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Perception of nursing as a scientific discipline and nurse profession by students of nursing

Postrzeganie pielęgniarstwa jako dyscyplinę naukową oraz zawodu
pielęgniarki przez studentów kierunku pielęgniarstwa

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Streszczenie

Wprowadzenie: Pielęgniarka według Naczelnej Izby Pielęgniarek i Położnych to osoba zdolna rozpoznać stan zdrowia jednostki lub grupy oraz potrafi stworzyć plan opieki i zrealizować go. Pielęgniarka powinna być przede wszystkim autonomiczna w podejmowaniu decyzji dotyczących pielęgnowania oraz organizowania opieki pielęgniarskiej. Każda kompetentna pielęgniarka potrafi dokonać właściwej oceny danej sytuacji, sprawnie podejmuje decyzje i jest w stanie szybko wybrać właściwe metody postępowania. Świadomość, że nauka zawsze stanowi podwalinę praktyki jest niezwykle istotna. Właśnie tak przez lata kształtował się zawód pielęgniarki. To osiągnięcia naukowe w dużym stopniu wpływają na wzrost prestiżu zawodowego pielęgniarki.

Cel pracy: Celem pracy jest uzyskanie wiedzy na temat postrzegania pielęgniarstwa, jako dyscypliny naukowej oraz pielęgniarki, przez studentów kierunku pielęgniarstwa.

Material i metoda: Badaniem objęto 100 osób będących studentami kierunku pielęgniarstwo, kończących trzyletni okres edukacji. Dobór respondentów był losowy. Badaną grupę stanowiło 100% kobiet w wieku 20-35 lat, zamieszkujących tereny miejskie (51%) oraz wiejskie (49%).

Metodą badawczą wykorzystaną w pracy jest sondaż diagnostyczny. Użyte narzędzie badawcze to kwestionariusz ankiety własnej.

Wyniki: Pielęgniarstwo, jako zawód rozumiało 16% badanych, 3% osób postrzegало je, jako dyscyplinę naukową, 1% jako system kształcenia. Zdecydowana większość respondentów (92%) stwierdziła, że pielęgniarstwo jest nauką zarówno teoretyczną, jak i praktyczną. Spotykane podczas kształcenia formy działalności pielęgniarek, które przyczyniają się do rozwoju pielęgniarstwa, 73% z nich podało podnoszenie kwalifikacji zawodowych, 7% pisanie prac naukowych, 2% uczestnictwo w badaniach naukowych, 1% współuczestnictwo w przygotowaniu adeptów do zawodu i 1% działalność w organizacjach zawodowych. Najważniejsze cechy, jakie powinna posiadać dobra pielęgniarka to: staranność i dokładność wykonywanych zabiegów (25%), posiadanie bogatej wiedzy z zakresu nauk medycznych (55%), troskliwość (40%), serdeczność i uprzejmość (39%), cierpliwość i wyrozumiałość (38%), komunikatywność (38%) oraz humanitarny stosunek do pacjenta (19%).

Wnioski: Studenci pielęgniarstwa postrzegają pielęgniarstwo, jako dyscyplinę naukową, zawód, system kształcenia i podsystem w systemie opieki. Według badanych pielęgniarstwo ma szansę stać się w przyszłości odrębną dziedziną nauki, jeśli będzie następował jego dalszy rozwój naukowy. Według badanych pielęgniarka powinna być: miła, odpowiedzialna za wykonywaną pracę, posiadać bogatą wiedzę z zakresu nauk medycznych.

Słowa kluczowe: pielęgniarstwo, pielęgniarka, studenci pielęgniarstwa

Summary

Introduction: The nurse according to the Supreme Chamber of Nurses and Midwives is a person able to recognize the health condition of an individual or group and can create a care plan and realize it. The nurse should be primarily autonomous in making decisions about nursing care and organizing nursing care. Each competent nurse can make a proper assessment of a given situation, makes decisions efficiently and is able to quickly select the right methods of conduct. The awareness that science is always the foundation of practice is extremely important. This is how the profession of a nurse was shaped over the years. These scientific achievements greatly influence the increase of the professional nurse's prestige.

Objective: The aim of the work is to gain knowledge about the perception of nursing, as a scientific discipline and nurses, by students of the nursing field.

Material and methods: The study covered 100 people who are students of nursing, finishing the three-year education period. The selection of respondents was random. The study group consisted of 100% women aged 20-35, living in urban areas (51%) and rural (49%).

The research method used in the work is a diagnostic survey. The research tool used is a self-help questionnaire.

Results: Nursing understood 16% of respondents as a profession, 3% considered them as a scientific discipline, 1% as a learning system. The vast majority of respondents (92%) stated that nursing is both theoretical and practical science. The nurses' forms of activity, which contribute to the development of nursing, 73% of them reported upgrading professional qualifications, 7% writing scientific papers, 2% participation in scientific research, 1% participation in the preparation of apprentices to the profession and 1% activity in organizations unions. The most important features that should be possessed by a good nurse include: diligence and accuracy of performed procedures (25%), possessing rich knowledge in the field of medical sciences (55%), care (40%), cordiality and kindness (39%), patience and forbearance (38%), communicativeness (38%) and a humane attitude towards the patient (19%).

Conclusions: Nursing students perceive nursing as a scientific discipline, occupation, education system and subsystem in the care system. According to the respondents, nursing has a chance to become a separate field of science in the future, if it continues its scientific development. According to the respondents, the nurse should be: friendly, responsible for the work to be done, and have extensive knowledge in the field of medical sciences.

Keywords: nursing, nurse, nursing students

Introduction

Nursing is an ambiguous term used in such meanings as: broadly understood activity both in the field of education and professional improvement of nurses, the organizational system of these activities, a team of professional activities, part of the concept of health care with its various problems, technology, art, knowledge, science. Stefania Poznańska also presents nursing as a complex activity for the development of nurses' education, achieving higher and higher competences and professionalization of nursing as a profession, profession, science, knowledge, art and ethics [1,2,3]. The awareness that science is always the foundation of practice is extremely important. This is how the profession of a nurse was shaped over the years. These scientific achievements greatly influence the increase of the professional nurse's prestige. A professional nurse must have scientific knowledge and accumulate in her own experience. Nowadays scientific nursing knowledge, discovered in scientific research, is deepening and growing. Often related to this is the outdated knowledge that was previously considered to be scientific. In this situation, it is necessary to constantly reach for the latest scientific publications and recognize their credibility. Acquiring scientific knowledge as well as its constant updating in shaping nursing skills requires the synthesis of this knowledge with the knowledge acquired in own experience. Only then is it possible to achieve a new understanding of facts, events, situations that occur in nursing practice and getting to know and understand each other. Deepening and updating nursing knowledge makes it possible to develop complex nursing skills and fully use them in practice. Among the developmental trends in world nursing, the issue of "reliable nursing" deserves attention, based on the conclusions of research carried out in accordance with the Evidence Based Nursing research procedure and the possibility of realizing its assumptions in nursing practice. This is a big challenge for Polish nursing, because it enables the use of scientific and research achievements of nurses in practical activities [4,5,6]. The nurse according to the Supreme Chamber of Nurses and Midwives is a person able to recognize the health of an individual or group and is able to create a care plan and realize it. The tasks that belong to the nurse are to meet the biological and psychosocial needs of the patient as much as possible. The nurse should be primarily autonomous in making decisions about nursing care and organizing nursing care. Each competent nurse can make a proper assessment of a given situation, makes decisions efficiently and is able to quickly choose the right methods of conduct. It is also capable of predicting what may be the result of planned activities. In order for the nurse

to be well perceived by the nursing subject, he must be: a professional who uses the latest knowledge, a person who inspires others' trust and works efficiently and caringly. The essence of this professionalism is caring for and taking care of the patient and showing it in the right way. The most important features that every nurse should have include accuracy, patience, responsibility, divisibility of attention and manual fitness. Also good psychophysical condition and resistance to stress is an important element of the nurse's work [7,8].

Objective

The aim of the work is to gain knowledge about the perception of nursing, as a scientific discipline and nurse profession, by students of the nursing field.

Material and method

The study involved 100 people who are students of nursing, finishing the three-year education period. The selection of respondents was random. The study group consisted of 100% women aged 20-35, living in urban areas (51%) and rural (49%). The research method used in the work is a diagnostic survey. The research tool used is a self-help questionnaire.

All statistical calculations were performed using StatSoft, Inc. statistical package (2011). STATISTICA (data analysis software system), version 10.0. [www statsoft.com.](http://www.statsoft.com), statistical package R version 2.15.1 and Excel spreadsheet.

Results

The study attempts to assess how respondents perceive nursing. Nursing understood 16% of respondents as a profession, 3% considered them as a scientific discipline, 1% as a system of education. The vast majority of respondents (92%) stated that nursing is both theoretical and practical, 6% that it is purely practical, 1% only theoretical. According to the majority of respondents (66%), nursing is included in medical sciences, 7% of respondents assigned nursing to the humanities, nursing was 6% for biological sciences, and 50% for health sciences. According to 2% of respondents, nurses can contribute to the development of nursing through participation in scientific research, independently conducting research (4%) and by improving their professional qualifications (18%). When asking about nurses' forms of activity which contribute to the development of nursing, 73% of them reported raising their professional

qualifications, 7% writing scientific papers, 2% participation in scientific research, 1% participation in preparing apprentices for the profession and 1% activity in professional organizations. 27% of respondents believe that there is no personal contribution to the scientific development of nursing, and the indicated reasons are lack of free time (17%), lack of motivation (6%), both lack of time and motivation (1%), lack of opportunity (2 %). According to 8% of respondents, nursing has enough research. According to 34% of respondents, research in nursing should be carried out by nurses who work at universities, followed by nursing students (10%), nurses operating in professional organizations (9%), and 44% of respondents are all nurses. Scientific research should focus on health promotion (28%), disease prevention and accident rate (26%), nursing care in family nursing (19%), the effectiveness of training of nurses (22%), nurse relationship with other medical professions (27%) %. Over half of the respondents believe (58%) that they use the latest scientific research. The main sources are medical literature (24%), Internet (15%), scientific journals (7%) and university lecturers (3%). According to 68% of respondents, nursing does not have enough scientific journals. Nursing and Midwife (51%), Nursing of the 21st Century (22%), Nursing Problems (13%), Polish Nurse (3%), Nursing 2000 (2 %) and Polish Nursing (1%). Theories of nursing may be useful in the professional practice of nurses, according to 66% of respondents, they are the basis for ensuring the optimal quality of nursing care, while for 33% of respondents, theories have no practical application in their professional work. According to 74% of respondents, the public perceives nursing as a vocation to serve the other person, 43% of respondents were of the opinion that those around them consider nursing a dynamically developing science and apprenticeship, as well as an autonomous profession (43%). Among the people who were included in the study, the most important features a good nurse should have: diligence and accuracy of the treatments (25%), knowledge of medical science (55%), care (40%), cordiality and kindness (39%), patience and forbearance (38%), communicativeness (38%) and a humanitarian attitude towards the patient (19%). The population of people participating in the study claims that the appearance is important in professional work (79%). The nurse should be nice (80%), as well as cheerful and happy (20%). Respondents asked about what they think influences the model of a modern nurse, they most often chose the expectations of the society towards nurses (30%), the ability to cooperate with a therapeutic team (20%) and education level (15%). As a result of the conducted research it can be stated that in the opinion of students the most frequent patients' expectations towards nurses

are efficient procedures (83%), caring care provided by a nurse (60%), respecting patient rights (39%), and supporting patients during their stay in hospital (37%). The examined persons believe that the nurse performs physical and mental work (61%), while 39% think that the nurse's work is mainly physical work. Respondents when asked whether the profession of nurse is respected by society, most of them (65%) think that it is respected by society.

Discussion

Nursing is a profession of a special character and an uncommon mission of caring for the patient at different times and stages of his life, regardless of age, sex, wealth, health or illness. In social sciences, profession defines those professions which require long-term preparation, it also involves the need to complete higher education and in some professions of professional training. Professions are created for a specific purpose, and in nursing this goal is to maintain the most important human value, that is, his health. The emergence of professional nursing gave rise to a process of professionalization. We should also mention the basic attributes that characterize nursing as a profession, they are: the principle of licensing, association in professional self-governments, having its own code of ethics and providing comprehensive education at the academic level, enabling the acquisition of high nursing skills and their improvement [9, 10,11,12]. Noteworthy is the fact that nursing is present in the list of scientific disciplines according to the classification of the Scientific Research Committee on September 15, 2001, where it is placed at number 58. However, it is not a separate field of study, and efforts to enable nurses to acquire the degree of doctor in nursing in the light of Polish law, they have no basis. In the classification of fields of science and technology according to the Organization for Economic Co-operation and Development (OECD), nursing belongs to the field of health sciences. Contemporary nursing is the area of theoretical and practical action based on the results of scientific research and philosophical assumptions manifested in nurturing, subject to systematic changes determined to a significant extent by the development of nursing practice [12,13,14,15]. According to Cierzniakowska et al. (2005), nursing is inextricably associated with concepts such as nursing process, care models, holism, quality of care, standards, procedures and algorithms of nursing [16]. According to Glińska et al. (2010), nursing is a dynamically developing professional discipline and an autonomous profession [17]. Own research shows that students (80%) perceive nursing as a profession, scientific discipline, education system and subsystem in

the care system. People in the immediate environment perceive nursing as a vocation to serve the other person (74%), dynamically developing science and vocational practice (43%), autonomous occupation (43%) or profession to which nurses are professionally prepared (73%). Górzek-Jóźwik and Kiełbik write that for nursing theory and practice are just as important issues. Practical nurturing can not exist without theoretical foundations, while theoretical findings are only valuable when practicing them. Contemporary theoretical nursing has much to offer practice, and practical nurturing is based on a theoretical concept [18]. Most respondents (92%) took the same view, according to which nursing is theoretical and practical science. As Fry writes, nurses can serve the development of nursing by conducting scientific research with the participation of people, both based on their own professional practice, and participate in research conducted by other employees of the medical team [19]. In own research, 78% of respondents believed that the development of nursing can be contributed by participation in scientific research, independent research, raising their professional qualifications, participation in professional organizations, participation in the preparation of apprentices to the profession and through the use of professional literature. The International Council of Nurses (MRP) believes that research should be initiated and conducted in areas specific to nursing. In addition, nurses should conduct research on other aspects of health together with representatives of related fields. The International Health Organization (WHO), on the other hand, suggests the subject of research in particular nursing departments, starting from a very narrow range of topics to major cross-sectional studies. Wrońska and Krajewska-Kułak presented research priorities in Poland, which include research on the quality of life of patients, nursing care, educational activity, history of the profession, health promotion, disease prevention and accidents, nursing care at home and school, examination of nurse relations doctor, implementation of care process and standards of care [20]. According to the surveyed, research in nursing should broaden the subject of the prestige of the nurse profession (45%), health promotion (28%), nurse relations with other medical professions (27%), prevention of sickness and accidents (26%), the effectiveness of training of candidates for nurses (22%), nursing care in family nursing (19%), nursing care in the teaching and upbringing environment (19%), effects of the nursing process implementation (15%), ethics in the nurse profession (14%), implementation effects care standards (13%), the effects of implementing the theory and models of nursing care (8%), nursing care in emergency nursing (2%), nursing care in neonatal nursing (1%) and professional nurses' satisfaction (1%).

Poznańska writes that nurses working in departments in which research is conducted should be included in nursing research [15]. The results of the conducted research indicate that nursing research should be carried out by all nurses and nurses (44%), and 34% of people considered that they should be nurses who work at universities. Czerniak spins an optimistic vision of Polish nursing, where theory will go hand in hand with practice, there will be further development of research in nursing and nursing, based on which innovations for the patient will be implemented and disseminated. 47% of respondents are also optimistic about the future of nursing. Both on the basis of the results of own research and literature reports, it can be concluded that nursing is perceived as a scientific discipline which, with the involvement of nurses in conducting more and more recent scientific research, will continue to evolve [21].

Conclusions

1. Nursing students perceive nursing as a scientific discipline, occupation, education system and subsystem in the care system.
2. According to the respondents, nursing has a chance to become a separate field of science in the future, if it continues its scientific development.
3. According to the respondents, the nurse should be: friendly, responsible for the work to be done, and have extensive knowledge in the field of medical sciences.
4. The external appearance of the nurse is significant according to the respondents' opinions.
5. The nurse profession according to the respondents is respected by the society.

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