

Convey Your Enthusiasm to Patients

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AS nurses it is necessary to realise we must be co-operative team members. It is not I who heal the sick, it is God healing them through the team. Like a choir we each have a part to play and if our part is bad, so will it tend to make the team disappointing. If our contribution is good it will help to build up the team.

Dream for Perfection

One of the exhortations of our Christian religion is 'He must increase. I must decrease'. This is very hard for some of us but it is necessary. If someone else can do a better job then we need not let us ourselves be jealous, if they are preferred before us. Let us rejoice in their gifts and pray God will bless them and use them for His glory. But please note, this does not mean we forget our own gifts—however few or many they be, we must be aware of them, learn them, discipline them and use them whenever possible. Let us be ever enthusiastic and optimistic. We shall get our chance some day—let us prepare ourselves to use it so that although your dreams to be the perfect nurse will not come true, some part of it will. You will have your disappointment but also your unexpected joys and triumphs.

Convey your optimisms and enthusiasm to your patients. They will get better much quicker than if they were dispirited. Even if the patient is not as well as she

would like to be she is probably much better than she was. Stress this with your patient and of course pray for her and get her to pray for herself and her fellow patients as well as those who are looking after her now.

I remember one ill priest who asked who the nurse was who always came into his room after 7 a.m. She asked him how he was, and smiled. He said that smile made the day for him. So please remember to make your patient's day happy for them by greeting them with a smile.

I also heard another, who was a very good hearted one described as the one who never smiles. I longed to tell her but I never had the courage to do so. All I could do was to pray for her. But I notice her smiling at least sometimes now!

The Essence of Gentleness

If you have ever been a patient yourself, especially if you have been faced with a new experience such as the necessity of undergoing surgery, you may have had my experience. I could not bear one nurse doing things for me. She was so clumsy and if she had to remove an air cushion from beneath me, she always let me down with a thud, that gave me great pain. Wasn't I glad when she got her Christmas leave just over my operation time and another substituted for her—the

essence of gentleness, serenity and optimisms. She had a lot to do with my going into that operation room with confidence that I would come out alive and on the road back to health again. I know of patients who said 'Please may that nurse come to the theatre with me and stay there at least till I am under the anaesthesia? If possible that was allowed. You and I must be such a nurse!'

Again we can become a more perfect nurse by saying goodnight to our patients and sending them off into a relaxing sleep. Sleeping pills may not be necessary, only a word, a smile, a goodnight till tomorrow, and prayer in our heart for them as we leave them to our Heavenly Father.

If she is a Christian you can always have a few words ready to leave with her. Thy will, not mine, be done. "I do always the things that please Him". "That the Father may know I love Him let us go." "I am the Good Shepherd". "I know my own and my own know me". Those who are not Christians also may respond to such ideas. You will develop an institution as and when such words should or should not be used. It is sufficient to say 'God be with you—go to sleep in his care'.

Yes, truly it is a wonderful vocation with which we have been blessed. Let us be enthusiastic and persevere in it, so that others may benefit through us.