

# Courage is the Excellence of Nursing Professionals

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**Abstract**

Nursing is a caring profession but in the true sense, it is a courageous profession. It is a known fact that only a courageous person can sustain in the nursing profession. Due to the various changes from the patients and as well as society and the organizations the courage of the nursing professionals came in to the focus. There are the various types of the courage's should nurse professionals should keep while giving the service to the sick people in the health care settings as well as in the society, such as spiritual, moral and psychological courses. In the Indian scenario still, nurses have not come out with their image of being subordinate to the medical profession. In day-to-day practice, they are confronted with many situations where they need to have the courage to face the truth and act appropriately to exert their rights as responsible professionals.

**Keywords:** Courage, Nursing, Professionals, Excellence, Spiritual, Moral, Psychological

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**Introduction**

Nursing is a caring profession but in the true sense, it is a courageous profession. It is a known fact that only a courageous person can sustain in the nursing profession. Due to ever-changing demands from clients, society, administration, and shortage of resources ethical dilemmas nurses working in clinical are tested for their courage daily.<sup>1</sup>

Courage is a virtue vital for good nursing and has brought many benefits and advancements to the nursing profession, yet it remains unexplored and undefined in nursing. Courage is a virtue that is necessary to the conscientious practice of all health care providers. It is the virtue that leads nurses to develop other virtues and skills

like leadership, advocacy, commitment, caring, and conflict resolution amongst others. Without courage, nursing would be a robotic job that implies the patients' health care outcomes.<sup>2</sup>

Many philosophers have also discussed this concept. According to Aristotle: courage means "the man, then, who faces and who fears the right things and from the right motive, in the right way and at the right time and who feels confidence under the corresponding conditions, is brave" he believed that by cultivating the quality of courage one is able to live an honourable life and avoid shame and disagree. It also allows the person to respond appropriately to fear. The brave person is not fearless but feels appropriate fear when there is a real threat of harm and meets that fear with

confidence.<sup>3</sup>

In the Indian scenario still, nurses have not come out with their image of being subordinate to the medical profession. In day-to-day practice, they are confirmed with many situations where they need to have the courage to face the truth and act appropriately to exert their rights as responsible professionals.<sup>4</sup>

#### *Why are we concerned about courage in Nursing Profession?*

It is required:

- To face the challenges in the ever-changing scenario of the health care delivery system.
- To fight against malpractice.
- To report any errors that occurred while providing care to clients.
- To stand for principle rather than on the sidelines.
- To accept the innovations positively and make necessary changes.
- Not to have “wilful blindness” where people know better but don’t speak out
- For the maintenance of self-esteem.
- To protect self and others from physical social and psychological stress.
- For becoming a successful professional at any level of health care.
- To become a dynamic leader.<sup>5</sup>

#### *Types of Courage*

In nursing concept of courage is expressed in the form of moral, spiritual, physical, and psychological terms.<sup>6</sup>

##### *Moral Courage*

It is a highly esteemed trait displayed by individuals, who despite adversity and personal risk, decide to act upon ethical values to help others during ethical dilemmas. Development of this courage is the need of the hour as well all are witnessing in the workplace. There is always a debate whether this courage is instinctive or a trait that can be learned. According to Aristotle and many scholars, moral virtue can be taught if appropriate strategies are used. Altman et al suggested a few strategies like an open dialogue about ethical principles and systems, case studies, role modeling by real-life exemplars, and rehearsals in which learners practice what they have learned in order to build their skills related to moral decision making. This requires a continuous

commitment to and reflection upon personal values and morals behaviours that influence ethical decision making.<sup>7</sup>

##### *Physical Courage*

Is defined as an act of confidence done in spite of potential physical harm or death, in which the means justify the end. This type of courage is required while facing disasters, which can be manmade or natural such as fire, violence, flood, etc. in such circumstances nurses need to be brave to save the life of the victim. It also involves recognizing healthy, strong and resilient to face the challenges in personal and professional life.<sup>8</sup>

##### *Psychological Courage*

It is a form of virtue that every nurse possesses and exercises on a regular basis. it is the ability of overcomes destructive habits like addiction to sedation painkillers, alcohol, etc. these habits can lead to a bend of physical, psychological, and moral harm.

##### *Spiritual Courage*

It means being available to the deeper questions about why are we here, what is my life for? do I have a purpose in life? we all call upon our spiritual courage when we consider our own mortality. It allows us to encounter people of different religious faiths and spiritual conditions judgment.

##### *How to develop courage*

We can think of adopting the suggestions of Sandra ford Walston, The courage expert:

Constantly affirming our strength and determination where one can use the method of daily reflection of work and challenges faced. It will help us to utilize our strengths and improve on weaknesses to face challenges and protect ourselves from frustration, and burnout and accept it as an opportunity for professional’s growth.

##### *Face the difficulties and take risks*

Most of us like to achieve success without leaving our comfort zone. We are not ready to take risks may be due to fear of falling out of favor with authority, losing support, position, or employment, risk-taking was found to be the key element in attaining expert nursing practice, which supports effective and quality-based healthcare outcomes. Risk-taking also was found to enhance clinical and professional development. rather than sitting on the

sidelines and hurdling judgment or advice at others, we must dare to show up and let ourselves be seen, which can result in change. In our profession, if we really want to achieve status and recognition, we must learn to take the risk. However, before taking a risk we must think about what can happen worst, if we accept it positively and modify our behavior, we can definitely step up the ladder of success.

#### *Strong vision*

success can be achieved only if the individual has a clear vision and desire to work hard for it. Determination is the basic quality that is required to achieve personal and professional goals. We need to set goals and work hard to achieve them through proper planning.

#### *Reflect self-esteem*

Self-esteem can be defined as the extent to which we deem our value, worth, and competence as a person. Low self-worth is a major problem in the nursing profession. It is observed that nurses with healthy self-esteem are likely to deliver therapeutic patient care, while those with low self-esteem are likely to deliver to do so. these staff members also display immature behavior at the workplace e.g.,backbiting, putting others down to make themselves look good. This problem can be tackled by changing the way we think about ourselves. One can use positive thinking and affirmations as a step to change negative thoughts. Getting involved in hobbies or activities like joining ton gym, learning new art or craft, becoming good at something which is not related to the job, etc. are some ways of getting rid of these negative feelings. In some occasions even we can seek help from professionals' counsellors also.

#### *Speak up*

Nurses need to have the courage to speak up at right time, in the right situation to the right person. It is very important in ensuring quality care to clients. We must learn to speak up for our problems and express our views confidently and effectively to the right person. We should not worry about the people who don't like you as a result of speaking out.

#### **Conclusion**

Courage is a fundamental component of nursing. it

enables us to do the right things for the people we acer for, speak up when we have concerns and have personal strength, vision, and embrace innovative methods of working. The nurse must have the courage to do whatever they feel is right and be brave enough to confront and remember that they are accountable for their actions as a nurse.

*"Nurses with self-esteem, please seek help."*

#### **Conflict of interest**

The author declared no potential conflicts of interest with respect to the authorship, and/or publication of this article.

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