

pains and joys, sorrows and fears and hopes.

These inner reactions are the common denominator of humanity. I have had lessons in undaunted courage. I have seen hope and faith made tangible in suffering. I have seen remarkable recoveries made by fearless patients, assisted by skilled doctors and nurses.

The Lighted Lamp

Florence Nightingale's lighted lamp—the traditional symbol of nursing—gives off both light and heat. To be a nurse is to carry the lamp: the nurse's knowledge, skill and attitude illuminates, so that she may warm the cold darkness of pain and sorrow. In return, the lamp of dedication in the nurse's heart is kept aglow with warmth and love.

Lastly, I must say that I am very grateful, that God has chosen me to be a nurse, for such a noble profession. I love my profession, and I will not give up this for a million dollars even. It brings great joy and fulfilment and satisfaction when I ease the pain and loneliness of the suffering brothers and sisters whom God has created in his image and likeness.

References :

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Nursing as a Career

The goal of nursing is to cushion the tragedies of life caused by illness, disease, neglect and death. The choice is yours, says Mrs. A. Bahl, Sister Tutor, Goa Medical College, Panaji.

NURSING is as old as creation: certainly, one of the oldest arts. It began when the earliest member of the family, helped another in time of sickness. The *Vedas* and other ancient Indian records contain rules concerning hygiene, medicine and nursing which indicates a high level of development. In those days, nursing was performed by young men and elderly women. Later on, it was identified as a religious vocation and as a women's preserve. As a vocation, it involved self-sacrifice and a fair amount of strenuous labour. Still later, society disapproved women of status, going in for the caring of the sick, considering it as a menial job.

Erroneous Outlook

Result : Nursing was taken up by uneducated women, lowering this noble profession to its lowest in the middle ages. However, during the mid-nineteenth century, this erroneous outlook changed. With the growth of medical knowledge and of the hospital as a social institution, the deficiency of nursing needs became apparent. The medical fraternity acutely felt the need of trained nurses. Thus, nursing emerged as a profession, which now commands respect and love.

Today, it is the most noble and demanding of careers. But it's no path of roses for those who enter this profession. It calls for long hours of hard work and strict discipline, far beyond that which a normal office job demands.

Every year, thousands of our countrymen are nursed back to health by loving hands. They perform an essential, nay, inevitable, service to their motherland in all its varied forms of health care. These dedicated souls render domiciliary care, domiciliary midwifery, maternal and

child nursing, family welfare planning, school health programme, nutrition programme, paediatric nursing research and a host of other things.

In fact, from the cradle to the grave there is invariably the need of these "White Caps" to soften man's burden of illness, disease and pain.

And, Yet, what is nursing? The function of a nurse consists of caring for an individual who is a unique complex organism—physically, mentally and socially—during the time of stress, by using professional skills to develop a therapeutic relationship with him, based on mental trust, by assisting him, in his return to and maintenance of adequate health, or to a comfortable death.

Today, the nurse functions as an important organ of any health team. The present trend is to give comprehensive health care. Nursing is an essential component of the health care delivery team. In this scientific age, with the rapid advancement of medical sciences, nursing has become all the more complex. Specialised areas such as cardiac care units, kidney dialysis units, neuro-surgical units, intensive care units need highly skilled nurses in the team. Our country needs more nurses to meet the demands of today. Nurses have always given their all, asking for nothing in return. Their reward is seeing the once broken man back on his legs again.

Would you not like to be one of these privileged saviours? Here is an aptitude for youth with an aptitude for devotional and dedicated service.

Types of Training

1. Auxiliary Nurse-Midwives' Course : Educational requirements: 8th standard passed. Age: Between 18 to 30 years; Duration of training: 2 years.

Students are provided stipends with free accommodation, medical aid, water, electricity, etc. This is a shorter and simpler course in Nursing and Midwifery. They are trained to function as multipurpose workers in the rural areas. Their duties include care of the sick, home visits,

treatment for minor ailments, maternal and child health care, family welfare planning follow-up, nutrition school health programmes, etc. They are concerned with the health and well being of the community. Their aim is to prevent disease and to promote health and thus build up a healthy and a wealthy nation.

2. Lady Health Visitors' Course: This is of 2½ years' duration. Educational qualification: S. S. C. E. passed. This is a modified Auxiliary Nurse-Midwives Course with more emphasis on maternal and child health visiting.

3. General Nursing and Midwifery Diploma Course: Minimum Education: S. S. C. E. passed with 45% aggregate marks with science subjects. Duration of training: 3½ years. They are trained to function efficiently both in hospitals and in the community. In Goa, Auxiliary Nurse-Midwives and General Nursing and Midwifery courses are conducted at Government Nursing Schools at Margao and Panaji respectively.

4. B.Sc. Nursing Degree Course: This is a University programme, in General Nursing and Midwifery of 4 years' duration. Educational requirements. Higher Secondary or Intermediate Science. Degree programmes are conducted in ten Colleges of Nursing in the country at Delhi, Bombay, Bangalore, Vellore, Hyderabad, etc.

5. Post-Certificate B. Sc. Degree Course: This course for diploma holders is conducted in seven Colleges of Nursing. Duration of course is 2 years. The Colleges are at Delhi, Madras, Bombay, in Gujarat, etc.

6. Masters in Nursing: This is of 2 years' duration and is conducted at Delhi, Vellore, Chandigarh and Bombay.

In addition to these a number of specialised courses are conducted for diploma holders. They are Ward Sister's course for efficient management of the Ward.

Public Health Nursing is for better Community Health Services. Specialisations like Tutor's Course, Administration in Nursing, Operation Theatre Training, Paediatric Nursing, Psychiatric Nursing, Orth-

opaedic Nursing, etc. are essential for an efficient functioning of the various departments in this scientific age.

General Nursing Degree programmes are also conducted, for girls, by the Armed Forces. On successful completion they are commissioned as Officers. Nurses trained in Civil Hospitals are also eligible for this Commission.

There are hundreds of training schools all over the country for Auxiliary Nurse-Midwives and General Nursing Midwifery.

As Medicine and Nursing are interdependent professions one cannot function without the other. Nurses are co-workers with the doctors. Nurses assist doctors in procedures from a major operation, to that of a simple procedure like starting an intravenous drip. She also helps in diagnosis and in the line of treatment by her careful observations, records and reports. The ideal relation of the doctor, nurse, patient and medicine are the four feet upon which cure rests. The need for a nurse is universal. Nursing service is rendered to all irrespective of caste or creed, race or religion, age or sex. Nationality and political status are beyond a

Nurse's creed. She respects all and keeps in confidence all information entrusted to her by the patients as per International Nurses' Code of Ethics. Thus she is a person above normal level.

Job opportunities are many in India and abroad, because of the awareness of the health needs by the people and the society.

Some areas of involvement in the vocation are:

1. New Trends and Development in Nursing Career;
2. New knowledge and procedures developed through Research;
3. Expansion of the Community Health Services;
4. Increase in the number of hospitals and private nursing homes;
5. Military Nursing Services;
6. Development in Nursing Research;
7. Opportunities for Services and Education abroad, etc.
8. Private practice in Nursing, etc.

Today, the experiences are varied, full of interest and challenging for nurses. There are plenty of opportunities to pursue higher education like B. Sc., M. Sc. and Doctorate in Nursing. A number of scholarships are offered by various national and international agencies for higher studies and Nursing Research.

ENFP'S Annual Conference

The Evangelical Nurses' Fellowship of India invites Nurses to the 15th Annual Conference at Calcutta.

Theme—"Follow Me...I will make you fishers of men." Mark 1.7

Venue—The Calcutta Bible College.

Date—9th-13th November 1978.

Registration Fee: Rs. 5 for Trained Nurses.

Rs. 3 for Students.

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