

Nursing

Nursing is an art with scientific basis. The word nurse originates from the Latin word *nutrire* meaning "to nourish". Nursing is a service to humanity. Nursing helps the individuals, families and groups to determine and achieve their physical, mental and social potential and to do so within the challenging context of the environment in which they live and work.

Concept of Nursing

The nurse is a person who is directly or to indirectly helping in the construction of the health of the country. The nurse attend the care aspects, curative aspects, protective aspects, teaching aspects, coordinating aspects and the patient advocate aspects of patients.

Concept of nursing is based on the following factors:

1. The delivery of care should be without prejudice, regardless of physical and psychological condition of individual, their age, gender, race, belief, position in society.
2. Respect for the fundamental human rights in delivery society healthcare to individual.
3. Establishment of helping relationship with patient, his family and the society.
4. Ability to work independently and in collaboration with multidisciplinary team in order to develop skills and professional knowledge.
5. Time to time implementation of various health policies and programmes.
6. Participate in research based nursing and evaluation of research to propose evidence based practices.
7. Respect the right of patient to accept or refuse care.
8. Providing appropriate information to patients and family members about health status, investigations and procedures done, diagnosis, treatment and prognosis of patient.

Definitions of Nursing

Various definitions of nursing are given below:

“ unique function of the nurse is to assist the individual, sick or well in the performance of those activities contributing to health or its recovery (or to peaceful death) that he would perform unaided if he had the necessary strength, will or knowledge”.

-Virginia Henderson (1966)

"Nursing is the protection, promotion and optimization of health and abilities, prevention of illness and injury, alleviation of suffering through the diagnosis and treatment of human response and advocacy in the care of individuals families, communities and populations".

-American Nurses Association (1973)

Objectives of Nursing-

The main objectives of nursing include:

1. Apply principles of philosophy in nursing interventions.
2. Apply scientific knowledge from nursing, natural sciences and general education courses as a source for making decisions in nursing.
3. Use the nursing process to identify health potential of individuals, groups, families and communities and to meet their health needs.
4. Provide comprehensive nursing care to persons without discrimination of race, sex, religion or culture in a variety of settings.
5. Use community resources to achieve the goals of nursing.
6. Assume individual responsibility for decisions made and actions taken related to nursing intervention.
7. Assume leadership as a member of the health team and community.
8. Apply principles of scientific investigation in testing nursing intervention as hypothesis for the improvement of nursing practice.
9. Employ appropriate actions to enhance personal and professional growth in order to cope with changes within the health care system.

Characteristics of Nursing –

1. Nursing is caring.
2. Nursing involves close personal contact with the recipient of care.
3. Nursing is concerned with services that take humans into account as physiological, psychological and sociological organisms.
4. Nursing is committed to promoting individual, family, community and national health goals in its best manner possible.
5. Nursing is committed to personalized services for all persons without regard to color, creed, social or economic status.
6. Nursing is committed to involvement in ethical, legal and political issues in the delivery of health care.

NURSING PRACTICE-

Definition-

"diagnosis and treatment of human responses to actual or potential health problems through such means as case finding, health teaching and counselling".

Concept of Nursing Practice

Nursing is a dynamic and supportive profession, guided by its code of ethics, is rooted in caring a concept evident through out its four fields of activity, elaborated on care, cure and coordination as components of professional nursing practice. The 1965 position paper made the following statement about nursing:

1. It is a helping profession and as such, provides services, which contribute to the health and well being of people.
2. Nursing is a vital consequence to the individual receiving services; which fulfils the needs, that the person can not meet by the family or by other persons in the community.
3. The essential components of professional nursing are care, cure and coordination. The care aspect is more than "to take care of," it is "caring for" and "caring about" as well. It is dealing with human beings stress, frequently over long periods of time. It is providing comfort and support in times of anxiety, loneliness and helplessness. It is listening, evaluating and intervening appropriately.

Characteristics of Nursing Practice-

1. Nursing practice respects the diversity and is individualized to meet the unique needs of the patients, family, group or community. All these are health care consumers and the main focus of attention for the registered nurses.
2. The nurses establish coordination within the health care team, persons and support systems to address the health needs of the patients and reach the goal of delivering quality health care.
3. Professional nursing promotes healing in such a way that builds a relationship between nurse and patient. Caring for individual, families and population is the key focus of nursing. Caring is the central to the nursing practice.
4. Nurses use nursing process (cognitive skills and evidence based practice) to assess, diagnose, identify objectives, plan and implement and evaluate the care. Critical thinking underlines the each step of nursing process.
5. Nursing practice is a strong link between the professional work and environment to provide optimal level of health care and to achieve optimal outcomes.

Scope of Nursing-

There was a time when professional nurses had very little choice of service because nursing was centered in the hospital and bedside nursing, Career opportunities are more varied now for a number of reasons. The list of opportunities available is given under :-

- 1. Staff nurse:** Provides direct patient care to one patient or a group of patients. Assists ward management and supervision. She is directly responsible to the ward supervisor.
- 2. Ward Sister or Nursing Supervisor:** She is responsible to the nursing superintendent for the nursing care management of a ward or unit. She takes full charge of the ward and assigns work

to nursing and non-nursing personnel working in the ward. Responsible for safety and comfort of patients in the ward. Provides teaching sessions if it is a teaching hospital.

3. Department Supervisor/Assistant Nursing Superintendent: She is responsible to the nursing superintendent and deputy nursing superintendent for the nursing care and management of more than one ward or unit. Example: Surgical department, Out-patient department.

4. Deputy Nursing Superintendent: She is responsible to the nursing superintendent and assists in the nursing administration of the hospital.

5. Nursing Superintendent: She is responsible to the medical superintendent for safe and efficient management of hospital nursing services.

6. Director of Nursing: She is responsible for both nursing services and nursing education within a teaching hospital.

7. Community Health Nurse (CHN): Services rendered mainly focusing on reproductive and child health programme.

8. Teaching in Nursing: The functions and responsibilities of the teacher in nursing are planning, teaching and supervising the learning experiences for the students. Positions in nursing education are clinical instructor, tutor, senior tutor, lecturer and associate professor, Reader in nursing and Professor in nursing.

9. Industrial Nurse: Industrial nurses are providing first aid, care during illness, health education about industrial hazards and prevention of accidents.

10. Military Nurse: Military Nursing services became a part of the Indian Army by which means, nurses became commissioned officers who are given rank from lieutenant to major general.

11. Nursing Service Abroad: Attractive salaries and promising professional opportunities, which cause a major increase for nursing service in abroad. **12. Nursing Service Administrative Positions:** At the state level, the Deputy Director of Nursing at the state health directorate. The highest administrative position on a national level is the Nursing Advisor to the Govt. of India.

THE QUALITIES OF A NURSE

Those who succeed in the profession and gain the most fulfillment from it will begin their careers with certain qualities. A nurse should have

1. Communication skills: A nurse has excellent communication skills that include speaking and listening. She is able to follow directions without problem and can easily communicate with patients and families to understand their needs and explain treatments,

2. Emotional stability: A nurse is very stable emotionally. Nursing is a stressful job and one encounters a lot of traumatic situations, sufferings and death. A nurse should be able to work without allowing the stress to cause great personal harm.

3. Empathy: A nurse has empathy for the pain and suffering of patients. They are able to feel compassion and provide comfort.

4. Flexibility: A nurse is flexible with regards to working hours and responsibilities. Nurses are often required to work long periods of overtime, late or overnight shifts and weekends.

5. Good attention: A nurse understands that every step in the medical field is one that can have far-reaching consequences. A great nurse pays excellent attention to detail and is careful not to skip steps or make errors.

6. Interpersonal skills: A nurse has excellent interpersonal skills and works well in a variety of situations with different people. She works well with other nurses, doctors and other members of the staff.

7. Physical endurance: A nurse has strong physical endurance and is able to tolerate standing for long periods of time, lifting heavy objects (or people) and performing a number of taxing maneuvers on a daily basis.

8. Problem solving skills: A nurse should have critical thinking skills address problems as, or before they arise.

9. Quickly to emergencies and other situations that arise. Quite often, health care work is simply the response of sudden incidences and nurses must always be prepared.

10. Respect: A nurse has respect for people and rules. She is mindful of confidentiality requirements, different cultures and traditions and respects the wishes of the patient.

11. The nurse must be economical. She should take care of the equipment, supplies of water and electricity.

12. Sense of responsibility: A nurse has great sense of responsibility. She is responsible towards the hospital as well as the patient.

13. Honesty and loyalty: This quality matters in every field. The nurse should be honest and loyal towards her profession and professional organization.

14. Discipline and obedience: A nurse must be self disciplined and obedient. She should be well behaved, calm and well poised.

15. Co-operative and considerate: A nurse learns to live in harmony with patients, doctors and other members of the health team and tries to help them in times of need,

16. Cleanliness: A nurse is always clean and neat personally and in her work. Her demands must be of high standards of cleanliness from those whom she is associated within her profession.

17. Willingness to learn: A nurse must keep in touch with the latest discoveries and developments in medicine and treatment and must "maintain her knowledge and skill at a consistently high level".

18. Observant: A good nurse is always vigilant. She keeps a close and constant watch on the patients, their progress, their changes and reactions to treatment, etc. She gives timely reports to the doctor. A nurse should anticipate and meet the patient's needs..

19. Self confident: The nurse must have adequate skill and knowledge in providing care to the patient. All care should be carried out effectively with confidence, so that the patient can able to classify the doubts regarding the therapeutic procedure and management.

20. Sympathy: The nurse must perceive and understand the feeling and reaction of the patient to the distress. The nurse should identify the difference in feeling per sons and show compassion towards the feelings and provide adequate support for the patient to undergo the grieving process.

21. Patience: It is the quality of being patient and trying to have persistent courage and calmness in enduring the annoyance and pain, e.g. when patient shows anger and temper against the nurse, she must forbear the patient by understanding the cause of his anger and actively listen to patients needs and feelings.

PROFESSIONAL FUNCTIONS AND ROLES OF THE NURSE

Nurses assume a number of roles when they provide care to the clients. For example, the nurse may act as a counsellor while providing physical care and teaching aspects of that care. There are different roles for professional nurse which are:

1. Care giver: As a care giver, the nurse helps the client to regain health through the healing process. The nurse addresses the holistic care needs of the client, including measures to restore emotional, spiritual and social well being. The caregiver helps the client and families, sets the goals and meets those goals with a minimal cost of time and energy.

2. Advocate: In the role of advocate, the nurse protects the client's human and legal rights and provides assistance in asserting those rights, if the need arises. The nurse advocates for the client, keeping in mind the client's religion and culture.

3. Educator: As an educator the nurse explain the client's concepts and facts about the health, demonstrates procedures such as self care activities, determines that the client fully understands, reinforces learning or client's behavior and evaluates the client's progress in learning. Some client's teaching can be unplanned and informal, such as when a nurse responds to a question about a health issue in casual conversation. Other teaching activities may be planned and more formal, such as when the nurse teaches a client with diabetes to self administer insulin injections. The nurse uses teaching methods that match the client's capabilities and needs and incorporates other resources, such as family, in teaching plans.

4. Communicator: The role of communicator is central to all nursing roles and activities. Nursing involves communication with clients and families, other nurses and health care professionals, resource persons and the community. Without clear communication, it is impossible to make decisions with clients and families.

5. Manager: As a manager, the nurse coordinates the activities of other health care team members, such as nutritionist and physical therapist, when managing care for a group of clients. To effectively manage a single client or group of clients the nurse implements solid clinical decision making.

6. Administrator: A nurse administrator manages client care and delivery of specific services within the department. **7. Coordinator:** As a coordinator, nurse coordinates the services of all groups contributing to the care of the patient, his family and the society.

8. Researcher: The nurse researcher investigates problems to improve nursing care and to further define and expand the scope of nursing practice. The nurse researcher may be employed in an academic setting or independent professional or community service agency.

Expanded Role of a Nurse

The nurse possesses knowledge and skills in a variety of areas. In the past, the principal role of nurses was to provide care and comfort as they carried out specific nursing functions. However, the changes in nursing have expanded the role to include increased emphasis on health promotion and illness prevention, as well as concern for the client as a whole. Extended roles includes

1. Nurse practitioner: A nurse practitioner has an advanced education and is a graduate of a nurse practitioner programme. It includes adult nurse practitioner, pediatric nurse practitioner, community nurse practitioner, etc. They are employed in health care agencies or community based settings.

2. Nurse midwife: An RN, who has completed a programme in midwifery and certified by license is qualified as a nurse midwife. The nurse provides antenatal and postnatal care and conducts delivery in normal pregnancy.

3. Nurse anesthetist: A nurse anesthetist is one who completes a course of study in anesthesiology, carries out post-operative visits and assessments and administers general anesthetics for surgery under the supervision of a physician.

4. Nurse educator: Nurse educators are employed in nursing programmes at educational institutions and in hospital staff education. The nurse educator usually has baccalaureate degree or more advanced. The nurse educator is responsible for classroom and clinical teaching.

5. Nurse entrepreneur: A nurse, usually with an advanced degree may manage a clinic or health-related business, conduct research, provide education and serve as an advisor or consultant to institution, political agencies or business

6. Nurse administrator: A nurse who functions at various levels of management in health care setting is responsible for the management and administration of resources and personnel involved in giving client care. The administrator may be a head nurse or director of nursing services. Functions of administrator include budgeting, staffing and planning programme.

7. Nurse researcher: A nurse with an advanced degree conducts research, investigates nursing problems to improve nursing care and to expand nursing knowledge. They are employed in academic institutions, teaching hospitals and research centers.

8. Clinical nurse specialist: Nurse with an advanced degree, education or experience, who is considered to be an expert in a specialized area of nursing, carries direct client care, educates others, conducts research, consults and manages care (e.g. Gerontology, Oncology, etc.).