

Nursing as a Profession

UWTSD

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Nursing is a discipline dealing with the health conditions of the individual, family, and the community, which has succeeded in renewing and adapting itself to the daily social, cultural, and technological changes from the past to the present. The Nurses' Day began to be celebrated since May 12, 1954, in honour of Florence Nightingale's birthday. Nursing is one of the leading professions that has an indispensable role in the protection and improvement of human health.

The significance of the profession arises from the fact that the nurses work in a position they help the most precious being in the world, i.e., individuals, in case of failure to meet basic needs themselves, protect and enable them to recover from illness, and so on. It is, therefore, imperative that nurses are trained thoroughly so that they are competent and capable enough to learn affective behaviours, cognitive, and technical skills.

Nurses are involved in delivering care for clinical emergencies (such as accidents or heart attacks), preventing and responding to epidemic outbreaks, and responding to disasters and humanitarian crises.

In many settings, care for the acutely ill and injured is provided by nurses. Nurses are often the first provider that a patient sees in a health facility, as their roles often include the initial triage of patients.

Nurse may also provide basic emergency care, including early recognition of life-threatening conditions and provision of immediate and effective interventions such as changes in patient position, administration of medications.

In the nineteenth century, Nightingale initiated reforms in hospital management and revolutionized the care of the patients by introducing nursing trainings, therefore she established an independent training school. The Nightingale system of training and education transformed Nursing profession from untrained caretakers of the sick to trained Nursing professionals.

Returning to our days the public image of nursing profession became a topic of concern considering the shortage of workforce. (Ndirangu et al., 2021) Traditional stereotypes remain actual in the media and the public portraying nursing as a feminine profession which image can have a negative impact on the recruitment of nurses.

These stereotypes can discourage men students from starting a career in nursing. (Morris-Thompson et al., 2011). Additionally, the public see nurses as subordinate to physicians (Price et al., 2013) as nurses don't need high levels of education or advanced nursing skills (Hadid&Khatib, 2015). All these stereotypes can have a negative impact on the profession and increase the willingness to leave the profession. The public perception of nursing most of the times fail to match the reality of the profession. Qualities like empathy and willingness to make sacrifices are a few of the many characteristics of nurses.

However multiple strategies and efforts to address this issue are ongoing currently like for example the efforts of numerous non-profit organizations dedicated to raising public awareness of the role of nurses (Geller&Summers2014).

A positive public image of nursing reflects a high quality of care and have a positive impact on patient health.

All these issues that currently the nursing profession is faced with including financial problems, stressful work conditions, shortage of personnel and many more can no longer be ignored. The competent bodies need to step into and take appropriate steps to solve these issues before it's too late.

Nursing is an extremely challenging profession, the demands placed on nurses are tremendous, most of the times they must work under very stressful conditions and situations. It is emotionally draining for nurses who must deal with complex cases day after day.

Nurses must be able to remain calm under pressure and treat patients professionally despite their feelings about the situation at hand. Nursing can be physically challenging from long hours spent on their feet to exposure to infectious diseases through contact with patients or contaminated materials.

Nurses are often required to work extended shifts, sometimes over 12 hours, with hardly any break time in between. Night shifts and weekend shifts are also common for nurses making it difficult for them to adjust their sleeping pattern as they may be sleeping during the day or working at night when other people are sleeping. In addition to it, nurses are often treated like second class citizens by patients, families, doctors, and even by other staff members. This disrespect can come in many forms, from being yelled at to having your authority challenged at every turn. Sometimes it can be very difficult to remain professional when someone treats you poorly or questions your judgement or knowledge about very basic.

Leaving all problems nursing profession has, nursing is one of the most rewarding and noble occupation a human being could have. It is a continuous focus on the care of every individual patient so they can recover their health, maintain it and have the best quality of life.

One of the greatest satisfaction a nurse have is to see the patient is recovered and she or he was part of a wonderful professional team, and the satisfaction grows even bigger to know that her individual input made a difference in other people's lives.

It is a great feeling to do work that helps people to overcome their health problems and stay healthy; it is important to remember that being a nurse is hard work that requires dedication and commitment.

Motivation in the nurse profession is very important. It is the drive that gives a person energy to keep working, set up new goals, and accomplish them.

There are several common things that motivate a nurse. The first thing is a passion for caring for others, seeing that a nurse's care makes positive changes in the live of their patients, enjoying being around patients and being involved in different aspects of their care.

Also, a nurse must have a series of personal and interpersonal indispensable qualities, like respect, compassion, ability to stay calm under pressure, critical thinking, effective communication, respect for human dignity, quick decision-making, problem solving, adaptability, patient advocacy.

Compassion is one of the fundamental nursing qualities, it can't be simulated and it can't be taught. One of the dangers of working in an environment of pain, loss, and prolonged illness is detachment. With time some nurses after seeing the human suffering for a long time get dry and desensitized to human emotions as a defence mechanism. This defence mechanism makes it easier to get through the day, but at the cost of the patient care. The ultimate reason for healthcare to exist is to care for people, and this is why it's important to preserve compassion to other human being throughout your career as a nurse.

Empathy is another important quality a nurse must have, it means showing understanding to others, it is a vital skill for working with patients.

Respect for human dignity is another quality that adds to a nurse's bag of skills, people can feel particularly vulnerable while sick or injured, it's important as a nurse to help your patients feel as much dignity as possible while in your care.

Patient advocacy is another important quality of a nurse, it means speaking up when you know something is wrong and can help in situations when patients are too nervous or may find it difficult to speak up when they are in a health care facility.

Nursing profession is a beautiful and noble career someone can chose to follow, but also verry rewarding and challenging in a equal way.

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