

Nursing Compassion



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Is Nursing Profession losing its Compassion?



Every Nurse is taught that Nursing is a combination of Art and Science, which makes it unique among other professions. To become the scientific nurse, one must understand the mechanisms of various disease conditions, all types of management and how to deal with complications. To fulfil the part of “Art” in nursing one must understand the need of the patients, their fears, worries, and battles they are fighting. Trained Nurses are required not only to understand but to communicate and provide them a mode of ventilation for their patients’ emotions.

It’s not only the patients and their relatives who encounter fear and other negative emotions, it’s the nurses too. The question is as professional nurses how we overcome our fears and prejudiced thoughts about patients. Patients in their time of sickness look up to you for everything. Your every word and action matters. But how many nurses really talk with their patients and relatives and ask about their wellness.

Being a nurse giving medications, changing I.V. Cannulas, giving feeds is just mechanical until you really go and talk to your patients; understand their psychology and what are they going through. In today’s era we are trying extensively to find out every fact on the basis of

evidence, but we are forgetting that nursing care is based on altruistic grounds. The first step in every procedure for every nurse is to explain the procedure to the patients and rationale behind this is to win the confidence. Do we really win the confidence by saying that particular procedure will be performed on them, or initiate the procedure without knowing about his feelings, his readiness and how much confident the patient is?

Compassion is missing; the zeal to have therapeutic touch and therapeutic communication with patients is missing. That instinctive capacity to respond to the needs of an individual is human nature and when it is done with passion it becomes the art of nursing. People are taking this profession as a sole way to win bread and butter, which is not immoral. How many times we as an individual feel lonely and during sickness desire to have someone who could listen to us and guide us.

Needs of the patients have remained same, but now patients have become more aware and inquire about everything. To be acknowledged by doctors and other team members a nurse has to have all scientific knowledge and must perform her task with competency. To get respect from patients and their relatives one must have good communication skills and passion to demonstrate their art of kindness and empathy.

The science and art go hand in hand when a nurse is equipped with the knowledge and answers every question produced by the patients. Listening with patients and answering it with compassion makes a professional person a 'Compassionate Nurse'. A compassionate nurse, whose foundation was built ages back by the founder of nursing profession Ms. Florence Nightingale.

Undoubtedly, nurses must be equipped with the science of knowledge, and positive attitude. To demonstrate behaviours that make nurses what they are supposed to be one must become sensitive to the needs of the patients. But until the art of nursing is not recognized as a dynamic principle for patient care, nurses will be considered good technicians.

However, the profession has unifying ethos while assessing a patient, applying critical thinking and sometimes using 'gut' feelings to save the life of patients. Nurses use their judgment to integrate subjective experience along with, physical and behavioural needs. This ensures that every individual receives the best possible care. Nurses are Key to the Health and well-being of the community!

The essence of nursing profession lies in compassion; thus, the art of the nursing profession is more important than the science. It is the calling to serve the Lord by serving his most beautiful creation. Don't let the compassion fade away.