A Brief Analysis of the Historical Origin and Development of Nursing

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ABSTRACT

The history of nursing can be traced back to the beginning of human life. In the long process of development, nursing work has been developed from "self-protection" to independent subject. This process is what that nursing workers need to learn and sum up. This article summarizes the history of nursing development by combing its development, sorting out the major historical events, and briefly analyzing the origin and general situation of nursing development. Hope the article will enable nursing workers to remember history and to move forward.

Key words The history of nursing development; Nursing; Historical origin; General situation of development

I REVIEW ON THE DEVELOPMENT OF EARLY WORLD NURSING SCIENCE BASED ON ITS ORIGIN

According to the role of nursing science in the development of human civilization, the early world nursing process can be divided into three stages based on the nursing forms in different periods.

1 ENLIGHTENMENT (ancient period – before and after A.D.)

1.1 Self nursing

In ancient times, human was in a natural state of existence, they survived by hunting. In the struggle with nature, the factors of force majeure, such as environment, disaster, disease, and pain, have prompted the human beings to learn the original method of "self-protection". Through long-term practice, human has accumulated rich life experience, for example, it has been found that putting crushed roots, stems, and leaves of certain plants on a wound can reduce pain; Putting soil on a wound can reduce blood flow; Abdominal discomfort can be relieved by touching;

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Keeping warm with the animal fur. In these subconscious efforts, people have gradually learned primary nursing activities such as bandaging, debridement, massage, touching, keeping warm and preventing cold etc.

1.2 Home care

In order to resist the harm caused by the dangerous environment, people gradually live together and form tribes. The tribe is mainly made up of blood-related families. At this time, "Self-protection" changed into the way that women in the family being the main caregivers. Man enters the matrilineal clan age. A mother, by virtue of her benevolent nature, takes care of the elderly, her children, and protects her family. The original nursing method gotten perfected through the long-term practice, thus formed early medical and nursing activities. The image of mother at this stage is the enlightenment of nursing image.

1.3 Religious nursing

Because ancient human did not know much about nature and themselves, they were unable to explain the causes of environmental change, disaster attacks, disease and pain, etc. In face of natural and man-made disasters, superstition, God said, religion, witchcraft, etc. were born at the right time. At this time, people think that treating diseases requires supernatural power. With the development of human civilization, some people have gradually abandoned this idea. It is believed that the disease can be alleviated through care and treatment. People gradually learn to use herbs and some simple treatments with diet and living care, integrated the primitive medicine combined with medical, pharmacy and nursing.[1] In early A.D., Christianity appeared and spread widely among the people, the believers built charities to proclaim the spirit of "fraternity", "dedication" and "sacrifice". Some women who volunteered to take care of the frail and homeless were not systematically trained, but were recognized by the society for their selfless dedication and earnest service enthusiasm. This is the embryonic form of early nursing workers. It also helped set up a good image of nursing workers in the future, and made family nursing move to social nursing. This is the initial stage of religious care.

2 TRANSITION PERIOD

2.1 Medieval nursing (476-1453 year)

In the Middle Ages, religion prevailed, wars were frequent, epidemics were prevalent, and the need for medical care became increasingly urgent. Nursing was affected by it. Nursing workers were also increasing. The monastery hospital patients admitted to hospital, military ambulance. Male nurses joined the nursing staff. Nursing developed from the "family" to "social organization", and had been recognized by society. During this period, hospitals were widely built in various countries in Europe, but most of the facilities were not uniform. The management was defective; the conditions were poor, and the nursing practice was not standardized. Moreover, most nurses did not have the knowledge of nursing, so nursing was limited to basic life care, which had a certain negative impact on it.

2.2 Renaissance Nursing (14-17 Century)

During the Renaissance, a group of civilizational founders, represented by Dante, Leonardo da Vinci and Shakespeare, emerged. Medicine also developed rapidly under the...
impetus of literature. During this period, Vesari, from a medical family, produced a landmark masterpiece *The Human Structure*. His works caused a revolution in human anatomy [2], which represented a great step forward in modern medicine. By contrast, nursing has changed from clerics to mostly subsistence women employed in society. They lacked professional knowledge and training. It resulted in a significant decline in the quality of care. Nursing has entered a dark period of 200 years. After the Renaissance, philanthropy grew stronger. Nursing gradually escaped from the control of the church. Nurses needed professional training to improve the quality of care before they worked. Nursing services were shown to patients in a new way. From then on, nursing began to move towards an independent career, but still had a strong religious color. [3]

3 NEW ERA (nightingale era)

In 1836, the German pastor Friedl set up a hospital and a deaconess training Institute in the city of Caesars. It recruited 18-year-old, healthy and virtuous women to train in nursing care. This was the earliest school of nurses with a systematic organization.

In the middle of 19th century, Florence Nightingale, England (1820-1910) pioneered the science of nursing, which promoted the gradual development of nursing science. [4] In 1853, Nightingale started her nursing career with the help of a charity committee.

In 1854, Nightingale led 38 nurses to the field, which reduced the death rate from 42% to 2.2% in the Crimean War in six months.

In 1860, Nightingale opened the world's first nursing school in England. The school carried out nursing system reform and professional management. The establishment of the school promoted the development of nursing specialization.

Nightingale devoted her whole life to nursing. Her books and diaries expanded the train of nursing work, her merits and moral characters had a great influence on nursing. Nightingale laid the foundation of modern nursing.

II OVERVIEW OF THE DEVELOPMENT OF NURSING SCIENCE IN CHINA

1 ANCIENT

Nursing has the quality of inheritance. Chinese traditional medicine has a long history, early nursing work is integrated with Medicine. After continuous practice by outstanding pharmacologists such as Hua Tuo, Bian Que, Sun Simiao, etc., medical science has been developed. In some medical classics and biographies of famous doctors, "conservation" and other nursing methods are occasionally seen. But due to the situation that "medicine", "pharmacy" and "nursing" were combined, nursing have not developed well. However, the discovery of nursing techniques such as urethral catheterization have laid the foundation for modern nursing operation. Traditional Chinese medicine is a gem of Chinese culture. The characteristics of traditional Chinese medicine is an essential embellishment in the development of nursing. With the efforts of generations, acupuncture, scraping and cupping have been recognized by people and applied in the treatment of diseases.
2 MODERN
Before and after the Opium War, Western nursing was introduced into China, which opened the perspective of nursing in China.

In 1888, E. Johnson, an American nurse, opened the first nursing school in China at Fuzhou Hospital.\[5\]

In 1909, the Chinese Nursing Association was formally established in Guiling, Jiangxi Province (renamed the Chinese Nursing Association in 1937 and the Chinese Nursing Association in 1964).\[6\]

In 1920, the first nursing professional newspaper- the Quarterly of Nurses was established.

In 1920, Beijing Union Medical College launched higher nursing education to recruit high school graduates.\[5\]

In 1922, the Chinese nurse association formally joined the international nurses' Association (International Council of Nurses, ICN).

In 1932, the first public nursing school was established in Nanjing.

By 1949, a total of 183 nursing schools have been established, with 32800 nurses.\[6\]

3 CONTEMPORARY

After the founding of the people's Republic of China, the nursing industry developed rapidly. In 2004, There existed five levels of education mode: secondary school, junior college, undergraduate, master's degree and doctor's degree. They formed in an all-round way. Nursing education not only pays attention to campus teaching, but also pays more attention to clinical practice and scientific research. Nursing service gradually moves towards the road of standardization, science and quality. Today, nursing is no longer a medical subsidiary in clinical work, but a growing independent discipline. Various new theories, new ideas, new methods, new operations, new technologies, new knowledge emerged as the times require, strong nursing system is continuously improving, committed to provide better quality care for patients, and to protect the health of patients.

III CONCLUDING REMARKS

In the reports of the 19th National Congress of the Communist Party of China, Chinese president Xi Jinping pointed out that "people's health is an important symbol of national prosperity and strength". He made a series of important decisions and plans for implementing the healthy China strategy. Nursing staff play an important role in the process of realizing the goal of "meeting the needs of multi-level and diversified health services" in healthy China. They shoulder the responsibility of developing the nursing cause. The practical exploration has a long way to go. Opportunities and challenges coexist. In the future, Nursing will possess the high level of education, the specialty of practice training, the scientific nursing unit, the standardization of high quality nursing service, the internationalization of nursing work. It will finally realize the comprehensive goal of separating medical care and nursing care. Medicine and nursing become a real partner.
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