

A NURSE GROWS OLD GRACEFULLY

H. A. Emmanuel

Have you seen a Nurse in her seventies still active in her profession? She says with a smile, "once a Nurse, always a Nurse", this indicates pride in her profession and she serves the Synodical Board of Health Services, Church of North India, selflessly for the last five years.

Dr. Margaret Dean left College of Nursing, Ludhiana in 1993 and looked the same as she had come here in 1982 as Principle cum Nursing Superintendent from Post Graduate Institute of Medical Education and Research, Chandigarh, where she was the Principal, College of Nursing for fourteen years with a gap of four years for her doctoral studies in U.S.A.

Her achievements of making both the colleges offer Post Graduate Nursing Education through Punjab University and creating North Zone for Trained Nurses' Association of India and reviving Punjab State Branch, which was dead for many years kept her active. She took special interest in Literacy Programs and Community Nursing Care in the slums with her faculty and students.

She gives importance to see the brighter side of everything and thanks God for what He has done. Sowing a seed for distant education in 1970 at Chandigarh, though rejected by Indian Nursing Council, did not deter her. She moved the idea as Vice President and Chairman of Nursing Education Committee Indian

Nursing Council in 1988 by writing to I.G.N.O.U. Three to four lakhs of Diploma Nurses today in our country have an opportunity to study for a B.Sc.(N) Program. Her hard work, achievements and regular health hab-



Dr. M. Dean performing Capping Ceremony at Philadelphia Hospital, Ambala, Haryana

its have kept her young.

She had an Open Door Policy. As a Principal, her office was open for the faculty and students to come in whenever they felt the need. Most of the common faculty problems were discussed in the monthly faculty meetings by writing in the agenda. The students had their own committees and regular counselling programs

with the faculty counsellors. "All should keep smiling", was the aim behind keeping up the policy alike for everyone. If any member of the faculty or the student faced health or any other problem, it was a college-family problem. Those who were depressed or distressed were the ones who got priority over others and were revived with God's help.

Her regular health habits kept her fit. Regular meal time, sleep and nutrition is indispensable. Since learning about nutrition at Lady Harding Hospital School of Nursing through her tutor Edith Bachaman, she has counted calories and nutritional value of the food eaten. Whenever the fellow Nurses did not like stew or some dishes served, a talk about other delicious and nutritious food increased the appetite. Miss. Mary Dass former Deputy Director Nursing Punjab, always remarks, "you eat nutrition, not food for the taste".

Emotional stability and patience as an administrator, mother and wife was observed by us throughout eleven years at C.M.C., Ludhiana, and when her husband passed away after a brief illness. On the fourth day after his death, she appointed the sixty graduating interns as Staff Nurses on 1st April 1986. Also her only daughter got married and left the same year. She was "Alone", but never "Lonely".

We all pray for our "Role Model", to show us light for growing old gracefully.



Author:- Professor, College of Nursing, Christian Medical College, Ludhiana (at the time of writing this article).