

# Nursing: A Compassionate and Caring Profession

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## ABSTRACT

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## Introduction

Nursing is an important part of the medical system; hence nursing is given a special place in every hospital. Nursing is a process of caring for sick people, which focuses on the health of the patient by the nurse (a male or female, trained and skilled in nursing-related work). These include giving medicines to the sick person on a regular basis, recording life-related statistics and symptoms, assisting the doctor and other team members with the patient care plan, following the health and health regulations from the patient and relatives of the patient, such as many important and Comprehensive functions are included. The duties of a nurse include the maintenance of health-related documents of a sick person as well as operating medical equipment.

## History of Nursing

The history of nursing is as old as mankind. Male nurses have a wide and varied history in the nursing profession. The first evidence of a male nurse in the nursing profession (250 B.C.) dates back to ancient India before the birth of Christ. The most prominent male nurses included Benedict, St. Alexis, St. Camillus, Walt Whitman, and Luther Christman. Male nurses have been in existence for more than 2,000 years and have been the first to lead the development of nursing practice, as evidenced by writers such as Evans (2004), O' Lean (2007), and Mackintosh (1997), has presented in his articles [1-3]. About 167 years ago, there is evidence of the involvement of

female nurses in the nursing profession, due to which, gradually nursing has come to be known as a female-dominated profession.

## Florence Nightingale: Founder of Modern Nursing

Florence Nightingale (1820–1910), A British nurse, social reformer, and statistician, was born on 12 May 1820 in Italy. She trained at the Nursing School in the city of Kaisersworth, Germany in 1844 and continued her studies in Paris thereafter. In the year 1860, she established St. Thomas Hospital and Nightingale Training School for Nurses, it was the first nursing school that was run without the help of any religious institution. Florence Nightingale is known as the founder of modern nursing. During the Crimean War (1854–1856) she continued to serve wounded soldiers with a team of 38 volunteer female nurses holding the lamp in her hands, due to this service and spirit, she was known as “the lady with the lamp” Her experiences as a nurse were fundamental to her thoughts about hygiene. Later Florence could not get up from bed due to some disease. But still, she was trying to improve patient care practices and the operation of hospitals and for this, she wrote many books and educated people about the importance of keeping hospitals clean and free from infections. she eventually died in London on 13 August 1910 [4].

## International Nurses Day

Since 1965 on the occasion of Florence Nightingale's birthday, on 12 May every year, the International Council of Nurses has

celebrated International Nurses Day. As a mark of appreciation for the outstanding service and work of nurses receiving the "National Florence Nightingale Award". on the occasion of International Nurses Day on 12 May every year. This award was started in 1973 by the Ministry of Health and Family Welfare, Government of India. The Florence Nightingale Award carries a cash prize of Rs 50,000, a certificate of appreciation, and a medal to the nurses given every year by the President of India.

### **Nurses' Role**

Nursing is considered to be one of the best professions in the health sector. After getting a nursing education, one can work as a nurse in various fields such as hospitals (government and private) clinics, rehabilitation centers, community health centers, government, and non-government organizations. Apart from this, they also play an important role in government-running health care initiatives and schemes. The job of a nurse is to provide health care services as a professional in different environments and play an important role in the smooth functioning of the healthcare sector. Nursing professionals can also hold positions with roles such as a specialist, teacher, administrator, etc. Indian nurses also get opportunities to work in various countries of the world such as Australia, New Zealand, Europe, America, and Gulf countries. A nurse is an integral part of the healthcare system. A trained nurse should have the following qualities such as communication skills, Sympathy, Problem-solving skills, Tolerance, Compassion, Critical Thinking, Time management, and leadership qualities.

### **Scope and Opportunities of Nursing Education in India**

Nursing as a profession has grown and the demand for nurses in India is set to continue. While once there was very little choice in choosing any specialization, there is now a plethora of career opportunities available such as Certificate course in Nursing 2 years (ANM), Diploma course 3 years and 6 months (GNM), Degree course 4 years (B.Sc. Nursing) are the basic courses available to enter into the profession. In Post Graduate Curriculum (M.Sc. Nursing) 2 years program which is available in different disciplines like Medical-Surgical Nursing, Child Health Nursing, Community Health Nursing, Mental Health Nursing, and Obstetrics and Gynaecology Nursing.

Various other diploma and certificate courses are available under nursing curricula such as Diploma in Mental Health, Diploma

in Critical Care Nursing, Certificate in Community Health Nursing as well as 2 year Post Graduate residency Program in Nurse Practitioner in Critical Care, provided by the various nursing university, colleges, schools/ training centers affiliated to the Indian Nursing Council and State Nursing Councils [5]. Along with this, a 2-year program M.Phil. in Nursing and Doctorate in Nursing (Ph.D. Nursing) 3-to-5-year program is included for better education and expansion of knowledge in nursing. In order to make the nursing service effective and comprehensive, the level of education is enhanced by IGNOU through a distance education system for nurses working in hospitals [6].

### **Conclusion**

The aim of the nursing fraternity is that everyone should be given a high degree of care with all the standards, competencies, and codes of conduct that can be followed. As a nurse service to a patient includes qualities such as loyalty, sympathy, dedication, empathy, and sacrifice. The nurse has an important contribution in giving new life to the patient. That's why the nurse has been the backbone of every hospital.

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### **Conflict of Interest**

There are no conflicts of interest.

### **Contribution**

Jaya Sharma, Asst. Professor as a contributing author.

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