

## NURSE AND SPIRITUALITY

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### Abstract

Spirituality is an incomparable force that calls a person to spiritual purification, spiritual growth, strengthens his inner world, strengthens his will, completes his faith, awakens his conscience, and is the criterion of all his views.

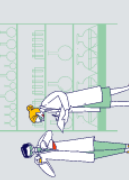
The moral characteristics and qualities of medical personnel reflect their cultural and deontological level.

### Introduction

Since ancient times, the health care system in every country has served as one of the main links in forming the spiritual and educational image of the population and bringing it to maturity. In particular, taking into account that the healthcare system in Uzbekistan has the same opportunity, the role of highly educated doctors in further improving the spiritual and educational work among the service personnel in this direction and increasing its effectiveness is incomparable and necessary, and the role of nurses in this is the same from the point of view of professional requirements. It is a historical fact that it is considered a necessary link of the mechanism.

Before Ibn Sina and even after Ibn Sina, the people who were involved in human health were the most intelligent and just people among the population in the front lines of cultural and spiritual development in Turan region. By far the largest ministry or organization in any country is the health system. After all, no other organization or institution is constantly engaged with all layers of the population like doctors. For example, agriculture is with farmers, public education is with teachers and students, higher education is mostly with students, and so on. Medicine deals with a person from the time of his birth to the end of his life, constantly monitoring and protecting his health. For doctors, it does not matter who is who, for them the human concept is the highest.

Doctors were looking for ways to protect human health on a scientific basis, and putting it into practice, that is, applying treatment to patients, was mainly performed by nurses. More precisely, the doctor diagnoses the patient and determines the ways and methods of treatment of the disease. It is mainly the responsibility of nurses to ensure the quality and accuracy of the patient's treatment procedures through the same diagnosis and methods. So, the recovery of the patient depends on the diagnosis and the quality and competence of its implementation, as well as on the medical experience and qualifications of the nurses. This is one aspect of the matter. The second aspect of the matter is that the nurses were distinguished from others by their politeness and impartiality, and by their high level of culture. In this regard, others have tried to take a model from them. A nurse is a medical worker with secondary education. In treatment and prevention institutions, the nurse is a doctor's assistant and works in cooperation with him.



A nurse takes care of patients, takes their temperature, distributes medicine, performs medical procedures (compress, applying mustard, etc.), etc. performs tasks. Nurses serve in various medical institutions (hospital, polyclinic, dispensary, sanatorium, etc.), as well as in nurseries and kindergartens. Nursing is taught in medical schools and colleges. In Tashkent Medical Academy, there is a separate faculty in this regard, where nurses with higher education are trained. Based on the best experiences in the world, a unique system for training nurses with secondary and higher education has been created in Uzbekistan, and this process is being continuously improved. At present, more than three and a half thousand bachelor's nurses with higher education in the fields of anesthesiology and resuscitation, surgery, obstetrics and management have been trained in the "Higher Nursing" departments of the Tashkent Medical Academy and medical institutes, and more than 100 nurses have a master's degree. On May 12, "International Nurses Day" is widely celebrated all over the world, including in Uzbekistan.

Today, the number of doctors and nurses in Uzbekistan is almost no different from that of developed countries. To be more precise, compared to the data at the beginning of 2021, there are more than 80 (81 and 83) nurses per 10,000 people in European and American countries, while in Uzbekistan there are 107 nurses per 10,000 people ("Gazeta.uz" October 13, 2022) and they stand in defense of the country's population, that is, human health. If we pay attention to the weight of these numbers, we can be sure that the nurses of Uzbekistan are a great force. If you think about it, promising results can be achieved not only in treatment, but also in carrying out various spiritual and educational activities among the employees of the institutions in the health centers.

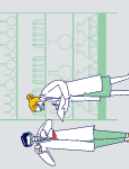
After all, as we mentioned above, healing centers have been functioning as one of the centers of spirituality since ancient times, and the people had high faith in it. Therefore, along with the quality of treatment, the qualities and skills of spiritual perfection in people have increased. Taking into account the same opportunities and features, it is necessary to take into account that nurses have a special role in improving the spiritual and educational work among the service personnel and the population and increasing its effectiveness.

In this regard, in order to coordinate spiritual and educational work as a component of wide introduction of treatment and healthy lifestyle among the masses, to ensure and control its practice, in all regional administrations and in general, central hospitals, as well as in all departments of the health system, officially carry out spiritual and educational work effective use of the power and potential of nurses in the work that needs to be done and involving them in this activity on a wider scale will increase the scope of the range of possibilities while increasing the public character of the work.

That's why it is necessary to pay attention to all the leaders of this field to strengthen the organization of spiritual-educational work in treatment and prevention institutions, as one of the main means of ensuring its practice, combined with the activities of a large number of medical nurses.

#### **In order to improve the efficiency of the industry:**

1. In order to coordinate spiritual and educational work, ensure and control its practice as a component of wide introduction of treatment and healthy lifestyle among the public, officials



for spiritual and educational work are officially appointed in all regional administrations and district central hospitals, as well as in all departments of the health care system. appointment Authority can also be assigned to one of the first deputy heads in the Department and departments. Finding opportunities to financially encourage those involved in this work.

2. In order to coordinate spiritual and educational work, control its practice, analyze and monitor its results, report on it to higher organizations, and officially include employees related to the activities of this direction in the staff list of the Ministry of Health.

3. All mass-cultural works organized in the health care system and reserve contests in this direction, activities of all mass media in order to widely promote national ideology and the principles of healthy lifestyle, to increase their scope and effectiveness, and to analyze the results, coordinate and monitor them coordination with the documents of the ministry's service "Consultant on issues of improving the efficiency of spiritual and educational work of the Ministry, ensuring compliance with the laws on the state language".

4. As one of the main means of promoting and promoting spiritual and educational work in treatment and prevention institutions, it is appropriate to organize it in combination with the activities of a large number of medical nurses.

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