

## Editorial

### Nursing – a winning and fulfilling career

Imagine a world cup contest for professions! Where would nursing and midwifery as a profession be in such a contest; will we make it to the quarter final or will we be the winner?

The winning team will be the team where the team members have the ability to prove that the profession offers more than just being a career, a special kind of career with proven successes.

If we have to sell our profession to the judges, what will we state as the qualities and features of a nurse and midwife to prove that we are the winning professional team?

- Compassion – nursing requires a person with special personality traits, a compassionate person with the strength and courage to care for people in their times of need. A nurse can operate effectively and calmly whilst showing compassion and concern for those they are caring for. While competence is essential for safe and quality care, competence without compassion is experienced as unimportant by patients – they do not care how much you know until they know how much you care!
- Knowledgeable – a highly specialised career with rigorous education and a special set of skills and competencies.
- Caring – the profession that cares for persons during some of the most vulnerable times of their lives. As the most important quality of a nurse,<sup>1</sup> caring differentiates nursing from other professions. If you do not care about others and yourself, you cannot be compassionate and provide quality care to others.<sup>1</sup>
- Personal satisfaction – nursing is one of the most respected professions; nurses are the health team members who communicate the most with the patient and the family. Communication skills are one of the most important skills required, the patient will often interact a great deal more with the nurse than the doctor or any of the other healthcare team members. Nurses are advocates for those patients in their care, especially those who cannot speak or act for themselves.
- Critical thinking skills – nurses can analyse a situation, think quickly, exercise excellent judgement and respond to unexpected events effectively. Providing nursing care is dynamic and often unpredictable, therefore nurses must be flexible and able to adapt to any unforeseen circumstances.
- Meticulous and detail-oriented – to provide nursing care

attention to detail is crucial. The nurse will be the first to notice any change in the patient's condition and alert the other members of the health team. The nurse must be focussed, ensure that instructions are followed and that accurate records are kept. The nurse must at all times be in control of the environment and the care of patients to prevent adverse health events.

- Decision-making skills – nursing is provided in a regulated environment and nurses must always consider the legal and ethical implications when making decisions concerning patients and co-workers. The legal and ethical boundaries of the specific health environment must be respected in all situations.
- Professional development – it is essential for nurses to have a genuine sense of curiosity and interest in their specialist area. Professional development, competency and skills development are essential as advances in the medical and technological fields have a direct impact on nursing practice.
- Job flexibility – nursing jobs vary greatly in terms of physical stamina required, personality traits, interests and emotional demands. There are many nursing specialties such as critical care, paediatric nursing, community health care and hundreds of opportunities in the clinical, administrative and management fields.
- Job mobility – a nurse and midwife can work anywhere – in a city, in a rural area, in an acute hospital or in a clinic, work for an employer or be self-employed. Nursing is globally a scarce skill and therefore nurses can travel and work locally and internationally.

After careful consideration of the nursing and midwifery profession, it is clear that nursing and midwifery will be a competitor to be reckoned with. Nursing and midwifery offer more than just a career and 2020, as the Year of the Nurse and Midwife, will be our unique opportunity to prove it to the country.

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#### Reference

1. <https://blog.bayada.com/work-life/8-qualities-of-a-great-nurse>