

HISTORY OF NURSING AND NURSING AS A PROFESSION

Chapter Writers:

¹ **Rajesh Rani**, Tutor, Swami Vivekanand Subharti University, UP

² **Prof. Sarumathi E**, Professor, Vel Nursing College, Periyapalayam, Chennai

³ **Komal Saxena**, Asst. Prof., Panna Dhai Maa Subharti Nursing Swami Vivekanand Subharti University, UP

⁴ **Dr. Sonia Chongtham**, Assistant Professor, Amity University Gurugram Haryana

⁵ **Rakesh Kumar**, Post - Assistant professor, Working College-Shri Shankaracharya College of Nursing, Hudco, Bhilai (C. G.)

HISTORY OF NURSING

- Nursing is among the oldest professions globally. It emerged from the fundamental human instinct to care for those who are sick, injured, or vulnerable. The history of nursing mirrors the progress of civilization, religion, medicine, and social structures. Over the years, nursing has transformed from informal care giving into a structured, scientific, and professional field.
- Nursing plays a vital role in the healthcare system and has been present since the dawn of human civilization. The act of caring for the sick, injured, elderly, and defenseless is as ancient as humanity itself. In the earliest periods, nursing was not recognized as a formal profession but was a natural duty predominantly performed by women within families and communities. As societies advanced, nursing practices gradually developed in tandem with religion, culture, medicine, and social organization.
- The evolution of nursing offers a comprehensive insight into how it transitioned from rudimentary care giving, steeped in superstition and tradition, to a scientifically grounded, skilled, and professional field. This evolution mirrors the impact of wars, epidemics, religious movements, social reforms, and advancements in medical science on nursing practices. Each historical era has made distinct contributions to the development of nursing knowledge, education, ethics, and service.
- Understanding the history of nursing is crucial as it allows nurses to recognize the challenges, sacrifices, and contributions of early nurses and leaders who established the foundations of contemporary nursing. Furthermore, it helps nurses grasp the values of compassion, dedication, discipline, and service that are central to the nursing profession. Familiarity with nursing history enhances professional identity and motivates nurses to maintain high standards of care.

- In India, the evolution of nursing boasts a rich legacy rooted in ancient medical literature such as the Charaka Samhita and Sushruta Samhita, which explicitly outlined the qualities and responsibilities of nurses. Throughout the ages, nursing in India has been shaped by religious institutions, colonial governance, and reforms following independence. The formation of professional organizations and regulatory councils has played a significant role in standardizing nursing education and practice throughout the nation.

1. Nursing in Ancient Times

- a) Primitive Period
 - Nursing originated in the primitive era when humans began caring for the ill within their families.
 - Care was driven by instinct, experience, and superstition.
 - Illnesses were thought to be caused by malevolent spirits, with treatments involving magic, charms, and rituals.
- b) Ancient Civilizations
 - Egypt (3000 BC):
 - Medicine and nursing were advanced.
 - Temples functioned as hospitals.
 - There was a strong focus on hygiene and sanitation.
 - Nurses were typically priestesses or female attendants.

India (3000 BC):

- Nursing evolved during the Vedic period.
- Charaka and Sushruta highlighted the importance of cleanliness, diet, and proper care.
- Nurses were expected to be clean, skilled, intelligent, and dedicated.

China:

- Illness was believed to result from an imbalance of forces.
- Treatments included herbs, acupuncture, and massage.
- Nursing was primarily conducted by family members.

Greece:

- Hippocrates, known as the "Father of Medicine," stressed the importance of observation and ethics.
- The temples of Asclepius acted as centers for healing.
- Nursing care was delivered by attendants.

Rome:

- The Romans established hospitals for soldiers.
- There was a focus on sanitation, drainage, and public health.
- Nursing care was provided by male attendants and slaves.

2. Nursing in the Middle Era (500–1500 AD)

- Nursing was predominantly carried out by religious orders.
- Monks and nuns offered care in monasteries and convents.

- Hospitals were affiliated with churches.
- Care was compassionate but lacked scientific understanding.
- During conflicts and epidemics, religious nurses played a significant role.

3. Nursing during the Reformation Period

- Religious institutions were disbanded.
- Numerous hospitals were shut down.
- Nursing experienced a notable decline.
- Care was administered by untrained, poorly compensated women.
- This era is referred to as the "Dark Period of Nursing."

4. Modern Nursing Period

- Florence Nightingale (1820–1910)
- Florence Nightingale is recognized as the Founder of Modern Nursing.
- Contributions:
 - ◆ Served during the Crimean War (1854).
 - ◆ Enhanced sanitation and care standards.

5. Nursing in the 20th Century

- Nursing education became standardized.
- Development of nursing theories.
- Expansion of nursing roles in hospitals, community, and public health.
- Formation of professional organizations.
- Nursing recognized as an independent profession.

HISTORY OF NURSING IN INDIA

1. Nursing in Ancient India

- Nursing was present during the Vedic era.
- The Charaka Samhita and Sushruta Samhita provided descriptions of nursing care.
- Four fundamental qualities of a nurse included:
 - a. Knowledge of drug preparation
 - b. Cleverness
 - c. Devotion to the patient
 - d. Cleanliness in both body and mind

2. Nursing in Medieval India

- Nursing was shaped by Buddhism.
- Hospitals were established in Buddhist monasteries.
- Male nurses were more prevalent.
- There was a strong emphasis on compassion and service.

3. Nursing in British India

- The British introduced modern nursing practices.
- Missionaries significantly contributed to nursing education.

- The initial nurses were trained to care for British soldiers.

Important Developments:

- 1854: Florence Nightingale dispatched nurses to India.
- 1888: The first training school for nurses was established in Madras.
- 1908: The Trained Nurses Association of India (TNAI) was formed.
- 1918: The inaugural Lady Health Visitor course commenced.

4. Post-Independence Developments

- 1946: The Bhole Committee advocated for enhancements in nursing education.
- 1947: The Indian Nursing Council (INC) Act was enacted.
- 1949: The Indian Nursing Council was founded.
- There was a standardization of nursing education throughout India.
- Degree and postgraduate nursing programs were introduced.
- The history of nursing illustrates the progressive evolution of nursing from basic care giving to a scientific and professional field. In India, nursing has transformed through ancient customs, religious influences, colonial reforms, and contemporary educational frameworks. Currently, nursing is essential in healthcare delivery and continues to advance as a respected profession.

CONTRIBUTIONS OF FLORENCE NIGHTINGALE

Florence Nightingale (1820–1910) is widely acknowledged as the Founder of Modern Nursing. Her unwavering commitment, scientific methodology, and administrative skills revolutionized nursing from an untrained vocation into a respected profession. Through her efforts during the Crimean War and her lifelong dedication to nursing education, hospital reform, and public health, she established the groundwork for contemporary nursing practices.

1. Contribution to Nursing Service

- Florence Nightingale served as a nurse during the Crimean War (1854–1856).
- She was stationed at the Scutari Military Hospital in Turkey.
- She noted that poor sanitation, overcrowding, insufficient ventilation, and inadequate nutrition were the primary factors contributing to the high mortality rates among soldiers.
- By enhancing cleanliness, ventilation, lighting, safe water supply, and dietary provisions, she successfully lowered the mortality rate from approximately 42% to 2%.
- She placed a strong emphasis on compassionate and patient-centered care.

2. Contribution to Hospital Reform

- Nightingale was a vigorous proponent of clean and well-ventilated hospitals.
- She introduced:
 - ◆ Proper drainage systems
 - ◆ Clean wards
 - ◆ Adequate lighting and ventilation

- ◆ Separate wards for various diseases
- She created the “Nightingale Ward,” which became a prototype for modern hospital wards.
- Her reforms significantly improved patient recovery rates and decreased hospital infections.

3. Contribution to Nursing Education

- In 1860, she founded the Nightingale Training School for Nurses at St. Thomas' Hospital in London.
- This institution was the first organized nursing school globally.

Key elements of her training system included:

- ◆ Formal education and training
- ◆ Discipline and moral integrity
- ◆ Focus on practical experience
- ◆ Her educational model for nursing was adopted in numerous countries, including India.

4. Contribution to Nursing as a Profession

Nightingale played a crucial role in elevating nursing from a low-status occupation to a respected profession for women.

She underscored the importance of:

- Professional ethics
- Responsibility and accountability
- Service to humanity
- She promoted nursing as a career, not merely domestic work.

5. Contribution to Public Health

- Florence Nightingale was a trailblazer in the field of public health nursing.
- She dedicated her efforts to enhance:
 - ◆ Sanitation within communities
 - ◆ The supply of clean water
 - ◆ Waste management
- She championed preventive healthcare and health education initiatives.
- She provided counsel to the British government regarding health reforms in both rural and urban settings.

6. Contribution to Statistics and Research

- She was the inaugural nurse to employ statistics to validate the significance of hygiene practices.
- She created the "Polar Area Diagram" (commonly known as the Pie Chart).
- She utilized data to illustrate the factors contributing to mortality among soldiers.
- Her contributions established the groundwork for evidence-based nursing methodologies.

7. Contribution to Nursing Literature

- Florence Nightingale authored numerous impactful books and reports.
- Her most renowned publication:
- "Notes on Nursing: What It Is and What It Is Not" (1859)
- This work outlined the fundamental principles of nursing care, hygiene, and the patient environment.
- Her writings continue to hold relevance in contemporary nursing education.

8. Contribution to Military Nursing

- She coordinated nursing services during times of war.
- Enhanced the care provided to injured soldiers.
- Instituted systems for military healthcare facilities.
- She became known as the "Lady with the Lamp" due to her nightly rounds to attend to patients.

9. Contribution to Nursing in India

- She played a significant role in shaping modern nursing practices in India.
- Advocated for the training of Indian nurses.
- Her principles were implemented in Indian hospitals throughout the period of British governance.

FUNCTIONS OF NURSE, QUALITIES OF A NURSE, CATEGORIES OF NURSING PERSONNEL

INTRODUCTION OF NURSING-

- Nursing is an essential and integral component of the healthcare delivery system, significantly contributing to health promotion, disease prevention, illness treatment, and patient rehabilitation. The practice of nursing dates back to the dawn of human civilization, stemming from the fundamental human necessity to care for the sick, injured, elderly, and vulnerable. In ancient times, nursing care was predominantly provided by women within the family unit, relying mainly on instinct, personal experience, and traditional beliefs.
- As society progressed, nursing advanced in tandem with developments in medicine, science, and technology. Transitioning from basic caregiving practices, nursing gradually evolved into a skilled and scientific profession, informed by knowledge, training, and ethical standards. Contemporary nursing emphasizes not only the care of the ill but also the promotion of health, disease prevention, and the holistic care of individuals, families, and communities.
- Nursing embodies both an art and a science. It is an art due to its reliance on compassion, empathy, and human understanding, while it is a science grounded in systematic knowledge, research, and evidence-based practices. Nurses collaborate with other healthcare professionals to deliver comprehensive and continuous care.
- In the present day, nursing is acknowledged as an independent profession with its own body of knowledge, educational criteria, and professional organizations. Nurses take on various roles, including caregivers, educators, counselors, administrators, and researchers. The profession continues to evolve and respond to the changing demands of society, all while maintaining the core values of service, dedication, and commitment to human welfare.

Definition –

Nurse :

- ❖ “A nurse is a person who has completed a programme of basic nursing education and is qualified and authorized to practice nursing in all situations for the promotion of health, prevention of illness, care of the sick, and rehabilitation.”[ICN]
- ❖ “A nurse is a trained healthcare professional who provides care to individuals, families, and communities to maintain health, prevent disease, and restore health.”

Nursing :

- ❖ **Florence Nightingale** -“Nursing is the act of utilizing the environment of the patient to assist him in his recovery.”[This definition emphasizes the importance of clean air, pure water, cleanliness, light, and proper nutrition in patient care.]
- ❖ **World Health Organization (WHO)** -“Nursing is a comprehensive service that includes health promotion, prevention of illness, care of the sick, and rehabilitation.”[This definition highlights nursing as a **holistic service** covering all levels of healthcare.]
- ❖ **International Council of Nurses (ICN)** -“Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups, and communities, sick or well, in all settings.”
- ❖ **Virginia Henderson 1996** - “The unique function of the nurse is to assist the individual, sick or well, in the performance of those activities contributing to health or its recovery (or to peaceful death) that he would perform unaided if he had the necessary strength, will, or knowledge, and to do this in such a way as to help him gain independence as rapidly as possible.”

Introduction to the concept of nursing practice

- Nursing practice encompasses the utilization of knowledge, skills, attitudes, and professional judgment to deliver care to individuals, families, and communities. It represents the practical dimension of nursing, where the principles, concepts, and theories of the field are applied to real-world care situations. Nursing practice is not confined to hospital settings; it also encompasses homes, community environments, educational institutions, workplaces, and public health services.
- The notion of nursing practice highlights that nursing embodies both an art and a science. The artistic aspect of nursing is characterized by compassion, empathy, communication, and the human touch, whereas the scientific aspect is grounded in evidence, research, observation, and critical thinking. Nurses employ these skills to support patients in fulfilling their health requirements, enhancing well-being, preventing illness, restoring health, and providing comfort during illness or at the end of life.
- Nursing practice is directed by several fundamental concepts, including person, health, environment, and nursing, which collectively constitute the nursing metaparadigm. It entails comprehending the individual as a complete entity, evaluating their needs, devising suitable care plans, executing interventions, and assessing outcomes. Furthermore, nursing practice integrates ethical principles, professional standards, and evidence-based care, thereby

ensuring safe, effective, and patient-centered services. These four elements are interconnected and establish the foundation of nursing practice.

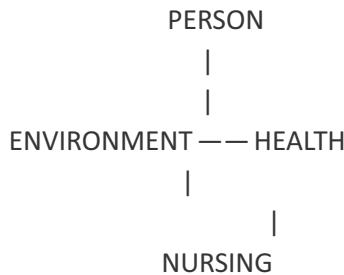


Figure – 6 Nursing Metaparadigm

The fundamental concepts of nursing are as follows -

1. Person (Individual)

- The individual is the primary focus of nursing care.
- A person can be an individual, family, group, or community.
- Each person is a distinct entity with physical, psychological, social, cultural, and spiritual aspects.
- Nursing honors the dignity, values, beliefs, and rights of the individual.

2. Health

- Health is a dynamic state of well-being, not simply the absence of illness.
- It encompasses physical, mental, social, and spiritual well-being.
- The goals of nursing include:
 - ◆ Promoting health
 - ◆ Preventing illness
 - ◆ Restoring health
 - ◆ Supporting a peaceful death

3. Environment

The environment comprises all internal and external factors that influence a person's health.

It includes:

- Physical environment (air, water, sanitation, housing)
- Psychological environment (stress, emotions)
- Social environment (family, community, culture)
- Nurses assist in modifying the environment to foster healing and well-being.

4. Nursing

- Nursing is both an art and a science.
- It encompasses:
 - ◆ Caring
 - ◆ Skill
 - ◆ Knowledge
 - ◆ Compassion
- Nursing delivers holistic care through assessment, planning, implementation, and evaluation.

5. Holistic Care

- Nursing care considers the entire person, not just the illness.
- It addresses physical, emotional, social, spiritual, and cultural needs.

6. Caring

- Caring is the core of nursing.
- It involves empathy, compassion, respect, and concern for others.

7. Self-Care

- It encourages patients to engage in activities independently.
- It is based on fostering patient autonomy and independence.

8. Nursing Process

- A systematic approach to delivering care.

It includes:

- ◆ Assessment
- ◆ Planning
- ◆ Evaluation
- ◆ Nursing Diagnosis
- ◆ Implementation

9. Evidence-Based Practice

- Nursing practice is founded on scientific research, clinical expertise, and patient preferences.

10. Ethics and Professional Values

Nursing practice is guided by:

- Respect for life
- Accountability
- Confidentiality
- Advocacy

Philosophy of nursing/ nursing practice -

The philosophy of nursing encompasses a collection of beliefs, values, and principles that steer nursing practice, education, and research. It establishes a framework for decision-making in patient care and aids nurses in comprehending their role in fostering health, preventing illness, and providing care for individuals throughout all life stages. A nursing philosophy embodies the nurse's perception of the essence of the person, health, environment, and nursing, which are fundamental concepts of nursing practice. It tackles inquiries such as:

- What is the objective of nursing?
- Who benefits from nursing care?
- What responsibilities does the nurse hold in healthcare?
- How is nursing care delivered in an ethical and effective manner?

Key Elements of Nursing Philosophy- It includes:

1. Belief in the Value of the Individual

- Every individual possesses intrinsic dignity, rights, and worth.
- Nursing honors the uniqueness, beliefs, and choices of patients.

2. Dedication to Health and Well-being

- Nursing strives to promote, sustain, and restore health.

- Care encompasses physical, mental, social, and spiritual aspects.
- 3. Comprehensive and Compassionate Care**
 - Nursing considers the entire person, not merely the illness.
 - Care is administered with empathy, understanding, and respect.
- 4. Function of the Nurse**
 - The nurse serves as a caregiver, educator, advocate, researcher, and leader.
 - The nurse supports patients in attaining independence and self-care.
- 5. Ethical and Professional Accountability**
 - Nursing practice is directed by ethical standards, professional guidelines, and accountability.
 - Nurses make informed decisions based on evidence, knowledge, and patient requirements.
- 6. Environment and Healing**
 - A nurse establishes and upholds a safe, clean, and nurturing environment conducive to recovery.
 - This encompasses both internal (psychological) and external (physical, social) environments.

Significance of Nursing Philosophy

- Directs nursing education and training.
- Establishes a framework for practice and professional growth.
- Assists nurses in contemplating values, ethics, and responsibilities.
- Promotes holistic, patient-centered, and evidence-based care.

Objectives of nursing/nursing practice -

The objectives of nursing outline the purpose and goals of nursing care. Nursing is a scientific, dynamic, and holistic profession, and these objectives guide nurses in delivering effective care to individuals, families, and communities. The primary aim is to promote health, prevent illness, restore health, and provide comfort to the sick and dying. The main objectives include -

A. Promotion of Health

- a. Nursing aids individuals in achieving and maintaining optimal health and well-being.
- b. This includes health education, immunization, nutrition counseling, and preventive care.
- c. It encourages healthy lifestyle practices.

B. Prevention of Illness

- a. Nurses strive to prevent disease and disability.
- b. Their activities encompass hygiene maintenance, environmental sanitation, health campaigns, and early screening.
- c. The focus is on reducing risk factors and promoting preventive care.

C. Restoration of Health

- a. Nursing supports patients in regaining health following illness or injury.
- b. This involves observation, assessment, planning, treatment, and rehabilitation.

- c. It assists patients in returning to their maximum functional capacity.

D. Care of the Sick

- a. Nurses provide physical, emotional, psychological, and spiritual support to patients.
- b. They ensure comfort, pain relief, and quality of life.
- c. They uphold the dignity, safety, and respect of the patient.

E. Assistance in Coping with Disability or Death

- a. Nursing aids individuals and families in managing chronic illness, disability, or terminal conditions.
- b. This includes providing counseling, emotional support, and palliative care.
- c. It promotes a peaceful and dignified death.

F. Advancement of Knowledge in Nursing

- a. Nurses participate in research and evidence-based practice.
- b. This helps enhance patient care, develop new techniques, and advance the nursing profession.

Characteristics of nursing/nursing practice -

Nursing is a distinct and evolving profession that has transformed over the centuries from informal care giving to a structured, scientific, and ethical practice. The characteristics of nursing embody its holistic, patient-centered, and professional essence. These traits set nursing apart from other fields and assist nurses in providing effective and compassionate care. Some fundamental characteristics include:

1. Patient-Centered

- Nursing prioritizes the individual needs of patients.
- Care is tailored to respect the patient's culture, values, beliefs, and preferences.
- Advocacy is involved to ensure the protection of patients' rights and dignity.

2. Holistic Care

- Nurses take into account all dimensions of a person: physical, emotional, social, and spiritual.
- Holistic care enhances quality of life and ensures well-being beyond mere disease treatment.
- Examples include counseling, spiritual support, and social integration alongside medical care.

3. Scientific and Evidence-Based Practice

- Nursing incorporates scientific knowledge, clinical reasoning, and research evidence.
- Interventions are designed based on assessment, analysis, and evidence.
- It promotes critical thinking and ongoing learning to enhance patient outcomes.

4. Art of Caring

- Nursing encompasses empathy, compassion, and a human touch.
- Nurses cultivate trusting relationships with patients and their families.
- The art of caring complements the scientific aspects of nursing for effective patient

engagement.

5. Health Promotion and Illness Prevention

- Nurses proactively educate individuals and communities about healthy living.
- Prevention efforts include vaccination, hygiene promotion, nutrition education, and safety measures.
- It emphasizes preventive care rather than reactive healthcare.

6. Restoration and Rehabilitation

- Nursing aids patients in recovering health and independence following illness or injury.
- This includes physical rehabilitation, psychological support, and patient education.
- Nurses aim to empower patients in their recovery journey.

7. Ethical and Professional Practice

- Nursing is governed by ethical principles, legal regulations, and professional standards.
- Nurses uphold confidentiality, integrity, accountability, and advocacy.
- Fosters trust within the nurse-patient relationship.

8. Dynamic and Adaptive

- Nursing progresses alongside advancements in medical science, technology, and healthcare delivery.
- Nurses adjust to evolving patient requirements, emergency scenarios, and public health issues.
- Exhibits adaptability in various environments such as hospitals, communities, and disaster areas.

9. Collaborative and Team-Oriented

- Nursing is a collaborative profession that includes doctors, therapists, and other healthcare professionals.
- Stresses the importance of effective communication, coordination, and teamwork for improved patient outcomes.
- Nurses frequently serve as a bridge between the patient, their family, and the healthcare system.

10. Knowledge-Based and Educative Role

- Nurses provide education to patients, families, and communities regarding health, disease management, and self-care practices.
- Necessitates formal education, ongoing professional development, and specialized expertise.
- Guarantees that nursing interventions are based on scientific evidence, safe, and proficient.

11. Caring and Compassionate Nature

- Caring is fundamental to nursing.
- Nurses offer emotional support and solace to patients experiencing pain, stress, or terminal conditions.

- Cultivates a therapeutic relationship, enhancing recovery and patient satisfaction.

12. Advocacy and Leadership

- Nurses champion patient rights, quality care, and public health initiatives.
- Assume leadership positions in hospital administration, community health programs, and policy development.
- Aids in systemic enhancements in healthcare delivery.

13. Preventive and Holistic Approach

- Nursing prioritizes preventive care in addition to curative measures.
- Motivates patients to adopt healthy lifestyles and steer clear of risk factors.
- A holistic perspective ensures that the body, mind, and environment are all taken into account.

The Nature of Nursing/Nursing Practice -

Nursing is a vibrant, independent, and humanitarian field dedicated to enhancing health, preventing disease, restoring wellness, and offering solace to the ill and dying. The essence of nursing delineates the fundamental attributes, responsibilities, and roles that set it apart from other healthcare professions. Nursing integrates knowledge, skill, compassion, and ethical duty to deliver comprehensive care to individuals, families, and communities. Grasping the essence of nursing empowers nurses to practice proficiently, adjust to evolving health demands, and make significant contributions to the healthcare system.

Key Elements of the Essence of Nursing include -

1. Art and Science

- Nursing embodies both artistic and scientific dimensions.
- The artistry of nursing encompasses compassion, empathy, care, and effective communication skills.
- The scientific aspect involves the application of evidence-based knowledge, clinical reasoning, and technical expertise in patient care.

2. Patient-Centered

- Nursing prioritizes the needs, welfare, and dignity of the patient.
- Care is customized to address the individual's physical, emotional, social, and spiritual requirements.

3. Holistic Approach

- Nursing considers the entire person, rather than merely the illness.
- Care includes physical, psychological, social, and spiritual dimensions.

4. Dynamic and Evolving

- Nursing evolves and adapts in response to advancements in science, technology, and societal changes.
- Nurses consistently enhance their knowledge and skills to address emerging healthcare challenges.

5. Service-Oriented / Humanitarian

- Nursing represents a commitment to humanity.
 - Nurses deliver care with empathy, compassion, and dedication, with the goal of alleviating suffering.
- 6. Promotive, Preventive, Curative, and Rehabilitative**
- Nursing extends beyond merely treating illness; it encompasses:
 - Health promotion (fostering wellness)
 - Disease prevention (immunization, hygiene)
 - Curative care (supporting treatment and recovery)
 - Rehabilitation (restoring independence and functionality)
- 7. Ethical and Professional**
- Nursing is regulated by ethical standards, legal frameworks, and professional guidelines.
- 8. Collaborative and Interpersonal**
- Nursing requires collaboration with patients, families, and healthcare teams.
 - Effective communication and teamwork are crucial for attaining quality patient outcomes.
- 9. Knowledge-Based**
- Nursing combines scientific knowledge, clinical expertise, and experiential learning.

S.no.	Characteristic	Explanation
1.	Patient-Centered	Focus on individual needs and rights
2.	Holistic Care	Physical, psychological, social, spiritual
3.	Scientific/Evidence-Based	Knowledge and research guide practice
4.	Art of Caring	Empathy, compassion, human touch
5.	Health Promotion	Educates, prevents illness
6.	Restoration & Rehabilitation	Supports recovery and independence
7.	Ethical & Professional	Follows codes, laws, accountability
8.	Dynamic & Adaptive	Adapts to change, innovation, emergencies
9.	Collaborative & Team-Oriented	Works with healthcare team effectively
10.	Knowledge & Educative Role	Educates patients, families, community
11.	Caring & Compassionate Nature	Provides comfort, emotional support
12.	Advocacy & Leadership	Patient rights, healthcare improvement
13.	Preventive & Holistic Approach	Promotes wellness, prevents illness

Table -6 Characteristics of nursing practice

- Nurses utilize evidence-based practices to guarantee safe and effective care.

10. Role Diversity

- Nursing encompasses various roles including caregiver, educator, counselor, researcher, manager, and advocate.
- This variety illustrates the dynamic and multifaceted nature of the profession.

Scope of Nursing / Nursing Practice -

The scope of nursing outlines the various roles, functions, and responsibilities that nurses hold within the healthcare system. It details the training and authorization nurses receive to promote health, prevent illness, provide care, restore health, and rehabilitate patients. A clear understanding of the scope of nursing is essential for defining professional boundaries, responsibilities, and opportunities in the nursing field.

Areas of Nursing Practice

1. Health Promotion

- Nurses provide education to individuals, families, and communities regarding healthy lifestyles, nutrition, exercise, hygiene, and disease prevention.
- They conduct health awareness campaigns and screening programs aimed at enhancing public health.

2. Disease Prevention

- This includes activities such as immunization, infection control, sanitation, and health education.
- Nurses play a crucial role in decreasing morbidity and mortality rates through disease prevention efforts.

3. Curative Care / Care of the Sick

- Nurses assist with the diagnosis, treatment, and recovery processes for patients.
- They deliver direct care, administer medications, monitor patient progress, and collaborate with the healthcare team.

4. Rehabilitation and Restorative Care

- Nursing supports patients in regaining independence and functional abilities following illness, injury, or surgery.
- This encompasses physiotherapy, occupational therapy, counseling, and education for self-care.

5. Palliative and End-of-Life Care

- Nurses offer comfort, pain management, and emotional support to patients with terminal illnesses.
- They assist patients and families in coping with death and dying in a dignified manner.

6. Education and Counseling

- Nurses provide education to patients, families, and communities about health conditions, treatment options, self-care, and lifestyle changes.
- They also offer counseling to address emotional, psychological, and behavioral needs.

7. Administration and Leadership

- Nurses oversee nursing teams, hospital units, and healthcare programs.
- They are responsible for planning, organizing, staffing, coordinating, and evaluating nursing services.

8. Research and Evidence-Based Practice

- Nurses engage in research to enhance nursing care, create new methods, and apply evidence-based practices.

9. Community and Public Health Nursing

- Nurses are employed in community health centers, schools, workplaces, and rural regions.
- They concentrate on population health, maternal and child health, vaccination initiatives, sanitation, and disease prevention.

10. Specialized Nursing Roles

- This includes critical care, neonatal care, psychiatric nursing, oncology nursing, midwifery, and surgical nursing.
- Nurses have the option to specialize based on their interests and further training.



Figure -7 scope of nursing practice

Functions of nurse -The roles of a nurse involve a wide variety of tasks designed to address the health requirements of individuals, families, and communities. These roles highlight nursing as a scientific, holistic, and compassionate profession. They include the following -

1. Caregiver Role

- Delivers direct physical care to patients based on evaluations.
- Aids with daily living activities (ADLs) like bathing, feeding, mobility, toileting, and hygiene.
- Safely administers medications and therapeutic treatments.

2. Educator Role

- Offers health education and counseling to patients, families, and caregivers.
- Instructs on preventive measures, medication routines, self-care methods, and lifestyle changes.
- Enhances understanding of illness, treatment, and recovery.

3. Advocate Role

- Safeguards patient rights, dignity, and choices.
- Ensures patient preferences and needs are honored.
- Represents the patient's interests when they are unable to do so.

4. Communicator Role

- Maintains effective communication with patients, families, and healthcare teams.
- Shares important information for continuity of care.
- Builds therapeutic relationships between nurses and patients.

5. Manager / Leader Role

- Plans, organizes, directs, and assesses nursing care.
- Coordinates activities within the healthcare team.
- Ensures efficient resource use and quality care delivery.

6. Researcher Role

- Engages in or utilizes nursing research to enhance practice.
- Implements evidence-based knowledge in clinical decision-making.
- Assesses outcomes and refines care processes.

7. Health Promoter & Preventive Nurse

- Fosters health-promoting behaviors and disease prevention.
- Conducts screenings, immunization campaigns, and community education.
- Supports public health initiatives for healthier communities.

8. Counselor Role

- Offers emotional, psychological, and social support.
- Assists patients and families in managing stress, illness, and diagnoses.

9. Record Keeping & Reporting Role

- Accurately and promptly documents all aspects of nursing care.
- Informs the relevant healthcare provider about changes in patient condition.
- Guarantees legal and ethical documentation.

10. Supervisor / Team Leader Role

- Directs and oversees junior staff and support personnel.
- Ensures adherence to clinical standards and institutional policies.
- 7 Organizes work shifts and allocates duties.

11. Evaluative Role

- Assesses nursing interventions and patient reactions.
- Reviews results and modifies care plans as needed.

- Ensures the quality and effectiveness of the care provided.

Qualities of a nurse -

Nursing is both a science and an art of caring. A nurse needs to have knowledge, skills, and specific personal and professional traits that allow them to provide effective, ethical, and compassionate care. These traits help the nurse meet patients' needs in a holistic way, uphold professional standards, and aid in the progress of healthcare.

A nurse's traits can be divided into personal, professional, and interpersonal qualities.

I. Personal Qualities

1. Compassion and Empathy

- The ability to understand and share in patients' feelings.
- This helps in building a trusting relationship with patients.
- Example: Comforting a terminally ill patient with kindness and empathy.

2. Patience and Tolerance

- Nursing often involves repetitive tasks, challenging patients, or lengthy recovery times.
- Patience allows nurses to stay calm, supportive, and attentive.

3. Emotional Stability

- Nurses face stressful, traumatic, or life-threatening situations.
- Emotional stability is key to staying composed and making sound decisions.

4. Physical and Mental Stamina

- Long hours, night shifts, and physically demanding tasks require endurance.
- Mental stamina is important for managing stress, multitasking, and handling emergencies.

5. Adaptability and Flexibility

- The ability to adjust to new healthcare technologies, patient needs, and emergencies.
- Example: Changing care for a patient in ICU compared to one in a community health center.

6. Observational Skills

- The ability to notice subtle changes in a patient's condition, like skin color, vital signs, or behavior.
- Early detection of issues can help prevent complications.

7. Honesty and Integrity

- Upholding truthfulness, trust, and ethical behavior.
- Essential for patient safety and professional credibility.

II. Professional Qualities

1. Knowledge and Competence

- Strong grasp of nursing theory, anatomy, physiology, pharmacology, and clinical skills.
- Ongoing education supports evidence-based practice.

2. Professionalism

- Compliance with ethical codes, institutional policies, and legal standards.

- Upholds accountability, reliability, and respect for patients' rights.

3. Leadership and Initiative

- Capable of leading nursing teams, organizing care, and making decisions during emergencies.
- Initiative helps in proactively identifying patient needs and preventive actions.

4. Decision-Making and Critical Thinking

- Skilled in analyzing situations, assessing patient needs, and planning suitable interventions.
- Guarantees safe, efficient, and logical care delivery.

5. Time Management and Organization

- Nursing requires handling multiple tasks and responsibilities at once.
- Effective organization avoids delays, mistakes, and burnout.

6. Ethical and Moral Values

- Nurses should maintain honesty, confidentiality, fairness, and advocacy.
- Safeguards patient dignity and human rights.

III. Interpersonal Qualities

1. Communication Skills

- Effective verbal, non-verbal, and written communication is crucial.
- Aids in health education, patient counseling, and teamwork.

2. Teamwork and Collaboration

- Ability to collaborate effectively with doctors, therapists, families, and colleagues.
- Promotes coordinated care and better patient outcomes.

3. Caring Attitude

- Genuine concern for the well-being of patients.
- Involves empathy, attention to comfort, and emotional support.

4. Counseling Ability

- Assists patients and families in managing illness, lifestyle changes, and psychological stress.

5. Patience with Families and Community

- Interacting with family and community members requires tact, diplomacy, and understanding.

IV. Other Important Qualities

1. Observation and Attention - Prevents mistakes in giving medication, monitoring, and record-keeping.
2. Professional Appearance and Behavior- Builds confidence, trust, and credibility with patients and colleagues.
3. Innovative and Creative Thinking- Nurses frequently need to solve problems and adjust care plans for individual patient needs.
4. Sense of Responsibility and Accountability - Nurses are required to take responsibility for their

actions, patient safety, and the quality of care.

5. Commitment to Lifelong Learning- The healthcare field is constantly changing; nurses must continually refresh their knowledge, skills, and practices.

Categories of nursing personnel -

Nursing staff are essential to healthcare services. They receive training at various levels and operate in different environments to deliver comprehensive, patient-focused care. The types of nursing staff are defined by their education, practice scope, and duties. Knowing their roles is important for effective patient care, collaboration, and healthcare administration. The various categories are described in table 7.

Category	Education/Training	Settings	Key Roles
Registered Nurse (RN)	GNM / B.Sc Nursing	Hospital, Community, Education, dministration	Direct care, supervision, education
Auxiliary Nurse Midwife (ANM)	ANM Certificate	Community, Primary Health Centers	Maternal & child care, vaccination
Nursing Assistant	Short-term vocational	Hospital, Nursing Home, Home care	Basic patient care, ADLs
Midwife	Post-basic midwifery	Hospital, Community	Labor & delivery, reproductive health
Nurse Practitioner / Specialized Nurse	M.Sc/Post-basic	ICU, OR, Community, Research	Advanced care, patient management
Nurse Educator / Faculty	M.Sc Nursing	Colleges, Training Institutes	Teaching, curriculum, training
Nurse Administrator / Manager	B.Sc/M.Sc + Admin Training	Hospital, Health Programs	Staff & resource management
Community/Public Health Nurse	B.Sc Nursing (Community)	Community, Rural, Schools	Health promotion, vaccination, disaster response
Clinical Nurse Specialist	M.Sc/Postgraduate	Hospital, Research	Specialized care, mentoring, research
Nurse Researcher	M.Sc / PhD Nursing	Academic, Research	Conduct research, evidence-based practice
Nursing Informatics Nurse	B.Sc/M.Sc + IT training	Hospital, Telehealth	EHR, digital systems, training staff
Volunteer / Auxiliary Staff	Short-term training	Community, Disaster Sites	Supportive care, camps

Table 7 – Categories and Roles

Nursing as a profession – definition and characteristics/criteria of profession

Nursing is an art and a science. It focuses on caring for individuals, families, and communities to maintain or regain health, enhance well-being, and prevent illness. Nursing is acknowledged globally as a profession due to its need for specialized knowledge, ethical conduct, accountability, and formal education.

It is both an art and a science:

Art – because it requires compassion, empathy, and a human touch, offering holistic care that meets physical, emotional, social, and spiritual needs.

Science – because it is based on knowledge, depending on nursing theory, clinical skills, evidence-based practice, and research.

Nursing is universal yet adaptable, practiced in hospitals, community health centers, schools, industries, homes, and disaster areas. Nurses serve not only as caregivers but also as educators, counselors, researchers, administrators, and advocates. This adaptability highlights its professional character.

Key points about nursing as a profession:

1. It needs specialized education and training, often overseen by state or national nursing councils.
2. It is guided by ethics, emphasizing patient rights, dignity, and advocacy.
3. Nurses provide care both independently and in collaboration, making decisions that directly affect patient outcomes.
4. Nursing plays a role in public health, disease prevention, and health promotion, going beyond just direct patient care.

In today's healthcare landscape, nursing is recognized as an independent profession, with specialized roles like nurse practitioners, clinical nurse specialists, nurse educators, and administrators. This professional status ensures that nurses are prepared to handle complex healthcare needs, utilize critical thinking, and provide holistic, patient-centered care.

Definition of Nursing as a Profession

1. **American Nurses Association (ANA), 2015:**
 - “Nursing is the protection, promotion, and optimization of health and abilities, prevention of illness and injury, alleviation of suffering through the diagnosis and treatment of human response, and advocacy in the care of individuals, families, communities, and populations.”
2. **Florence Nightingale:**
 - Nursing is “the act of utilizing the environment of the patient to assist him in his recovery”.
3. **International Council of Nurses (ICN), 2021:**
 - Nursing is “a dynamic profession that encompasses autonomous and collaborative care of individuals of all ages, families, groups, and communities, sick or well, and in all settings.”
4. **According to Parsons (1951):**
 - “A profession is “an occupation which has a body of knowledge, involves mental work,

requires training and education, and is primarily oriented toward serving the community.”

Characteristics / Criteria of a Profession -A profession is a job that needs specialized knowledge, formal education, and a dedication to ethical practices. Nursing fits these criteria -

1. Specialized Knowledge and Skill

- Professions need a systematic body of knowledge gained through formal education and training.
- In nursing, this includes understanding anatomy, physiology, pharmacology, nursing theory, patient care, and public health.

2. Service Orientation / Altruism

- A profession is mainly focused on serving society, not just making money.
- Nurses show altruism by addressing patients' physical, emotional, and social needs.

3. Formal Education and Training

- To enter a profession, formal education, certification, and licensing are required.
- Nursing education consists of structured programs (diploma, degree, or postgraduate courses) and clinical practice.

4. Autonomy

- Professionals make independent judgments and decisions within their practice area.
- Nurses assess, plan, implement, and evaluate patient care both independently and in collaboration with others.

5. Code of Ethics / Ethical Practice

- A profession follows ethical principles and standards to guide actions and decisions.
- Nurses follow codes like the ICN Code of Ethics, which promotes integrity, confidentiality, and patient advocacy.

6. Accountability and Responsibility

- Professionals are responsible for their actions, decisions, and results.
- In nursing, this includes patient care, documentation, following protocols, and legal responsibilities.

7. Professional Organization / Recognition

- A profession is acknowledged through professional associations that uphold standards, licensure, and ongoing education.
- Examples include the Indian Nursing Council (INC), International Council of Nurses (ICN), and American Nurses Association (ANA).

8. Commitment to Continuous Learning

- Professions change with new knowledge and technology; lifelong learning is crucial.
- Nurses participate in continuing education, workshops, research, and specialization.

9. Public Service and Social Responsibility

- Professions help society by meeting community needs and enhancing well-being.

- Nurses play a role in health promotion, preventing diseases, engaging with the community, and responding to disasters.

10. Professional Status and Recognition

- A profession receives social acknowledgment, esteem, and legal power.
- Nurses are valued professionals with clear roles, responsibilities, and independence in healthcare.

Values – introduction – meaning and importance

Introduction

Values are the principles and standards that shape behavior and decision-making in both personal and professional contexts. In nursing, values are crucial for ethical practice, quality patient care, and ongoing professional growth. Nursing encompasses not only the science of care but also the art guided by values such as compassion, integrity, and respect for human dignity. Nurses meet a variety of patients with distinct physical, emotional, cultural, and spiritual needs, making it vital to adhere to professional values for safe, effective, and holistic care.

Meaning of Values

- Values are beliefs or ideals that affect attitudes, decisions, and actions.
- In nursing, values influence how nurses engage with patients, families, colleagues, and the community.
- They serve as a moral compass, ensuring that nurses deliver care ethically, respectfully, and responsibly.

Example: Honesty, empathy, respect, and accountability are values that shape nursing practice.

Importance of Values in Nursing Profession

- Values assist nurses in making moral and ethical choices when caring for patients.
- They promote fairness, confidentiality, and patient advocacy.
- Nurses with strong values focus on patient needs, dignity, and well-being.
- Values such as integrity, accountability, and reliability enhance professional credibility.
- They help nurses maintain trust and respect with patients, families, and colleagues.
- Values like respect, cooperation, and empathy build positive relationships with patients and healthcare teams.
- They enhance collaboration and improve patient outcomes.
- Values offer a framework for making consistent, fair, and ethical decisions in challenging situations.
- It Encourages Lifelong Learning and Growth
- Nurses guided by values promote health, prevent disease, and support vulnerable populations, benefiting society as a whole.

Code of Ethics and Professional Conduct for Nurses

A Code of Ethics and Professional Conduct for Nurses is a formal collection of moral principles, values, and guidelines that directs nurses' actions in all areas of their professional duties. It assists nurses in making ethical choices, upholding professional integrity, and delivering safe, respectful,

and high-quality care to individuals, families, and communities. The Code serves as both a moral framework (ethics) and a standard of behavior (conduct) that is expected in nursing practice.

Purpose of the Code - The primary purposes of the Code are to:

- Protect patients and the public by ensuring nurses honor rights, dignity, and safety.
- Guide ethical decision-making when values or choices are in conflict.
- Define professional behavior that builds trust, respect, and credibility for the nursing profession.
- Ground nursing practice in values such as compassion, justice, and accountability.

Fundamental Ethical Principles - Professional standards include these essential ethical principles:

- a. **Autonomy** -Respecting a patient's right to make decisions about their care — nurses support informed choices and consent.
- b. **Beneficence**-Acting in the best interests of patients — providing care that enhances health and well-being.
- c. **Non-maleficence**-“Do no harm” — refrain from actions that could harm patients physically, psychologically, or socially.
- d. **Justice**-Fair and impartial treatment for all patients, regardless of their background or status.
- e. **Confidentiality**-Protecting patient information and privacy unless legally obligated to disclose it.

Ethical Nursing Practice - The main care responsibilities are as follows:

- **Care and Respect** - Treat individuals with dignity and compassion, addressing their physical, emotional, social, and spiritual needs.
- **Cultural and Individual Respect** - Honor diverse cultural beliefs and values, adapting care without bias.
- **Safety and Quality** - Provide safe, evidence-based nursing care and promote teamwork when skills overlap or exceed a nurse's abilities.
- **Communication** - Establish and nurture effective, respectful relationships with patients, families, and healthcare teams.

Professional Conduct and Ethics in Everyday Work - Nurses are required to demonstrate ethical behavior and professionalism in all environments:

- **Integrity and Trust** - Maintain honesty and ethical decision-making, even in challenging or stressful situations.
- **Collaboration** - Work cooperatively with other healthcare professionals to achieve the best outcomes for patients.
- **Advocacy** - Serve as advocates for patients, ensuring their preferences and rights are honored.
- **Personal Conduct** - Even outside of direct patient care, nurses should uphold behavior that reflects professional values — respect, accountability, and personal integrity.

The International Perspective (ICN Code)

The ICN Code of Ethics for Nurses serves as a worldwide ethical framework that delineates the

ethical values, responsibilities, and professional accountabilities of both nurses and nursing students. It is not intended to function as a legal code or an exhaustive rulebook; instead, it comprises a collection of guiding principles aimed at fostering ethical nursing practice across various healthcare environments and roles.

Established in 1953, the Code has been revised periodically to maintain its relevance in the face of evolving healthcare landscapes, with the most recent update occurring in 2021 to incorporate insights gained from the COVID-19 pandemic.

Purpose of the Code -The primary objectives of the Code are to:

- Offer ethical guidance pertaining to the roles, decisions, and professional behavior of nurses. Advocate for elevated standards of care while safeguarding the dignity and rights of all individuals.
- Facilitate ethical decision-making across all nursing domains, including clinical practice, education, research, management, and policy.
- Motivate nurses to champion human rights and social justice.

Four Key Components of the ICN Code of Ethics -The Code is organized around four fundamental ethical components. Each component delineates the duties, values, and responsibilities that nurses are expected to maintain in their professional behavior.

1. **Nurses and Individuals** - This component asserts that a nurse's foremost professional obligation is to individuals in need of care. Important aspects include:
 - Respect for human rights: Nurses are required to honor values, customs, spiritual beliefs, and cultural identities, rights to life, dignity, and personal choices.
 - Equity and non-discrimination: Care must be delivered without bias based on age, race, culture, socioeconomic status, gender, sexual orientation, nationality, religion, disability, or illness.
 - Informed decision-making: Nurses should guarantee that individuals receive precise and culturally relevant information to facilitate informed choices regarding their care.
 - Confidentiality: Personal data concerning individuals must be kept confidential and disclosed only when ethically warranted.
 - Social responsibility: Nurses ought to endorse policies and initiatives that enhance community and public health, particularly for at-risk populations.
2. **Nurses and Practice** - This segment concentrates on the ethical practice of nursing itself, highlighting accountability and responsibility:
 - Accountability: Nurses are responsible for their actions and must practice in a safe, competent manner that aligns with ethical standards.
 - Quality of care: Nurses should advocate for evidence-based and proficient care for all individuals.
 - Professional integrity: Nurses must conduct themselves with honesty, compassion, and respect for dignity.

- This component emphasizes that ethical practice encompasses not only clinical actions but also professional conduct and ongoing education.
- 3. Nurses and the Profession** - In this section, the Code emphasizes nurses' obligations to the nursing profession as a collective. Nurses should:
- Uphold professional values: Champion the profession, its standards, and ethical principles.
 - Foster ethical leadership: Encourage ethical behavior among colleagues and in organization.
- 4. Nurses and Global Health** -The latest component — which is notably highlighted in the 2021 update — recognizes the global significance of nursing ethics, particularly considering global issues such as pandemics, limited resources, inequalities, and environmental effects:
- Championing health equity and ensuring access to healthcare for diverse populations.
 - Advancing public health initiatives and strategies for disease prevention on a global scale.
 - Acknowledging the critical role of nurses in ethically and effectively addressing global health crises and the social determinants of health.

Multiple Choice Questions (MCQs)

1. Nursing as a profession was greatly influenced by:

- a) Clara Barton
- b) Florence Nightingale
- c) Dorothea Dix
- d) Mary Seacole

Answer: b) Florence Nightingale

2. The “Lady with the Lamp” refers to:

- a) Anna Caroline Maxwell
- b) Florence Nightingale
- c) Lillian Wald
- d) Virginia Henderson

Answer: b) Florence Nightingale

3. The modern nursing movement began during:

- a) World War I
- b) Crimean War
- c) World War II
- d) Franco-Prussian War

Answer: b) Crimean War

4. The first nursing school in India was started at:

- a) Bombay
- b) Madras
- c) Calcutta
- d) Delhi

Answer: b) Madras

5. Nursing is primarily concerned with:

- a) Diagnosis
- b) Treatment
- c) Care of individuals, families and communities
- d) Prescribing medicine

Answer: c) Care of individuals, families and communities

6. According to Virginia Henderson, nursing assists individuals to:

- a) Cure diseases
- b) Perform activities independently
- c) Prescribe drugs
- d) Perform surgery

Answer: b) Perform activities independently

7. Which is NOT a function of a nurse?

- a) Caregiver
- b) Advocate
- c) Diagnostician
- d) Educator

Answer: c) Diagnostician

8. A profession is best defined as:

- a) A job with fixed salary
- b) An occupation requiring specialized education
- c) A business activity
- d) Any form of employment

Answer: b) An occupation requiring specialized education

9. One important quality of a nurse is:

- a) Aggressiveness
- b) Sympathy
- c) Empathy
- d) Indifference

Answer: c) Empathy

10. ANM stands for:

- a) Auxiliary Nursing Member
- b) Assistant Nursing Midwife
- c) Advanced Nursing Manager
- d) Auxiliary Nurse Mentor

Answer: b) Assistant Nursing Midwife

11. The ICN Code of Ethics was first adopted in:

- a) 1948
- b) 1953
- c) 1965
- d) 1971

Answer: b) 1953

12. Code of ethics primarily guides:

- a) Legal issues
- b) Ethical behavior
- c) Financial management
- d) Administration

Answer: b) Ethical behavior

13. Professional conduct refers to:

- a) Personal lifestyle
- b) Behavior related to nursing practice
- c) Social behavior
- d) Family conduct

Answer: b) Behavior related to nursing practice

14. Values help in:

- a) Decision making
- b) Conflict creation
- c) Confusion
- d) Bias

Answer: a) Decision making

15. Which value is most essential in nursing?

- a) Wealth
- b) Power
- c) Respect for human dignity
- d) Fame

Answer: c) Respect for human dignity

16. The philosophy of nursing is concerned with:

- a) Techniques only
- b) Beliefs and values of nursing
- c) Administration
- d) Medical diagnosis

Answer: b) Beliefs and values of nursing

17. Scope of nursing includes:

- a) Only hospital care
- b) Only community care
- c) Comprehensive health care
- d) Only bedside care

Answer: c) Comprehensive health care

18. The nature of nursing is:

- a) Curative only
- b) Preventive only
- c) Holistic
- d) Technical

Answer: c) Holistic

19. GNM nursing course duration is:

- a) 2 years
- b) 3 years
- c) 3½ years
- d) 4 years

Answer: c) 3½ years

20. Ethical principle related to “doing good” is:

- a) Autonomy
- b) Justice
- c) Beneficence
- d) Fidelity

Answer: c) Beneficence

Short Notes (10 Questions)

(Answer in 5–6 lines)

1. Florence Nightingale's contributions to nursing education
2. History of nursing in India
3. Definition of nursing
4. Philosophy of nursing

5. Objectives of nursing
6. Functions of a nurse
7. Qualities of a nurse
8. Categories of nursing personnel
9. Meaning of values
10. ICN Code of Ethics

Short Answer Questions (10 Questions)

(Answer in 3–4 lines)

1. Define nursing
2. Define nurse
3. What is professional conduct?
4. Mention any four values in nursing
5. List four characteristics of nursing
6. Write any four functions of a nurse
7. What is the scope of nursing?
8. Define profession
9. Write two objectives of nursing
10. Mention two ethical principles in nursing

IV. Essay Type Questions (10 Questions)

(Answer in detail)

1. Explain the history of nursing and history of nursing in India.
2. Describe the life and contributions of Florence Nightingale to modern nursing.
3. Define nursing and explain the concepts, philosophy, objectives, characteristics, nature and scope of nursing.
4. Discuss the functions of a nurse and qualities required to become a good nurse.
5. Explain nursing as a profession and discuss the characteristics/criteria of a profession.
6. Describe the categories of nursing personnel in India.
7. Explain values – meaning, importance and values in nursing practice.
8. Discuss the ICN Code of Ethics for Nurses in detail.
9. Explain code of ethics and professional conduct for nurses and its importance.
10. Describe the role of nurses in maintaining ethical and professional standards in health care.

