

Vital role of Nursing to Preserve World Health

The year 2020, named by the World Health Organization (WHO) as the year of the Nurse and the Midwife, has been affected by COVID-19, a virus with a devastating pathogenicity toward vulnerable population, which has registered so far, 1,033,833 confirmed cases, with 54,378 deaths, worldwide. In Mexico, there have been 1510 infections and 50 people has died ⁽¹⁾, which has produced mass hysteria, especially due to the high dissemination of the news about the pandemic, but also, it has induced a profound reflection on health, which should be considered as the best asset of human beings, and rethink in the vital role of health systems in the world against the pandemic.

In this overview, the empowerment of Nursing is imminent. The world turns to see healthcare personnel and thanks the work of nurses who are on the front lines of struggle against the virus, where a high proportion of them get the COVID-19 ⁽²⁾; such reality indicates a deep need to protect nursing personnel and other healthcare workers, as number one priority in the world, since they courageously assume their professional commitment and go to the hospitals in order to care for anyone who needs this care, as well as to intensify prevention strategies such as hand washing, teleworking, and keeping social distancing, all of these, in order to reduce the transmission of the infection and reduce the pressure on the health care systems ⁽³⁾.

It is acknowledged that nursing professionals who are in the core of most of the health teams carry out an essential role in health promotion, as well as in the prevention and treatment of illnesses, not only COVID-19, but others such as measles, TB, pertussis, diabetes, high blood pressure, and HIV, among others; since health professionals are the ones closer to the community, they develop new community care models and support the efforts performed at local scale to promote health and prevent disease, as the "Nursing Now" campaign sets out.

Nurses are not superheroes or angels, they are human beings! However, they are prepared with scientific knowledge, practical abilities, and specific attitudes, which allow them to take action in adverse situations and assume with responsibility the risks associated to the care of human beings. The call to the governments is to guarantee the access to the proper safety and protection equipment, one that is accessible and available, so the nurses in the world can perform their work in the best possible conditions and that they do not get sick or die.

Hence, in these moments, take care for who take health care for us, procure a strengthened immune system, and promote the psychological wellbeing of the nurses and of all the members of the health team are crucial; thus, we urge people not be overexposed to devastating news and read accurate and legitimate information from official sources such as the WHO. Additionally, inform about positive and hopeful stories of people who already experienced COVID-19.

Finally, the commitment of nurses as health professionals is reaffirmed, to act and strengthen each one of the nursing fields, either patient care, teaching, management, or research, carrying out preventive and information activities with the approach set forth by the WHO, since we all are learning about this new disease, which will contribute to the change of paradigms regarding the health care of human beings around the world.

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