

ble to health. His health teachings will concentrate more or less on matters pertaining to diet, causation and nature of illness and its prevention, personal hygiene, environmental hygiene and family welfare.

It is understood that such teaching will equip the individual and the family to deal more effectively with health problems confronting them. A hint from the Jan Swasthya Rakshak will have a lasting effect because the community will listen more readily to him. It is visualized that the health educational service in the periphery is likely to be strengthened with the progress of the scheme.

While extending health education this worker can make use of all available educational approaches—individual, group and community—with support from audio-visual aids. Simple media which are familiar and indigenous will be utilised by the

workers. Posters, charts, khadi graphs and other cheap materials can be conveniently used to reinforce his teaching sessions. Exhibitions will be an additional educative and recreative medium and mini exhibitions can be organized if feasible. Writing slogans on the walls is another indigenous medium of communication in vogue in rural areas. Informal discussions with people will be of immense help.

Nothing to exaggerate an atmosphere of understanding and a close relationship between the multipurpose health workers and Jan Swasthya Rakshaks should be created for making the new health policy a success. Moreover, the success of any health programme depends considerably on the involvement of the people who happen to be active partners. This can be brought about by systematic health education in the community.

has to be changed and that too must be from the beginning of the career of training by changing the training pattern. The change will not become effective until the teachers change the concept of Nursing or Medical care. The student nurses are inadequately prepared during their training to meet the requirements of the community as the duration is of only 3 months. She is prepared for nursing the patients in the hospitals. The student nurses should be given an extensive course on community health in the first six months and the subject should be in uniformly distributed during the course. Proper guidance and supervision at all levels including the students by experienced Public Health Nurses are essential in community health.

Today, the Nurse is expected to function as an important member of the health team, right from the periphery, that is, in the home of the family in the rural community. At the periphery her services include Domiciliary Midwifery and Nursing Care, Maternal and Child Health Nursing, Family Planning Programme, School Health Programme, Paediatric Nursing, Nutrition Programme, Sanitation, etc. Because she serves at this level, she can help the nation in looking after the health of mothers and children which stimulates, promotes and fosters the growth and welfare of the nation.

Since Nursing is a dynamic profession, in a fast changing society, rapid changes and new technology in the medical services have brought out newer dimensions of Nursing Care. The magnitude of learning needs have reached such great heights as to meet the needs of the present situation. A nurse is a model of healthy and integrated personality and she helps in the scientific studies and research. She undergoes a particular organised training and is capable of working both in the hospitals and the community. She functions as a member of the health team and is able to take up a leadership role. Nurses occupy a key position in the health team and the role of a Nurse is of pivotal importance. A sociological understanding of the role and performance and the interactive pattern between the Nurse and the

Nurse and the People's Health

The image of the nurse has to be changed and that too must be from the beginning of the career of training by changing the training pattern, says Mrs. A. BAHL, Sister Tutor, Goa Medical College, Panaji and suggests how nurses can be really helpful in the programme for better health of the community.

MEDICINE and Nursing are two interdependent professions and must advance simultaneously if the community is to be benefited fully from the development in medical sciences. Due to the impact of advance in science, Nursing came to be recognised as a profession. The present day concept of Health is to practise Medicine on people and keep the people healthy, whereas the W.H.O. concept is: "Health is not merely absence of disease or infirmity, but a state of well being physical, mental and spiritual, resulting in a well adjusted individual, member of the happy family, and

of the community and nation at large".

The sum total of the people's health reflects the Health of the Community which is the reflex of the Health of the Nation. The present day Nurse, instead of imbibing this philosophy, still follows the age-old tradition of looking after only the sick without caring for the health of the people.

The image of the nurse is projected to the public inadequately. The doctor expects the nurse to be a second helper to him in looking after patients in the hospital, inspite of her being better prepared than the doctor in certain areas during her training. Why is the image stagnant as such? Perhaps the faults are in the training programme, may be to her service conditions or traditions that is going on in the eyes of the public. It is a correct tradition or does it need improvement? It was corrected at one time when medical care was the objective of medicine. Today, this concept is changed and it has also changed the pattern of tradition. The image of the nurse

patient is very useful for the better functioning of the community. As Nurses are directly involved in the welfare of the patients, it is essential to have the utmost rapport and co-operation between the doctor and the nurse, and nurse and the patient to function effectively. Her main role is to promote health and to prevent diseases. The nurse and midwife in the community is not only familiar with the cultural pattern of the society in which she works, but is also familiar with their socio-economic conditions. She should be a healthy individual, a well adjusted person, co-operating, pleasant, unselfish and respecting everyone's freedom. She is capable of conducting deliveries in the most natural surroundings. Thus she is not only a professional worker, but holds a significant social position in the community.}

Comprehensive Service

The last trend is to give comprehensive health service to the community which helps an integrated development of the society and the nation. Her service includes besides care technical help to improve the well being of the family and the community. In India, our nation with 14% of the world's population, the role of the Nurse is greater than ever before in the community and its health is greatly the nurse's concern: follow up of the patients after discharge from the hospital—50% of the patients can be treated in their homes and acutely ill patients can be treated in the hospitals. At present, many of the deserving cases are to be in the waiting list, due to shortage of beds in hospitals.

Family Planning formed an integrated part of the community since 1952. It motivates and emphasises the need of Family Welfare Planning, M.C.H. School Health, Nutrition, etc. To improve the socio-economic status of the community is the Nurse's responsibility. Nurses should have a vision for the future. To understand the community and need of the people the present day nurse is expected to go to the people, live among them, learn from them, love them, start with what they know and build on what they have. If the various groups of the community work together rather than as individuals

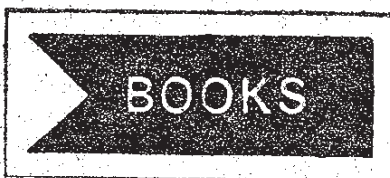
everyone in the community profits as a group.

The role of the Nurse in the School Health Programme has a wider scope, to the P.H. Nurses in their Nursing practices. She acts as a liaison among the school, the home and the community at large, that is, between teachers, parents and doctors.

The school health programme helps to promote growth and development of the school children, through health supervision, health care and nutrition. It helps to prevent diseases, through immunization programme and to encourage healthy programme and acts as a counsellor and educator of health. She screens defective children for

medical check up and treatment.

By immunization programme the community is protected and promotes eradication of communicable diseases. She identifies the community organisations such as Mahila Mandals, Youth Clubs Community Level Health Workers, Dais, Gram Sevikas and other leaders of the community. This contact gains co-operation by holding group discussions, health talks, etc. If Nursing is to survive as a profession, that has an important role in the betterment of people's health. It calls for a much needed public support. The co-ordinated efforts of all health personnel, which includes doctors, nurses, midwives and paramedical staff are essential, to improve the quality of service given to the community.



Revision Notes on Psychiatry by K.T. Koshy.

HERE is a book we have been looking for. With emphasis on psychiatric Nursing and Mental Health at all levels of teaching and practice, a concise book that gives all information on modern psychiatric nursing has become imperative. Mr. K.T. Koshy, with his excellent training in this field and wide experience in the United Kingdom, has written this book we just need. He does not claim it to be very exhaustive, which can be used as a text book at all levels. But he has covered all subjects of modern Psychiatry and Psychiatric Nursing in an alphabetical order with all relevant facts and figures though very brief. This book will be very useful for students to revise and prepare for tests and examination and for Tutors to prepare lessons and for discussions. He has given reference to every chapter so that any one interested to now more details can easily find the right book for further studies. I commend this book to every nurse interested in Psychiatric Nursing and mental

On Psychiatric Nursing and Mental Health

Health and to all schools of Nursing. This is the type of book that we have been looking for but is rare to find.

It is available from Hodder and Stoughton, London. But if there is sufficient demand it could be reprinted in India which will make it very cheap, probably less than 10 Rupees a copy.

K. V. Mathew

Congratulations !

I RECEIVED *The Nursing Journal of India* (April, 1978) as I was leaving London. Many congratulations on the new style *Journal*, and for taking such a strong stand on the allegations in the Bombay Blitz as referred to in the Editorial of the *Journal*. It seems strange that the weekly newspaper concerned did not make sure of their facts before rushing into print.

Margaret Brayton

Camp: Executive Secretary,
Dacca. Commonwealth Nurses'
Federation, London.