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**Nursing Profession, Caring and Discipline**

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**ABSTRACT**

Nursing indeed is the art of caring and selfless giving of time, effort, love, and care. The patient is the center of nursing, and it is their responsibility to make sure they are receiving the right care that they can receive. There are so many ways to show caring that the possibilities never end. The purpose of this study was to generate knowledge which informed caring in nursing as a discipline within applying attributes of caring. Mayeroff and Roach's attributes guided the concept analysis within the theoretical perspective of caring. The emerging themes are: Caring as the central focus of Nursing, Caring as a Profession and Discipline, Our perspective of caring, Our idea of a caring nurse, and How does Nurse care for others. Caring is everything and nurse should applying attributes of caring in the fields of nursing. Caring is not only able to care for the client, but also how the client is satisfied and the nurse always continues to improve knowledge and be innovative and creative.

**Keywords:** nursing profession; caring; discipline

**INTRODUCTION**

As a disciplined group of individuals who obey ethical standards, it is a profession. This declaration is to society and is our commitment to care for individuals, groups, and communities, often when they are in their most susceptible state. In return, society grants us a license to practice our chosen profession with commitment and dedication. The license informs the public that its practitioners are efficient, accountable to any actions pertaining to practice that which the profession has deemed necessary. A profession is a call-in that requires special and skilled planning. A profession is differentiated from other kinds of occupation by 1) Its requirement of prolonged specialized training acquiring a body of knowledge pertinent to the role to be performed, 2) An orientation of the individual toward service, either to community or association. And the criteria of a profession are: 1) Professional status is achieved when an occupation involves practice, A profession bears great individual responsibility and based on theoretical knowledge, 2) The privilege to practice is granted only after the individual has accomplished a standardized program of highly specialized education and has established an ability to sustain the standards and competence for practice, 3) The body of specialized knowledge is continually enlarged and assessed through research and 4) The members are self-organized and collectively assume the responsibility of corroborating standards for education and practice<sup>(1)</sup>. Nursing has filled the criteria of a profession. It was an occupation that engages practice (like working in the hospital or other fields and which receives remuneration or compensation) and must pursue continuous professional development such as graduate studies, post-graduate programs, seminars, and training to enhance their competencies and have the body of specialized knowledge is continually developed (be developed through research), moreover, being a member of a credited professional organization to keep the responsibility of establishing standards for education and practice. Professional development in Nursing can be seen as a specified education, knowledge base, ethics, and autonomy. And the role of the professional nurse includes care provider, communicator, educator, counselor, client advocate, change agent, leader, manager, researcher<sup>(1)</sup>. If the nurse has been carried out his role properly and responsibly, finally, they are a professional nurse who has given satisfaction to the patients or clients.

Numerous authors contend that a discipline is known by the knowledge base that embodies its distinctive perspectives, theories, methods, worldviews, and phenomena of concern<sup>(2)</sup>. The meaning of discipline is both teaching and learning. The knowledge is enlarged in the Nursing discipline to practice professional nursing, It is called nursing science, which is constructed by a rigorous study of practice, theory, and research. The shared knowledge from other disciplines is what shapes science. The meaning of nursing can be a noun (body of knowledge) and also can be a verb (the practice of nursing).

**METHODS**

Mayeroff and Roach's attributes guided the concept analysis within the theoretical perspective of caring. This investigation describe the feelings and experiences of Nurses in caring, either as a teacher (Nurse Educator) or caregiver.

## RESULTS AND DISCUSSION

### Caring as a Central Focus of Nursing

Caring is a unique value and can only be seen in the Nursing profession. It is a trademark that relates to nurses. Over 30 years of scholarship in caring, new ideas, and multiple meanings of caring have been advanced. Although there are many different ways of caring and the definition of caring, there are several common threads. Mayeroff explained caring “as helping another grow and actualize himself, is a process, a way of relating to someone that involves development, in the same way, that friendship can only emerge in time through mutual trust and a deepening and qualitative transformation of the relationship”. Furthermore, Mayeroff stressed a concept like “caring” grow not only by discovering and describing the essential ingredients of caring but also by considering caring in a wider context and seeing how it functions and could function within a man’s life viewed as a whole. Mayeroff major’s ingredients of caring (knowing, alternating, rhythms, patience, honesty, trust, humanity, hope, and courage)<sup>(3)</sup>. Personal knowing is very important for understanding others, Mayeroff also stressed that principals who demonstrate personal knowing typically promote, encourage, and celebrate the success of self and others <sup>(4)</sup>. The other scholar, Roach has identified major ingredients and attributes of caring. Roach’s essential attributes of caring—the Six Cs- provides a framework to teach and learn to care in nursing, they are compassion, competence, confidence, conscience, commitment, and comportment<sup>(5)</sup>. Compassion is an intentional attempt to understand the other person’s experience, pain, suffering, happiness, and joy that foster the relationship between the nurse and one nursed. Competence is the knowledge of the person, the judgment to respond appropriately, and the skills to care competently. Confidence is the nurse’s ability to gain the trust of the other and trust in self. Conscience is the moral component of nursing—doing what is right, knowing what is wrong, and taking action when needed. Commitment is fundamental to nursing; this is a nursing pledge to society and the profession to care for others. Comportment is the nurse’s demonstration of respect for self and the profession<sup>(6)</sup>.

### Caring as a Profession and Discipline

Every human being needs and capable of caring<sup>(7)</sup>. Caring remains the most important concept for illuminating what happens in the nurse-patient relationship and the mutual human-environment nursing process. Many philosopher’s interests in caring, this is proved by the result of research about caring. Because caring must be applied and grown by a nurse. Mayeroff also asserted that by serving through caring, a man lives the meaning of her/his life, can grow and actualize. Another reason, why caring is the focus in nursing because caring is complex, a relational concept that relies on the intricate interactions between individuals and others in their lifeworld<sup>(7)</sup>. So, caring must be developed continuously through research. Have to be known that caring does not require knowledge, but according to Mayeroff, caring requires understanding who the other is, what her/his needs are, what is conducive to the other’s growth, what the other’s powers and limitations are, how to respond properly to needs and to understand powers and limitations of self <sup>(3)</sup>.

### Our perspective of caring

Caring remains the inner core, the essence of nursing. Based on the proponents’ experiences when taking care of their patients, they view caring as to how do they take care of the patient as well as possible because the goal of treatment is to accelerate, improve the healing and recovery process of the patient resulting in immediate recovery. The proponents can often evaluate their nursing services through the patient’s response and the patient’s family evaluation. Caring is an act that shows altruistic dedication to others to sustain another person’s needs. It is aligned with the moral ethics of the profession. Moreover, the proponents experienced and observed that the application of caring by nurses tend to apply the daily routine, such as routine in assist the patient in performing hygiene, taking the vital signs, treating injuries, and other activities of daily living. They view the caring that is not only routinely performed, rather how nurses develop and improve their knowledge through research which is enhanced by the use of modern technology.

### Our Idea of a Caring Nurse

A professional nurse not only working as a staff nurse in the hospital (clinical), or an academician and any other related fields are individuals who have received a formal education and knowledge of caring, all the attributes of caring can be applied when they worked well in their chosen field of endeavor. Caring is not just treating patients but how to develop the future of nursing science through research. Barry, Gordon & King stressed that nursing expertise is developed through intention, experience, study, and reflection on nursing situations <sup>(6)</sup>.

The Locsin model demonstrates the right relationship between technology and caring in nursing by making clear that the competent use of technology in nursing is in service to caring<sup>(8)</sup>. The ability for using Technology in nursing is part of caring, as with the ability to use the technology to minimize patient discomfort, for instance, discovering the location detector of an IV line. This invention fastly helps the nurse to meet vessels venous blood and decrease the frequency of syringe puncture. Caring does not only have to frequently visit patients but also how do we ensure that patients get well, how to be able to use advanced tools to minimize the inconvenience to the patient such as the ability to use a respirator, ECG, infuse pump, etc. Nurses need to understand what is caring. They must always strive to improve science through training, learning about the use of sophisticated tools to support nursing services, and do not forget to also have to do research based on the everyday experience they encounter. Research can also be done when applying new knowledge to be identified impacts (benefits and disadvantages). Besides, Our idea of a caring nurse, who is students, clinical instructors, health care team members applies caring relationship in the workplace by showing professionalism in their communication and action at all times. From our viewpoint, it cannot be denied that caring is the most important characteristic that a nurse should have. And this is initiated by establishing a therapeutic nurse-patient relationship from the first encounter. In clinical

scenarios, this starts from the time we greet our patients, verify their identity, and introduce ourselves as their nurse. In the academic set-up, it starts from the time we greet our students and assess their needs or comfort in the classroom.

### How does Nurse care for others?

From the proponent's perspective, the caring attributes are merely shown through communication and compassionate care. Dealing with the patient respectfully and providing gentle touch when caring like for instance feeding, clothing, or giving a bath. We can also apply the theory of nursing about caring. Every steps always considering the characteristic of caring. Nurses have to apply Roach attributes every day, with the aid of modern technology in nursing competently which will give critical thinking for the development of nursing. In the "On Year On Journal" experiences was applying 6Cs of Caring, They stressed that 6Cs characteristics could be used as anatomical structures of nurse behavior<sup>(9)</sup>. 6C has provided satisfaction to others, however, practicing 6 Cs is not an easy thing to deal with the complexities of nursing problems<sup>(10)</sup>.

As an educator, we can apply the Roach attributes, for example when we encounter student problem because did not pass the examination. What should we do?, we will digger her/his problem and give empathy (compassion). We apply our knowledge of therapeutic communication (competence). We explain what is accepted and not accepted about her/his behavior, and take action when necessary (conscience). We and our students commit to solving the problem (commitment). And we must keep our profession concerning self, without using emotional or personal involvement (comportment). Moreover, the proponents are in the academic working research and one of their research proposal about giving IM injection using z-track, bunching and stretching technique, which has the goal in choosing the most effective technique with less pain, this is one of our caring to applicate Locsin's Theory about Competency Technology of Caring in Nursing. Besides that, as an academicians, we have to be updated and subject ourselves to continuous professional development through our education, and by enhancing our competency using e-learning that is vital to our students.

### CONCLUSION

Nursing indeed is the art of caring and selfless giving of time, effort, love, and care. Each patient uniquely cares for based on what they need, their diagnosis, and their day to day activities that nurses need to attend to. The patient is the center of nursing, and it is their responsibility to make sure they are receiving the right care that they can receive. There are so many ways to show caring that the possibilities never end. Nurses should show support, comport, and help the patient recover to the best of their ability.

It's a daily risk of exposure to different microorganisms that nurses should never hinder the capacity and willingness to render the optimum care and to ensure an improved quality of life of their patients. Each patient has an individualized plan of care and tabled with the nursing care plan for each problem. These problems, may it be actual, wellness or risk problem is thoroughly assessed to respond for the daily needs of the patient. Caring is a simple yet strong and powerful word. Though everyone knows what caring is, each person has his/her unique perception of caring. Caring is everything and nursing as caring is an example of a demonstration of a high level of excellence and competence.

Nursing is not only a mere degree but a profession that requires commitment and dedication. It is a standardized work refined through practice, development, efficiency, responsibility, and research. It requires enough skills and understanding that is put in service, which means caring beyond shallow purposes and intentions. Empathy keeps caring as the most valuable virtue we could provide to others. May it is inside or outside the practice area of nursing, nurses could give proper and outstanding attention to the welfare of all. In this discipline, nurses become more subjective upon what actions and decisions should be taken up in certain situations and aspects of occurrences. In this fast-paced world, with the improvements of technology and accommodations of needs of people to receive easier ways of living, nursing provides many ways to care about others where theories and attributes from professionals and philosophers are integrated, which will never make it the least to matter, but the priority for the common good of all.

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