

NURSING AS A PROFESSION AND WHAT IT MEANS TO ME

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(The author received a prize for the speech competition at the SNA Annual Meeting, Delhi Branch)

GONE are those days when nursing was considered as a mean profession and nurses knew merely how to carry a tray in their hands and walk after doctors. Now-a-days if they introduce any medicine to the patient they do that with its full knowledge. In any aspect nurses are no less than doctors. If doctor is the brain nurse is the heart and it is quite obvious that if heart will not work the brain will also stop working. Wards can paralyse without nurses.

What does a nurse do for a sick man? As soon as the sufferer glances at the nurse, he feels as if half of his disease has been cured. Merely the touch of her gentle hands pacifies him. The love which he gets is just like that which can be achieved from a real mother or a sister. On the other hand nursing

as a profession aids to fulfil the economic, social, physical, mental, emotional and psychological needs of a patient. It has been characterised since long as an art. It requires sympathetic heart and willing hands and that is why Mrs. Meclain said, "The time is not so far distant when the only requirement to enter in a school of nursing will be a good reputation." Art of nursing is the art of observation. Three fourths of the nursing depends upon the observation power the nurse.

Nursing is also a science. Art can seldom reach the height of its perfection until it is based on science. It is my experience and most of yours also that when nursing procedures are based on a scientific knowledge the work be-

comes truly artistic.

What does nursing mean to me? It does not mean that if I have taken patient's temperature and have sponged him it has fulfilled the goal of nursing. Nursing means to understand the emotions of patients, his psychology and in what way he wants to be contented, and I am sure, you all know that contentment is the real key of happiness and happiness is the real cure of a disease. If we fail to satisfy the patient, the real meaning of nursing is never fulfilled. Nursing does not mean coming to the patient like a scooter and going away without any break. As a nurse I am not only an attendant to a patient in the sick room but also a teacher of health outside the hospital.

Exchange Visitor Programme Columbia-Presbyterian Medical Centre

Applications are now being accepted for a new and carefully conceived Exchange-Visitor Programme, which makes it possible for graduate nurses from other lands to gain clinical experience in medical and surgical nursing at this large Medical Centre, internationally recognised for its high standard of patient care and education. A class of 25 will be accepted in October and again in April.

While the programme will be

developed around America—its patterns of nursing practices, its health facilities, its cultures and its people—it is expected that each participant will bring to the group and share with them similar concepts from her own country, so that a true exchange of methods and ideas will take place.

This programme is fully accredited. Housing, a monthly stipend of \$300 (£107), and travel reimbursement of \$500 (£178) will be arranged

for those accepted. For further information write (air mail, please) stating age, and qualifications. Facility with written and conversational English is necessary.

Co-Ordinator,
Exchange-Visitor Programme,
Nursing Department,
Columbia-Presbyterian
Medical Centre,
622 West 168th Street,
New York, N.Y. 10032, U.S.A.

A New Nurses' Home Opened at Raxaul

THE opening of the Duncan Hospital Nurses' Home extension was performed by Miss M. John, President of the TNAI Bihar State Branch on Saturday, February 4, 1967.

The function was attended by Doctors, staff and student nurses and others. Miss I. Stephens, Nursing Superintendent, thanked Miss John for coming so far to help make the afternoon such a happy occasion. Dr. T.N. Strong,

the Medical Superintendent spoke briefly about the Nurse's Home Extension. He testified from his experience to the goodness of God in providing all the necessary materials for the building. The Duncan Hospital Nurses' Home stands on the green carpeted foreground of the Himalayas.

Miss John in her address spoke of the progress she had noticed in the growth of the hospital and the training school. She described the

relationship which should exist between patients and nurses and said that nurses who really gave themselves to their work day by day became tired and needed comfort and rest in good surroundings when they were off duty.

A variety entertainment presented by the SNA Unit was appreciated by all. The function concluded with an informal tea party and a visit to the new extension.