



History *of* **NURSING**



TK Indrani
Jitika Royal

2nd
Edition



Contents

Chapter 1: Historical Development in Nursing	1
❖ History of Nursing	2
❖ Nursing in Early Civilizations	4
❖ Early Christian Era	10
❖ Early Middle Age	12
Chapter 2: Contributions of Florence Nightingale	19
Chapter 3: Nursing in India	23
❖ Ancient History of Nursing in India	23
Chapter 4: Nursing as a Profession	35
❖ Philosophy of Nursing	37
❖ Scope of Nursing	45
Chapter 5: Development of Nursing Education in India	49
❖ Evolution of Nursing Education in India	49
❖ Nursing and Midwifery Council (NMC)	59
❖ Ethical Aspects of Nursing	65
Chapter 6: Code of Ethics	65
❖ Code of Ethics	65
Chapter 7: Trends in Nursing	74
❖ Nursing Trends	74
Chapter 8: Telemedicine and Telenursing	84
❖ Telemedicine in India	84
<i>Key Terms</i>	95
<i>Index</i>	99

Chapter 1

Historical Development in Nursing



"The amount of relief and comfort experienced by the sick after the skin has been carefully washed and dried is one the commonest observations made at a sickbed." —**Florence Nightingale**

INTRODUCTION

Nursing, one of the oldest arts, remains an indispensable modern occupation rooted in the fundamental human need for care and comfort in times of illness and injury. Its origins can be traced back to the dawn of human existence, reflecting the intrinsic connection between nurturing and the preservation of life. The historical evidence underscores the crucial role of nursing in the very survival and development of the human race.

A comprehensive understanding of nursing's evolution requires delving into general history as a foundation to comprehend and interpret the dynamic changes that have shaped the profession. The roots of both medicine and nursing intricately weave through mythologies, ancient cultures in the East and West, and various religions.

Exploring the history of nursing enhances a nurse's awareness and fosters an appreciation of the social and intellectual foundations of the discipline. Since its inception, nursing has been a manifestation of community service dedicated to safeguarding and perpetuating the well-being of families. Notably, both men and women historically assumed nursing roles, highlighting the inclusive nature of the profession.

In ancient times, particularly during prehistoric periods, women played a pivotal role in gathering herbs, roots, and plants with

medicinal properties, contributing to the healing of the sick. This early connection between women and herbal remedies laid the groundwork for the holistic approach that continues to characterize nursing today.

The symbiotic relationship between nursing and medicine has evolved over centuries, shaped by cultural, societal, and religious influences. Recognizing and appreciating this historical journey not only honors the profession but also informs contemporary nursing practices. As nursing continues to progress, acknowledging its rich history remains integral to cultivating a deep sense of purpose and dedication within the profession.

■ HISTORY OF NURSING

- ❖ Nursing has a rich history spanning centuries, predating its integration with modern medical practices.
- ❖ Within familial settings, the responsibility for nursing needs fell upon family members who attended to the sick at home.
- ❖ The advancement of medicine, surgery, and public health transformed into intricate technical domains, demanding specialized procedures performed by trained individuals with a deep understanding of scientific principles.
- ❖ This transformation gave rise to the nursing profession.
- ❖ Examining the historical trajectory of nursing reveals challenges faced in the past, the ingenious solutions found, and the rapid progress made despite hindrances.
- ❖ In early history, nursing emerged as a form of community service, rooted in the instinct to preserve and protect the family unit.
- ❖ Nursing originated from a fundamental desire to maintain health, extending care, comfort, and assurance to those in need.
- ❖ The history of nursing intricately weaves into the tapestry of healthcare, economic shifts, societal dynamics, and cultural trends.
- ❖ The profession's evolution mirrors and responds to these multifaceted influences.
- ❖ Ongoing transformations in healthcare are profoundly influencing the nursing profession.
- ❖ These contemporary changes underscore the dynamic nature of nursing and its adaptability to emerging challenges.

- ❖ In essence, nursing's enduring history, independent of modern medicine, reflects its intrinsic ties to family care and community service. The evolution of nursing as a profession resonates with the dynamic interplay of societal, cultural, and healthcare dynamics, with the profession continually adapting to meet evolving challenges.

Prehistoric Nursing

Myths, songs, and archaeological discoveries shed light on the prehistoric man's approach to caring for the sick. During this era, there was a prevailing belief that illnesses were caused by 'evil spirits infiltrating the body.' In response, various practices were employed to address the perceived intrusion of these malevolent forces. Prehistoric man believed that a thing in nature like tree or river had a spirit or soul.

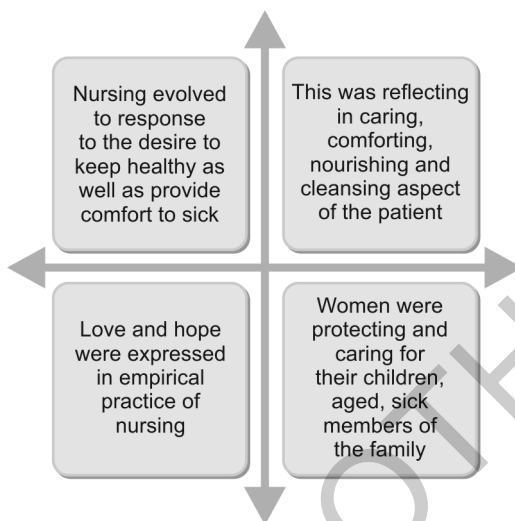
The ill-treated body underwent harsh measures, including starvation, physical beatings, the administration of nauseous substances, drum beating, magical rites, ceremonies, and inducing sudden fright—all aimed at expelling the evil spirits believed to be responsible for the sickness. In this context, the figure serving as both a doctor and nurse was regarded as a magical practitioner, adept at wielding mystical forces to counteract and dispel the perceived malevolence causing illness. This multifaceted healer played a pivotal role in the prehistoric community's attempts to restore health and well-being by navigating the spiritual realm to counteract the perceived influences of evil spirits.



Role of Nurse in Primitive Period

The role of the nurse in primitive periods was characterized by women's maternal guardianship, providing basic healthcare to the family unit. Primitive nursing practices evolved to address the dual purpose of maintaining health and offering comfort, with a focus on caring, comforting, nourishing, and cleansing. Love and hope found expression in the empirical nursing practices of these early societies, emphasizing the foundational aspects of compassionate care which is shown in

Flowchart 1.1.

Flowchart 1.1: Role of a nurse in primitive period.

■ NURSING IN EARLY CIVILIZATIONS

The ancient cultures and practices of health care are depicted in **Figure 1.1**.

Sumerian

The Sumerians, who thrived around 5,000 years ago, were a fascinating ancient civilization. Rather than characterizing their religious practices as worshipping evil spirits, it's more accurate to say they had a polytheistic belief system, acknowledging a variety of deities. These Gods were associated with natural elements, societal concepts, and aspects of life.

Babylonias (New Iraq)

They believed, illness was caused by sun and anger by God. Temples became center for medical care. They brought the sick and obtained advice, diagnosis, and treatment of diseases. Their treatment consisted of giving better concoctions, in order to drive away the evil spirits from the rich persons. The team approach was used to treat the sick persons.

❖ Physician directed the treatment



Fig 1.1: Types of ancient cultures.

- ❖ Nurse carried out the case
 - ❖ The pharmacies prepared the medicine
 - ❖ Along with this spiritual care was also given.
- So, the Babylonians believed that sin was the cause by anger of God.

Persians (New Iran)

Persians were a group of Iranian tribes. Their religion at the time was Zoroastrianism. The founder of this was "Prophet Zoroaster". The Parsees in India are descendants of the Persians. They believed in "evil spirit theory of disease". Their holy book is called *Avesta*. This describes ceremonial rules of laws for birth and death. After a person's death body was fastened to the roof of a special high tower called "Tower of silence". The birds picked the flesh, bones, dropped to the pit below the tower.

The Health Care

Three types of practitioners came out of their medical centers:

1. Those who heal with the knife
2. Those heal with herbs
3. Those with holy words

Ancient Egypt

Ancient Egypt holds the earliest known medical records dating back to around 1600 BC, documented on Papyrus Paper. Among these, the “Ebers Papyrus,” famously brought to light in 1874 by Dr Ebers of Germany, stands out. Egyptians attributed the origins of medicine to divine sources.

One of the eminent figures in ancient Egyptian medicine was “Imhotep,” meaning “he who comes in peace.” Revered as a priest physician, Imhotep was cherished for his compassionate nature and remarkable success in healing the sick. Temples served as vital hubs for the healing process in Egyptian society.

Central to Egyptian belief was the notion of life after death, prompting the development of sophisticated embalming and bandaging techniques to preserve bodies, leading to the creation of mummies. These preserved bodies offer invaluable insights into the diseases and treatments of the time.

High-ranking women in Egyptian society often assumed roles as priestesses in temples, where some assisted in caring for the sick. Moreover, within households, mothers and daughters played significant roles in nursing the ill. Despite their advancements, Egyptians strictly prohibited the dissection of deceased bodies.

Ancient Hebrews

The best source book of the history of Hebrews, is the Old Testament of a Bible. Many rules and regulations in regard to social and religious customs, healthy, sanitary practices are compiled into, what is called the Mosaic code. This code presents, a systematic organized method of practice of disease. It includes principles of personal hygiene to rest, sleep, cleanliness, hours of works and special rules for women. Principles of public hygiene and sanitation regarding food, disposal waste of excrete and garbage, isolation, quarantine disinfection and reporting of communicable disease. Isolation keeping some diseased person separately, quarantine supporting the disease will be disappeared, we have tendencies to spread to others. So, they are kept separately, and reporting of communicable disease. The high priest was “priest physician” and health inspector. Houses of hospitality, forerunner of inns, hotel and hospital. They practiced excellent hospitality, visiting and caring for the sick was religious duty. A nurses role includes a midwifery.

Ancient Americans

Before Columbus discovered America, a highly developed culture flourished there. There were many different groups, but much is known about Mayas, Eucas, AZTECS. The priest was the medical advisor and pharmacists. They practiced sweat bath. The AZTECS were war like group ruling central America. They also practiced sweat bath and human sacrifice to cure diseases.

Incas

Incas empire was located in Peru in America. They were skilled engineer at supervision bridges. They practiced “Trephin ring” (making hole in the skull to cure disease) and applied cranial bandage skills. They also believed diseases were caused by anger of God. Disease gift to the God were in the forms of “Effigy”. The Incas also practiced “sand painting” to cure the disease.

Sand painting, applied to the sense of sight. Prayerful singing to the sense of hearing the sweet-smelling herbs, to the sense of smell, and the herbs to be eaten to the sense of taste, faith on the part of the patients. In addition to their technique, they also practiced “Hydrotherapy” (bringing down the temp down) into the healing ceremony.

Ancient China

The Chinese doctors used systematic methods of diagnosis like our modern doctor, the Chinese doctor’s slogan was look, listen, ask and feel. Among the Chinese doctor “Sen lung was known as father of medicine in China and an authority of an internal medicine. The Chinese doctors practiced “vaccination” as earlier 1000 BC. They used “seaweed” to cause thyroid conditions and chaul mogra oil for curing leprosy. As earlier as 13,000 AD physiotherapy was also used, as part of treatment. They recognized disease such as “Syphilis and Gonorrhea”. They also had halls, near to temple where the sick prayed for healing hygiene was important, bathing and wearing clothes were advised and practiced. Tea drinking was an ancient precaution in China, against intestinal infections. The Chinese believed when disease due to the evil spirits in the patients. Thus, nursing was impossible, and this faith also prevented the progress of medical progress.

Ancient Japan

Japanese copied Chinese system of medicine. They developed the art of acupuncture. Today, it is a highly specialized branch of medicine, practiced all over the world.

Ancient India

3000 BC

The Ayurvedic system placed significant emphasis on promoting hygiene, preventing sickness, and implementing measures such as inoculation against smallpox. The importance of sanitation, proper ventilation, and well-equipped kitchens was recognized. Hospitals were constructed, and efforts were made to cultivate medicinal plants. Additionally, suitable accommodations were provided for animals.

600–700 BC

Nursing played a crucial role in patient care. Nurses were described as cool-headed and pleasant, refraining from speaking ill of others. They were strong, attentive to the needs of the sick, and diligently followed physicians' instructions. According to Charakha Samhita, nursing attendants were expected to be resourceful, devoted, and possess purity of mind and body. Good behavior, along with distinguished cleanliness habits, was deemed essential. Nursing treatments included baths, enemas, emetics, infusions, venesection, gargles, massages, and limb manipulation. Nurses assisted patients in movement and bed-making, while also being skilled in compounding drugs.

226–250 BC

King Ashoka made significant contributions by constructing monasteries and hospitals for both humans and animals. Physicians and midwives were required to be trustworthy and skilful, adhering to cleanliness standards. Surgical procedures were preceded by religious ceremonies and prayers. Interestingly, nursing attendants were predominantly men or elderly women. Women took care of sick family members, showcasing a dedication to patient well-being, despite the often-unrewarded nature of their work. Desirable qualities for nursing attendants included good behavior, purity, kindness, and skill.

the need for community nursing training, the government gradually began to address this issue. In 1946, CHN was integrated into the Basic Nursing Program at institutions such as Delhi, Vellore, and Chennai, marking a significant step towards addressing the healthcare needs of communities in India.

SUMMARY

The historical development of nursing can be traced back to ancient civilizations, where care for the sick and injured was provided by family members or religious figures. Over time, nursing evolved into a formal profession with the establishment of religious orders dedicated to caring for the sick. In the 19th century, pioneers like Florence Nightingale revolutionized nursing by emphasizing hygiene, patient care, and education. The establishment of nursing schools and professional organizations further solidified nursing as a respected profession. Today, nursing continues to evolve with advancements in technology, research, and education, shaping the future of healthcare.



REVIEW QUESTIONS

Long Answer Question

1. Write in detail about the historical development of nursing.

Short Answer Question

1. Explain the role of nurse in primitive period.

Multiple Choice Questions

1. Which ancient civilization is known for its early development of nursing practices and the establishment of temples dedicated to healing?

- | | |
|-------------------|------------------|
| A. Ancient Greece | B. Ancient Egypt |
| C. Mesopotamia | D. Ancient China |

Ans: B. Ancient Egypt

Explanation: Ancient Egypt is renowned for its advanced medical practices, including nursing. Temples dedicated to the God Imhotep, who was considered the patron of healing, served as centers for medical care and education, where priests and priestesses practiced various medical procedures, including nursing.

2. In which year the East India Company constructed the Government General Hospital in Chennai to serve civilians?

- | | |
|---------|---------|
| A. 1928 | B. 1939 |
| C. 1664 | D. 1871 |

Ans: C. 1664

Explanation: In 1664, the East India Company constructed the Government General Hospital in Chennai to serve civilians. By 1871, this hospital had taken on the responsibility of training nurses.

3. In which year Community Health Nursing was integrated into the Basic Nursing Program at institutions in Delhi?

A. 1926

B. 1936

C. 1946

D. 1956

Ans: C. 1946

Explanation: In 1946, Community Health Nursing was integrated into the Basic Nursing Program at institutions such as Delhi, Vellore, and Chennai, marking a significant step towards addressing the healthcare needs of communities in India.

History of NURSING

Salient features

- Thoroughly updated and revised edition.
- Covering all the important aspects of history of nursing.
- The content is organized with consistent and integrated approach.
- Student friendly: Bullet points presentation that enables the student to learn with ease.
- Revision and self-assessment can be done by utilizing the review questions.
- It includes significant terminologies for quick in-hand reference.

TK Indrani BSc (N) is an Ex-Assistant Lecturer, College of Nursing, Sri Ramachandra Medical College and Research Institute, Sri Ramachandra Deemed University, Chennai, Tamil Nadu, India. She is 73 years old with 26 years working experience—16 years teaching experience inclusive of 2 years with BSc Nursing Program and 10 years with health workers' scheme. She has been writing books for various schemes with Jaypee Brothers Medical Publishers since 1998. Overall, she has written eight books for health workers, three books for BSc Nursing according to Indian Nursing Council (INC) syllabus.

Jitika Royal MSN (Mental Health Nursing) has completed her bachelor's from Laxmi Bai Batra College of Nursing, New Delhi, India and later completed her MSc in Mental Health Nursing from Rufaida College of Nursing, Jamia Hamdard University, New Delhi, India. She is also the author of *LC Gupta's Manual of First Aid (Management of General Injuries, Sports Injuries, and Common Ailments)*. She has many years of clinical and teaching experience with numerous research publications to her credit.



Scan for more...

Printed in India

Available at all medical bookstores
or buy online at www.jaypeebrothers.com



JAYPEE BROTHERS
Medical Publishers (P) Ltd.

EMCA House, 23/23-B, Ansari Road,
Daryaganj, New Delhi - 110 002, INDIA
www.jaypeebrothers.com

Join us on [f facebook.com/JaypeeMedicalPublishers](https://www.facebook.com/JaypeeMedicalPublishers)

ISBN 978-93-5696-931-5

