

How does being human affect the nurse in the clinical field?



An understanding of a few unique characteristics of being human provides an interesting perspective on the role humans play in the cosmos. Humans are distinguished according to abilities and characteristics, which influence the way humans react, interact and prosper.

Some of these unique abilities that influence the way we as nurses interact include the ability to make choices, the ability to reason and the ability to self-reflect. How do these abilities affect the nurse in the clinical field?

One of the most important decisions made by a nurse is the career choice – the moment when you choose to become a nurse, followed by the choice to keep to your dreams and remain passionate about nursing. The highlight of a nurse's day is to enjoy the interaction with patients, family and colleagues and to really make a difference in a patient's life. Patients long for a safe environment where they are nurtured and cared for by someone who is passionate about their well-being and care. To care and place the patient at the centre of our daily functioning is one of the first lessons to be learnt as a nurse, but is there a way in

which we can measure the ability of a nurse to enthusiastically and passionately care for a patient?

A question that comes to mind is whether we can measure care through the involvement of the patients. What will the outcome be if patients are given the choice at shift changing to decide who must take care of them? Will they choose the nurse they know or the most professional looking nurse, the friendly nurse, the nurse with the most qualifications or the nurse with the nicest uniform? Will their choice be influenced by a previous hospital experience, the experience of family and friends or will the patients use their unique ability to reason to decide? Perhaps this is something to be researched. A patient seldom has a say in the team who will take care of her/him; this reality causes discomfort and uneasiness to the patient. The nurse as the leader of the care team can turn the wish of the patient into reality and erase the uncertainty in the patient's experience through a passionate caring attitude.

International Nurses Day 12 May 2017 again provides us with an opportunity to make a difference with the ICN theme *Nurses: A voice to Lead, Achieving the Sustainable Development Goals(SDGs)*. The ICN Nurses Day Toolkit raises awareness amongst nurses of what SDGs are and why they matter. The campaign is aimed at giving all nurses the opportunity to participate and to contribute at their own level as well as to recognise the efforts they already make to achieving these goals.

To all the passionate caring nurses, 12 May must be an opportunity to share the heart of a real nurse with our patients and to send a positive message to our broader community.