

## Some words about being a nurse and the future of nursing

In the last few years, I was wondering a lot about the meaning of being a nurse and doing Nursing, it seems clear to me that the nurse's look is that of a health professional and not of illness. It means that I look at the individual/family/community that will be the target of care, and see this individual/family/community as a psycho-social, cultural and spiritual whole besides the biological. I look forward to understand this individual, its aspirations, how it adapts or not itself to the internal conditions and those of its environment, and how I can be a facilitator in such dimensions, so that its adaptation reaches the greatest health and self-care potential as possible. However, I still notice the existence of people, who holds the title of nurses, and they wear the professional of the disease in their eyes, those who fits the being/ family/community within a moan or in a specific organ and who considers the psychosocial- Spiritual as an "entertainment" and absolutely secondary component to be treated. This way of thinking -to create- is diametrically opposed to the philosophical sense of Nursing because of its priorities and because this is part of an essential profession for the future of humanity.

The NANDA (North American Nursing Diagnosis Association) 2012-2014 describes thirteen (13) domains of diagnostic performance of the nurse in its work. Of those thirteen, eleven (11) talks about of the mental and psycho-social-spiritual health of the individual/family/community, then just two (2) are of the biological sphere. So I ask myself: Why is it that there are still nurses who insist on saying that psychosocial and spiritual aspects are "minor," "small," "complementary," among others?

It seems clear that the NANDA states no. It is better to stop pretending it. The biomedical model (which is excellent for medicine) matches the biological sphere. Nevertheless, it is not necessary the existence of a thinking brain in nursing if it will only consider the biological sphere. The operational professional (auxiliary or technical) is enough to provide general care in this area in an exact and competent way. However, how many wounds do not heal or become infected despite the excellent medicines that the biomedical market offers? And Why may it be? Most of the time because the wound is not the core. Behind it there is a human being who may be emotionally, socially, and spiritually suffering, also their uncertainty, frustration, and social isolation cause the drop of its immune resistance to physical aggression.

No matter how excellent the hydro-colloidal bandage for the wound could be, without injecting faith and hope or, sometimes, just listening to this person, will not be found the real and best ways to recover that person. It is not for pleasure that intensive preparation is carried out during the graduation course in nursing with disciplines of communication, psychology, bioethics and anthropology. These are essential tools to reach the core of healing the human being, which is its soul. Now I say: this is an area of the nurse competence and not of its operational role. In the future there will be no place for limited nurses or prisoners of the biomedical model.

As a nurse and a liberal professional like me, I prefer being free to know my clients very well, think about them, diagnose their needs, provide the results of my work and that one of my team, act or intervene and evaluate the process and how the individual Responded internally and externally to my performance/intervention, improving their total, integrated and non-fragmented quality of life. This individual needs to return to society confident, with potential for motivated self-care and be a participant of its health process.

Maybe I'm getting old, I don't know! In the end, there are thirty years and more of profession (...) and the old are half intolerant to tantrums with reductions and lack of vision, at least in my case. It is imperative to expand the worldview, to anticipate future needs and to solve problems, instead of lamenting over them. The Nursing of the future is like this: rich, with good self-esteem (it's enough of low chronic self-esteem!), it is very, but VERY well prepared and ready to work with human beings in all its dimensions, and also it is coherent with its beautiful and proud history! Read more about Wanda Horta, Martha Rogers, Jean Watson, Florence Nightingale, among others. Those people did not form a band of lunatics who kept wondering about perfect Nursing, but about the direct importance of Nursing and the nurse action in prevention, promotion and health recovery of the individual as a WHOLE, and never only in the biological sphere. Did you choose Nursing? Then Do Nursing. Aren't you happy? Then be happy! Look for another area! The Universe thanks you!

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