

The Humanistic Approach in Nursing

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QUITE often in an intensive care setting we forget that we are caring for an individual. Our concern—without meaning to—gets concentrated on the life supporting gadgets and we start depending on them to tell us how the patient is doing.

I remember when the Bird's Respirator was newly introduced to me I was scared stiff fearing it might stop any time. I didn't quite believe it and so stayed glued to the bedside of these 2-3 patients with ventilators, without as much as blinking an eye. Whenever the sound changed or patient coughed or I thought the inspiration was too long or too short, I disconnected the ventilator and ventilated the patient with ambus and Oxygen, sent word for the doctor to look the machine up. When the cardiac monitor misbehaved, my heart would skip a beat. All this while the patient—camouflaged between the monitor, ventilator, defibrillator, suction, O₂ cylinder, resuscitation trolley, hypothermia machine and what not, would partially or totally be forgotten as an individual. But after sometime, slowly the ventilators, monitors, defibrillators became my friends. I could manipulate them and could tell them to behave. I could detect when they gave false alarm. I would know why the EKG line mysteriously disappeared from the screen.

It probably took me a couple of years to understand and operate them confidently. And it was only then that I realised; though I was staying near the patient's bedside throughout my shift I measured him only by his systems and not as an individual with all the senses intact or partially so.

How many of us really have the holistic approach towards our

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clients? In the ward we hear conversations like 'have you given enema for bed No. 5' 'send Bed No. 2 for X-Ray'. In some languages the word 'patient' is neither 'she' nor 'He' but 'It'. Imagine what it would sound like when said 'one patient has come' in such language. We understand its implications only when we are at the receiving end—God forbid.

Hearing is the last sense which an individual loses just before death. It means even when an individual is deeply unconscious, his hearing is intact. How often we discuss his condition right near him using words such as 'cabbage', 'vegetable', 'hopeless', 'no use', 'gone case'. Thus killing the 0.1% chance of his survival.

How much importance is given to patient's occupation, family background, economic status etc., while taking history or advising him or prescribing drugs?

The nurses: be it a student, staff or a senior nurse, should have a holistic approach towards the patient and his illness. Just like the different subjects of study in Nursing are inter-linked so also the patient, his occupation, family background economic status and his ailments connected to each other and should be treated as one.

Let us not divide and treat our clients.

Newsfolio

Workshop for H.W. (F)

A one-day workshop for H.W. (F) was organised by the D.P.H.N. students of the College of Nursing, Berhampur, Ganjam, Orissa, at the annexe building, Bellagaon PHC of this College on July 27, 1989. The programme was arranged by Ms. Laxmi Rana, Clinical Instructor, and guided by Ms. Gouri

Sahu, Principal I/c and Ms. Rebati Misra, Ms. Pramila Kar, Ms. Renuka Das, lecturers. It was inaugurated by Dr. Misra, Incharge Medical Officer of the said PHC by lamp lighting and accepted being chair person. 25 H.W. (F) of the different Sub-Centres participated and discussed on the theme, "Family Health Services is the Key of Motivation" with above persons. Valuable speeches delivered by the faculty members and encouraging speech given by the chairperson.

Lastly, it ended with post-evaluation. Vote of thanks was given by one of the DPHN students, to all members of the PHC others.

Sports Meet

The School of Nursing, C.G. Hospital, Davangere, got 14th prizes in various competitions in the inter-school sports meet at Bangalore. 16 Nursing students participated from our school out of that Mr. Ramu, III year student, bagged 7 prizes, Miss, N. P. Pushpaveni, II year student, bagged 6 prizes and Miss Maria M. Rego III year student, bagged 4 prizes respectively.

Our school got prizes in the following items:

Throw ball (I Prize); Kho-Kho (I Prize); Tennicoit (I Prize); Shotput (I Prize); Sac race (I and II Prize); 100 Mtrs (I Prize); Carrom (Doubles) (II Prize: Boys); Carrom (Doubles) (II Prize: Girls); Table Tennis (Single) (II Prize: Girls); 200 Mtrs (II Prize); Long Jump (II Prize); High Jump (III Prize); Three Legged race (III Prize).

K.J.P. Synod Hospital, Shillong

The SNA Unit at K.J.P. Synod Hospital have regular SNA activities covering educational, socio-cultural and professional activities. It has celebrated Nurses' Week from 12th-19th May 1989 having a variety of programmes to highlight the theme, 'Nurses and the School Health'. The Week was inaugurated on May 12th at the Pine Mount School, Shillong, organized by TNAI Branch, Shillong.