

Good Relationships (1)

By

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The Nurse and Her Co-Workers

Interpersonal relationships have been defined as "Building up of good feelings or rapport "between individuals, with the object of establishing a peaceful, friendly and happy atmosphere."

Where, and when good personal relationships exist:—

1. People are enthusiastic about their work.
2. A warm, friendly atmosphere pervades.
3. People feel that they BELONG to the institution.

Who is responsible for building up good relationships ?

1. The Superintendent or Medical Officers of the hospital and his staff.
2. The Matron. The Matron's attitude towards her nursing and other personnel staff will influence the morale and contentment in the nursing department.
3. The Sisters of the hospital.
4. The domestic staff.

Efficiency can only be maintained when good relationships exist.

What should be the relationships between the Nurse and her Co-Worker ?

Members of the same profession are bound by ties of interest, loyalty and charity and the nursing profession is no exception to the rule. The nurse ought to be sensitively aware of her responsibilities and obligations towards other members of her profession, and her Co-workers.

Nurses have problems in relationships that are common to all professional workers but most common to all is the necessity to do our work well enough

to meet our basic needs.

To fill any position the nurse must be able to get along with other workers. The nature of their work, similarity of their experiences, troubles and trials link nurses together in mutual sympathy.

Mrs. D. A. Beatt, Senior Matron, Sarojini Naidu Hospital, Agra, presented a paper on "Good Relationships" during the Annual Conference of U. P. State Branch held at Kanpur, 1958.

The paper has been divided into sections and will be published in six parts—Ed.

Judge very kindly of your fellow nurses, help them, defend them and love them as you do yourself.

Rejoice over the good qualities possessed by other nurses, and do not be jealous or envious.

We should not speak disparagingly of nurses or nursing as to lessen the esteem of our profession in the minds of others.

Let others know, in a tactful way, the developments in the nursing profession and the services it renders to society.

To establish good interpersonal relationships with your co-workers:

1. Watch your moods. Dwell on the goodness of God and His Providence, His Power and His Love.
2. Wear a cheerful countenance at work and at play. Cheerfulness is a beautiful quality of character.
3. Look on the bright side. Train yourself to look on difficulties and every thing disagreeable as only a passing trial.
4. Keep a check on your words. Express only happy thoughts and in

this way you will make yourself happy and be a cause of happiness to others.

5. Guard against being a bad example to your co-workers.

6. Do not be critical, fault finding or uncharitable in your words and actions. The habit of fault finding is contagious. Your character will grow and expand if you imitate the virtues you find in others.

Companionships

Seek the company of those nurses who are loyal, who have a high esteem of nursing and who do most for the building up of the profession. Take part in nursing activities. Cultivate sound social habits. Keep happy and wholesome in mind and spirit. Nurses owe it to themselves, their patients and the public to cultivate a kindly, cheerful, charitable attitude of mind.

Co-Workers

Avoid criticising and complaining of

conditions in hospitals, of your patients, your colleagues, the doctors or servants. Everyone has a measure of good and bad qualities. Search for the good.

Nursing Organisations

Nurses ought to take part in nursing associations. So many nurses begrudge the money and effort which they owe to their professional organisation. Organisations help the nurse to represent their needs and maintain their rights. Cooperation, unison and earnestness make for a well organised association. You will be appreciated as both a leader or a follower.

Be loyal to your Association by continued membership. Take part in conferences, attend staff meetings and read the *Nursing Journal of India*. Personal benefit will be derived and you would be doing your duty to your profession and your fellow nurses.

(To be continued)

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the States, is an important factor towards achieving success in a M.C.H. Programme.

When these can be replaced by adequate numbers of Auxiliary-nurse midwives, the *Dai* can be useful to the community as a 'home-help' attached to Domiciliary Services through institutions or in her private capacity.

She can also be of use during the post-natal period in day-to-day affairs of the family and in carrying out those traditional functions of an orthodox home which cannot be expected of the Auxiliary-nurse midwife.

Conclusion

The scope of M.C.H. Organisations therefore is immense, and repercussions of adequate services on the history of the life and advancement of a people can echo down the corridors of the Age.

