

NURSING: Arts, Science and Profession

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Abstract— Nursing is a profession. It starts serving human being before conception (pre-marital counselling), intra-natal period, throughout life, peaceful death and respectful care after death. Art of nursing is a willful creative use of self. The art of nursing required some qualities like empathy, responsibility, emotional intelligent, leadership, integrity, social awareness etc. It is the “art of nursing” by which the whole care plan is explained empathetically, clearly, confidently. It promotes patient satisfaction. Nursing is not a pure science, it is an applied science. It includes the laws and principles of biological, physical, social and behavioural sciences. It requires a sound knowledge to make more effect in field. Indian nursing council is responsible to establish a uniform standard of education/training for nursing profession. It governs certificate, diploma, bachelor degree, post-graduation degree and doctoral degree programmes in nursing.

The scope of nursing practice includes the range of roles and responsibilities. It also encompasses education, competency and authority to perform the work. It cares autonomously and collectively. It looks after the clients of all ages; it serves for families, groups and communities. It provides service in all health settings for sick or well.

Who, what, when, where, how, why are the words that elaborate the scope of nursing practice.

There are several problems in nursing profession; in education as well as in services. It led downfall in the nursing profession.

Index Terms- Nursing, arts of nursing, science of nursing, profession of nursing.

I. INTRODUCTION

Nursing is a profession. It starts serving human being before conception (pre-marital counselling), intra-natal period, throughout life, peaceful death and respectful care after death. It cares for the sick, the injured, the disabled and the dying people. It engages with the health of individuals, families and communities in clinical and community fields. Nursing personnel are associated with patient care, management of wards/units and research in health care settings. Nursing personnel with prescribed qualifications can take responsibilities of providing primary health care and specialty care services to individuals, families and communities.

II. DEFINITIONS

“Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings. Nursing includes the promotion of health, prevention of illness, and the care of ill, disabled and dying people. Advocacy, promotion of a safe environment,

research, participation in shaping health policy and in patient and health systems management, and education are also key nursing roles.”- *International Council of Nurses*¹

“The 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.”²

III. THE ART OF NURSING

“Art is the activity by which a person, having experienced an emotion, intentionally transmits it to others” – Leo Tolstoy

Art of nursing is a willful creative use of self. It is based upon skill and expertise. It is used to pass emotions and meaning to another. It is a subjective process and requires sensitivity, imagination, interpretation and active partition. It includes the care and respect for human dignity. Anyone has a sympathetic heart and willing hands to help for a needy person that is art of nursing. The art of nursing adopt empathy, mutual respect and power of recovery. The power of recovery is gained by many activities of a nursing personnel, e.g., listening the problems of needy person, helping him accordingly, touching, mentoring, etc. The nursing personnel recognize the worry of the patients, assure him/her and get their trust toward nursing profession otherwise; they may refuse to take treatment in particular health setting. The client of health care services has physical, psychological, emotional needs; these needs are not fulfilled by the science only. The art of nursing is required to fulfil the above said needs. When any clients with health care needs go to health care settings, they do not know the whole process of care. The art of nursing required some qualities like empathy, responsibility, emotional intelligent, leadership, integrity, social awareness etc. It is the “art of nursing” by which the whole care plan is explained empathetically, clearly, confidently. It promotes patient satisfaction.

IV. THE SCIENCE OF NURSING

Science is a branch of study that deals with knowledge observed from the facts systematically classified. These are based on the general laws and trustworthy methods for discovery of new knowledge. Nursing is not a pure science, it is an applied science. It includes the laws and principles of biological, physical, social and behavioural sciences. It requires a sound knowledge to make more effect in field.

We study biochemistry to understand the physiologic processes and of the action of drugs in the body. The elements chemical reactions, acids, bases, proteins, carbohydrates and fats are also studied. Under subject of biophysics, laws of the motion, flow of fluids, heat, light, pressure, specific gravity,

friction, mechanics, sound waves and electricity are taught. Microbiology teaches us about micro-organisms, spread of diseases, actions of vaccines and immunity development. Nutrition and Dietetics, explains the metabolic aspects of proteins, carbohydrates and fats.

V. PROFESSIONAL PROGRAMMES IN NURSING

Indian nursing council is responsible to establish a uniform standard of education/training for nursing profession. It is an autonomous body under the ministry of health and family welfare government of India. It governs certificate, diploma, bachelor degree, post-graduation degree and doctoral degree programmes in nursing. The following programmes are running presently in India:

1. Auxiliary Nurse & Midwife- (2 Years duration)
2. General Nursing & Midwifery- (3 and 1/2 years but 3 years from 2015-2016)
3. B. Sc. (Basic)- (2 Years duration)
4. B.Sc. (Post Basic) (2 Years regular students and: 3 Years for distance learners for General Nursing & Midwifery diploma holders)
5. M. Sc. (Basic)- (2 Years duration)
6. M. Phil. (1 year Full time) and (2 years part time)
7. Ph. D. (3-5 years)
8. Post Basic Diploma in Operation Room Nursing (1year)
9. Post Basic Diploma in Cardio Thoracic Nursing (1year)
10. Post Basic Diploma in Neurology Nursing (1year)
11. Post Basic Diploma in Midwifery Nursing (1year)
12. Post Basic Diploma in Psychiatric Nursing (1year)
13. Post Basic Diploma in Critical Care Nursing (1year)
14. Post Basic Diploma in Emergency & Disaster Nursing (1year)
15. Post Basic Diploma in Oncology Nursing (1year)
16. Post Basic Diploma in Ortho and Rehabilitation Nursing (1year)
17. Post Basic Diploma in Geriatric Nursing (1year)
18. Post Basic Diploma in Neonatal Nursing (1year)
19. Post Basic Diploma in Forensic Nursing (1year)
20. Post Basic Diploma in Haematology Nursing-Residency Programme (1year)
21. Post Basic Diploma in Post Basic Diploma in Burn & Reconstructive Surgery Nursing – Residency Programme (1year)
22. Post Basic Diploma in Nurse Practitioner in Critical Care (1year)

VI. PROFESSIONAL SCOPE OF NURSING PRACTICE

The scope of nursing practice includes the range of roles and responsibilities. It also encompasses education, competency

and authority to perform the work. It cares autonomously and collectively. It looks after the clients of all ages; it serves for families, groups and communities. It provides service in all health settings for sick or well.

Who, what, when, where, how, why are the words that elaborate the scope of nursing practice.

The word “who, tells the persons, those are entitled to provide nursing care. It includes the registered nursing personnel, those have been educated, trained and updated registration from a competent authority to practice nursing.

The word “what,” provide the features of nursing, i.e. nursing is an autonomous and collective care. It serves individuals of all ages, families, groups and communities. It cares for sick and well and in all settings. It provides the service for health promotion, illness prevention, the care of ill, disabled and dying people. There are many key roles of nursing as research, advocacy, promotion of a safe environment, taking part in in forming health policy, client and systems management.

Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings.

“When”, identifies the circumstances, in which any individual may need of nursing in form of knowledge, wisdom, care, leadership, practice or education anytime, anywhere then, nursing occurs.

“Where” means the place or health care settings or environment in which any person or consumer is in the need of nursing in any form (care, facts or advocacy).

“How” indicate the means, methods, and ways or procedures that are used by the nursing personnel in providing care for the clients.

The clients’ condition is always in changing scenario. The nursing care is provided according to changing needs of people. The healthcare consumer objectives are related with social contract of nursing personnel with an obligation to society. This is the answer of word “how”.

The answers of these questions make the scope of nursing clear. Nursing is a dynamic profession, so its demands and responsibilities are changing accordingly.

To understand the scope of nursing is depend upon the education/training, experience, responsibility and the people served by the nursing personnel.⁴

After passing the prescribed programme, the students will be able to work on the following capacities in following settings:

- (i) **Clinical settings** [All types of Hospitals in India and abroad- (Government: CGHS, Railways, AIIMS, Military Hospitals, State & Privates, Rehabilitation Centres, Ambulance, Red cross, Nursing Homes, Clinics, Diagnostic Centres, Industries, Community Centres, Schools etc.) They may achieve the post of nursing officer, senior nursing officers/ ward

in-charges/nursing supervisors, assistant nursing superintendents, deputy nursing superintendents, nursing superintendents, chief nursing superintendents, assistant/ deputy director of nursing, director of nursing etc.

- (ii) **Educational settings** (School of Nursing, College of Nursing, Universities-Department/ Faculty/School of Nursing in India and abroad). They may achieve the post of clinical instructor/ clinical teacher, demonstrator, nursing tutor, assistant professors, associate professors, professors etc.
- (iii) **Administration/management-** They may achieve the post of assistant/ deputy director of nursing, director of nursing in in India and abroad)
- (iv) **Research-** They may achieve the post of research assistant, research associate, researcher, investigator, research officer in India and abroad)

- [2] Contemporary Nurse Virginia Henderson Archived 14 September 2009 at the Wayback Machine Retrieved July 2009
- [3] <https://indiannursingcouncil.org/nursingprograms>
- [4] <https://www.nursingworld.org/practice-policy/scope-of-practice/>

VII. PROBLEMS OF NURSING PROFESSION IN INDIA

There are several problems in nursing profession; in education as well as in services. It led downfall in the nursing profession. There is not proper monitoring and governance at state and national level. Although there is State Nursing Council and Indian Nursing Council to regulate and to look after nursing education and services. Recently an act, (National Nursing and Midwifery Commission) has been passed by the parliament of India to solve problems related to nursing profession.

When we study the history of nursing, we finds that nursing occupation was done by the poor, war prisoners, widows, depressed class people of society. If we see in Indian villages, we find that child-birth (delivery of baby) is conducted by village-dais/traditional birth attendant. Mostly they are member of depressed class of the society. This tradition reflected towards member of modern nursing personnel.

Most of the nursing personnel have the low remuneration in respect to their qualifications, hard job work, experiences and services provided by them. The nursing personnel are considered backbone among the health personnel. When there is need of maintaining of a hospital and taking care of patients, then the nursing personnel are supposed to the top. They work round the clock to fulfil the needs of health care settings but credit is not given to them.

There are female and male, both are included in the nursing personnel. In India, there is the lack of education and the lack of manners towards a specific gender or profession. Female nursing personnel face more problems in comparison of male.

REFERENCES

- [1] International Council of Nurses Archived 29 April 2010 at the Wayback Machine Retrieved August 2007