

Role of Nurses Today in Nepal

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Introduction:

A nurse plays a very important role in the medical profession. The Nursing profession is recognised and accepted by society. Nurses provide creative patterns of health care at various levels, assisting individuals families and communities.

A qualified nurse is one who has completed the basic nursing education programme. The person being authorised to provide nursing which includes promotion of health prevention of illness and care of the sick and dying. Nurses think logically, critically and make sound judgments. They use their acquired technical skills and knowledge to assist mankind. They develop self-reliance in people, promoting their health and preventing disease. They also help to maintain and restore health of the people. Nurses provide appropriate quality care.

We, nurses are concerned with change in self, group and social system and play the nursing role according to the changing need of the society. At present the 9th. National Health Care plan has been focused on the health care delivery system in Nepal to achieve "Health for all by the year 2000 A D" It is based on the country's resources, adopting a comprehensive health care system. Therefore, T.U I O M has adopted primary health care system and introduce it into curriculum of 1987

Element of P.H.C. Includes (Primary Health Care):

- Health education
- Supply of adequate food and nutrition
- Supply of proper water and good sanitation
- Service for maternal child health and family planning (Reproductive Health)
- Immunization for all the children and pregnant women
- Control of communicable disease
- Treatment of minor illness and supply of essential drugs

Basic Principle of P.H.C.

- Inersectoral action
- Appropriate technology
- Community involvement
- Equitable distribution

Levels of P.H.C

Service to all

- Individual, Family and community are the primary levels.
- Health facilities for referral system for the achievement of secondary and tertiary levels of health care from peripheral to central levels.

Before this slogan, the health care delivery system was hospital oriented and people has to go seek health care at the hospital. After P.H.C was established in health care has been community oriented. Its main objectives are prevention of disease, promotion of health and curative health service. The National Health Policy has been converted according to the International and National demands. Job descriptions of the health worker has been developed to reflect their own professional rules. Nurses in Nepal have to works in a way that fulfill the National health needs.

People in Nepal are suffering from many diseases and illness. The factors causing ill health in our country are as follows:

- Ignorance
- Illiteracy
- Superstition
- Poor nutrition
- Poor environment sanitation
- Lack of good water supply
- Poor hygienic habit
- Negligence of treatment of minor illness
- Large family size
- Deforestation
- Alcoholism
- High population growth (2.1%).
- Establishment of refugee camps
- Drug abuse
- Spread of communicable diseases
- Street kids
- Believe on supernatural forces

The present estimated population of Nepal is 2,11,26,636 millions, the birth rate per 1000 is -39.5, death rate is-11.9 per 1000, I.M.R. -79 per 1000 live birth, M.M.R -515 per 100,000, growth rate 2.1 % and T.F.R - 5.7 per women.

Nurses are prepared according to the National Health need. This binding is maintained by Ministry of education and Ministry of health. The nurses play very important role (in different sectors:- government, NGO an INGO) which are as follows:

- | | | |
|----------------|----------------|----------------|
| ▪ Manager | Evaluator etc. | Motivator |
| ▪ Facilitator | Teacher | Supervisor |
| ▪ Planner | Communicator | Problem solver |
| ▪ Advisor | Organizer | Policy maker |
| ▪ Change agent | Co-ordinator | Researcher |

Trends in nursing profession and today:

Change is natural process. No situation is static for a long time. Trends in nursing is not isolated. The general change in society today are due to: educational change, education is more research oriented - when people become educated they understand value of health service.

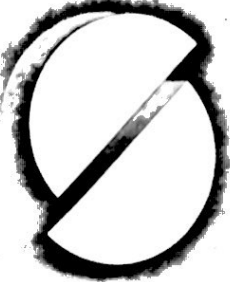
Changing in the health care system:

In modern scientific age we are rapidly adopting high technologies. Medical technology is advancing and being use in the field of health, for promotion of health, prevention of disease and maintenance of health in the diagnostic and therapeutic realms. Yet we Nepalese people are not fully adopting the scientific technology we are using traditional way during treatment.

According to the P.H.C. system we have to accept the good and useful traditions and discard the harmful ones. We nurses have to change the harmful(wrong) traditional practice and educate the public in every corner of our country. According to the demand. Nursing education was brought under university rules in 1972. Bachelor degree in nursing started in 1977 AD in Kathmandu. The master degree in specialized nursing fields like midwifery nursing, paediatric nursing, adult nursing, community nursing etc.

Important of Nursing research:

Nursing research is very important to identify, clarify and prioritize the problems as well as assess the relevant nursing interacting factors. In selection of alternative solutions, research can assist in the assessment of the relative, effectiveness, risks and feasibility in applying nursing process. In Nepal research in the field of nursing has not been done sufficiently. Nurses are providing nursing service both preventive and curative side. People are aware of their own health and they demand the proper and effective health care service is that nurses should be more knowledgeable, skillful and qualified in every field of nursing. Nurses own health and they demand the proper and effective health care service is that nurses should be more knowledgeable, skillful, qualified in every field of nursing.




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