

Why Did You Choose to Become a Nurse?

Gianna Catalano

When asked, “Why did you choose to become a nurse?” the answer is simple: I wanted a rewarding profession where I could make a difference and share my God-given gift of compassion and be a positive light in the lives of patients. Compassion is a quality that not everyone possesses, but everyone needs. Promoting compassion throughout everyday life and acting as leaders will guide healthcare professionals to provide the highest quality of care to their patients. Because of my mother’s cancer, she has spent countless hours in hospitals for examinations and chemotherapy treatments. The one thing she always says to me after she returns home is “Gianna, you will be one of those nurses in a few years. They hold the same type of selfless love in their hearts as you do.” The compassionate care of her nurses makes her visits at the hospital more bearable, especially during her most difficult days. Providing a glimmer of happiness to a patient and showing empathy can instill comfort and increase trust.

Compassionate care focuses the attention on the patients through talking, listening, and providing quality time to be there for the patients. It increases patient trust with their doctors and nurses, promotes patient comfort and understanding, and gives patients the confidence that their doctors and nurses are providing them with the best care they can give. The role of compassion in healthcare is simple, research from the *Frontiers Behavioral Neuroscience* journal shows that through compassionate care “patients have more adherence to medications, there are decreased malpractice cases, fewer mistakes, and overall increased patient satisfaction” (Decety and Fotopoulou, 2015). By advocating for our patients' needs, we are showing them that we care and are a shoulder to lean on while enduring the many hardships of suffering through their treatments or diagnoses. Providing empathy also allows healthcare professionals to connect with their patients and provide exceptional care.

Compassionate care is expected by patients and is an obligation by healthcare professionals. It is considered a fundamental patient right. Although compassion is seen as a largely communicative idea, trainings on body language, posture, and tactile touch would also

promote compassion. As a nursing student, I pledge to bring compassion with every patient I help. In my workplace, I will promote compassion through education and simulations to decrease concerns on suboptimal care. I will also give my patients my full attention through communication, listening, designating quality time to be there for them, and taking notes to relate to my patients on personal, connected levels. By taking care of my patients as if the patient is me, I can embrace the principle of compassion and improve healthcare.

Works Cited

Decety, J., & Fotopoulou, A. (2015). Why empathy has a beneficial impact on others in medicine: unifying theories. *Frontiers in behavioral neuroscience*, 8, 457.
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