

Nursing as Academic Discipline and a Profession



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Opinion

Nursing definitions vary by different authors and nursing pioneers. Simple in a lay man language it is service and assistance provided by a trained nurse to the client in need (sick or injured). The meaning may be simple but magnifying this simple definition can magnify the actual complexity behind it. Nursing theorists and Educationalists by their contribution have established Nursing as Academic discipline. Nursing Education has moved from hospitals to universities and simple colleges into higher educational institutes. A part from baccalaureate nursing programme, we have Master's degree programme and Doctoral programme, it has helped to prepare more and more trained nurse faculty and administrators. Nurse following doctors prescription, does not mean the prescription cannot be altered by the nurse but rather nurse assess the patients condition 24 hrs, critically analyses the situation, life saving interventions are provided by the nurse herself and also health teachings are provided to the client and family.

In nursing we have our own "Nursing diagnosis" which is formulated after the client is assessed and the prioritized interventions are provided after setting the goals and objectives and each intervention has a scientific rationale behind, which is given the utmost importance. There are positive trends in the discipline of nursing. It has duly gained the strong position in the

academic field. Nursing peaked in the Anatomy and physiology, to sociology, to Medicine, to surgery. Nursing has implemented evidence based practice which is practiced to alleviate the sufferings of the client. Nursing research are conducted from the cellular levels to system levels and applied the nursing clinical interventions for better client outcome. Nursing is multi-dimensional and interdisciplinary with its collaboration with community settings to hospital settings, caring from different hierarchical levels from client, family, society and community as a whole. Nursing has fulfilled every criteria of a profession, has its own body of knowledge, has autonomy, has code of ethics, has accountability, has its own research. Here we say nursing is a 'Helping Profession' that is nurse is "licensed to care". Nurse has to play different roles like care giver, teacher, counselor, change agent, advocate, manager, researcher. Nurse has expanded roles in Nursing profession as well like; Clinical specialist, Nurse practioner, Nurse midwife, Nurse anesthetist, Nurse Educator, Nurse administrator etc. Nursing profession has different perspectives at National, International level. Nursing profession has its own regulatory organizations as National professional accrediting agencies and State accrediting agencies, that are official and regulate nursing education and maintain the standards uniformly.



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