

**Ishik International University Nursing**

**Department**

**Fundamental of Nursing**

**History of nursing**

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# **Historical and Contemporary Nursing Practice**

# LEARNING OBJECTIVES

**Upon completion of this chapter, you should be able to:**

- Discuss history of nursing, nursing practice and scope of nursing.
- Describe the roles of nurses.

**PLEASE...**



**TURN OFF  
YOUR CELL PHONE**

THE  
HISTORY  
of  
NURSING

The graphic features a blue stethoscope icon positioned behind the word 'HISTORY'. Below the word 'of', there is a small icon of a white nurse's cap with a red cross on its front. The text 'THE' is in a light blue font, 'HISTORY' is in a grey font, 'of' is in a light blue font, and 'NURSING' is in a bold red font.

- Nursing is the art and science of promoting, restoring, and maintaining the health of clients.
- Nursing uses caring behaviors, critical thinking skills, and scientific knowledge.

- Nursing focuses on the client's response to illness rather than on the illness.
- Nursing promotes health and assists clients move to a higher level of wellness,
- including assistance during a terminal illness with the maintenance of comfort and dignity during the final stage of life.

- A basic knowledge about the history of nursing is necessary to understand what nursing is today
- Nursing has undergone dramatic change in response to societal needs and influences.

- A look at nursing's beginnings reveals its continuing struggle for autonomy & professionalization.
- The study of nursing history helps the nurse better understand the issues of autonomy, unity within the profession, education, supply and demand, salary, and current practice

- Empowerment and autonomy are necessary for nursing to bring about positive changes in health care today.

# Florence Nightingale

- The founder of modern nursing is Florence Nightingale (1820–1910), who grew up in a wealthy, upper-class family in England.
- She became a nurse over the objections of society and her family

- On completion of a 3-month course of study at Kaiser-Swervth Institute, Nightingale worked to reform health care.
- Britain's war in the Crimea presented her with the opportunity to volunteer with 38 other nurses to serve in the battle-site hospital



- Florence Nightingale persisted in advocating cleanliness and good nutrition. When battle casualties mounted, the nurses had a chance to prove their worth.

- The implementation of her principles in the areas of nursing practice and environmental modifications resulted in reduced morbidity (illness) and mortality (death) rates during the war.

- The symbol of the oil lamp is still used today in nursing and is the reason Florence Nightingale is called the “Lady with the Lamp.”

# CONTEMPORARY NURSING PRACTICE

- look at definitions of nursing,
- recipients of nursing,
- scope of nursing,
- settings for nursing practice,
- and roles of nursing.

# Definitions of nursing

- Florence Nightingale defined nursing nearly 150 years ago as “the act of utilizing the environment of the patient to assist him in his recovery”

# Recipients of Nursing

- The recipients of nursing are sometimes called consumers.
- People who use health care products or services are consumers of health care.

- **A patient** is a person who is waiting for or undergoing medical treatment and care.
- **A client** is a person who engages the advice or services of another who is qualified to provide this service

# Scope of Nursing

- Nurses provide care for three types of clients: individuals, families, and communities.
- Nursing practice involves four areas: promoting health and wellness, preventing illness, restoring health, and caring for the dying.

# PROMOTING HEALTH AND WELLNESS

Nurses promote wellness in clients who are both healthy and ill.

healthy lifestyles, such as **improving nutrition and physical fitness, preventing drug and alcohol misuse, restricting smoking, and preventing accidents and injury in the home and workplace**

# PREVENTING ILLNESS

- Maintain optimal health by preventing disease.
- **Immunizations, prenatal and infant care, and prevention of sexually transmitted infections.**

# RESTORING HEALTH

- Providing direct care to the ill person, such as administering medications, baths, and specific procedures and treatments
- Performing diagnostic and assessment procedures, such as measuring blood pressure and examining feces for occult blood

- Consulting with other health care professionals about client problems.
- Teaching clients about recovery activities, such as exercises

# CARING FOR THE DYING

- Caring for people of all ages who are dying. It includes helping clients live as comfortably as possible until death & helping support persons cope with death

# Settings for Nursing

- In the past, the acute care hospital was the main practice setting open to most nurses. Today many nurses work in **hospitals, in clients' homes, community agencies, ambulatory clinics, long-term care facilities, health maintenance organizations (HMOs), and nursing practice centers**

# **ROLES AND FUNCTIONS OF THE NURSE**

# Caregiver

- The caregiver role has traditionally included those activities that assist the client physically and psychologically

# Communicator

- Nurses communicate with the client, support persons, other health professionals, and people in the community.
- In the role of communicator , nurses identify client problems and then communicate these verbally or in writing to other members of the health care team.

- The quality of a nurse's communication is an important factor in nursing care.
- The nurse must be able to communicate clearly and accurately in order for a client's health care needs to be met

# Teacher

- As a teacher , the nurse helps clients learn about their health and the health care procedures they need to perform to restore or maintain their health.
- The nurse assesses the client's learning needs and readiness to learn.

# Client Advocate

- Client advocate acts to protect the client. In this role the nurse may represent the client's needs and wishes to other health professionals, such as relaying the client's request for information to the health care provider.

# Counselor

- Counseling is the process of helping a client to recognize and cope with stressful psychological or social problems.

- Helping the person develop new attitudes, feelings, and behaviors by encouraging the client to look at alternative behaviors, recognize the choices, and develop a sense of control.

# Change Agent

- The nurse acts as a change agent when assisting clients to make modifications in their behavior.
- Nurses also often act to make changes in a system, such as clinical care, if it is not helping a client return to health.

# Leader

- A leader influences others to work together to accomplish a specific goal. The leader role can be employed at different levels: individual
- client, family, groups of clients, colleagues, or the community.

# Manager

- The nurse manages the nursing care of individuals, families, and communities.
- The nurse manager also delegates nursing activities to ancillary workers and other nurses, and supervises and evaluates their performance.

# Research Consumer

- Nurses often use research to improve client care. In a clinical area, nurses need to (a) have some awareness of the process and language of research, (b) be sensitive to issues related to protecting the rights of human subjects

# Expanded Career Roles

- Nurses are fulfilling expanded career roles, such as clinical nurse specialist, nurse midwife, nurse educator, nurse researcher, and nurse anesthetist, all of which allow greater independence and autonomy.