Her name was Marina, young and beautiful with blue eyes, pale wrinkled face and hairs with gold tinge which was surely the decision of her best friend as she used to insist her to focus on her health, despite the fact that she was getting worse day by day, coughing out blood and nauseating at the sight of food. She was lying in coffin, only two days after being diagnosed to have an ulcer in her stomach, as if she had recently retired from a hectic routine of managing her patients empathetically throughout the day in emergency department of the famous hospital of the town, where on average ten expiries were handled by the team and today she was amongst those who were to be labeled as expired, just because of neglecting her health due to professional responsibilities and trying routine. She was lying on death bed with a smile on her face giving the impression of eternal peace which she never had while serving as the most hardworking person of the department throughout her career.

Patients used to come and go, some happy for being well managed and some reluctant to accept the nature of disease through which they or their loved ones were suffering. Marina was one of the team members who daily fought the battle of life and death for their patients but during the past three months, she used to have mild pain in her stomach, which she never took seriously and managed herself by taking over the counter medicines for pain relief due to her trying job timings after which all she wanted was a good sleep and some prepared food. It was not late in the midnight when she started spitting out fresh blood and died within 2 hours despite management.

Many nurses around the globe risk their lives for their profession. Their training at personal and institution level is extremely necessary in this noble profession as they are the precious element of the health system. Most staff nurses miss their meals or a large composition of their daily diet is ready to make foods which are deficient in daily requirements of essential vitamins along with intake of caffeinated drinks having a lot of sugar and coffee or tea which is bad for health and results in obesity, hormonal imbalances and weak bones etc.

Lack of exercise is another issue that leads to poor health of nurses in the long run because they can't manage their time efficiently to go for a proper exercise session hence they develop decreased muscle mass with increased fat content therefore promoting a healthy lifestyle among nurses should be undertaken seriously.

Emotional stress is another very common issue to be considered when dealing with nurse professionals and teaching emotional intelligence must be a part of training of every individual as well as conducting frequent refresher sessions will prove to be fruitful indeed. Patient's misbehavior, aggressiveness, life and death issues, trauma care, timed tasks challenge, long duty hours and lack of sleep build up emotional instability among staff leading to short tempered behavior, inability to concentrate and poor problem solving along with mood swings.

Job satisfaction must be ensured at every cost in order to prevent over burdening of the individual and also to establish harmony in the long run by promoting healthy intra team relationships. Mentoring programs must be undertaken for this purpose to avoid inadequate communication, intraprofessional oppression, lack of collaboration and to improve work force condition.

Most of the nurse professionals do not get time for fun activities and also to take time to learn more about their profession hence it must be stressed and focused that they get time to think about themselves, practice self care and also manage time to study and learn new skills and refresh their knowledge which will equip them with confidence, ability to cope with depression, awareness about recent advances and knowledge regarding present day practices.

Health of nurse professional is the most important step need to be executed if we want our patients to be well managed with timely medication and in the learned hands under a conducive physical work environment.

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