goal dimension. The content of Peer Interaction can involve many aspects, such as discussion of academic knowledge, communication of work skills, sharing of life experience, etc. Different content dimensions can meet the needs and interests of individuals in different aspects and promote the transmission of information and the growth of knowledge. The forms of Peer Interaction can be diverse, including face-to-face communication, online discussion, group discussion, and collaborative task completion. These forms provide different communication platforms and opportunities for individuals to interact and learn in different environments. Peer Interaction is not only the exchange of knowledge and skills, but also the communication and support of emotions. In peer interaction, individuals can express their views, feelings and needs, gain the understanding and support of others, and thus establish a closer and more trusting relationship. Feedback in Peer Interaction is two-way, that is, individuals not only give feedback to others, but also accept feedback from others. This feedback mechanism helps individuals understand their strengths and weaknesses and promotes self-reflection and growth. The goals of Peer Interaction can be diverse, such as completing tasks together, solving specific problems, and improving abilities in certain aspects. Clear goals can guide individuals to be more focused and efficient in their interactions, but also enhance the dynamics and effectiveness of the interaction.

2.4 The Relationship between nursing quality and life quality

Backhaus et al. (2018) summarized all the existing evidence on the relationship between nursing home staffing and quality, and found that nursing home staff were positively correlated with residents' quality

of life. Cho et al. (2020) analyzed the impact of registered nurse staffing in nursing homes on nursing quality and hospitalization outcomes, indicating that the level of registered nurse staffing in nursing homes affects residents' health management and nursing quality. Relevant government departments should strengthen the construction of registered nurses in nursing homes, introduce the law on nursing home provision, and improve the quality of nursing homes. Josartiseni et al. (2020) aims to identify the factors that affect residents' quality of life. Through semi-structured interview method, it is found that most residents think their quality of life is "good", although the main influencing factors are different from the views of employees and managers. The study also showed that nursing assistants were most in touch with residents' opinions.

Hoek et al. (2021) shaped the cooperation with employees from the perspective of family through the method of semi-structured interviews and data reflecting the three themes of "communication", "trust and dependence" and "engagement". Good communication seems to be a necessary condition for trusting employees and participating in the quality of life of residents. These studies have shown that factors such as nursing home staffing, RN staffing, communication and trust play an important role in improving the quality of services, residents' health management and quality of care. The government and relevant departments should consider these factors and improve the overall quality of nursing homes by introducing nursing home provision laws and strengthening team building.

2.5 The Relationship peer interaction quality and life quality

Wren (2016) studied the influence of peer interaction and concluded that peer interaction had a positive impact on the daily activities, social participation, outlook on life, life satisfaction and quality of life of the elderly. Studies have shown that nursing home residents have increased participation in daily life and social activities. Rivett et al., (2019) argued that nursing home staff's perception and confidence in their own ability to provide care has a significant impact on nursing services. Successful interventions increase staff competence and confidence, leading to improved care delivery and staff well-being. Rivett et al., (2019) found that people with dementia spontaneously interact with other residents, contradicting public stereotypes about dementia. This suggests that more research is needed to understand the social interactions of people with dementia. McGilton et al., (2017) studied the impact of communication interaction on quality of life. Communication interaction has a positive impact on the quality of life and nursing care of nursing home residents. Peer interaction can significantly improve the overall quality of life for residents, while improving the mood and reducing the burden on caregivers. Roberts & Ishler (2018) studied the relationship between family participation and quality of life, and found that there was a significant relationship between family participation and nursing home residents' perception of quality of life. The participation of family members has a positive impact on residents' perception of quality of life. Husøet al., (2019) Integrated interventions that combine communication, pain management, medication review, and activity have a potentially positive impact on the quality of life of patients with complex needs in nursing homes. A qualitative study by Sion et al., (2020) highlighted the importance of interaction between clients, families and staff in assessing the quality of experiential care in nursing homes. A high-quality care experience is aligned with the principles of relationship-centered care. These

findings provide valuable insights into improving the quality of care in nursing homes, highlighting the importance of peer interaction, staff competence and confidence, family involvement, and communication interactions in improving the quality of life of older people. The potential of integrated interventions and experiential care in improving nursing home services is also pointed out.

3. METHODOLOGY

The purpose of this paper is to explore the effects of nursing quality and peer interaction on quality of life. In order to further understand this complex relationship, this paper adopts the method of literature review and qualitative analysis. The search engine Google Scholar was used for keyword searches including "quality of care," "peer interaction," "quality of life," and "patient outcomes." The search results will be limited to English and Chinese literature published within the last ten years to ensure the timeliness and relevance of the research. By combining these two methods, this study aims to comprehensively and deeply explore this complex relationship and provide valuable reference for future research and practice.

4. DISCUSSION

4.1 Peer interaction and life quality

Peer interaction refers to the interaction between individuals and people of the same status or level, which has a close and mutual influence on quality of life. This relationship is particularly evident in many fields, such as education, work, and social interaction. High-quality peer interaction can provide emotional support and comfort, help individuals relieve stress and loneliness, and thus improve their mental health and life satisfaction. Encouragement and support from peers is especially important when encountering difficulties or challenges. Through communication and interaction with peers, individuals can acquire new knowledge, learn new skills, and continuously improve their abilities and qualities. This knowledge sharing and skill upgrading can help individuals gain an edge in the workplace competition, improve job satisfaction and income levels, and thus improve quality of life. The interaction between peers also involves the collision and exchange of values. By interacting with peers from different backgrounds and perspectives, individuals can broaden their horizons and form more open and inclusive values, which is of great significance for improving their cultural literacy and social adaptability.

High-quality peer interaction helps individuals build stable and healthy social networks. In this network, individuals can obtain more social resources and information, expand their social circle, increase the opportunity to interact with others, and thus enrich their life experience. A positive and uplifting atmosphere of peer interaction can stimulate individual enthusiasm and creativity, and promote deep communication and understanding between each other. Such an atmosphere requires an open, inclusive attitude among peers and respect for each other's views and feelings. Effective communication is an important guarantee of the quality of peer interaction. Individuals need to learn to listen, express and understand in order to ensure the accurate transmission and reception of information. At the same time, it is also necessary to pay attention to non-verbal factors in communication, such as expression, tone, etc., in order to better grasp the emotions and intentions of the other party.

4.2 Nursing quality and life quality

There is a close and profound relationship between the quality of care and the quality of life. As an important part of the quality of medical service, nursing quality is directly related to the experience and effect of patients receiving nursing service, and the quality of life reflects the overall living condition, health status and happiness of patients.

High-quality nursing services can ensure that patients receive timely, accurate and effective treatment and nursing, so as to promote their physical recovery and health recovery. This directly improves patients' quality of life and enables them to return to normal life more quickly. Through careful care and monitoring, high-quality nursing services can detect and deal with potential complications in a timely manner, reduce the pain and inconvenience suffered by patients due to complications, and thus maintain their quality of life.

While providing nursing services, nursing staff also pay attention to the psychological state of patients and give them necessary psychological support and comfort. This helps to alleviate patients' anxiety, fear and other negative emotions, improve their mental health level, and thus improve the quality of life. High-quality nursing services not only focus on the immediate needs of patients, but also strive to cultivate patients' self-management capabilities, such as self-monitoring and self-adjustment. This helps patients to continue to maintain good living habits and health status after discharge, thus maintaining a high quality of life in the long term.

To sum up, there is a mutual promotion and restriction relationship between nursing quality and quality of life. Improving the quality of nursing helps to improve the quality of life of patients, and the needs of patients' quality of life promote the continuous improvement and perfection of nursing services. Therefore, in the medical service, we should attach great importance to the relationship between the quality of nursing and the quality of life, and strive to improve the quality of nursing service to meet the growing health needs and life quality expectations of patients.

5. CONCLUSION AND FINDING

The influence of nursing quality and peer interaction on quality of life is profound and multifaceted. In a healthcare setting, these two factors play a vital role in enhancing the overall well-being of patients. High-quality nursing services ensure that patients receive appropriate care and attention, while peer interaction provides an emotional support and social connection that helps reduce anxiety, enhance self-efficacy, and facilitate the healing process. Multiple studies have shown that improved quality of care can significantly improve patients' quality of life. By providing personalized, nuanced care services, patients not only receive better care physically, but also feel more care and respect psychologically. This comprehensive care service helps to reduce the discomfort caused by illness and improve patient satisfaction and happiness.

Peer interaction also plays an indispensable role in the patient's recovery process. Communicating with peers or patients experiencing similar conditions can share experiences and encourage each other, thereby

reducing psychological stress and enhancing confidence in the face of the disease. In addition, peer interaction can promote social skills, help patients better integrate into society and improve quality of life. To sum up, the quality of care and peer interaction are the key factors affecting the quality of life. In the field of health care, attention should be paid to improving the quality of nursing services, while encouraging peer interaction between patients to jointly promote the improvement of physical and mental health and quality of life of patients.

6. FURTHER STUDY IN THE FUTURE

In the field of exploring the impact of quality of care and peer interaction on quality of life, although a large amount of literature has provided rich evidence and insights, there are still many directions worthy of further exploration. Future studies can further refine the evaluation indicators of nursing quality, not only focusing on the technical aspects of nursing operations, but also including the evaluation of nursing staff's communication skills, emotional support, and patient engagement. This will contribute to a more comprehensive understanding of the specific impact of quality of care on quality of life. The effect of peer interaction on patients' quality of life has been preliminarily confirmed, but the specific mechanism still needs to be further explored. Future research could focus on which factors in peer interactions (such as similarity, trust, emotional support, etc.) are most critical to improving quality of life and how these factors play out across different patient populations.

As people's needs and expectations for quality of care and peer interaction may differ in different cultural and regional contexts, future research should be conducted to conduct cross-cultural and cross-regional comparative studies. This study will help to reveal the differences and similarities of the effects of quality of care and peer interaction on quality of life in different cultural and social contexts, and provide scientific basis for formulating more targeted nursing strategies. Most of the existing studies are short-term or cross-sectional studies, and it is difficult to fully reflect the long-term effects of quality of care and peer interaction on quality of life. Therefore, future research could be conducted to conduct long-term follow-up observational studies to more accurately assess the long-term impact of these factors on patients' quality of life.

Future studies can integrate data from different sources (e.g., clinical records, patient self-reviews, observer assessments, etc.) and research methods (e.g., quantitative studies, qualitative studies, mixed methods, etc.) to provide more comprehensive, in-depth insights. This will help to more accurately reveal the complexity and multi-dimensionality of the impact of quality of care and peer interaction on quality of life. To sum up, there is still a lot of work to be done in the field of future research on the impact of quality of care and peer interaction on quality of life. By refining assessment indicators, exploring mechanisms in depth, conducting cross-cultural and cross-regional comparative studies, conducting long-term follow-up observations, and integrating multi-source data and research methods, we can more comprehensively understand the impact of these factors on patients' quality of life, and provide scientific basis for formulating more effective nursing strategies.

7. SIGNIFICANCE OF THE RESEARCH

Exploring the impact of nursing quality and peer interaction on quality of life has important theoretical and practical significance, which not only affects the physical and mental health of patients, but also affects the efficiency and quality of the entire health care system. Research in this area contributes to deepening our understanding of how quality of care and peer interaction affect patients' quality of life. Through scientific methods and rigorous demonstration, we can reveal the specific mechanism of action of these factors in the process of patient rehabilitation. Enrich the theoretical framework: With the deepening of research, we can continuously improve and enrich the theoretical framework on nursing quality and peer interaction, and provide a more solid theoretical foundation for future research and practice.

The findings can provide valuable guidance for caregivers to pay more attention to improving the quality of care and promoting peer interaction in their daily work. This can not only improve patient satisfaction, but also speed up the patient's recovery process. Understanding the specific impact of quality of care and peer interaction on quality of life can help healthcare systems better allocate resources to ensure that patients receive the most effective care and treatment. The research results can also provide decision-making support for the government and relevant departments to promote the formulation of more scientific and rational healthcare policies to better meet the needs and expectations of patients. By widely disseminating research results, we can raise public awareness of the importance of quality of care and peer interaction, and encourage more people to pay attention to and participate in actions to improve the health of individuals and communities. Good nursing quality and positive peer interaction help to reduce medical disputes and social conflicts and promote social harmony and stability.

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