

Nurses' Role in Resource Conservation

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About three fourth of the earth's surface is covered with water but only 2% is fresh water. In today's world, water, energy and cooking gas have become scarce and expensive, especially for people who cannot afford to pay. As per water policy of the Government of India, every individual should get 180 liters of water for domestic use, whereas some people do not even get 100 liters per day.

Water is a natural resource. Mother Nature has blessed us with enough water for everyone. Every living creature depends on water. Electricity is produced using water. For this scarcity, man alone is responsible for his injudicious waste of these resources. Experts comment that if at all there would be third world was, it will be for water.

As nurses, we play a great role in creating awareness of health. As citizens we too have civic responsibility. Whether at work place or in general we need to educate people about scarce resources and how to conserve them. We should start this at our houses, neighborhood and at our work place.

Every aspect of nursing care needs water. It is we who have to mobilize our own nurses, patients and other employees and create awareness in general public. If we can use water wisely, we can reduce the consumption. We can help the

management so that they do not have to put the burden on the patients and on taxpayers to pay for the wastage. Let us make sincere efforts in the resource conservation movement by sensitizing every individual.

Tips for Water Conservation

- ♦ Sensitize people about the importance of water, its scarcity and conservation.
- ♦ Every nurse must visit the large scale water purification plant to see for self, the tedious and expensive process behind providing clean, safe water to public. After seeing most of them will not waste water.
- ♦ Take only required quantity of water for personal use.
- ♦ Use water in a mug while brushing teeth, shaving, and washing face instead of tap running.
- ♦ Leave the water tap open as less as possible, only to meet the requirement.
- ♦ Do not forget to close the tap after use.
- ♦ Use long handled taps with average flow.
- ♦ Do not throw excess water even from water bottle, pour them on plants.
- ♦ While washing clothes or having bath fill the bucket first instead of running tap.
- ♦ During washing floors or clothes use less foam forming detergent.
- ♦ During acute shortage of water, cut down on regular floor washing and do it

weekly.

- ♦ Instead of showers use bucket. If at all showering is used, put off showers while applying soap.
- ♦ Fix immediately leaking taps, broken pipes and replace rusted pipes.
- ♦ Water used for bathing, washing, or in kitchen, except toilet water, can be recycled and utilized for washing vehicles, flushing toilets, and gardening.
- ♦ To wash vehicle use bucket and cloth mop instead of water hose.
- ♦ Use water can for watering garden instead of a water hose.
- ♦ In case of absence of continuous water supply, do not throw away stored water, instead utilize for washing clothes, vessels, mopping floor etc.....
- ♦ In large dinning halls (in hospitals, hotels, in community halls etc...) set up three basin system filled with warm soapy water, and remaining two with plain water to clean plates and small utensils.
- ♦ In the hospital wash soiled linen immediately, rather than leaving them under running tap till the soiled matter is cleaned.
- ♦ On your way if you see a burst water pipe or water leakage, inform the concerned authority.

Tips for Saving Electricity

- ♦ When there is adequate natural light in the room,

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- ♦ avoid using artificial lights.
- ♦ Use electricity wisely, do not waste.
- ♦ Use energy saving tube lights and bulbs.
- ♦ Use tube lights with electronic chokes.
- ♦ Put off fans, lights and air-conditioner when you leave the room.
- ♦ Do not leave any electrical points on when not in use.
- ♦ At night put off the alternate light in the corridor.
- ♦ Minimize the use of heating gadgets like iron, geyser, electrical kettle, cooking range, oven etc...
- ♦ Boil water on gas, rather than using geyser.
- ♦ Grind masala for weeks, and store in deep freezer small portion of masala; use grinding stone instead of electric grinder.

- ♦ Do not leave computer on stand by, switch it off completely.
- ♦ Select energy saving washing machine.
- ♦ Use your washing ma-

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chine at full load on alternate days.

- ♦ Open the door of the fridge less frequently and keep regulator on normal.
- ♦ Instead of electrical oven, use microwave.
- ♦ Switch off air-conditioner towards the morning.
- ♦ When air-conditioner is on make sure that windows and doors are closed.
- ♦ Use wash and wear clothes, ironing consumes more energy.

♦ Do not use halogen focus bulbs, use CFL lights.

♦ Building elevator should be operated on full capacity, (except in emergencies). People should use staircase if they can.

Saving Cooking Gas

In the hospital ward kitchen you can mostly find the cooking gas burning at low flame when not in use, because the hospital

Ayah finds it difficult to light the gas as her match stick gets over. To avoid this she should be provided with gas lighter.

As a nurse, you can suggest the following to the authorities

of hospital, hostel, housing societies, community leaders and general public:

Saving Water

- ♦ Set up rain water harvesting plant.
- ♦ Set up recycling water plant.
- ♦ Replace old system in water closet (WC) flushes with new dual system, separate for stool and urine.
- ♦ Set up three basin system for dish washing in large dining halls.
- ♦ Create awareness by putting stickers on the doors of kitchen, toilet, bath room, near the wash basin.
- ♦ Dig a well if possible in the compound.
- ♦ Reward people in conserving water.

Saving Energy

- ♦ Use energy saving tube lights and bulbs.
- ♦ Set up solar energy plant.

Every nurse should shoulder the responsibility to teach students, her colleagues, other employees patients, general public that water is precious, do not misuse it, use it wisely. Thank god daily for providing you with clean adequate water for your needs and avoid wastage so that the less fortunate can also have enough water for their needs. ■

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