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Introduction

In the modern era, nurses are regarded as the most trusted and praiseworthy healthcare professionals throughout the globe. As a part of an honorable profession nurses are associated with patients throughout their timespan spent in hospitals acting as the soul and heart of the contemporary healthcare system. The following report sheds a significant light upon my own understanding and the issues related on global, national and local front affecting the professional practices of the noble job. The study also highlights my feelings, thoughts and concerns on the UN news via Gibb's reflective cycle.

Analysis

In the leading-edge arena followed by its dynamic lifestyle, the nursing practices have been identified as a crucial element for enhancing the safety and quality of hospital care. Environmental related determinants of disease and healthcare are integral and pervasive to the evaluation of nursing practices (Fortuna, et al., 2019). Throwing light upon my own case and understanding, I believe I have always been a curious and a critical observer ever since childhood. As soon as I started having interest in the field of nursing, I started noticing the various issues related to it which in turn was bringing down the morality of the profession largely. As the nursing practices are tightly associated with the importance of the *healing environment*, I significantly noticed the absence of the same on the local and practical levels. Techniques which greatly foster and uplift healing such as *awareness of interconnectivity*, *love* and *compassion* were highly missing from the ultimate environment as I noticed patients suffering and feeling detached on their own.

I strongly believe that on the grounds of practicality, there happens to be conscious development of expectations, intention, awareness and a firm belief towards healing. A *positive healing environment* greatly depends upon the elements of comfort and relaxation along with significant amount of time (Powers, & Candela, 2017). Yet, on the global front the constant work pressure enforced upon the nurses were highly deviating their pathways from bringing changes. Where nurses were highly unable to accelerate recovery and thereby promote a mutual sense of well being leading to a *negative healing environment* on an overall basis. As per the reports I believe the disrespectful nature towards nurses is exactly what is bringing down the system of quality healthcare on every national and regional level.

In the present time frame, there happens to be a constant ongoing push for making transformations and improvements in the ultimate work environment for nurses. A *respectful work environment for nurses* heavily relies upon skilled communication, effective decision making, meaningful recognition and other such features (Silva, et al., 2017). However, in the current reality these features are hard to be seen. I believe the very attitude and the viewpoint held towards nurses is what is bringing down their status on the medical field. Where the nurses are mainly being seen as a risk and not as a solution in the healthcare system. The *global pandemic* has undoubtedly turned the scenario upside down for the front-line workers. As per my believes I strongly feel that the time and again arising challenges owing to the viral spread of Covid-19 is making the work environment of different nurses exigent. Considering the case of nurses, I believe these healthcare workers feel all the more frustrated and *disrespected* when the physicians do not show any sign of interest in the information being provided by them owing to their own *workload*. The possible impacts of such disrespect and unrecognition is bound to have severe impacts on patients, where I think that due to such reasons it is ultimately the patients who suffer the most.

As per the depictions made by the *UN news*, on the *global, national and regional level* nurses across the globe are facing severe *mental health* impacts due to increased *workload* in the pandemic era. As an individual I have always believed that every individual requires mental rest to rejuvenate their body and mind. Not getting enough rest backed by continuous burden from the pandemic scenario had worsened the professional practices of nurses making them view their workload as another stressful day (Suppan, et al., 2020). However, in this regard a constant feeling that pops to and fro in my mind is that in reality it is the ultimate duty of the nurses to make their patients their first priority before anything else. In this regard at the same time, I also believe that if nurses across the globe were provided with sufficient respect and recognition the ground reality of the actual work ground would have been significantly different. Though the senior UN voices lend their constant support in the favor of healthcare workers yet I feel that on the practical level the burden and the fear of the viral spread faced by nurses cannot be expressed.
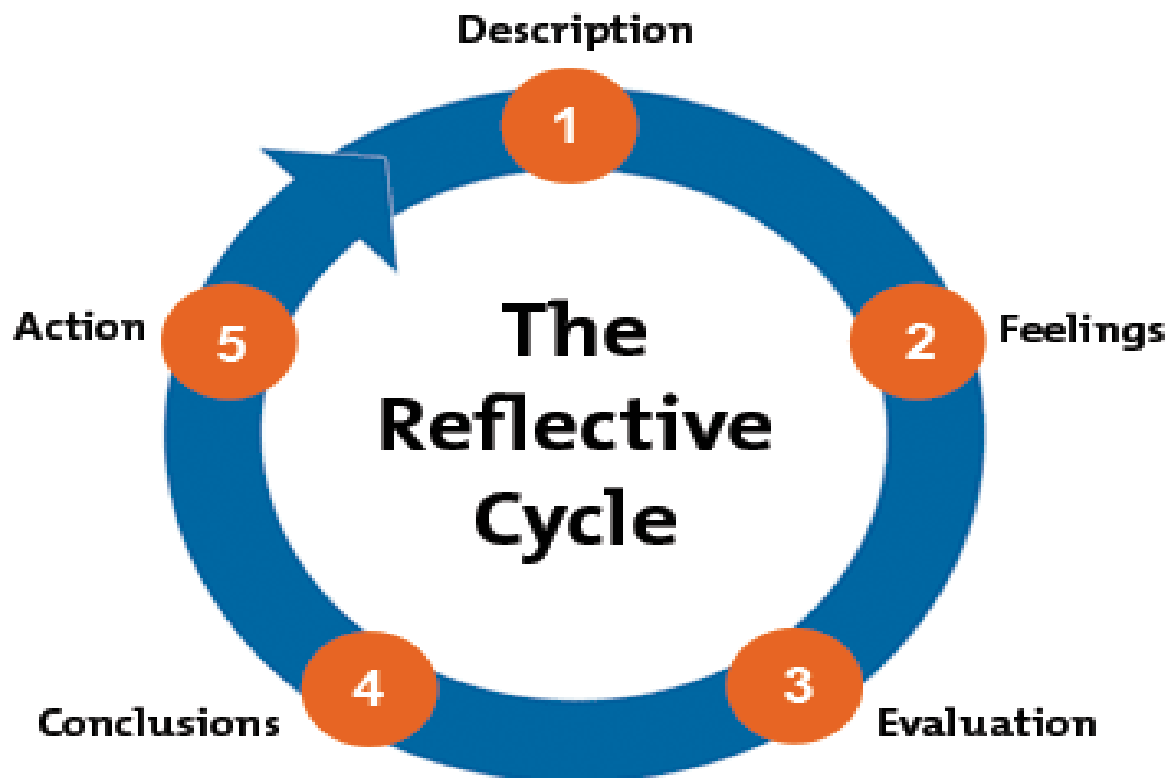
Gibb's Reflective Cycle

Figure 1: Gibb's Reflective Cycle

(Source: Markkanen, et al., 2020)

Description

While reading the web page and watching the videos of the UN News, I was taken aback after knowing about the ***vulnerable situation*** of the nurses and the stress faced by them owing to the pandemic. As I witnessed distinct personalities putting forward their opinions to thank the contributions made by nurses, the one thing which I did was only to admire the hard work put in by the healthcare workers.

Feeling

After being exposed to the ground reality of the nursing profession in the current time I believe I had mixed bags feelings growling inside me on a constant basis. As I aim to see myself somewhere on the same lines in the future scenario's the hard toil of the professionals from the same background made me question my own ability to the core levels. The fear of Covid-19 has always shaken me as an individual and when I got to known about the extra hours being put in by the healthcare professionals, I felt I need to brace up my own self.

One of the significant global and regional issues which was raised regarding the staffing shortfall affecting the conditions and scenario's in India and Philippines again made me question the reliability of the profession. However, after knowing about the situation I believe that before anything else I need to make myself *mentally strong* to cope up with the scenario's which lie ahead. The report further even stated that the availability of nurses may worsen in future, this particular statement felt like a personal attack to me. Where I sat down to weigh all the pro's and con's of the nursing field and to my happiness I believe that with a little mental and emotional stability I would be able to cope up with every adverse scenario's. All in all, after knowing about both sides of the coin I strongly believe that nurses need to be emotionally strong along with keeping their patients as their first priority to take part in the process of lifelong learning.

Evaluation

On an overall basis, I feel that the UN news and videos were an eye-opening situation for me where I got to learn about the *regional, global and national issues* affecting nursing practices. As a person I always observed my local area clinics and the issues taking place in them, little did I know, that on the global front the situations can be so adverse that places like *Africa and America* would be facing shortages of skilled workers. A peculiar thing which made me feel bad were the *staffing gaps* existing in *South East Asia and Eastern Mediterranean region.* This particular gap happens to be a negative scenario on the professional lines. I believe more people need to lay emphasises on humanity and come forward to serve mankind keeping every other thought process behind.

Action plan

As a part of my future endeavors after knowing about the severity of the profession I have planned to engage in the *lifelong learning process* to mitigate issues related to *mental stress* and *extra burden*. I always knew that nursing happens to be one of most demanding professions yet the situation of Covid-19 brought about a completely different side of the coin. Where the nurses were not only required to manage their patients but also face the fear of being exposed to the virus. I believe that *continuous education* and learning in the field would assist me in bringing back my lost morals if I ever feel that I am being pulled back by the adversities of the situation. I would also take crucial steps in my *own medication management* to help myself in becoming more aware along with reducing the side effects of any additional work burden.

Though as a response towards the severities, the senior authorities of the renowned organisations aim to increase the number of nurses by 6 million by the end of 2030 yet I believe that constant upliftment in *education* can solve the situation greatly. In future I aim to develop my *critical thinking skills* by the passing days for making quick decisions and saving lives on the work front. As a part of my major action plan, I aim to see myself who prioritises patients and situations on a prime basis keeping every other issue aside. I believe that with my constant learning I would be able to bring a difference on my professional practices.

Conclusion

On an overall basis it can be added that a praiseworthy work environment for nurses uplifts the satisfaction levels of patients, thereby enhancing the outcome largely. Nurses play the key role in fostering a safe environment for patients on a regular basis. As a future nurse I believe I wish to see myself in coordinating care along with taking responsibilities for numerous other healthcare tasks.

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