

It Seems to Me—

In this day and age of Committee and Sub-Committee meetings, of panel discussions, planning groups, and evaluation teams, it seems to me that a few articles which might help the young nurses plan her future would not at all be out of place. Just as nursing groups plan activities and evaluate them as they are developing, so each individual nurse should have some plan for herself and means of evaluating these plans.

For example, let us take a nurse who is due for two weeks leave. First, she has the happy idea of spending her leave in the cool hills of Mussoorie. This being decided upon, she must decide how she is going to get there. Will she go by train, bus, or is there a possibility of driving up with friends? Suppose she decides to go by train. Now the hostel is the scene of last minute packing and excitement. The nurse reaches the station and the indispensable coolie takes her to the right train. She sits down and begins her last minute check before train leaves the station. Yes, she has her ticket, money, three suitcases, bedroll and reading material. With a sigh of relief, she settles back in her seat and begins to read as the train leaves the station.

As the familiar city fades away and she glances out at strange villages and countryside she fearfully asks herself if she is on the right train. She knows the train must pass through Delhi, and Hardwar. Anxiously she looks for these landmarks and reproaches herself for not checking with the station master before leaving.

A short while later the bright lights of Delhi can be seen and she breathes a sigh of relief. How silly to wonder if she was on the right train, but still, human nature needs to be assured. Although she is on the correct train she continues to check the stations she knows she must pass through on her journey.

We have pleasure in introducing a new series under the caption "It seems to me—". This is the first of the series and we hope these articles will be of interest to the readers. Ed.

Early in the morning relatives meet her in Dohra Dun and helping her into their car drive her down the hot dusty streets, out into the country side and, following the signs, up into the winding road which leads into the hills and two enjoyable weeks away from the busy rush of the hospital.

A fortnight later she is again at the nurses hostel relating her experiences to her friends. Whether she realizes or not she will begin to evaluate her trip. Did it go according to her plan? Did she accomplish the activities she wished? Was the whole trip worth the time and money involved?

Now what is the purpose of this example? Well, it seems to me, that just as there are preparations, guides and evaluations of incidents in our everyday life, so there should be the same planning in developing our professional life. Nurses must not only be prepared for leadership in the moral world for their own sakes, but also for the benefit of their patients. Physical health remains the chief concern of the nurse, but often their work is to bring new and wholesome views of life to sick minds. The intimate connection between health and the patient's emotional and rational life is forcing the medical profession to consider this aspect of the patient's make-up in connection with the well-being of the whole patient.

It will be the purpose of this column to put forth principles that nurses may reason for themselves and adopt as their own, so that they may have aids or "guideposts" in directing and rightly fulfilling their duties as nurses.