



## EDITORIAL

**Dr. I Clement**, PhD in Nursing, Principal, Sparsh College of Nursing, Rajarajeshwari Nagar Bangalore.  
Email: clement\_nurse@yahoo.co.in

Hello, from the RGUHS Journal of Nursing Science. We are very pleased to publish RJNS Volume 15, Issue 1, July 2023. The RGUHS editorial team would like to thank all the authors who contributed articles in this issue. Nursing literature plays a pivotal role in disseminating knowledge to nurses. It serves as the main conduit through which readers acquire information about recent research, gather evidence to inform and transform their practices, and stay up-to-date on relevant developments.. Through the literature, students will learn about nursing as a specialty and understand how the role of a clinician differs from that of other health care professionals. The development of nursing as an academic discipline relies on research studies and other forms of scholarship that distinguish nursing from other health professions, based on a holistic view of nursing. When writing about interprofessional education, interprofessional practice, team-based care, and related fields, ensure that the contributions made by nurses to these new forms of care are included.

### **Our Nurses, Our Future**

May 12th is recognized as International Nurses Day (IND) globally, commemorating the birth anniversary of Florence Nightingale. Every year, the ICN celebrates International Nurses Day by creating and distributing promotional and educational materials. ICN and National Nursing Associations worldwide commemorate nurses and eagerly anticipate collaborating in shaping the future of healthcare to address the demands of the “new normal” while advancing the Sustainable Development Goals of universal health coverage and ensuring good health for all..

### **International Nurses Day Theme 2023**

Various Nurses Day campaigns are held each year. The International Council of Nurses announces a theme for the year, and all the events of the day revolve around

that theme. ICN commemorates this important day each year by producing and distributing International Nursing Day (IND) resources and evidence. The focal point of Resource 2023 revolves around nurses shaping the future of care. Through “Our Future” initiative, it will evolve into a global campaign aimed at tackling global health challenges and enhancing global health for everyone. We must learn from the lessons of the pandemic and translate them into action for the future. International Nurses Day is celebrated on the birthday of Florence Nightingale, who is considered the pioneer of modern nursing. That is why this day is so important.

1. This day raises awareness on the challenges of the nursing profession.
2. Nurses Day gives us the opportunity to recognize the tireless work of nurses.
3. This day focuses on the work of nurses and gives them an opportunity to take pride in their profession.

### **International Nurses Day - About Florence Nightingale:**

Florence Nightingale is considered as a Victorian icon for her enduring contributions to healthcare around the world. Her birthday is celebrated as “Nurse’s Day” around the world.

1. She came from a wealthy family, but she grieved for the poor and helpless.
2. Nurses still look up to her and wants to be as influential as she is.
3. Florence Her Nightingale, is the world’s highest award for nursing. The medal is named in her honor.
4. On International Nurses Day, we remember their tireless efforts to improve the healthcare industry. Without this industry, many would have died in the Crimean War of 1854.

5. She was a great advocate for cleanliness in hospitals and many lives were saved by her excellent medical knowledge.
6. Humanity seldom fully appreciates the sacrifices made by our health care workers on our behalf. International Nurses Day is the perfect time to take a breather and say thank you to those working to keep us healthy.

Nurses are often the first point of contact for patients and their families seeking medical assistance. They offer a wide range of services, from administering medications and monitoring vital signs to emotional support and counseling for patients and their families. Nurses also play an important role in disease prevention and promoting healthy lifestyles through awareness-raising and community outreach programs.

Nurses are often the unsung heroes of the healthcare industry and are passionate about patient care and support. They often work long hours in stressful environments and their contribution is critical to the health system's success. International Nurses Day offers a chance to acknowledge the crucial role nurses play in our lives and to commemorate their unwavering commitment and diligent efforts.

### Ten Critical Skills Required To Be A Successful Nurse

Nursing is a very rewarding profession that requires unique skills. As a nurse, you are responsible for providing diligent patient care while managing complex medical procedures and protocols. Technical knowledge and clinical expertise are essential, but many other skills are also required to be successful in this field.

1. **Compassion:** Compassion means listening to patients who truly care about their health and treating them with dignity and respect.
2. **Communication:** Communication is essential in any medical field. Caregivers must communicate effectively with the patient's family and other health care professionals. This includes active listening, clear oral and written communication, and the ability to explain complex medical issues in an easy-to-understand manner.
3. **Critical thinking:** Nursing is a multifaceted and rapidly-paced occupation demanding rapid thinking

and adept problem-solving abilities. Critical thinking includes the ability to assess patient needs, analyze data, and make informed decisions based on available information. This includes the ability to anticipate potential problems and create contingency plans to address them.

4. **Attention to detail:** As a certified nurse, you are responsible for managing complex medical procedures and protocols. Attention to detail is essential to ensure that patients receive the proper dosage and treatment. This capability also includes carefully recording patient information and monitoring progress over time.
5. **Time management:** Nursing is an exacting vocation necessitating proficient time management skills. Caregivers frequently find themselves juggling numerous tasks and competing priorities. Successful time management entails prioritization, delegation, and organizational acumen to ensure efficient and effective delivery of patient care.
6. **Flexibility:** Healthcare is unpredictable and fast-paced; so flexibility is essential in care. Caregivers must be able to adapt to changing circumstances and cope with pressures and unexpected challenges. This includes a willingness to work outside normal working hours and a willingness to take on new tasks.
7. **Teamwork:** Within the context of providing high-quality patient care, the significance of collaboration and teamwork cannot be overstated. Nurses must demonstrate the capability to harmoniously work alongside various healthcare professionals, such as doctors, therapists, and support staff. This involves cultivating an environment of respectful communication and a readiness to openly exchange information and ideas.
8. **Cultural competence:** Cultural competence encompasses the skill to comprehend and honor the beliefs, values, and customs of diverse patient groups. Caregivers must be adept at delivering culturally sensitive care, free from stereotypes or biases.
9. **Emotional stabilization:** Caregiving can be emotionally taxing and caregivers need to be able

to handle stressful situations and difficult emotions. Emotional stability includes the ability to remain calm and professional in difficult situations and to seek support and self-care when needed.

- 10. Lifelong learning:** Nursing is a continuously evolving profession, requiring nurses to embrace a lifelong dedication to learning and professional growth. This entails staying updated with the latest medical research and trends, actively seeking opportunities for ongoing education and development, and remaining receptive to feedback and constructive criticism.

### Nursing Challenges

Being a nurse can be a challenging and demanding job. Nurses often work long hours and have to deal with difficult and psychologically stressful situations every day. They must be able to communicate effectively with patients and their families and work closely with other health care professionals to provide the best possible care. Work demands can affect physical and mental health of caregivers, and burnout is a common problem in this occupation.

Despite the difficulties, many nurses find their work very rewarding. Through their dedicated efforts, they enhance the lives of patients and their families, contributing to the betterment of community health and well-being. International Nursing Day presents an occasion to acknowledge and honor these valuable contributions of nurses, providing an opportunity to celebrate their unwavering commitment and express gratitude for all they accomplish.

### The Future of Nursing

The healthcare industry is constantly evolving and caregivers must be prepared to adapt to changing technological regulations and patient needs. The future of care will focus more on technology and data-driven approaches to healthcare, not just prevention and support. Nurses will continue to play a key role in shaping the future of the industry and will be called upon to provide leadership and expertise as new challenges arise.

International Day of Nursing is a day to celebrate the contributions of nurses around the world and recognize the important role they play in promoting health and well-being. Nurses are the heart of the healthcare industry, and their diligence and dedication are essential to the system's success. Let's take a moment on this day to thank all the caregivers involved in our lives and for their tireless efforts to improve the health and well-being of our communities.

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