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## Nursing Posting for Medical Students

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### ABSTRACT

Nursing perspective is different from doctors. It is a known fact that doctors and nurses must work together for the better patient care. It is very important for doctors to know how nursing services are provided. Moreover a good communication and team work is an essence of present medical service. So, this attitude should be embedded in the medical education to decrease professional distance and increase mutual respect in future. PAHS has provided this opportunity as a nursing posting with a vision of holistic teaching of medical students and shaping a positive attitude towards all health care providers.

**Keywords:** medical education, medical student, nursing

### INTRODUCTIONS

This is interesting to have medical school curriculum require doctors to work as nurses during the training. School of medicine, PAHS has included a week long 'nursing posting' for medical students. The first week of medical school starts with all the medical students work alongside nurses, in shift duty, providing 'actual nursing care' for the patients as per the order for individual patients.

### VISION

This gives the future doctors a first hand, practical exposure of nursing care for the patients, to 'feel' from nurses perspective how to provide for the patients, their expectations while admitted in hospital beds, and develop 'respect' for the work provided by nurses in overall patient care, like monitoring vitals, making beds, maintaining IV lines, oxygen delivery, nebulization, food and nutrition, family support and many more.

This program has given opportunity for both nurses and medical students to appreciate each other better, to minimize the professional distance there may be between doctors and nurses. Contrary to the culture of addressing by 'Doctor this or Doctor that', feel comfortable by calling the medical students by their first name. This endeavor has given opportunity for rapport building and professional bonding of young medical students with nurses early in start of their medical school. Nurses feel that they have chance to contribute in overall holistic teaching of medical students and shaping their attitude towards health care providers by developing mutual respect in team work for better service delivery to the patients and their family.

## PRESENT STATUS

This program has been gained recognition from nurses and medical students, faculties and stakeholders. This 'nursing posting' for medical students has been now increased to two weeks from the earlier trial and skepticism of one week duration. Students are required to submit their 'reflection' in writing and analyzed for the further improvements of the curriculum. By the completion of this posting we conduct a "debriefing meeting" attended the students, nursing in-charge of different wards, faculties, dean and other executives.

## STUDENT'S REFLECTION

The reflection from a student posted in Emergency department.

"In the first week of clinical year, we had nursing week posting. I was posted to Emergency room. I learnt so many things from nursing posting which is necessary in medical life. For the effective treatment of patient, combined care of doctors, nurses and other staffs is necessary. There should be good communication between all staffs. The doctors come in round and examine the patient and prescribe medicine but its the nurses who take care of patient most of the time. And there is gap of communication between doctors and nurses sometimes. So I learnt about importance of communication between doctors and nurses. I learnt about proper waste disposal technique (different colors of bucket for different types of waste product). Bed making, equipment and recording system is also necessary to learn because sometimes we have to do that work. So I am very happy to learn about all that systems. Due to this nursing posting, the relationship between nurses and medical student has become good which is very important for learning in further major rotations."

Few of the important things that I should reflect are:

1. Attended handover work as the duty shifted to next group of nurses.
2. Participated on bedside nursing care (Assisting nurses to make bed and oral care, back care).
3. Central supply was not working of sterilization of the devices and sending them back to the ward, observed the reporting system of that.
4. Observe the coordination and functioning of endoscopy ward(counseling to patient, nursing care given to them, recording the patient information into computer, cross checking the report and patients name, assisting the doctor directly by doing sterilization of device, giving oral analgesic to patient,

capturing photo of endoscopy, calling patients serially etc)

5. Got information about "Vaccine Preventable Disease Surveillance System" of Nepal which is also implemented at PH. It was senior nurse's duty to record the admitted cases of infective diseased individuals' esp. measles, pneumonia, meningitis, polio and tetanus and reporting it to the Government of Nepal every Monday or Tuesday by means of fax.
6. Nursing care Plan Card: the card with concise information of patients and future treatment plan.
7. Observed the feeding done by nurses to the patient.
8. Observed and performed Ox meter to know the SPO2 and pulse of patient.
9. Observed and performed Nebulizer placement to the patient.(1:1:2 asthalin : ipratropium bromide: NS), sterilized by putting on Vircon solution.
10. Observed the medication care provided by nurses to the patient. One of the interesting thing that I found was they used to put the oral tablets directly in a lead of bottle without directly touching the hand and put it into patient's mouth. Nice way of preventing contamination.
11. NPO: Nil per oral.
12. Cardex: report card which includes patient's diagnosis, medications, ways of medication, timing etc .
  - Got knowledge about Nursing that includes:
  - Bedside nursing care (bed making, back care, oral care)
  - Ambulation

## NURSING REFLECTION

The experience shared by nursing staff while working with students.

"Working and teaching medical students is a great experience. This is a very noble idea of connecting students with nursing. This is though very important but is not looked into seriously in existing medical education.

It is very important that students know how nursing functions in every department. This will help students to communicate and maintain a good rapport with the team. After all good medical care is a combined effort from everyone. I believe this is a great opportunity for ourselves as well to get updated. Once students start putting up their queries we have to take time from mechanical work and start reading. This will foster an academic environment of learning and teaching which can be done both ways.

This is also one area where we see, meet and connect with patients very closely. Apart from academic part that they will learn in this posting, they will also be able to see patients very closely into their hearts and soul. This will definitely improve the quality of health care services provided to the patient. If this continues, the day is not far when patient will always remember being taken care by students.

I believe that this is a part of the foundation in a medical study. Once a foundation is strong we can expect the future to be very strong. So, with this type of medical education, we are expecting a cooperative, well mannered, patient centered and skillful doctor out of PAHS medical students.”

## **CONCLUSIONS**

This nursing posting of medical students in the beginning of medical school curriculum is important and rewarding to ‘build foundation’ for the future ‘team work’, minimize the ‘professional gap’ between doctors and nurses and also develop the ‘feelings’ from nurses perspective how important it is to ‘listen’ to the suffering of the patients and their family for holistic patient care.

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