



Integrated Supervised **INTERNSHIP**

for GNM Third Year Part II Nursing Students

(As per the New Syllabus of INC for GNM Students)

What's **New** in this Edition?

- Thoroughly Revised and Updated Edition
- Perfect Blend of Theory and Clinical Practice
- **100+** Figures, Tables and Flowcharts
- **200+** Multiple Choice Questions
- Book is divided into four sections—Nursing Education, Introduction to Research and Statistics, Professional Trends and Adjustment, and Nursing Administration and Ward Management

2nd
Edition



CBS Publishers & Distributors Pvt. Ltd.

Taranpreet Kaur

Integrated Supervised **INTERNSHIP**

for GNM Third Year Part II Nursing Students
(As per the New Syllabus of INC for GNM Students)



Second Edition

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An Initiative by **CBS Publishing Division**

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CBS Nursing Knowledge Tree Extends its Tribute to

Florence Nightingale

*For glorifying the role of women as nurses,
For holding the title of “The Lady with the Lamp,”
For working tirelessly for humanity—
Florence Nightingale will always be
remembered for her
selfless and memorable services to the
human race.*




Florence Nightingale
(May 1820 – August 1910)



*Dedicated to
the Almighty God
and my loving family...*

Nursing Knowledge Tree

An Initiative by CBS Nursing Division



Preface to the Second Edition

I present this new edition of the book to the nursing community with great pride and enthusiasm. This revised version reflects our commitment to staying abreast of the evolving practices, principles, and advancements in nursing education and practice in India. The book has been updated to align with the latest curriculum and guidelines provided by the Indian Nursing Council, ensuring its continued relevance for General Nursing and Midwifery students.

In this edition, the content has been carefully revised and expanded to incorporate modern trends and emerging concepts of nursing. Latest examples, updated research methodologies, and contemporary case studies have been added to enrich the learning experience.

The book is organized into four comprehensive sections:

- I. **Nursing Education**
- II. **Introduction to Research and Statistics**
- III. **Professional Trends and Adjustment**
- IV. **Nursing Administration and Ward Management**

As a nursing educator, my firsthand understanding of students' challenges continues to guide my efforts in making complex concepts accessible and practical. This new edition reflects my ongoing commitment to addressing those challenges and providing a resource that is both informative and user-friendly.

Despite my best efforts, I acknowledge that perfection is a continual pursuit. Your constructive suggestions and feedback are invaluable and warmly welcomed as they will help refine this book further.

I hope this edition serves as an even more effective tool for students, educators, and professionals, fostering a deeper understanding of nursing and its essential role in healthcare.

Taranpreet Kaur



Preface to the First Edition

The idea of presenting this book to nursing world is to put forth the existing knowledge and modern concept of nursing in India. This book contains contents useful for nursing students. It is an attempt to cover modern thoughts with the latest curriculum prepared by the Indian Nursing Council for the internship of general nursing and midwifery.

This book is divided into four sections:

1. Nursing Education
2. Introduction to Research and Statistics
3. Professional Trends and Adjustment
4. Nursing Administration and Ward Management

Each section fulfills the general objectives of the subject. Being a nursing teacher, it is quite easy for me to understand the difficulties of students. I have made a humble effort to meet those difficulties as far as possible. I hope this book will benefit immensely to all diploma and undergraduate students. Although, I have done my level best but there may be some discrepancies, your valuable suggestions are always welcome.

Taranpreet Kaur



Acknowledgments



“You’ll meet more angels on a winding path than on a straight one”

—Terri Guillemets

The successful completion of this manuscript was possible through the invaluable contribution of a number of people. Saying thank you is not enough to express my gratitude.

The first offering of gratitude goes to the Almighty God for keeping me on track, motivating me, when I felt exhausted, never leaving me alone in my emptiness.

My deep gratitude to my husband [Er. Manwinder Singh](#), my family and those loved ones who inspired me and motivated me.

A very special thanks to my ever loving friend and Bhabhi [Ms Davinder Kaur](#) for her guidance and motivation time to time for writing and completing this book.

I wish to express my appreciation and gratitude to all my colleagues who spared their valuable time and helped me throughout.

My special thanks to my daughter [Arashgeet Kaur](#) and my son [Manavgeet Singh](#) for giving me time and positive energy to complete this book.

I extend my special thanks to [Mr Satish Kumar Jain](#) (Chairman) and [Mr Varun Jain](#) (Managing Director), M/s CBS Publishers and Distributors Pvt Ltd for their wholehearted support in publication of this book. I have no words to describe the role, efforts, inputs and initiatives undertaken by [Mr Bhupesh Aarora](#) [Sr. Vice President – Publishing & Marketing (Health Sciences Division)] for helping and motivating me.

Last but not least, I sincerely thank the entire CBS team for bringing out the book with utmost care and attractive presentation. I would like to thank Ms Nitasha Arora (Assistant General Manager Publishing – Medical and Nursing), Ms Daljeet Kaur (Assistant Publishing Manager) and Dr Anju Dhir (Product Manager and Medical Development Editor) for their publishing support. I would also extend my thanks to Ms Surbhi Gupta (Sr. English Editor), Mr Ashutosh Pathak (Sr. Proofreader cum Team Coordinator) and all the production team members for devoting laborious hours in designing and typesetting the book.

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Nursing Knowledge Tree
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The names of the reviewers are arranged in an alphabetical order.

From the Publisher's Desk

Dear Reader,

Nursing Education has a rich history, often characterized by traditional teaching techniques that have evolved over time. Primarily, teaching took place within classroom settings. Lectures, textbooks, and clinical rotations were the core teaching tools; and students majorly relied on textbooks by local or foreign publishers for quality education. However, today, technology has completely transformed the field of nursing education, making it an integral part of the curriculum. It has evolved to include a range of technological tools that enhance the learning experience and better prepare students for clinical practice.



As publishers, we've been contributing to the field of Medical Science, Nursing and Allied Sciences and earned the trust of many. By supporting **Indian authors**, coupled with **nursing webinars and conferences**, we have paved an easier path for aspiring nurses, empowering them to excel in national and state level exams. With this, we're not only enhancing the quality of patient care but also enabling future nurses to adapt to new challenges and innovations in the rapidly evolving world of healthcare. Following the ideology of **Bringing learning to people instead of people going for learning**, so far, we've been doing our part by:

- Developing quality content by qualified and well-versed authors
- Building a strong community of faculty and students
- Introducing a smart approach with Digital/Hybrid Books, and
- Offering simulation Nursing Procedures, etc.

Innovative teaching methodologies, such as modern-age Phygital Books, have sparked the interest of the Next-Gen students in pursuing advanced education. The enhancement of educational standards through **Omnipresent Knowledge Sharing Platforms** has further facilitated learning, bridging the gap between doctors and nurses.

At Nursing Next Live, a sister concern of CBS Publishers & Distributors, we have long recognized the immense potential within the nursing field. Our journey in innovating nursing education has allowed us to make substantial and meaningful contributions. With the vision of strengthening learning at every stage, we have introduced several plans that cater to the specific needs of the students, including but not limited to **Plan UG** for undergraduates, **Plan MSc** for postgraduate aspirants, **Plan FDP** for upskilling faculties, **SDL** for integrated learning and **Plan NP** for bridging the gap between theoretical & practical learning. Additionally, we have successfully completed seven series of our **Target High** Book in a very short period, setting a milestone in the education industry.

We have been able to achieve all this just with the sole vision of laying the foundation of diversified knowledge for all. With the rise of a new generation of educated, tech-savvy individuals, we anticipate even more remarkable advancements in the coming years.

We take immense pride in our achievements and eagerly look forward to the future, brimming with new opportunities for innovation, growth and collaborations with experienced minds such as yourself who can contribute to our mission as Authors, Reviewers and/or Faculties. Together, let's foster a generation of nurses who are confident, competent, and prepared to succeed in a technology-driven healthcare system.

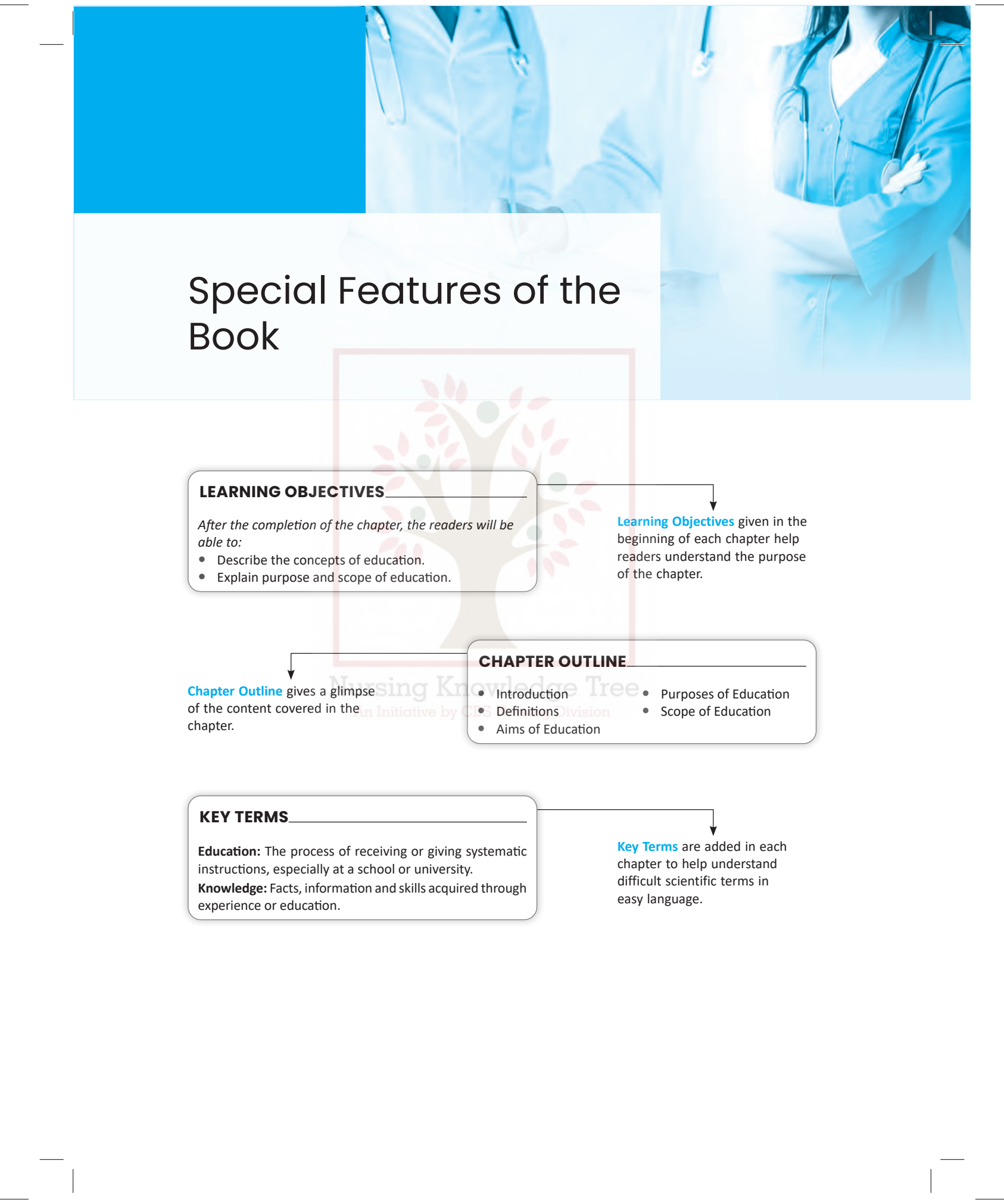


Nursing Knowledge Tree
An Initiative by CBS Nursing Division

A handwritten signature in black ink, appearing to read 'Bhupesh Aarora', is positioned above the printed name.

Mr Bhupesh Aarora

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Special Features of the Book

LEARNING OBJECTIVES

After the completion of the chapter, the readers will be able to:

- Describe the concepts of education.
- Explain purpose and scope of education.

Learning Objectives given in the beginning of each chapter help readers understand the purpose of the chapter.

Chapter Outline gives a glimpse of the content covered in the chapter.

CHAPTER OUTLINE

- Introduction
- Definitions
- Aims of Education
- Purposes of Education
- Scope of Education

KEY TERMS

Education: The process of receiving or giving systematic instructions, especially at a school or university.

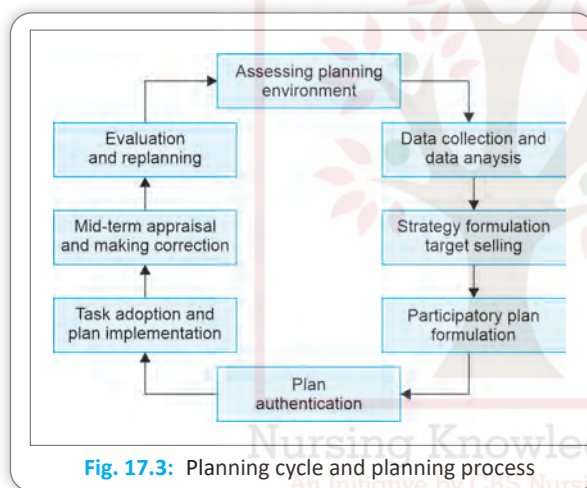
Knowledge: Facts, information and skills acquired through experience or education.

Key Terms are added in each chapter to help understand difficult scientific terms in easy language.

Numerous **Tables** have been used in the chapters to facilitate learning in a quick way.

Table 8.2: Geographical classification

States	Birth rate
Maharashtra	15
Gujarat	19.3
Madhya Pradesh	24.1
Uttar Pradesh	25.1
Kerala	13.2



Numerous **Figures/Flowcharts** are used to make learning easy for students.

Points to Remember boxes are covered throughout the book for implementation of better practice.

POINTS TO REMEMBER

Researcher must remember the following points before conducting interview:

- Planning for the interview time, place, questions, mode of recording, etc., should be done.
- Seeking to interviewee's permission or approval and fixing up time, etc., for the interview should be done.
- To decrease the anxiety and explaining the purpose of interview a good rapport should be established.
- The interview must be according to need.
- Recording of the interview should be done as required—mechanically, electronically, etc.
- In the end of the interview the termination should be done with a word of thanks.

MUST KNOW

Nurse should have the qualities of the literal meaning of a **NURSE**. These are:

- **N**—Nobility, knowledge
- **U**—Usefulness, understanding
- **R**—Righteousness, responsibility
- **S**—Simplicity, sympathy
- **E**—Efficiency, equanimity

Must Know boxes covering valuable facts are strategically placed to highlight critical information, ensuring readers are well-informed of key concepts and important details.

At the end of each chapter, **Student Assignment** section is given which contains practice questions and multiple choice questions to help students attain mastery over the subject.

STUDENT ASSIGNMENT**LONG ANSWER QUESTIONS**

1. Discuss nursing as profession.
2. Discuss the roles of a professional nurse.
3. Explain the evolution of nursing.

SHORT ANSWER QUESTIONS

1. Define profession.
2. Write down the criteria for nursing profession.
3. Write down the qualities of a professional nurse.

MULTIPLE CHOICE QUESTIONS

1. Nursing is considered a profession because:
 - a. In this, the nurse earns money
 - b. It is based on science and art
 - c. It provides comprehensive health services
 - d. It fulfills all the criteria for profession
2. Qualities of a nurse include; except:
 - a. Caring attitude
 - b. Honesty
 - c. Talkative
 - d. Sympathy

Syllabus

NURSING EDUCATION, INTRODUCTION TO RESEARCH, PROFESSIONAL TRENDS AND ADJUSTMENT AND NURSING ADMINISTRATION AND WARD MANAGEMENT

Placement: GNM Internship (3rd Year Part II)

Time: 120 Hours

NURSING EDUCATION

Course Description

This course is designed to introduce the students to the concept of teaching as an integral part of nursing practice.

Time: 20 Hours

Unit	Learning Objectives	Contents	Hrs	Teaching Learning Activities	Method of Assessment
I	Describe the concept of education.	Introduction <ul style="list-style-type: none">• Education<ul style="list-style-type: none">▪ Meaning, aims, scope and purposes	2	Lecture cum discussion	<ul style="list-style-type: none">• Short answers• Objective type
II	Explain the process of teaching and learning.	Teaching learning process <ul style="list-style-type: none">• Basic principles• Characteristics of teaching and learning• Teaching responsibility of a nurse• Preparation of teaching plan	4	Lecture cum discussion	<ul style="list-style-type: none">• Short answers• Objective type• Evaluation of teaching plan
III	<ul style="list-style-type: none">• Narrate the methods of teaching.• Describe the clinical teaching methods.	Methods of teaching <ul style="list-style-type: none">• Methods of teaching• Clinical teaching methods<ul style="list-style-type: none">▪ Case method▪ Bedside clinic▪ Nursing rounds▪ Nursing conference (individual and group)▪ Process recording	14	Lecture cum discussion	<ul style="list-style-type: none">• Short answers• Objective type• Evaluation of planned as well as incidental health teaching

INTRODUCTION TO RESEARCH AND STATISTIC

Course Description

This course is designed to develop fundamental abilities and attitude in the students towards scientific methods of investigation and utilization of research finding so as to improve practice of nursing.

Time: 30 Hours

Unit	Learning Objectives	Contents	Hours	Teaching Learning Activities	Assessment Method
I	Discuss the importance of research in nursing.	Introduction <ul style="list-style-type: none"> Definition Terminology related to research Need and importance of nursing research Characteristics of good research 	3	Lecture cum discussion	<ul style="list-style-type: none"> Short answers Objective type
II	Describe the research process.	Research process <ul style="list-style-type: none"> Purposes and objectives Steps in research process 	3	Lecture cum discussion	<ul style="list-style-type: none"> Short answers Essay type
III	Describe the various research approaches.	Research approaches and designs <ul style="list-style-type: none"> Types Methods Advantages and disadvantages 	5	Lecture cum discussion	<ul style="list-style-type: none"> Short answers Essay type
IV	Describe the various data collection methods.	Data collection process <ul style="list-style-type: none"> Meaning Methods and instruments of data collection 	5	Lecture cum discussion	<ul style="list-style-type: none"> Short answers Essay type
V	List the steps involved in data analysis.	Analysis of data <ul style="list-style-type: none"> Compilation Tabulation Classification Summarization Presentation and interpretation of data using descriptive statistic 	6	<ul style="list-style-type: none"> Lecture cum discussion Reading the research articles 	<ul style="list-style-type: none"> Short answers Essay type
VI	Describe the importance of statistics in research.	Introduction to statistics <ul style="list-style-type: none"> Definition Use of statistics Scales of measurement Frequency distribution Mean, median, mode and standard deviation 	6	Lecture cum discussion	<ul style="list-style-type: none"> Short answers Essay type
VII	Describe the utilization of research in nursing practice.	Utilization of research in nursing practice Evidence-based practice	2	Lecture cum discussion	<ul style="list-style-type: none"> Short answers Essay type

PROFESSIONAL TRENDS AND ADJUSTMENT

Course Description

This course is designed to help students develop an understanding of the career opportunities available for professional development.

Time: 30 Hours

Unit	Learning Objectives	Contents	Hours	Teaching Learning Activities	Assessment Methods
I	Describe nursing as a profession.	Nursing as a profession <ul style="list-style-type: none"> • Definition of profession • Criteria of a profession and nursing profession • Evolution of nursing profession in India • Educational preparation of a professional nurse • Qualities/Characteristics and role of a professional nurse 	4	Lecture cum discussion	<ul style="list-style-type: none"> • Short answers • Objective type • Essay type
II	Explain various aspects of professional ethics.	Professional ethics <ul style="list-style-type: none"> • Meaning and relationship of professional ethics and etiquettes • Code of ethics for nurse by ICN • Standards for nursing practice (INC) • Etiquettes for employment: Locating posting, applying and accepting a position, resignation from a position. 	6	<ul style="list-style-type: none"> • Lecture cum discussion • Assignment: Application for job acceptance and job resignation 	<ul style="list-style-type: none"> • Short answers • Essay type
III	Discuss the importance of continuing education in personal and professional development.	Personal and professional development <ul style="list-style-type: none"> • Continuing education <ul style="list-style-type: none"> ▪ Meaning and importance ▪ Scope ▪ Identifying opportunities • Career in Nursing <ul style="list-style-type: none"> ▪ Opportunities available in nursing in hospital, community teaching and other related special organization • In-service education <ul style="list-style-type: none"> ▪ Definition ▪ Value ▪ Need participation in committee procedures ▪ Nursing in the future 	10	<ul style="list-style-type: none"> • Lecture cum discussion • Draw a career ladder in nursing in reference to international influence and financial aid 	<ul style="list-style-type: none"> • Short answers • Essay type

Contd...

Unit	Learning Objectives	Contents	Hours	Teaching Learning Activities	Assessment Methods
IV	Discuss the significance of legislation in nursing.	Legislation in nursing <ul style="list-style-type: none"> • Purpose and importance of laws in Nursing • Legal Terms • Common legal hazards in nursing • Laws and regulations related to healthcare providers in India at different levels • Service and institutional rules • Regulation of nursing education • Registration and reciprocities 	5	Lecture cum discussion	Assignment
V	List the various organizations related to health and nursing profession and briefly describe their function.	Profession and related organizations <ul style="list-style-type: none"> • Regulatory bodies: Indian Nursing Council, State Nursing Council • Professional organizations: <ul style="list-style-type: none"> ▪ Trained Nurses Association of India ▪ Student Nurses' Association ▪ Nurses League of the Christian Medical Association of India ▪ International Council of Nurses (ICN) ▪ International Confederation of Midwives, etc. • Related organizations and their contribution to nursing: World Health Organization, Red Cross and St. John's Ambulance, Colombo plan, UNICEF, World Bank, etc. 	5	<ul style="list-style-type: none"> • Lecture cum discussion • Observational visits to State Nursing Council and local TNAI office 	<ul style="list-style-type: none"> • Report of visit to the council • Short answers • Essay type

NURSING ADMINISTRATION AND WARD MANAGEMENT

Course Description

This course is designed to help the student to understand the basic principles of administration and its application to the management of ward and healthcare unit.

Time: 40 Hours

Unit	Learning Objectives	Contents	Hours	Teaching Learning Activities	Assessment Methods
I	Describe the meaning, philosophy and principles of administration.	Introduction <ul style="list-style-type: none"> • Administration and management <ul style="list-style-type: none"> ▪ Meaning ▪ Philosophy ▪ Elements and principles ▪ Significance 	4	Lecture cum discussion	<ul style="list-style-type: none"> • Short answers • Objective type • Essay type

Contd...

Unit	Learning Objectives	Contents	Hours	Teaching Learning Activities	Assessment Methods
II	Describe the management process.	Management process <ul style="list-style-type: none"> • Planning <ul style="list-style-type: none"> ▪ Importance ▪ Purpose ▪ Types of planning • Organization <ul style="list-style-type: none"> ▪ Principles of organization ▪ Organization chart of hospital/ward/PHC/Sub center • Staffing <ul style="list-style-type: none"> ▪ Scheduling ▪ Recruitment, selection, deployment, retaining, promotion, superannuation ▪ Personnel management ▪ Job description ▪ Job specification ▪ Staff development and staff welfare • Directing • Coordination and control <ul style="list-style-type: none"> ▪ Quality management • Budgeting • Policies of hospital and various departments of the hospital 	15	<ul style="list-style-type: none"> • Lecture cum discussion • Companion of organization charts 	<ul style="list-style-type: none"> • Short answers • Essay type • Objective type • Written test • Evaluation of the organization chart prepared by students.
III	Explain the administration of different healthcare units.	Administration of hospital/department/unit/ward <ul style="list-style-type: none"> • Health center/unit physical layout • Safety measures for prevention of accidents and infections • Legal responsibilities of a nurse • Leadership styles • Problem solving: Process and approach, steps and methods of dealing with complaints of patients and other health team members • Records and reports: Meaning, types, importance 	9	<ul style="list-style-type: none"> • Lecture cum discussion • Role play • Group work on physical layout • Reading notes 	<ul style="list-style-type: none"> • Short answers • Objective type • Essay type

Contd...

Unit	Learning Objectives	Contents	Hours	Teaching Learning Activities	Assessment Methods
IV	Discuss the importance of maintaining supplies and equipment for effective administration.	Management of equipment supplies <ul style="list-style-type: none"> • Maintenance of supplies and equipment (preventive maintenance) • Handing over and taking over of inventory • Indent and ordering of supplies and equipment • Problem solving: Process and approach, steps and methods of dealing with supplies and equipment 	7	<ul style="list-style-type: none"> • Lecture cum discussion • Role play • Group project on problem solving 	<ul style="list-style-type: none"> • Short answers • Objective type • Essay type • Evaluation of the report on group project
V	Discuss the cost and financing of health services in India.	Cost and financing of healthcare <ul style="list-style-type: none"> • Cost of healthcare • Health financing • National Health Plans (annual and five year plans) and outlays, role of state and central government in allocation of funds • Health insurance—types, issues, etc. 	5	Lecture cum discussion	<ul style="list-style-type: none"> • Short answers • Test

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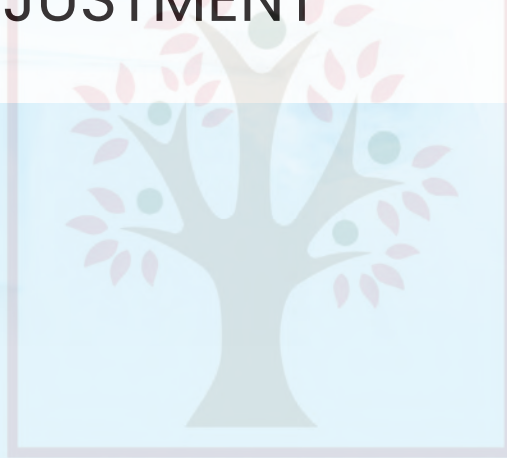
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Section III

PROFESSIONAL TRENDS AND ADJUSTMENT



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SECTION OUTLINE

CHAPTER 11 Nursing: A Profession

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CHAPTER 14 Legislation in Nursing

CHAPTER 15 Professional and Related Organizations

Nursing: A Profession

LEARNING OBJECTIVES

After the completion of the chapter, the readers will be able to:

- Describe a profession.
- Discuss the nursing, nurse and nursing profession.

CHAPTER OUTLINE

- | | |
|--|---|
| • Introduction | • Evolution of Nursing |
| • Definitions of Profession | • Nursing Profession in India |
| • Characteristics and Criteria of a Profession | • Educational Preparation of a Professional Nurse |
| • Nursing as a Profession | • Qualities/Characteristics of a Professional Nurse |
| | • Roles of a Professional Nurse |

KEY TERMS

Deaconesses: Females who are doing religious teachings.

Monasteries: A place where monks and nuns, worked as nurses to the needy people.

Profession: An occupation with ethical components that is devoted to human and social welfare.

Nursing Knowledge Tree

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INTRODUCTION

Nursing in India has strived hard in the past to meet the criteria and now has become a recognized profession. This is evident by the higher qualifications required for admission in nursing education, better and reasonably adequate salaries and fringe benefits offered. Nursing in India has certainly become an essential profession and very important and vital to society. The nursing profession meets all other criteria except the autonomy in true sense. However, professional nursing organizations and nursing leaders are trying to become more and more autonomous in formulating policies and control on their professionals.

DEFINITIONS OF PROFESSION

- The dictionary meaning of profession is vocation, calling, especially one which involves some branch of learning or service as a learned profession of divinity law, medicine, etc.
- Profession is defined as an occupation with ethical components, that is devoted to the promotion of human and social welfare.
- The services offered by a profession are based on specialized knowledge and skills that have been developed in a scientific and learned manner.
- A profession is described as an occupation that necessitates considerable, specialized knowledge, competence, and training.
- A profession is a paid occupation, particularly one that necessitates significant education and training. —*Oxford English Dictionary*
- A profession is an occupation that is founded on specialized intellectual study and training, with the goal of providing skilled service with ethical components to others for a set fee or salary.

CHARACTERISTICS AND CRITERIA OF A PROFESSION AND NURSING PROFESSION

Characteristics

- Specialized education
- Body of knowledge
- Ongoing research
- Code of ethics
- Autonomy: A state of independent and self-directed without any control from outside.
- Professional organization.

Criteria

A criterion is the scale on which we can measure the characteristics of a thing that gives us a clear picture. The criteria for a profession can be discussed as follows:

- Profession is a form of employment especially one that is respected in society as honorable and is possible only for an educated person and after training in some special branch of knowledge.
- A profession has its own body of knowledge based on social and scientific principles.
- The members of a profession utilize this knowledge to identify and solve problems.

- A profession has service aim as well as academic and theoretical aim. The services offered by a profession are in response to the needs of society and are fundamental to the promotion of human and social welfare.
- A profession constantly enlarges its body of knowledge through research in order to improve its services to society.
- A profession determines the qualifications necessary for those who enter into practice.
- A profession has a code of ethics.
- A profession recognizes its responsibilities to develop institutions in order to offer specialized study and practice required to learn methods of service and develop skills for the better service of society.

It is important to remember that the above criteria enable to judge and evaluate the profession and helps to improve it. The above criteria could be summarized in a few words. A profession:

- Should be intellectual
- Should be scientific
- Requires higher education
- Is essential and self-governing
- Is service-oriented
- Provides personal development and economic security for members.

NURSING AS A PROFESSION

Nursing as a profession is:

- Extended education
- Body of knowledge
- Providing a specific service
- Autonomy in decision-making and practice
- Code of ethics
- Professional organization and publication
- Disciplinary course of action

Historically, only medicine, law and engineering were accepted as professions. Today 'professional' is a term commonly used to identify many types of people ranging from wrestlers and rock stars, to call professionals. Nursing in India has strived hard in the past to meet the criteria and now comes to be recognized as a profession. This is evident by the higher qualifications required for admission in nursing education better and reasonably adequate salaries and fringe benefits offered. More means of economic security are available. Members are taking up research. The increasing numbers of nursing educational programs have been added; institutions of higher learning in nursing and introduction of university and post-basic courses in nursing etc., are witnessed.

Nursing in India has certainly become an essential profession and very important and vital to society. Nursing profession is meeting all other criteria except the autonomy in true sense. The criteria of autonomy to the profession on self-governing has not yet attained that status. It is still considered allied to medicine. However, professional nursing organizations and nursing leaders are trying to become more and more autonomous in formulating policies and control on their professional activities. We certainly have a well-organized and well-defined body of knowledge based upon scientific principles looked at the intellectual level of higher learning. Research and scientific approaches have to be implemented in nursing practice and nursing education.

EVOLUTION OF NURSING

Nursing has been called the oldest of arts and the youngest of the professions. Nursing has been involved in the existing culture, shaped by it and yet helping to develop it. The history of nursing has been that of frustration, ignorance and misunderstanding. It is a great turning point in the world progress has also been an important turning point in the history of nursing.

Contemporary nursing practice requires a combination of intellectual achievement, ethical standards, scientific knowledge, technical skills and personal compassion. Gradually, over the centuries, these elements have evolved and blended together. During this evolutionary process, nursing practice has been influenced by external factors such as economics, religion, politics, scientific advances, wars and changing lifestyle. To see the evolution of nursing we can have the historical view of nursing to modern nursing. We can divide it as follows:

- Early Christian Era (1 AD–500 AD)
- Early Middle Ages (500 AD–1000 AD)
- Late Middle Ages (1000 AD–1500 AD)
- Modern Nursing

Early Christian Era (1 AD–500 AD)

The early Christian era is known as the pre-Christian times and was influenced by most religious beliefs. According to that era, disease was accepted as punishment by God. Then, Jesus Christ brought a new aspect that of thoughtful interest in others and to develop the helping attitude. We have a good record of nursing in this era. Apostolic orders of women were taken. The three types of men or women assisted in the work of the Church. They were:

1. **Deaconesses (those who are doing religious teachings):** They performed teachings and preachings and cared for the sick in their homes.
2. **Widows:** They assisted deaconesses with their work in home visiting and caring the sick people.
3. **Virgin:** The younger women who assisted in caring for the Church vestments and giving out alms to poor.

Then almost in the 4th century deaconesses order disappeared and widows and virgins interested in religious works went to monasteries as nuns and continued the nursing services.

In Rome women of high rank, had much freedom. As Christian, they became interested in works of charity and nursing. Some wealthy women formed organized groups. They established monasteries, hospitals and other facilities for sick people. These places became heaven for many homeless sick or orphan people when the empire of Rome destroyed.

Early Middle Ages (500 AD–1000 AD)

The early middle ages are considered the dark age in the history of medicine and nursing. The era began with the fall of Roman Empire and Rome was destroyed. People became homeless, sick and helpless. There was a hue and cry all over. Roman authorities shifted their capital.

At that crucial time, these protective units were developed. They were:

- The monasticism
- The feudalism
- The guilds

Monasticism means life, rules, conditions of monasteries where monks and nuns lived so that they protect and help the needy people of society. Nuns and monks worked as nurses.

Feudalism and guilds were the agricultural and traders, they helped to run monasteries and help in nursing areas through the economy.

Late Middle Ages (1000 AD–1500 AD)

Late middle ages were the period of military orders. Religious wars between Muslims and Christians, lasted for nearly 200 years. In this era, industrial and political revolutions took place. Books on medicine, nursing, etc., were published. The interest and belief of the people in the medical and nursing sciences change.

In the 17th to the middle of the 19th century, new hospitals were built. Although new hospitals were built, it was a dark period for nursing, as during this period the nurses were poorly fed, overworked, lacking in skills and morals, doing only cleaning, laundry and scrubbing. Then, modern nursing emerges.

Modern Nursing

During the past three centuries, progress in science and medicine has increased interest for better nursing services and nursing training. As days advanced, it became evident that love and care alone were not sufficient to promote health and overcome disease. Skill, expertise and knowledge became essential for nursing. As science advanced, the emphasis on knowledge emerged, knowledge of facts and scientific principles provided initiating force for nursing to become a profession.

The era of modern nursing commenced with the work of Florence Nightingale—the founder of modern nursing. She was born on May 12, 1820. She succeeded to a great extent in improving health laws, reforming hospitals, recognizing military medical services and establishing nursing as a profession with two missions.

Nursing in Sickness and Health

After Crimean War, she served on several commissions and wrote about health sanitation, hospitals and nursing education. In 1860, she established a school at St. Thomas Hospital and gave the principles, which are as follows:

- Nurses should have practice training in the hospital setup.
- Nurses should live in a home to form their moral character and discipline.
- Nursing education must be directed by a nurse.
- Nursing education is necessary for a nurse because she must know the reason why she is to teach others.
- Theory and practice must be correlated.
- The school should be economically independent.

Toward the end of the 19th century, “Nightingale nurses” provided leadership and set a pattern which is the basis of nursing education today.

NURSING PROFESSION IN INDIA

Nurses were recruited in India for the first time in 1914, being attached to Queen Alexandra's Military Nursing Service. East India Company started their hospitals in Madras. Nurses were

brought from England to be in-charge and the first six students were those who had previously received their diplomas in midwifery. Later this plan was reversed. General training was taken the first followed by the course of midwifery.

- **1891:** Bai Kashibai Ganpat was the first Indian nurse to come for training in JJ Group of Hospitals. She worked hard to raise the status of nursing profession in India.
- **1907–1910:** The North India United Board of Examiners for Mission Hospitals was organized and set up rules for admissions and standards of training and conducted a public examination.
- **1911:** The first nursing examination was held by South India Board.
- **1935:** A Mid India Examination Board was formed. A nursing council was constituted in Chennai.
- **1939:** The first batch of male nursing students began training on January 1, 1939.
- **1947:** The Indian Nursing Council (INC) was established in 1947 to establish uniform standards for nursing education and practice in India.
- **1952:** The first 10 months course in public health nursing for trained nurses was started at the All India Institute of Hygiene and Public Health, Calcutta.
- **1946:** University-level nursing education for nurses at the College of Nursing Vellore and New Delhi.
- **1973:** Punjab University with its two affiliated colleges of nursing at Chandigarh and Ludhiana introduced BSc Nursing Program.
- **1959:** The University of Delhi approved the initiation of two years Master of Nursing program.
- **1986:** MPhil, in Nursing was started in as a foundation course for undertaking doctoral work.
- **1992:** Doctoral program in nursing was started under Department of Nursing, University of Delhi.

EDUCATIONAL PREPARATION OF A PROFESSIONAL NURSE

Professional nurse is a graduate of a recognized nursing school, who has fulfilled the requirements for a registered nurse in a state, in which she is licensed to practice. Candidates who satisfy the basic requirements are selected by the authority to undergo the training in a recognized school or college of nursing. They complete the basic course of study according to the prescribed syllabus approved by the Indian Nursing Council and by the State Council. The length of the period of training varies with the type of program. After the successful completion of the course, the candidate receives a diploma or a bachelor's degree in nursing.

The subjects in the nursing curriculum are grouped as follows:

- **Physical and biological sciences**
 - Anatomy and physiology
 - Microbiology and pathology
 - Physics and chemistry
 - Nutrition
 - Computer application
- **Social sciences**
 - Psychology and sociology
 - History of nursing, professional adjustment and management

- **Medical sciences**
 - Medicine and surgery
 - Pediatrics and obstetrics
 - Materia medica
 - Psychiatry
- **Nursing sciences**
 - Medical and surgical nursing
 - Obstetrics and gynecological nursing
 - Pediatric nursing
 - Psychiatric nursing
 - Community health nursing
 - Fundamentals of nursing
 - Advance nursing
 - Research in nursing

Courses in Nursing

The courses in nursing are as follows:

- ANM
- GNM
- Diploma in Nursing Education and Administration
- Diploma Courses in Various Nursing Specialties
- PBBSc (N)
- BSc (N)
- MSc (N)
- MPhil (N)
- PhD (N)

QUALITIES/CHARACTERISTICS OF A PROFESSIONAL NURSE

A professional nurse is a graduate of a recognized nursing school who has met the requirements for a registered nurse in a state in which she is licensed to practice. Nursing as a career calls for certain special qualities. According to Miss Florence Nightingale, characteristics of a nurse should be:

“Nurse should be no gossip, no vain talker—be strictly sober and honest; but more than this she must be a devoted woman, she must have a respect for calling—she must be a sound, a close and a quick observer and she must be a woman of delicate and decent feeling”.

Some Essential Qualities of a Nurse

- Love for fellow human beings
- Honesty and loyalty
- Discipline and obedience
- Alertness and intelligent observation
- Technical competence
- Dependability and adjustability
- Ability to inspire confidence
- Resourcefulness
- Economy of time, material and energy
- Courtesy and dignity
- Sympathy
- Empathy
- Fact and poise
- Intelligence and common sense
- Patience
- Sense of humor
- Good physical health
- Sound mental health
- Generosity
- Gentleness and quietness

MUST KNOW

Nurse should have the qualities of the literal meaning of a **NURSE**. These are:

- **N**—Nobility, knowledge
- **U**—Usefulness, understanding
- **R**—Righteousness, responsibility
- **S**—Simplicity, sympathy
- **E**—Efficiency, equanimity

ROLES OF A PROFESSIONAL NURSE

In the past, the principal role of nurses was to provide care and comfort as they come out of specific nursing functions. The contemporary nurses' function in the interrelated roles of the following:

- **Caregiver:** A nurse meets the client's holistic healthcare needs to promote health and the healing process. The nurse provides treatment for specific disease and applies measures to restore the emotional and social well-being of the client. She preserves the dignity of the client.
- **Advocate:** A nurse protects the client from kind of injuries. The nurse assists the clients in expressing their rights whenever necessary. The nurse also works to preserve the client's legal and human rights in times of health illness and during the process of dying. The nurse advocates the clients' right in general way by keeping in mind the clients' religion and culture.
- **Critical thinker:** Nurse uses decision-making and critical thinking skills in conjunction with the nursing process.
- **Teacher:** The nurse provides her clients, their family members and other members of the society with information about health treatment or therapy and lifestyle changes. She determines that the client fully understands. She gives health education on diet, about preventive measures of disease.
- **Communicator:** Effective communication is an essential element of all professions including nursing. For effective nursing practice, open and consistent communication is vital. As a communicator, nurse provides information to other health team members about planned and unplanned nursing care through documentation, reports and verbal.
- **Manager:** Nurse manages and coordinates client care, supervises and guides the client in rehabilitative activities related to daily living. She can also be an effective manager at various levels of administration. She manages nursing care of not only one patient in hospital but also families and communities. She delegates the nursing activities to auxiliary workers and other nurses.
- **Researcher:** Nurse participates in research works related to healthcare. A nurse researcher usually conducts studies and investigates problems to improve client's health and nursing care. She does quantitative and qualitative research.
- **Rehabilitation:** Nurse ensures that the client returns to a maximal state of functioning. Rehabilitation is a process by which individual's returns to maximal levels of functioning after illness, accident or other events.
- Rehabilitative and restorative care activities range from teaching clients to walk with crutches, to help the client to cope with lifestyle changes often associated with chronic illness.



STUDENT ASSIGNMENT

LONG ANSWER QUESTIONS

1. Discuss nursing as profession.
2. Discuss the roles of a professional nurse.
3. Explain the evolution of nursing.

SHORT ANSWER QUESTIONS

1. Define profession.
2. Write down the criteria for nursing profession.
3. Write down the qualities of a professional nurse.

MULTIPLE CHOICE QUESTIONS

1. **Nursing is considered a profession because:**
 - a. In this, the nurse earns money
 - b. It is based on science and art
 - c. It provides comprehensive health services
 - d. It fulfills all the criteria for profession
2. **Qualities of a nurse include; except:**
 - a. Caring attitude
 - b. Honesty
 - c. Talkative
 - d. Sympathy
3. **An ideal nurse should be poised. Here the word poised means:**
 - a. Silent
 - b. Knowledgeable
 - c. Control of emotions
 - d. Sympathy
4. **Criteria for a profession include; except:**
 - a. A profession should be intellectual
 - b. It should be self-governing
 - c. There should be no place for higher education
 - d. It should be service-oriented.
5. **The unique characteristic of nursing profession is:**
 - a. Education
 - b. Theory
 - c. Caring
 - d. Autonomy

6. In India, Basic BSc Nursing was started in:
- a. 1946
 - b. 1953
 - c. 1962
 - d. 1966
7. In India, Post Basic BSc Nursing was started in:
- a. 1961
 - b. 1963
 - c. 1946
 - d. 1975
8. In India, the first Post Basic BSc Nursing Program was started at:
- a. Delhi University
 - b. Baba Farid University
 - c. Kerala University
 - d. RUHS University, Jaipur



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ANSWER KEY

1. d 2. c 3. c 4. c 5. c 6. a 7. b 8. c

Salient Features

- This new edition has been thoroughly revised and updated as per the latest advancements.
- A Comprehensive Compendium that has been developed as per the INC syllabus for GNM Students.
- Simple and easy-to-understand language has been used to make it a delight to read.
- The complete book is divided into four sections—Nursing Education, Introduction to Research and Statistics, Professional Trends and Adjustment, and Nursing Administration and Ward Management.

Learning Objectives given in the beginning of each chapter help readers understand the purpose of the chapter.

LEARNING OBJECTIVES

After the completion of the chapter, the readers will be able to:

- Describe the concepts of education.
- Explain purpose and scope of education.

Points to Remember boxes are covered throughout the book for implementation of better practice.

POINTS TO REMEMBER

Points to be considered for literature review are as follows:

- Be specific and be succinct
- Be selective
- Focus on current topics
- Ensure evidence for claims
- Focus on sources of evidences
- Account of contrary evidences

Numerous **Tables** have been used in the chapters to facilitate learning in a quick way.

Table 8.2: Geographical classification

States	Birth rate
Maharashtra	15
Gujarat	19.3
Madhya Pradesh	24.1
Uttar Pradesh	25.1
Kerala	13.2

Chapter Outline gives a glimpse of the content covered in the chapter.

CHAPTER OUTLINE

- Introduction
- Purposes of Education
- Definitions
- Scope of Education
- Aims of Education

Must Know boxes covering valuable facts are strategically placed to highlight critical information, ensuring readers are well-informed of key concepts and important details.

MUST KNOW

Nurse should have the qualities of the literal meaning of a **NURSE**. These are:

- N—Nobility, knowledge
- U—Usefulness, understanding
- R—Righteousness, responsibility
- S—Simplicity, sympathy
- E—Efficiency, equanimity

Key Terms are added in each chapter to help understand difficult scientific terms in easy language.

KEY TERMS

Education: The process of receiving or giving systematic instructions, especially at a school or university.

Knowledge: Facts, information and skills acquired through experience or education.

Numerous **Figures/Flowcharts** are used to make learning easy for students.



At the end of each chapter, **Student Assignment** section is given which contains practice questions and multiple choice questions to help students attain mastery over the subject.

STUDENT ASSIGNMENT

LONG ANSWER QUESTIONS

1. Define nursing as an art.
2. Discuss the role of a professional nurse.
3. Explain the evolution of nursing.

SHORT ANSWER QUESTIONS

1. Define nursing.
2. What are the criteria for nursing practice?
3. What are the steps in a nursing process?

MULTIPLE CHOICE QUESTIONS

1. Nursing is considered a profession because:

- a. It is a science
- b. It is based on research and art
- c. It is a combination of both
- d. It is a combination of both

About the Author



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