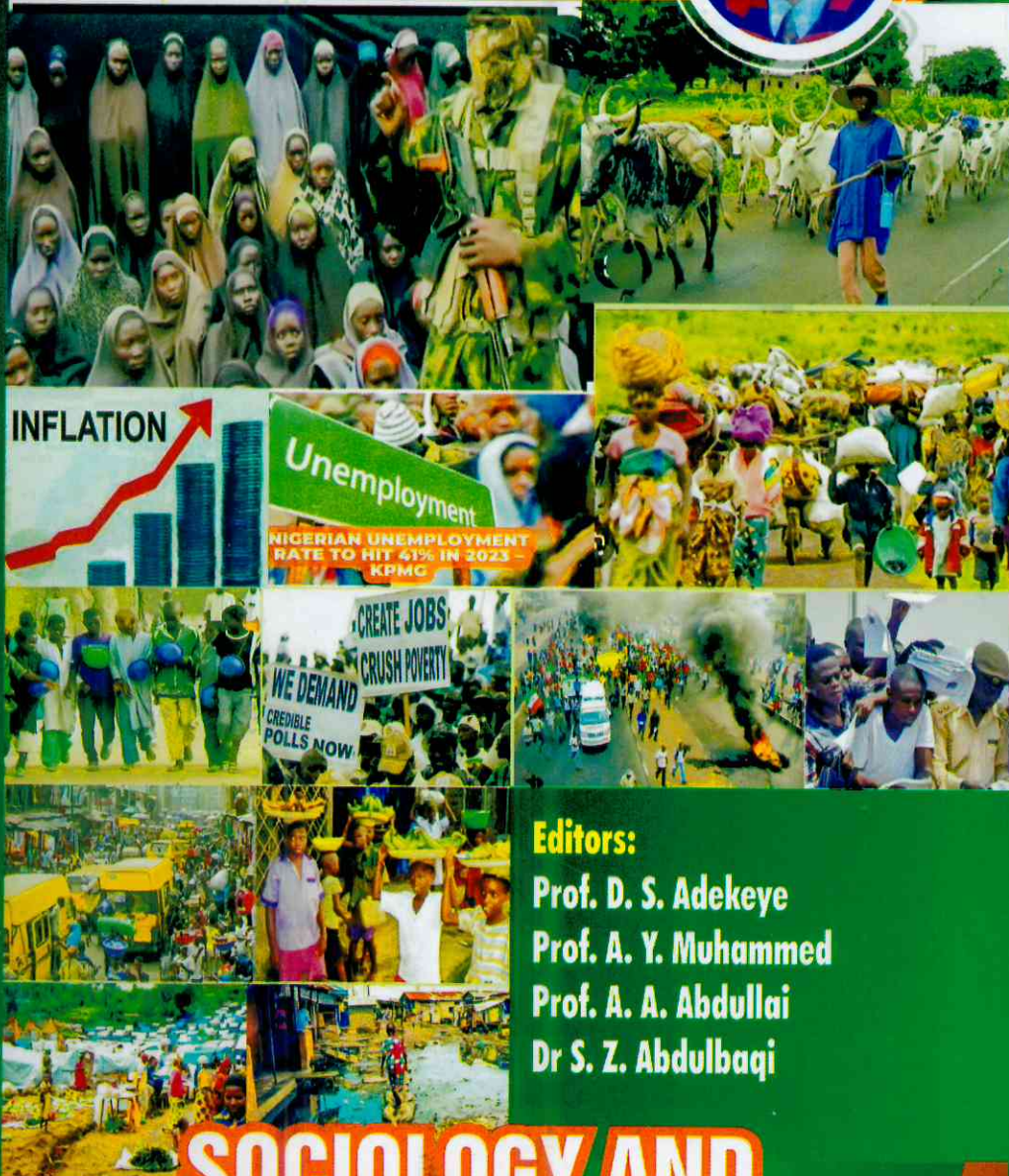


FESTSCHRIFT IN HONOUR OF PROFESSOR BASHIRU SALAWU



Editors:

Prof. D. S. Adekeye

Prof. A. Y. Muhammed

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Dr S. Z. Abdulbaqi

SOCIOLOGY AND HUMAN CHALLENGES

**FESTSCHRIFT IN HONOUR OF
PROFESSOR BASHIRU SALAWU**

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HUMAN CHALLENGES**

***PUBLISHED BY THE*
DEPARTMENT OF SOCIOLOGY,
UNIVERSITY OF ILORIN, ILORIN. NIGERIA**



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CHAPTER SIXTEEN

The Ideal Roles of Nurses in Nigeria Hospital: A Theoretical Approach.

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Abstract

The term "nurse" originally derived from the Latin word "nutrire," which meant to breastfeed or nourish, specifically referring to a wet nurse. However, it was in the late 16th century that the word acquired its modern definition, signifying a person who receives training to provide care for the sick or injured. Nurses collaborate with doctors and other healthcare professionals to bring significance and meaning to the lives of patients and their families. They play a vital role as primary caregivers, making them an indispensable component of the healthcare system. In Nigeria, nurses constitute the largest group of healthcare practitioners and act as frontline providers, actively promoting healthy lifestyles for patients and their families. This article underscores the significance of nursing as a profession by highlighting nurses' involvement in patient care, their role in promoting health and well-being, and their advocacy for patient rights. The origin and history of Nursing in Nigeria, Review of relevant literature, Status of Nurses in Nigeria, Challenges and Solutions to Nursing problems in Nigeria.

Additionally, it explores various nursing theories that guide their practice and establish a theoretical foundation for the profession. By acknowledging the value of nursing, we develop a deeper comprehension of the profound impact nurses have on individuals, communities, and the entire healthcare system. Nursing, encompassing a wide range of responsibilities, is an essential profession within the healthcare sector.

Keywords: Ideal, Roles, Nurses, Nigeria, hospital, Nursing care, Patient care.

Introduction

Nursing, which has existed since the beginning of humanity, is the primary care profession. Nursing, an ancient profession dedicated to the care, has developed its language, rituals, arts, and sciences to address patients' physical, psycho-social, and spiritual needs. The International Council of Nurses (ICN, 2014) defines nursing as the autonomous and collaborative care of individuals, families, groups, and communities in all settings, irrespective of their health status. An alternative definition of nursing, provided by the American Nurses Association (ANA, 2023), emphasises the role of nursing in safeguarding, promoting, and optimising health and abilities. It also involves preventing illness and injury, alleviating suffering through diagnosis and treatment, and advocating for the care of individuals, families, communities, and populations.

The relationship between health and human needs is inseparable, as all individuals, regardless of their characteristics, strive to fulfil their needs. When basic needs are unmet, illness or the risk of illness arises, and nursing, with its focus on caring, aims to assist individuals in meeting these needs. The four fundamental responsibilities of nurses are: to promote health, prevent illness, restore health and alleviate suffering (ICN, 2012). This aligns with the viewpoint of nurse theorist Virginia Anderson (1996) and was updated by Angeleo Gonzalo (2023), who highlighted that nursing primarily involves assisting individuals, whether sick or well, in activities that contribute to their health, recovery or peaceful death. Nursing combines knowledge, attitude, and skills uniquely; professional nurses can compassionately support individuals, families, and communities in achieving, recovering, or maintaining health. Additionally, nursing plays a role in promoting health, preventing illness, and caring for those who are ill, disabled, or dying. It encompasses advocacy, creating safe environments, research, shaping health policy, patient and health systems management, and education.

Nursing is a profession guided by a distinct blend of knowledge, attitude, and skills that allows nurses to provide caring assistance to individuals, families, and communities in attaining, recovering, or maintaining health. It also facilitates a peaceful transition for individuals when death is inevitable. According to the 2012 Willis Commission report, the responsibilities of the nursing

profession are expanding rapidly, necessitating nurses to acquire knowledge and skills and demonstrate both dependence and autonomy. Information and technology are highlighted as crucial in enhancing nurses' clinical competence and decision-making abilities, enabling them to meet the expectations of healthcare service users.

These roles are vital in nursing and contribute to the well-being of individuals, communities, and the healthcare system. This paper underscores the importance of nursing as a profession, emphasising nurses' significant role in healthcare. It highlights their contributions to patient care, health promotion, wellness, and advocacy for patient rights. The paper also explores various nursing theories that guide practice and provide a theoretical framework for the profession. Recognising the significance of nursing allows us to acknowledge nurses' profound impact on individuals, communities, and the healthcare system as a whole. Nursing is an essential profession in the healthcare sector, encompassing a wide range of responsibilities. Hence, this study "The Ideal Roles of Nurses in Nigeria Hospitals: A Theoretical Approach.

Conceptual Clarification of Terms

Hospital:

A hospital is a healthcare institution providing patient treatment with specialised health science and auxiliary healthcare staff and medical equipment (WHO, 2018). A hospital is an institution that is built, staffed, and equipped for the diagnosis of disease; for the medical and surgical treatment of the sick and the injured, and their housing during this process. The modern hospital also frequently serves as a centre for investigation and teaching.

The best-known type of hospital is the general hospital, which typically has an emergency department to treat urgent health problems ranging from fire and accident victims to sudden illness. A district hospital typically is the major health care in its region, with many beds for intensive care and additional beds for patients who need long-term care. Specialised hospitals include trauma centres, rehabilitation hospitals, children's hospitals, seniors' (old-timers) hospitals, and hospitals for dealing with specific medical needs such as psychiatric treatment (see psychiatric hospital) and certain disease categories.

Hospital

A hospital is an establishment dedicated to providing specialised medical care to patients, equipped with healthcare professionals, medical equipment, and support staff. It serves the purpose of diagnosing and treating diseases, injuries, and illnesses and accommodating patients during their medical journey. Additionally, hospitals often serve as centres for research and education. Various types of hospitals exist, including general hospitals with emergency departments, district hospitals that offer intensive care and long-term patient care, and specialised hospitals such as trauma centres, rehabilitation hospitals, children's hospitals, geriatric hospitals, psychiatric hospitals, and those catering to specific medical needs.

Nurse

The term "nurse" originated from the Latin word "nutrire," which originally referred to a wet nurse but later evolved to represent individuals trained to provide care to the sick and injured. Nurses collaborate with doctors and other healthcare professionals to improve the well-being of patients and their families. Nursing is a profession within the healthcare sector focused on caring for individuals, families, and communities to achieve and maintain optimal health and quality of life. Nurses are distinguished by their approach to patient care, specialised training, and the range of healthcare tasks they undertake.

Role

A role refers to a recognised and socially accepted pattern of behaviour that helps identify and position individuals within a society. It encompasses a collection of interconnected behaviours, rights, obligations, beliefs, and norms perceived by people in a particular social setting. A role represents an expected or flexible behaviour that can change over time and may correspond to an individual's social status or position in society.

Ideal:

An ideal refers to a principle or value that individuals actively pursue as a goal, typically in the realm of ethics. The prioritisation of these ideals can indicate the level of dedication one has towards each of them.

Nigeria:

The name Nigeria originated from the Niger River, which flows through the country. This name was coined on January 8, 1897, by Flora Shaw, a British journalist who later married Frederick Lugard, a British colonial administrator. The neighbouring Republic of Niger also takes its name from the same river. Nigeria, officially known as the Federal Republic of Nigeria, is located in West Africa. It is positioned between the Sahel region to the north and the Gulf of Guinea in the south, along the Atlantic Ocean. With an area of 923,769 square kilometres (356,669 square miles) and a population exceeding 230 million, it is the most populous country in Africa and the sixth-most populous country in the world (according to Wikipedia).

Ideal Roles of Nurses In Nigerian Hospitals:

The roles of nurses in Nigerian hospitals are essential for ensuring the provision of high-quality healthcare services. Nurses play a crucial part in the healthcare system and often act as the primary caregivers for patients. In this theoretical discussion, we will explore the ideal responsibilities, skills, and contributions of nurses in Nigerian hospitals to patient care. The International Council of Nurses (ICN, 2012) identifies four fundamental responsibilities of nurses: promoting health, preventing illness, restoring health, and alleviating suffering. The followings are some Ideal Roles of Nurses in Nigeria Hospitals.

Patient Care:

Nurses have the responsibility of directly providing care to patients, which includes evaluating their health status, administering medications, monitoring vital signs, and implementing treatment plans. They have a critical role in maintaining patients' overall well-being and ensuring their comfort and safety throughout their hospital stay.

Patient Advocacy:

Nurses fulfil the role of patient advocates, ensuring that patients' rights are upheld, and their needs are met. They engage in effective communication with patients and their families, providing information and support and standing up for their best interests. Nurses prioritise

expressing patients' concerns and ensure they are addressed within the healthcare system.

Health Education:

Nurses are responsible for educating patients and their families regarding various health conditions, treatments, and preventive measures. They offer guidance on medication usage, lifestyle adjustments, and self-care techniques, empowering patients to actively participate in managing their health and fostering better health outcomes.

Care Coordination:

Nurses collaborate with other healthcare professionals, such as doctors, therapists, and social workers, to ensure seamless coordination of patient care. They facilitate interdisciplinary communication, share patient information, and actively contribute to care planning meetings, striving to provide comprehensive and holistic patient care.

Clinical Leadership:

Nurses display leadership qualities by serving as role models and mentors for junior staff. They oversee and delegate tasks, offer guidance and support to other healthcare professionals, and foster a culture of teamwork and collaboration within the hospital environment. Nurses actively engage in quality improvement initiatives and contribute to evidence-based practice.

Health Promotion and Disease Prevention:

Nurses actively promote health and prevent diseases at individual, community, and population levels. They conduct health screenings, administer vaccinations, and deliver health education programs to raise awareness about various health issues, such as nutrition, hygiene, and lifestyle choices. Nurses also participate in public health campaigns and initiatives to improve the population's overall health.

Ethical and Legal Responsibilities:

Nurses adhere to ethical standards and legal regulations that govern their profession. They prioritise patient confidentiality, respect

autonomy and informed consent, and uphold the principles of beneficence and non-maleficence. Nurses also play a crucial role in identifying and reporting instances of patient abuse, neglect, or medical errors to ensure patient safety and well-being.

Emotional and Psychological Support:

Nurses provide emotional and psychological support to patients and their families during challenging times. They demonstrate empathy, compassion, and active listening skills, creating a therapeutic environment fostering trust and healing. Nurses offer comfort, address emotional needs, and help patients develop effective coping strategies when facing physical or emotional distress.

Research and Evidence-Based Practice:

Nurses contribute to advancing nursing knowledge by engaging in research activities, implementing evidence-based practice, and sharing their findings. They actively participate in research studies, gather data, and contribute to developing best practices and guidelines. Nurses continuously seek opportunities for professional development, engaging in lifelong learning to enhance their clinical skills and expertise.

Nurses in Nigerian hospitals fulfil a range of essential responsibilities, including patient care, advocacy, health education, care coordination, leadership, health promotion, ethical practice, emotional support, and research. By embracing these roles, nurses make significant contributions to providing high-quality healthcare services, improved patient outcomes, and the overall progress of the nursing profession in Nigeria.

Origin and History of Nursing in Nigeria

The origin and history of nursing can be traced back to ancient times, even before the arrival of colonialists. As a profession, nursing has evolved over the ages, developing its language, rituals, arts, and sciences to address patients' physical, psycho-social, and spiritual needs. In Nigeria, the history of nursing practice is intertwined with the history of nursing as a global profession, the history of education and the country itself.

Formal and modern nursing was introduced to Nigeria by colonial masters. The British colonial government established the first nursing home in Jericho, Ibadan. Missionaries later played a significant role in establishing mission homes and dispensaries, where nursing training began. In 1949, the School of Nursing was established in Eleyele, Ibadan, followed by the establishment of the Nursing Council of Nigeria to set standards for the profession. The University College Hospital Ibadan started training nurses in 1952, and the University of Ibadan established a Department of Nursing in 1965 to offer a degree program. Other universities, such as the University of Ife and the University of Nigeria, Enugu, also introduced degree programs in 1973. Today, almost every state in Nigeria has one or more nursing schools.

Modern scientific nursing can be attributed to the pioneering efforts of Florence Nightingale during and after the Crimean War. She combined Christian ideals, discipline, and a sense of mission to establish the nursing profession as we know it today. In 1899, the International Council of Nurses was formed, making nursing the first profession in the healthcare industry to have an international organisation. The Royal College of Nursing was founded in 1916, and in 1919, the General Nursing Council for England and Wales came into existence.

Early missionaries in Nigeria believed in Jesus Christ as the spiritual King, the greatest Nurse and the Physician capable of caring for and healing the body, mind, and soul. They integrated their missionary work with providing medical and nursing care to the sick.

With Nigeria becoming a British colony after the Amalgamation of the Colony and the Protectorates of Nigeria in 1914, nursing, like other professions, underwent rapid changes to adapt to the evolving needs of society. The First and Second World Wars also influenced the growth and development of nursing in Nigeria.

Literature Review

Literature reviews are essential for researchers to gain a comprehensive understanding of the existing knowledge and identify research gaps, inconsistencies, and controversies in the field, which can guide their research and contribute to advancing knowledge.

Researchers review the literature for several important reasons. Literature reviews help researchers comprehensively understand the current knowledge and research on a particular topic. Literature reviews ensure that researchers know the existing body of knowledge to avoid duplicating previous work. It helps researchers identify what has already been done, what has been established, and what aspects require further exploration. This ensures that their research is original and contributes something new to the field. The following is a review of related literature.

The research conducted by Akin Otiko, B.O. in 2014, titled "Quality Nursing Care in Nigeria: The Ideals, Realities, and Implications," provided a valuable foundation for this study. The author examined Nigeria's quality of nursing care, including its ideals, realities, and implications. However, Akin Otiko focused solely on quality, ideals, realities, and implications. It did not address the ideal roles of nurses in Nigeria, which is the primary focus of this study.

Similarly, the study conducted by Titilayo D. Odetola et al. in 2018, titled "Theory-Practice Gap: The Experiences of Nigerian Nursing Students," explores the disconnect between theoretical knowledge acquired in classrooms and its practical application in clinical practice. This gap often leads to professional fear, anxiety, and feelings of incompetence among newly graduated nurses. Odetola and colleagues' research sheds light on the challenges newly graduated nurses face in performing their roles. They used qualitative methods to investigate nursing students' experiences as they apply classroom knowledge in clinical learning environments, while this study takes a theoretical approach.

Furthermore, the work by Renate AMM Keif et al. titled "How Nurses and Their Work Environment Affect Patient Experiences of the Quality of Care: A Qualitative Study" provides insights into the factors that affect nurses in carrying out their ideal roles in Nigerian hospitals.

Likewise, the study by Adepeju M. Lateef et al. in 2019, titled "A Literature Review on People-Centered Care Nursing Practice in Primary Health Care Setting," examines the practicability and acceptability of nursing care with a people-centred care concept in primary health care centres. This study informs the roles of nurses in primary health care settings and addresses some of the problems they face. However, it is limited to primary health care centres, unlike this

study, which focuses on Nigeria hospitals, including primary, secondary, and tertiary health care centres.

Additionally, the work by Oyira et al. in 2016, titled "Knowledge Practice and Outcome of Quality Nursing Care Among Nurses in University of Calabar Teaching Hospital (UCTH)," was instrumental to this article. The study found that nurses at the University of Calabar teaching hospital have knowledge associated with the quality of nursing care and practice it effectively. This research informs the effects of nursing roles in the hospital and provides solutions to nursing issues addressed in this study.

Another paper reviewed was the work by Olusegun Emmanuel Akinwale et al. in 2020, titled "Environment and Job Satisfaction Among Nurses in Government Tertiary Hospitals in Nigeria." This study discovered that various variables collectively determine nurses' job satisfaction, with salary being the most significant predictor, followed by advancement and promotion. The study emphasises the importance of addressing job satisfaction to retain nurses and prevent turnover intention, ultimately improving the effectiveness of the healthcare system and the mental and social health of nurses. However, this study focuses on the ideal roles of nurses in Nigerian hospitals, which were not examined in the reviewed literature.

Lastly, the study by Thomas Terlumun Torkula in 2020, titled "Challenges in Quality Care Delivery in Tertiary Health Facilities in North-Central Nigeria," highlights the major challenges faced in delivering quality healthcare services in the studied health facilities. These challenges include inadequate medical equipment, staff training, delayed diagnostics and treatment procedures, and long patient wait times. This literature was useful for this work as it exposed the researcher to nursing issues in Nigeria.

Theoretical Approach in Nursing

In the field of sociology, various theories examine the ideal roles of nursing within society. These theories explore the interaction between nursing and society, the social factors influencing health, and the societal expectations placed on nurses. Nursing, as a profession, acknowledges its unique body of knowledge called nursing science. To establish this distinct knowledge base, nurses must identify, develop, and comprehend nursing concepts and theories. Nursing, as a scientific

discipline, is grounded in theories that define what nursing is, what nurses do, and why. It is separate from medicine and has its foundation of knowledge on which care delivery is based.

The following are notable theories related to the ideal roles of nursing in sociology:

Symbolic Interactionism:

The symbolic interaction theory is a sociological perspective that focuses on the subjective meanings that individuals attach to symbols and how these meanings shape their social interactions. The theory was developed by American sociologist George Herbert Mead in the early 20th century, primarily through his work on pragmatism and social psychology. The theory greatly emphasises the significance of social interactions and the meanings attached to symbols. In the context of nursing, this theory explores how nurses interact with patients, families, and other healthcare professionals. It underscores the role of effective communication, empathy, and the exchange of symbols such as gestures, language, and nonverbal cues in providing quality nursing care. Symbolic interactionism also examines how nurses shape their professional identity and navigate their roles within the healthcare system.

Social Role Theory:

The Social Role Theory is a sociological concept that explores the influence of social roles on individuals and their behaviour. Alice Eagly and Valerie Steffen first proposed it in their influential article titled "Gender and Aggressive Behavior: A Meta-Analytic Review of the Social Psychological Literature," published in the *Psychological Bulletin* in 1986. The theory suggests that societal expectations and roles assigned to individuals based on their position and social category (such as gender, occupation, or age) shape their behaviour and attitudes. In nursing, social role theory examines the societal expectations placed on nurses, their professional responsibilities, and the impact of these roles on individual nurses and the profession as a whole. It also considers how gender roles and stereotypes may influence nursing roles and the opportunities available to nurses in society.

Conflict Theory:

The sociological theory known as conflict theory is associated with Karl Marx, although it has been further developed and expanded upon by numerous scholars over the years. Marx's ideas on conflict theory were first articulated in the mid-19th century, particularly in his famous work "The Communist Manifesto" (1848) and his monumental work "Capital" (Das Kapital) published in multiple volumes (1867, 1885, 1894). Marx's conflict theory focused on the struggle between social classes and the role of capitalism in perpetuating inequality and social conflict. It emphasised the significance of economic factors and the unequal distribution of resources in shaping social relationships and structures. Since Marx's time, conflict theory has been further refined and expanded upon by various sociologists and scholars, such as Max Weber, Georg Simmel, Ralf Dahrendorf, and many others.

Conflict theory explores social inequalities, power dynamics, and societal conflicts. Within the nursing profession, conflict theory examines issues such as nurse-patient ratios, nurse autonomy, and power differentials between nurses, physicians, and other healthcare professionals. This theory sheds light on the structural factors that shape nursing roles, including the distribution of resources, professional hierarchies, and the influence of healthcare policies.

Feminist Theory:

Feminist theory analyses gender-based inequalities and advocates for gender equity. In nursing, feminist theory examines the historical and ongoing gender disparities within the profession, including the overrepresentation of women and the undervaluation of nursing work. It also explores how gender intersects with other social factors, such as race, class, and sexuality, to shape nursing roles and experiences.

Social Determinants of Health:

Although not a specific sociological theory, the concept of social determinants of health examines how social factors such as socioeconomic status, education, and access to resources influence health outcomes. In nursing, understanding patients' health behaviour is crucial for providing comprehensive care and addressing the underlying social factors that contribute to health disparities. Nurses play a crucial role in advocating for social justice and promoting health equity by addressing these social determinants of health.

Role Theory:

Role Theory is valuable to nursing as it describes how nurses contribute to organisations from a sociological perspective and how society influences the nursing profession. Role Theory also helps in understanding and maintaining transition within the nursing profession. Role stress arises from various factors on organisational role ambiguity, role overload, and role conflict. By recognising and identifying these role stressors using Role Theory, improvements can be made in nursing practice, reducing turnover, stronger coworker relations, and Erikson's job descriptions and requirements. Role Theory from a societal viewpoint helps Nursing role misconceptions and identifies opportunities for improvement.

Biomedical Sciences Theories in Nursing:

Applying biomedical sciences theories, such as the Germ Theory, has proven beneficial in reducing hospital-acquired infections in nursing practice. The Germ Theory, proposed by Louis Pasteur in 1858, suggests that specific organisms (germs) can cause infectious diseases. Over time, this theory has evolved and is currently employed in healthcare settings to prevent infections. Key practices derived from the Germ Theory include hand hygiene, antibiotic prophylaxis for surgery, oral care for ventilated patients, and other measures to reduce hospital infections. For instance, Tucci et al. (2020) conducted a study on surgical site infections and identified strategies to minimise infection rates in surgical patients, such as preoperative bathing, antibiotic prophylaxis during surgery, and maintaining proper body temperature. Due to the influence of Germ Theory on the nursing profession, hospital administrations have prioritised infection control measures, such as sanitation processes and appropriate antiseptic techniques. Germ Theory is crucial in reducing infections in nursing practice, enabling nurses to deliver higher quality and achieve better patient outcomes.

Florence Nightingale's Environmental Theory of Nursing:

In 1860, Florence Nightingale defined nursing in her "Environmental Theory" as the act of utilising the patient's surroundings to aid in their recovery.

Validation of Nursing as a Science:

During the 1950s, scholars reached a consensus that nursing needed to establish itself as a scientific discipline by developing a body of knowledge based on rigorous testing.

Hildegard Peplau's Theory of Interpersonal Relations:

In 1952, Hildegard Peplau introduced her Theory of Interpersonal standards, highlighting the nurse-client relationship as the foundation of nursing practice.

The Nursing Metaparadigm:

The nursing metaparadigm comprises four interconnected and essential concepts: person, environment, health, and nursing. These concepts serve as the foundation of nursing theories and are frequently referenced collectively.

Person:

The term "person" in nursing refers to the recipient of nursing care, including individuals, patients, groups, families, and communities.

Environment:

The environment encompasses internal and external factors influencing the client. It includes conditions that can positively or negatively impact the patient and the patient's surroundings, such as families, friends, significant others, and the healthcare setting.

Health:

Health refers to the level of wellness or well-being experienced by the client. Its definition may vary for each patient, clinical setting, and healthcare in Nigeria.

Nursing:

Nursing involves the attributes, characteristics, and actions of the nurse providing care to the client. Although there are numerous nursing definitions, nursing scholars may have difficulty reaching a consensus on its exact definition. The primary objective of nursing theories is to enhance patient care.

Diverse Definitions within Nursing Theories:

These four metaparadigm concepts are employed in various nursing theories, but their definitions can vary depending on the nurse theorist, the perspective, nursing experience, and other influencing factors. While the person is typically the central focus, each theorist offers a unique interpretation of the nursing metaparadigm based on their viewpoint.

Prominent Nursing Theories and Theorists:

Florence Nightingale:

Known as the founder of modern nursing and a pioneer of Environmental Theory. She defined nursing as utilising the patient's environment to aid their recovery. Nightingale emphasised the cross-sectional of fresh air, light, warmth, cleanliness, and proper diet in patient care.

Hildegard Peplau:

Introduced the Theory of Interpersonal Relations, which emphasise the therapeutic interaction of the relationship between nurses and individuals seeking healthcare. Various psychologists influence Peplau's theory and focus on developing therapeutic interventions in clinical settings.

Faye Glenn Abdellah:

Developed the 21 Nursing Problems Theory, which views nursing as both an art and a science that helps individuals, whether sick or well, cope with their health needs. Abdellah shifted nursing's focus from being disease-centred to patient-centred, encompassing families and the elderly in nursing care. The nursing model she developed can guide care in hospital and community health settings.

Ernestine Wiedenbach:

Ernestine Wiedenach developed the conceptual model known as The Helping Art of Clinical Nursing. The definition of nursing, according to Wiedenbach, emphasises the nurturing and caring aspects, comparing it to motherly care. This definition guides nurses' actions and identifies four key elements of clinical nursing: philosophy,

purpose, practice, and art. Clinical nursing focuses on addressing the patient's perceived need for assistance, placing significant importance on the artistic aspect of nursing.

Lydia E. Hall:

Lydia E. Hall developed the Care, Cure, Core Theory, also known as the "Three Cs of YLydia Hall." According to Hall, nursing involves participating in the care core behaviour aspects of patient care. The primary responsibility of nurses lies in the care component, while the core behaviour as the hallmarks components are shared with other healthcare team members. The entire aspect refers to the nurse's role in providing physical care to the patient, the core represents the patient receiving nursing care, and the cure involves administering cross-sectional treatments.

Joyce Travelbee:

Joyce Travelbee proposed the Human-to-Human Relationship Model, which states that the purpose of nursing is to assist and support individuals, families, or communities in coping with the challenges of illness and suffering. The ultimate goal is to help them find meaning and hope in these experiences. Nursing is accomplished through interpersonal relationships between the nurse and the care recipient. Travelbee extended the theories of interpersonal relationships developed by Peplau and Orlando.

Nancy Roper, Winifred Logan, and Alison J. Tierney:

Nancy Roper, Winifred Logan, and Alison J. Tierney collaborated on a nursing model based on a model of living. Logan's simple theory proved helpful for bedside nurses. In their work, they emphasise patient's activities of daily living as integral to nursing, including maintaining a safe environment, communication, breathing, eating and drinking, elimination, personal hygiene, dressing, controlling body temperature, mobility, work, and play, expression of sexuality, sleep, and dying.

Jean Watson:

Jean Watson is known for pioneering the Philosophy and Theory of Transpersonal Caring. She defines nursing as a profession concerned with promoting health, preventing illness, caring for the sick, and

restoring health. Watson focuses on how nurses provide care and how that care contributes to promoting health, preventing illness, and restoring well-being. Her philosophy emphasises the importance of caring, which behaviour is believed to be central to nursing practice and has a greater impact on health than mere medical interventions.

Dorothea E. Orem:

Dorothea E. Orem developed the Self-Care Theory, which defines nursing as assisting others in managing self-care to maintain or improve their overall functioning. The theory emphasises individuals' ability to perform self-care activities. It consists of three interrelated theories: the theory of self-care, the self-care deficit theory, and the theory of nursing systems, which are further classified into wholly compensatory, partially compensatory, and supportive-educative systems.

Imogene M. King:

Imogene M. King's conceptual system and Middle-Range Theory of Goal Attainment describe nursing as a process of action, reaction, and interaction between the nurse and the client. Through this process, they share information about their perceptions of a nursing situation and work together to set goals and explore means to achieve them. King emphasises the importance of the nurse-patient relationship in guiding and directing nurses toward achieving health goals in collaboration with their patients.

Dorothy E. Johnson:

Dorothy E. Johnson's Behavioral System Model defines nursing as an external regulatory force that helps maintain and integrate the patient's behaviours at an optimum level. The model aims to foster efficient and effective patient behavioural functioning, preventing illness. Johnson highlights the importance of research-based knowledge about the impact of nursing care on patients. The model describes the individual as a behavioural system with various subsystems, including achievement, attachment-affiliate, aggressive-protective, dependency, ingestive, eliminative, and sexual subsystems.

Anne Boykin and Savina O. Schoenhofer:

Anne Boykin and Savina O. Schoenhofer propose the Theory of Nursing as Caring, which views nursing as a unity of various aspects within the discipline and profession. The focus and goal of nursing care is to nurture individuals and support their growth through caring actions. Caring in nursing is described as an altruistic, active expression of love that recognises and values connectedness.

Afaf Ibrahim Meleis:

Afaf Ibrahim Meleis developed the Transitions Theory based on observations of how individuals experience and navigate changes related to health, well-being, and self-care. The theory identifies different types of transitions, such as developmental, health and illness, situational, and organisational. It acknowledges the role of nurses in facilitating healthy transitions for individuals, families, and communities.

Nola J. Pender:

Nola J. Pender's Health Promotion Model focuses on the interaction between the nurse and the consumer while considering the influence of the health promotion environment. The model considers individual characteristics and experiences, behaviour-specific cognitions and affect, and behavioural outcomes. It recognises the multidimensional nature of individuals and their interactions within the environment as they strive for better health.

Madeleine M. Leininger, Human Becoming Theory:

According to Madeleine M. Leininger, nursing is a combination of science and art that involves building relationships with individuals, groups, and communities as they go through their processes of growth and development. Leininger emphasises that a person cannot be understood solely by examining their parts or their environment, as both are interconnected. As a human science and art, Nursing uses abstract knowledge to assist people. The theory revolves around three core themes: meaning, rhythmicity, and transcendence.

**Helen C. Erickson, Evelyn M. Tomlin, and Mary Ann P. Swain,
Modeling and Role-Modeling:**

The Modeling and Role-Modeling theory define nursing as a holistic approach to helping individuals with their self-care activities related to their health. The ultimate goal is to help individuals achieve perceived optimum health and contentment. Modelling enables nurses to understand a client's unique perspective and appreciate its significance. On the other hand, role modelling involves the nurse planning and implementing interventions tailored to the client's specific needs.

Kristen M. Swanson, Theory of Caring:

Kristen M. Swanson's theory views caring as a nurturing way of relating to a valued individual for whom one feels a personal commitment and responsibility. Nursing, according to Swanson, involves informed caring for the well-being of others. This theory provides a framework for enhancing contemporary nursing practice, education, and research while reconnecting the discipline to its traditional values and roots in caring and healing.

Status of Nursing in Nigeria

Despite the lack of recognition, nurses play a crucial role in various aspects of national development.

Firstly, they provide dedicated healthcare services to the population, often with limited resources. Nurses demonstrate punctuality, dutifulness, and sincerity in their work, even in challenging conditions.

Secondly, nurses have a high propensity for self-employment and have the potential to contribute to Nigeria's economic growth through private nursing practice. However, the Nursing and Midwifery Act restricts their entrepreneurial potential.

Thirdly, Nigerian nurses are highly sought after internationally, contributing to foreign exchange earnings and promoting a positive image for Nigeria. Many advanced countries are relaxing visa policies to attract Nigerian nurses. Lastly, nurses contribute to developing desirable family systems by providing financial support, positive mentorship, and upholding moral values.

They also positively influence society by adhering to their

professional code of conduct and displaying sound morals in their interactions. Despite these significant contributions, nurses remain underappreciated and unrecognized for their efforts.

The role of nurses in Nigerian national development is often overlooked, but they play a central role in various aspects. Nigerian nurses demonstrate dedication and commitment to providing healthcare services to the population, even in challenging circumstances where resources are limited.

They have a strong inclination towards self-employment and could contribute more to the country's economy if restrictions were lifted.

Nigerian nurses are in high demand internationally, bringing in foreign exchange and enhancing Nigeria's image.

They also contribute to developing strong family systems through positive contributions within their own families.

Furthermore, nurses uphold moral values and positively influence others in society. Despite their significant contributions, nurses remain unrecognized and deserve greater appreciation for their efforts.

Some ideals of quality nursing care:

1. Evidence-based Best Practice: Nurses promote evidence-based practice by engaging in professional development and research activities and participating in programs that review and provide the best nursing care for patients.
2. Accessibility: Nurses advocate for equitable access to the best healthcare practices and resources, ensuring that quality nursing care is prioritized and available to all patients, regardless of social or economic factors.
3. Acceptability: Nurses provide accurate and timely information to patients, respecting their rights and cultural/spiritual beliefs, allowing them to make informed decisions about their care. Non-discriminatory and professional care is emphasized.
4. Affordability: Nursing care is financially accessible, with fair and non-discriminatory costs and minimal bureaucratic barriers. Equality in healthcare provision is essential.
5. Effectiveness & Efficiency: Nursing interventions aim to achieve objectives within the shortest possible time and at a minimal cost. Continuity of care is encouraged to avoid

- unnecessary repeat visits.
6. **Patient Safety:** Nurses prioritize patient safety by thoroughly evaluating technology and scientific evidence before implementing them in patient care. Ethical standards are upheld, informed consent is obtained, and measures are taken to prevent medication errors, falls, infections, and pressure ulcers.
 7. **Safety of Others:** Nurses ensure the safety of all individuals involved in patient care by providing adequate information, following standard precautions, and taking specific precautions when necessary.
 8. **Relational Coordination:** Care focuses on the patient, and nurses foster positive relationships with significant others. Intra/inter-professional conflicts are avoided to ensure effective communication, shared knowledge, and respect among healthcare providers.
 9. **Patient Satisfaction:** Patient satisfaction is crucial, and nurses aim to be respectful, responsive, compassionate, trustworthy, and honest. Highly skilled nurses who combine clinical knowledge with a human touch contribute to better patient outcomes and increased satisfaction.
 10. **Nurse Satisfaction:** Nurses' well-being is prioritised to maintain their ability to provide care. Technology is utilised to ease the burden of care, and a supportive work environment is essential. Adequate staffing ratios are recommended to prevent dissatisfaction, burnout, and a decline in the quality of nursing care.

The Nursing Profession in Nigeria; Problems and Prospects:

Nursing can be defined as the process by which a nurse assists a patient in recovering from an illness or injury. Nurses play a vital role in a patient's recovery by providing understanding, care, and emotional support, which are all crucial for the patient's well-being. The history of nursing in Nigeria cannot be narrated without mentioning Florence Nightingale, who revolutionised the nursing profession and laid a strong foundation by reorganising the military hospital during the Crimean War.

Challenges Facing Nursing in Nigeria:

1. **Lack of motivation:** Many nurses lack the motivation to perform their work effectively due to hostile work environments and societal stereotypes.
2. **Lack of equipment and facilities:** Hospitals in Nigeria, both government and private, often suffer from a shortage of essential equipment and facilities, which hampers nurses' efficiency.
3. **Indolence:** Some nurses display unprofessional behaviour, including being rude, unfriendly, and lacking dedication, negatively affecting patient care and the nursing profession's image.
4. **Shortage of nurses:** The nursing profession in Nigeria faces a shortage of nurses, as men shy away from the field and women are discouraged by the lack of respect from doctors.
5. **Low remuneration:** Nurses in Nigeria are underpaid, leading to dissatisfaction and affecting the quality of their services.
6. **Hostile working environment:** Nurses often work in hostile environments where they are treated as maids rather than respected healthcare professionals.
7. **Risk of infection:** Nurses face a high risk of contracting infections, leading to hesitancy in caring for patients with serious health issues.
8. **Politics and favouritism:** Nursing job opportunities may be influenced by political affiliations or favouritism, resulting in the employment of unqualified individuals who deliver poor services.
9. **Rural-urban migration:** Many nurses prefer working in urban areas due to better living standards, leading to a shortage of nursing care in rural areas.
10. **Lack of periodic training:** The absence of regular workshops and training programs limits nurses' exposure to modern nursing practices.

Possible Solutions to the Problems:

1. **Public awareness:** Educating doctors and the general public about the essential role of nurses in healthcare.
2. **Establishing a body or agency:** Creating an organisation to

handle and prosecute cases of abuse against nurses by doctors or patients.

3. **Behavioral enhancement program:** Incorporating a behavioural enhancement program during nurse training to address issues of inactivity and refine their behaviour.
4. **Improved remuneration and working conditions:** The government should provide attractive remuneration packages and create a conducive work environment to attract more individuals to the nursing profession.
5. **Regular workshops and training:** Conduct mandatory workshops, seminars, and training programs to keep nurses updated on modern trends and practices.

Conclusion

In conclusion, this paper emphasizes the significance of nursing as a profession and highlights the crucial role nurses play in healthcare. Its meaning, origin/history, It underscores the need for policymakers, healthcare organizations, and society to recognize and appreciate nursing as a dynamic profession that requires a unique skill set, compassion, and a commitment to lifelong learning. By acknowledging the importance of nursing, the provision of high-quality, patient-centred care can be ensured.

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