

Letter to the editor

Why You Should Be a Nurse: A Future Direction

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SUMMARY

This letter emphasizes the vital role of nursing as a globally respected profession that bridges science and arts, crucial for healthcare's backbone. It highlights the global shortage of nurses, particularly in low- and middle-income countries, exacerbated by an ageing population and challenging work conditions. Specifically, it notes Pakistan's situation, with a significant nurse-patient ratio disparity, and underscores the profession's rapid evolution in regions like Khyber Pakhtunkhwa. The letter argues for the unique employment opportunities nursing provides, including domestic and international positions, and suggests that having at least one nurse per family can be beneficial for both personal and economic reasons.

Keywords: Education, Healthcare, Nursing, Profession

INTRODUCTION

Nursing is a globally respected profession, combining science and arts. It is the backbone of healthcare, requiring education in theory and clinical practice. Educational institutes must equip students with theoretical knowledge and improve clinical skills for quality care and patient safety (1). The World Health Organization reports a global shortage of 5.9 million nurses, primarily in low- and middle-income countries, due to factors like the ageing population's increased healthcare needs and difficult working conditions, causing significant consequences for patients and the healthcare system (2).

Pakistan is among the developing countries with the 5th largest population of over 200 million. Pakistan had 116,659 registered nurses in 2020, according to the Pakistan Economic Survey 2020–2021. The Pakistan Nursing Council recommends a nurse-patient ratio of 3:10, whereas the current ratio in Pakistani hospital general wards is 1:40 (3). Nursing is one of the rapidly evolving professions in all provinces, particularly in Khyber Pakhtunkhwa; thus, these colleges provide an excellent option for people to enter the nursing field.

The family's major worry when a member enrolls in any program is whether or not they will be able to find employment once the education is completed. Regarding the concern of family, nursing may be the only profession that will help people and their families in some way. The first priority is to work in the government or private sector within the country, or the nurse may join the nursing institute in the form of a nursing lecturer or demonstrator. Moreover, the nurse may also move to foreign countries, especially to the Middle East, Europe, or the United States, to support their family and contribute to the country's economy. If all the ways remain closed or difficult for someone, they may provide care to their parents and family within the home to save on the expenses of private hospitals. These opportunities can only be provided by the nursing profession and may be beneficial for the nurse as well as for their family members; therefore, there should be at least one nurse in each family.

CONCLUSION

Nursing stands out as a critical profession offering a unique blend of challenges and opportunities, addressing global health care shortages while presenting varied career paths. The profession's importance is particularly pronounced in developing countries like Pakistan, where it also serves as a viable solution for employment and family care. Encouraging more individuals to pursue nursing can not only help mitigate the global healthcare crisis but also offer substantial personal and economic benefits, making a compelling case for investment in nursing education and professional development.

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