

**Nursing Magazine For Nursing Professionals**

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# **Nursing Magazine**

*By*

**Nursing Profession**





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# The Evolution of Nursing: From Ancient Times to Modern Era

Nursing has evolved from ancient caregiving by family members and religious figures to a highly professionalized field, significantly shaped by advancements like Florence Nightingale's reforms in the 19th century, the establishment of formal education in the 1860s, and the development of advanced specialties and technology in the 20th and 21st centuries.



Modern nursing emphasizes evidence-based practice, patient-centered care, and diverse roles, including remote care via telehealth.

## **Ancient times: Instinctive care and religious duty**

**Intuitive and domestic care:** In early human history, nursing was primarily an informal role performed by women within the family unit, based on intuitive caregiving and herbal remedies.



**Ancient civilizations:** Some cultures formalized caregiving roles. Ancient India, for example, had well-established hospitals by the 3rd century BCE, and the Charaka Samhita defined the qualifications for a good nurse, including intelligence and a sympathetic temperament. In ancient Rome, the first organized nursing care emerged with the establishment of deaconesses to care for the sick and poor.

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## 19th century: The dawn of modern nursing



**Florence Nightingale:** This era is defined by the transformative work of Florence Nightingale, the founder of modern nursing. Her experiences during the Crimean War in the 1850s, where she observed horrific sanitary conditions, led her to advocate for improved hygiene and patient care. Her work is credited with dropping the mortality rate in military hospitals from 42% to 2%.



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**Formal education:** In 1860, Nightingale founded the Nightingale Training School for Nurses at St. Thomas' Hospital in London, establishing formal, secular nursing education. Her book *Notes on Nursing* became the foundational text for the new profession.

**Professionalization:** Nightingale's efforts elevated the status of nursing, attracting women from more respectable backgrounds and shifting the perception of nursing from a menial task to a skilled profession.

## **20th century: Expanded roles and specialization**

**World Wars I and II:** These conflicts accelerated the professionalization of nursing. As nurses served on the front lines, they gained experience in triage and independent decision-making under extreme conditions. The wars also led to new medical techniques and a higher level of public respect for nurses.

## **Scientific and educational advancements:**

Throughout the century, nursing education shifted from hospital-based apprenticeships to university-level programs. Specializations in areas like critical care, pediatrics, and oncology began to emerge as healthcare grew more complex.

## **21st century: Technology and holistic care**



**Technology integration:** Today's nurses work in a high-tech environment, using electronic health records (EHRs), telehealth, and sophisticated monitoring devices. Advances like AI, robotics, and personalized medicine are also becoming part of nursing practice.

**Advanced roles:** Specialized roles have expanded further to include nurse practitioners (NPs), who have advanced training and can diagnose and treat patients, and nurse researchers, who contribute to evidence-based practice



# SNAI - Students Nurses Association Of India



The Student Nurses' Association of India (SNAI) is a professional organization for nursing students, established in 1929 under the parent body, the Trained Nurses' Association of India (TNAI). It is dedicated to fostering professionalism, ethical practice, and unity among aspiring nurses across the country.

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## **The primary objectives of the SNAI include:**

- To ensure the all-round development of students.
- To help the students to develop professional ethics
- To promote team spirit among students for a common goal.
- To promote leadership qualities and effective communication skills for future leaders in the profession and society.
- To encourage students to develop, participate and compete in various events at Unit, Zonal, State and National conferences.
- To encourage students to gain a positive attitude towards the nursing profession and develop pride in their profession.

## **Structure**

The SNAI is managed at the Unit (institutional), State, and National levels, with executive committees comprising both elected student representatives and TNAI faculty members/advisors. Upon completion of their training, SNAI members are eligible for full membership in the TNAI, ensuring a smooth transition into their professional careers.

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# Activities Of SNAI

**The SNAI organizes a wide range of activities to achieve its objectives, including:**

**Conferences and Meetings:** Organizes regular meetings and national/biennial conferences that provide a forum for students to discuss issues and solutions.

**Competitions:** Conducts various competitions such as poster exhibitions, public speaking, essay writing, and scientific paper presentations to showcase student talents.

**Community Projects:** Encourages students to undertake community health projects, such as health surveys and medical camps.

**Publications:** Provides opportunities for students to publish articles and research papers in The Nursing Journal of India.

**Advocacy and Welfare:** Engages in advocacy for the nursing profession and offers welfare grants, medical assistance, scholarships, and disaster relief funds to needy members.

**Maintenance of SNA Diary:** Unit secretaries maintain a biennial record of all activities, which are assessed for awards at state and national levels.

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## Key activities and initiatives

**Continuing education:** Organizes conferences, workshops, and skill-training programs to help nurses update their knowledge and skills.

**Publications:** Publishes the monthly Nursing Journal of India, which serves as a vital communication link for its members.

**Representation:** Represents Indian nurses to national and international organizations, including the International Council of Nurses (ICN).

**Welfare programs:** Manages welfare funds and schemes, including personal accident and death insurance, and offers support to members in need.

**Recruitment services:** Operates a government-accredited placement agency to provide safe and fair employment opportunities for nurses in India and abroad.

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# Updates

## **Government Of Gujarat:-Approval to Start a specialty course in nursing.**

**This course is a residential course, the matter of giving permission to In-Service Staff Nurses to study is also under consideration of the Government.**

| No. | Name Of Course                                       |
|-----|--|
| 1.  | Post Basic Diploma in Critical Care Nursing          |
| 2.  | Post Basic Diploma in Emergency & Disaster Nursing   |
| 3.  | Post Basic Diploma in Neonatal Nursing               |
| 4.  | Post Basic Diploma in Ortho & Rehabilitation Nursing |
| 5.  | Post Basic Diploma in Burns & Reconstructive Nursing |
| 6.  | Post Basic Diploma in Cardiology Nursing             |
| 7.  | Post Basic Diploma in Oncology Nursing               |
| 8.  | Post Basic Diploma in Psychiatric Nursing            |

In-principle approval has been given by the Government Health and Family Welfare Department, Government, to start the following one-year nursing course at Government Nursing Colleges/Medical Colleges/GMERS Medical Colleges and Municipal Medical Colleges in the State.

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# Updates

## Staff Nurse & CHO Vacancy :- Vadodara Dist ( NHM Contract Base )

### Important date for Application

|                        |                   |
|------------------------|-------------------|
| Application Start Date | November 01, 2025 |
| Application End Date   | November 10, 2025 |

**Total Vacancies: For Staff Nurse 18+12=30 &  
For CHO:-29 Post**

**Interested candidates can apply online through the official Website**

<https://arogyasathi.gujarat.gov.in>

**For More Information Contact Us Or Visit Official Website**

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# Updates

## CHO Vacancy :- Kheda Dist

**Total Vacancies: 7 Post**

### Important date for Application

|                        |                   |
|------------------------|-------------------|
| Application Start Date | November 04, 2025 |
| Application End Date   | November 10, 2025 |

**Interested candidates can apply online through the official Website**

<https://arogyasathi.gujarat.gov.in>

**Salary**

**30,000 /- +  
Intensive**

# Updates

## India With 3 Guinness World Record

### India Sets 3 Guinness World Record Titles Under Women's Health Campaign Swasth Nari, Sashakt Parivar Abhiyaan



The initiative set multiple records, including the highest number of people to register for a health care platform in a single month, numbering over three crore 21 lakh. It also achieved the record for the most people to sign up for a breast cancer screening online in one week.

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# Nursing World Wide

## Global Nursing Workforce : WHO

Nurses and midwives are central to Primary Health Care and are often the first and sometimes the only health professional that people see and the quality of their initial assessment, care and treatment is vital.



### SUMMARY OF WHO NURSING REPORT 2025:

1

**Global nursing workforce in 2023:** 29.8 million nurses, projected to grow to 36 million by 2030.

2

**Global shortage:** Despite growth, a shortfall of 5.8 million nurses persists; 70% of this will impact Africa and the Eastern Mediterranean by 2030.

3

**Inequitable distribution:** 78% of nurses are concentrated in countries with only 49% of global population

4

**Nurse density:** In Europe, 76.9 nurses/10,000 population vs. only 14.1/10,000 in Africa.

5

**Migration concerns:** 23% of nurses in high-income countries are foreign-born, mostly from low- and middle-income countries.

6

**Working conditions:** Wage gaps, poor mental health support, and unequal access to leadership hinder retention.

7

**Leadership gaps:** Only 66% of countries report nurse leadership development programs; Africa lags with 43%.



There are an estimated 29 million nurses worldwide and 2.2 million midwives. WHO estimates a shortage of 4.5 million nurses and 0.31 million midwives by the year 2030

Globally, 67% of the health and social workforce are women compared to 41% in all employment sectors. Nursing and midwifery occupations represent a significant share of the female workforce.

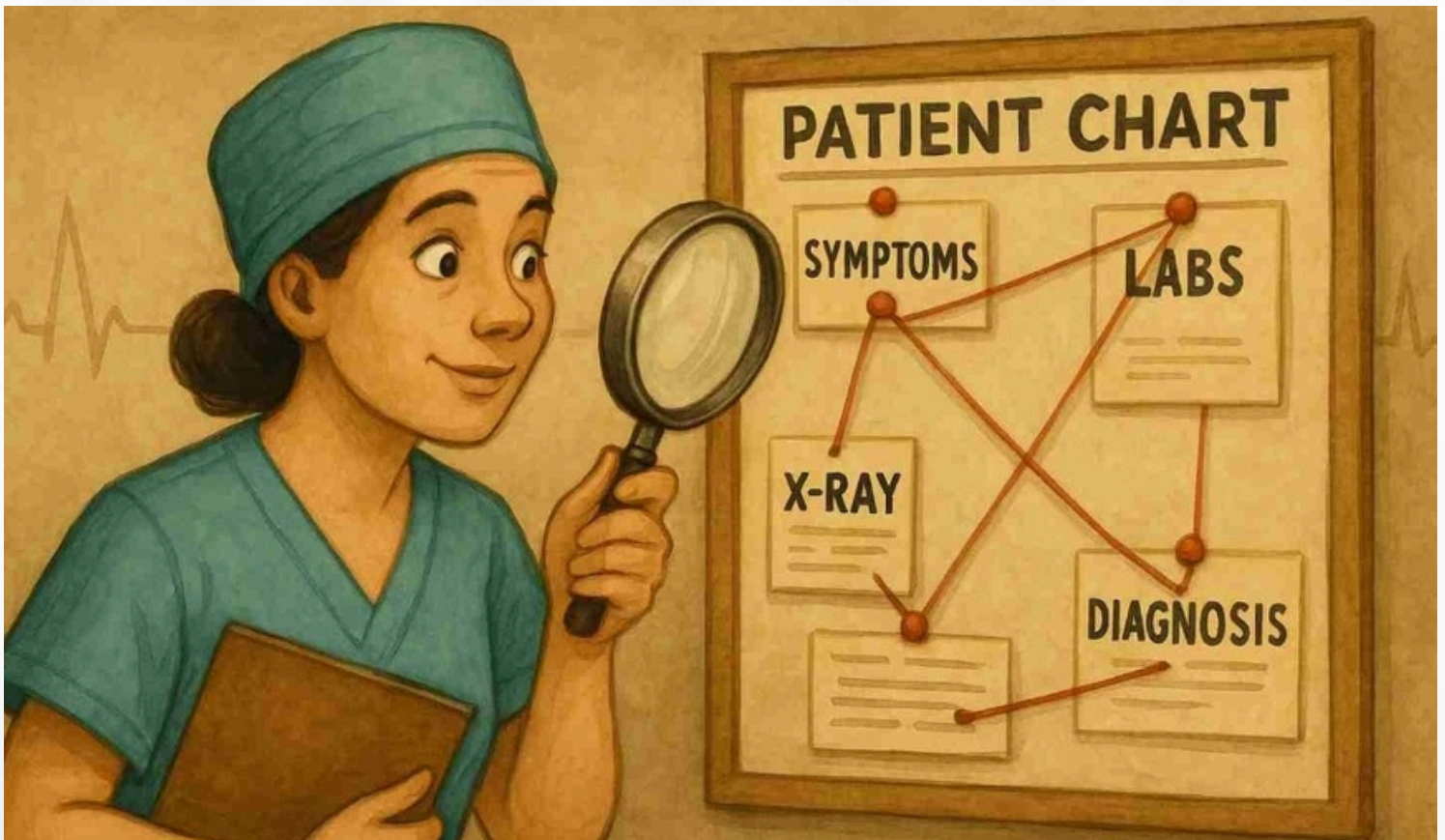
More than 80% of the world's nurses work in countries that are home to half of the world's population. And one in every eight nurses practices in a country other than the one where they were born or trained.

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# Critical Thinking in Nursing: A Key to Exceptional Patient Care

As a nurse, We are constantly faced with complex patient situations that require quick thinking, sound judgment, and effective decision-making. Critical thinking is an essential skill that enables nurses to analyze information, prioritize tasks, and make informed decisions that impact patient outcomes. In this article, we will explore the importance of critical thinking in nursing and provide tips to develop this skill.



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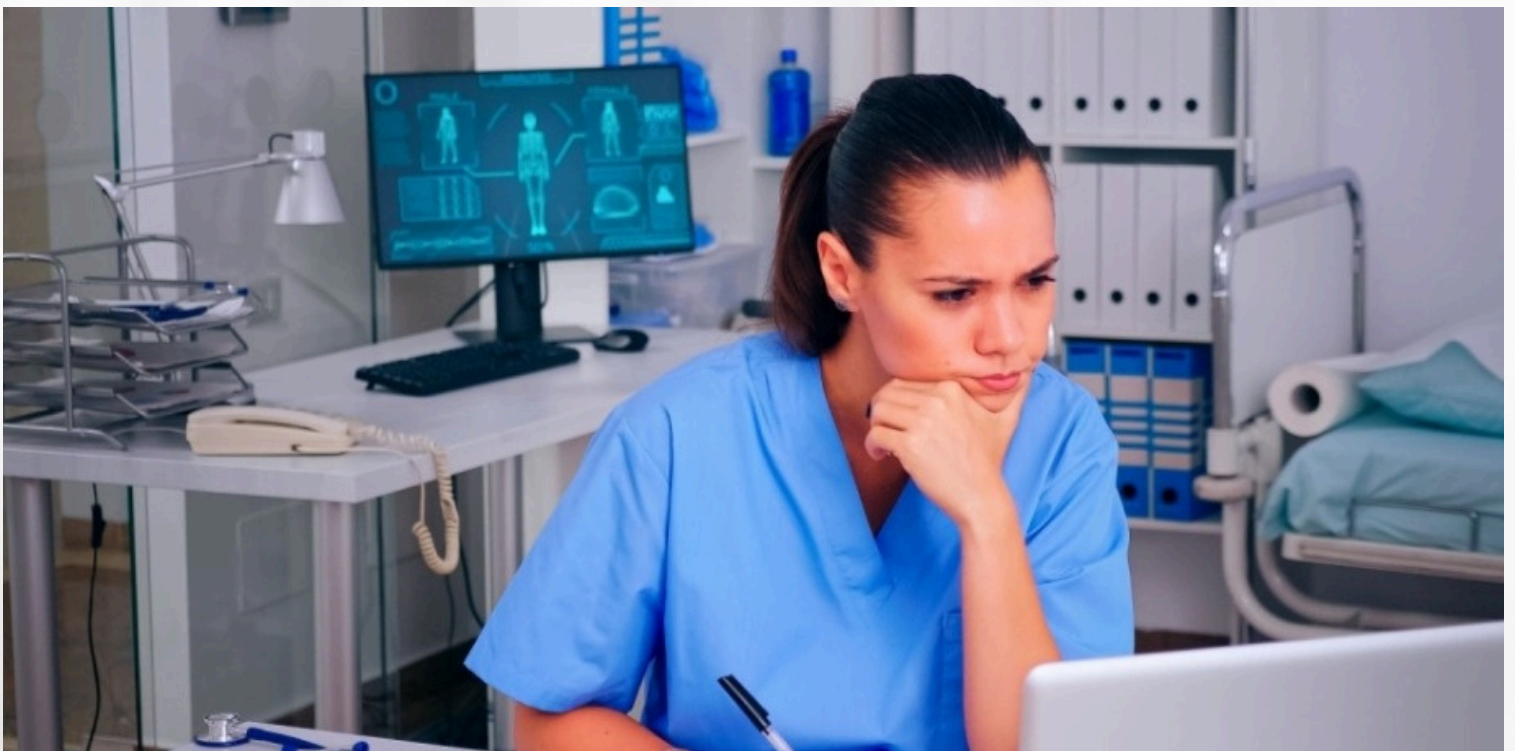
# Why Critical Thinking Matter In Nursing

**1. Analyze complex patient data :** Critical thinking enables nurses to identify patterns, recognize abnormalities, and make sense of complex patient data.

**2. Prioritize tasks effectively:** By prioritizing tasks based on patient needs, nurses can manage their workload efficiently and ensure timely interventions.

**3. Make informed decisions:** Critical thinking empowers nurses to make informed decisions that are grounded in evidence-based practice and patient-centered care.

**4. Improve patient outcomes:** By analyzing data, identifying risks, and intervening promptly, nurses can improve patient outcomes and reduce adverse events.



# Tips to Develop Critical Thinking in Nursing

**1. Practice active listening:** Pay attention to patients, families, and healthcare team members to gather information and clarify concerns.

**2. Ask questions:** Don't be afraid to ask questions or seek clarification when you're unsure about something.

**3. Reflect on your experiences:** Reflect on your experiences, identifying what went well and what could be improved.

**4. Stay up-to-date with evidence-based practice:** Stay current with the latest research, guidelines, and best practices in nursing.

**5. Engage in case studies and simulations:** Participate in case studies and simulations to practice critical thinking in a safe and controlled environment.

**6. Seek feedback from others:** Ask colleagues or mentors for feedback on your critical thinking skills and use it to improve.



# Health Related Current Affairs

## Gst Cut On Medicines



The Goods and Services Tax (GST) on most medicines in India has been reduced from 12% to 5%. Additionally, 33 essential life-saving medicines have been made completely exempt from GST (0%). This change took effect on September 22, 2025, and aims to make a wide range of drugs and medical devices more affordable, reducing out-of-pocket expenses for patients.

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# How Wealthy You Are When It Come To Your Health ?

**Tick the habits you follow & total your score.**



**I do not smoke or use tobacco**

**20+  
Point**



**I sleep 7-8 hours regularly**

**20+  
Point**



**I take regular breaks from screens and social media**

**20+  
Point**



**I manage stress by breathing techniques or meditation**

**20+  
Point**



**I get my health checkups done regularly**

**20+  
Point**

# Important & Health Related Day Of November-2025

**November 7 :- National Cancer Awareness Day** Raises awareness about cancer prevention, the importance of early detection, and the need for accessible treatment in India. The date honors the birth anniversary of Nobel laureate Marie Curie.

**November 10 :- World Immunization Day** Promotes the importance of vaccinations in preventing diseases.

**November 12 :- World Pneumonia Day** Aims to raise global awareness about pneumonia, a deadly respiratory infection that is a leading killer of children worldwide.

**November 14 :- World Diabetes Day** Raises awareness about diabetes, a chronic condition affecting millions globally.

**November 17 :- National Epilepsy Day** Highlights awareness about epilepsy, a neurological disorder.

**November 19 :- International Men's Day** Promotes men's health, focusing on mental health, suicide prevention, and other health issues.

**November 20 :- World Chronic Obstructive Pulmonary Disease (COPD) Day** Raises awareness about COPD, a progressive lung disease.



# Newly Launched Website For Nursing Students & Nursing Professionals

## Search

**nursingprofession.in**



Nursing Profession is an online platform for nursing professionals where you can find all the essential information about the nursing field. On this platform, you will find job opportunities, admission consultancy services, a nursing magazine, and much more. We are committed to making educational information and opportunities accessible and engaging for everyone. Our platform serves as a hub for curious learners, educators, and knowledge seekers, offering informative resources and expertly curated content.

## Everything You Want In One Platform

**Latest Updates**

**Magazine**

**Blogs**

**JOB opportunities**

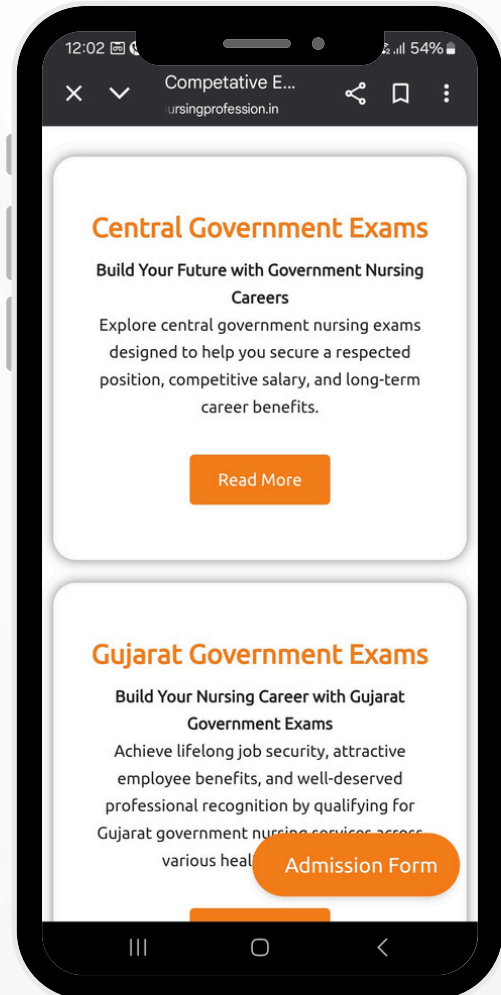
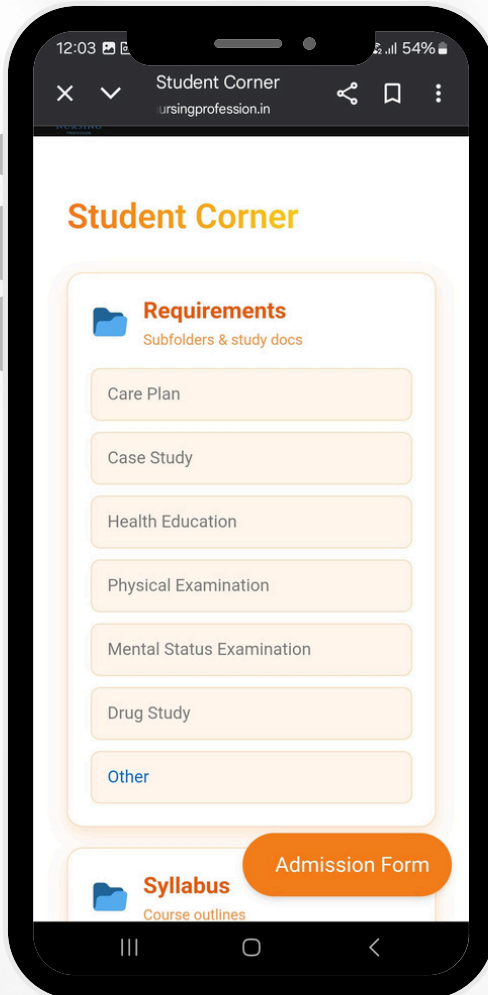
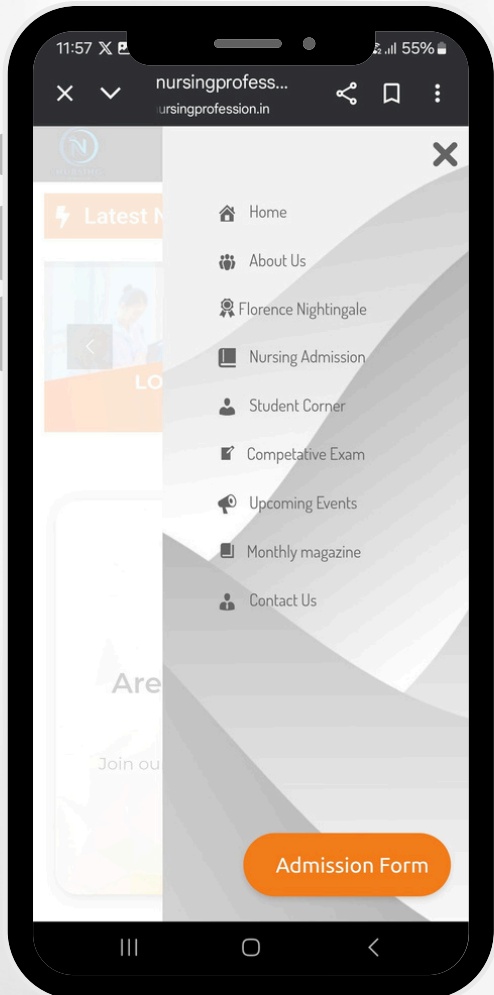
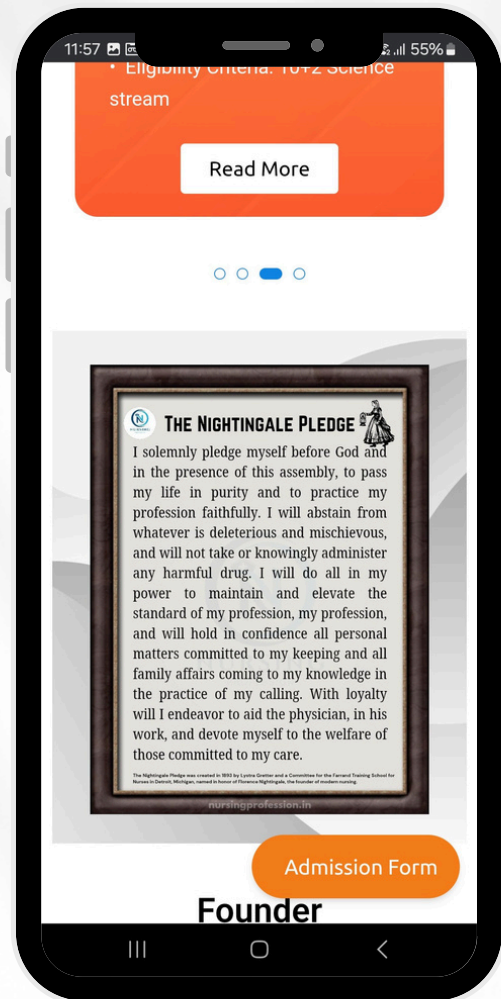
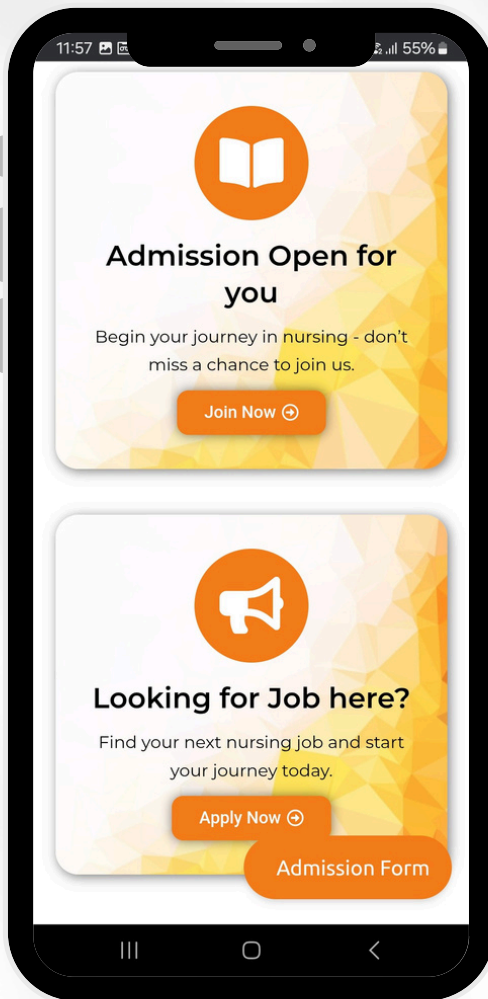
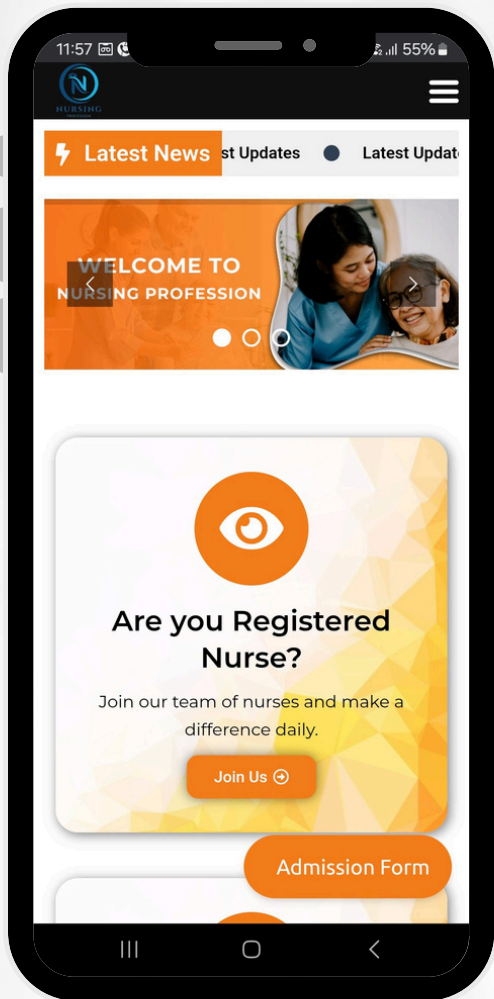
**Admission Guide**

**Competitive Exam**

**Upcoming Events**

**Student Corner**

**& More....**



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**Empowering Nursing Students & Registered Nurses With Knowledge, Updates, Opportunities, And Growth.**



**Raj Patel- Registered Nurse**

As a dedicated registered Nurse , I recognized the necessity for a comprehensive platform catering to the needs of nursing students and professionals. This website aims to provide accessible resources, support, and opportunities for career advancement, ultimately contributing to the growth of a proficient and compassionate nursing community. Through this initiative, I strive to promote excellence, innovation in nursing.

**Sincerely,  
Raj Patel**

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**Visit :- [nursingprofession.in](https://nursingprofession.in)**



**7065+ Visitors**

**Website Visitors In less Than Month**

Empowering Nursing Students & Registered Nurses  
With Knowledge, Updates, Opportunities, And Growth.

# Quiz

**Who Is The Current Health Minister Of Gujarat?**

**Rushikesh Patel**

**Praful Panseriya**

**Jitubhai Vaghani**

**Naresh Patel**

**The Food Safety and Standards Act in India was enacted in:**

**1998**

**2001**

**2006**

**1967**

# Quiz

**The Red Cross was founded in:**

**1863**

**1902**

**1964**

**1908**

**who Is Current Health Minister Of India ?**

**M L Mandaviya**

**Chirag Paswan**

**J P Nadda**

**Anurag Thakur**

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## **About Us**

**Welcome to Nursing Monthly Magazine, your premier source for the latest updates, trends, and insights And More in the nursing profession. Our mission is to empower nurses with knowledge, innovation, and best practices, shaping the future of healthcare.**

## **Our Mission And Vision :-**

**Empowering nursing professionals with knowledge, Latest Updates , insights, and innovation in Nursing profession.**

## **Our Reach:-**

**Nursing Monthly Magazine reaches a audience of Approximately 10,000 nursing professionals across various specialties, Nursing Students Groups and various Social Media Platform.**



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