

A presentation on a one year trainingprogram for L.M.'s to become the status of:

THE WISE WOMAN ON THE CORNER OF THE ST. ST.

A Holistic program on different ways of nursing.

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NURSES ARE WAKING UP !

The time that nurses just do what the doctor tells them to do, seems to end rapidly.

Everywhere in the nursing schools, in hospitals and in public health departments we can hear the dissatisfaction.

Nurses are not longer satisfied with their profession as it is. Not being recognised as a true profession, but still being the extension of the doctors arm.

Nurses do not want any longer to function as the person who does the caring for the patient, on the base of technologie as ordered by the medical doctor, or on demand of the patient who patiently waits for the things done "to" him. Nurses are still regarded as the mother goose who takes the burdens upon her shoulders in order to get people well again. And in spite of the fact that more male nurses appear at the horizon, nursing is still a feminine job, but regulated and ordered for by masculine thinking and masculine management.

And that is what nurses will not longer accept.

But not accepting this status quo is not the same as doing sometimes to change things.

One of the main items that will have to change is the nurses own beliefsystem. In this masculine world women have been untill now the persons who look care of creating a safe and soft and friendly surrounding. Mothers, secretaries, housekeepers, cleaningwomen and nurses have been functioning on a broad level in order to keep the world running smoothly.

If it is true that the right brain takes care of harmonious movement and the left brain for robotlike movement, than the women are the true right brain of mankind.

And since it is impossible to function only on the left brain, it's about time to change. What we really need is more feminine movement untill we equall again.

When I left the nursing profession to start my own praxis in holistic health, I was asked for a interview with a nursing magazine.

"Why did I leave nursing after so many years, to start such a obscure thing as a natural health praxis?" My answer was: "I will rather be a wise woman on a streetcorner, than go on being unsatisfied with what is happening to the nursing profession in the medical field".

That it seemed to be a rather revolutionary answer. In the meantime I have learned that many nurses would love to do the same, if it would not be such a risky adventure.

Since than I have invested thousands of guilders to learn to be "wise" and to learn about holistic health. And the more I invest, the more I find out that I am still far from being wise.

I still do not understand my own body. I still have to unlearn a lot of old belief and I still have to go on learning to live.

And that's one of the most exiting things, going on learning about life and living.

Instead of learning about disease, start learning about life. Instead of doing the care for patients, tell the patients not to be patient. ~~On~~more and learn to live.

With this idea in mind I have, in spite of the fact that I left the nursing-profession, more contact with nurses than ever before.

I have been invited for lectures on holistic health and nursing in nursing-schools, in public-health departments and in inservice trainings more than ever before.

And lots of nurses take classes in touch for health and other items.

But still it's to incidental, if we really want to change the nursing profession there has to happen a lot more.

And since I want to be there where it happens, I thought that it would be worthwhile to start a holistic program for R.N.'s

This plan has been taken also in consideration by a nursing school in the country. And together with this school, we are developing the following plan.

A one year postgraduate schooling for R.N.'s

It is based on the philosophy of the World Health Organisation on primary health care. This is a start.

We also did send our program to the state department of health, to ask for financial support and recognition of our program.

Until now with no result. But even when the program will not be recognised, we will still start with the motivated nurses who no longer accept the status quo. And it is impossible for me to believe that it's not going to work out beautifully.

OUR GOAL.

Our goal is the same as the goal of the WHO, : "Health for all, by the year 2000". Our goal is to educate R.N.'s into selfprovisional professionals in the holistic healthcare.

We will work to the "wise woman" syndrom. Create together with all nurses of the world the idea that what's healthy has to be kept healthy and put the main emphasis on this issue.

By learning people in their own environment the interrelation between the structural, chemical, psychological and spiritual sides of life and living. And how to maintain this way of health without fanaticism or dogmatism.

The Netherlands signed the contract of Alma Ata on primary healthcare.

Until now nothing of what was in this contract has been realised.

By starting this postgraduate course, we will make a start to change nursing and to change healthcare into a self help program.

And by doing so we may be able to create a better world.

- Who can be accepted in this postgraduate training?

Only those nurses who graduated for the diploma's A - B - Z or H.B.O.V. Because in Holland this means that these nurses are able to function as free professionals without the need of supervision.

The R.N.'s with the A - B - Z diploma's are mostly trained in inservice for specific nursing.

A - in General hospitals,

B - in Psychiatric hospitals,

Z - in Nursing homes for retarded patients.

The H.B.O.V. nurse is trained in a nursing school and is trained for all sorts of nursing, from general hospital until public health nursing.

The candidate does need at least one year of nursing experience.

- How much time does the postgraduate training take?

It's a parttime training in the course of one year, during 4¹ full days. These days are divided into:

- 1 block of 5 days
- 10 blocks of 2 days
- 1 block of 4 days.

Before graduation there will be a "practicum" of 4 days. There will be no diploma, but a certificat at the end of the training, that will enable the nurse to act as a free healthcare worker, or as a "wise woman".

The training will be residential for every block.

INTRODUCTION TO THE PROGRAM.

Health en healthcare has become more and more a issue for discussion. Certainly since the beginning of the eightie's.

One of the main reasons for the discussion is the financial aspect of the healthcare.

The costs of healthcare take the second big piece out of the national income, after armament. Numerous steps have been undertaken to get the amount of money, spent on healthcare, down.

Some of the steps were for example:

- Cutting down on hospital beds,
- Budgetting on personel costs,
- Not building of new hospitals,
- Reduction on technological material,
- Cutting down on salaries of student nurses in the inservice training,
- Asking patients to pay a certain amount of money, in spite of health insurance, for medicins and other.

There have been and there are still big discussions on the issue of what is still ethical in healthcare.

On the side of the population there is growing dissatisfaction about the way people are treated as object, rather than as a human being. And about the more and more heard phrase: "learn to live with your disease or handicap".

In the Netherlands this has resulted in a growing interest in alternative healthcare.

It is impossible to stop this movement to more natural and more holistic thinking.

And yet also in the alternative healthcare, we begin to see the influence of thinking in terms of curing disease, rather than wake up peoples own healing ability and own awareness.

Right now we have the danger of a struggle between the so called alternative healthcare and the regular healthcare. And that is just what we in this program do not want to encourage.

Our goal is cooperation between the two and waking up people to do their own thing. Again, to learn about living instead of learning about illness.

Block 14 - / healing week with patients
- And individual work.

Block 15)- Integration with the regular health field
16)- Invited are doctors, nurses
17)- teachers, physiotherapists.

Block 18)- Be assured of what you want to develop and accomplish
19)- Hands on practice
- Cooking - nursing - communication and other.

Block 20 - A full week to close the training
- To be with each other
- To introduce new students to the training.

Getting wings to fly.

We are aware of the fact that this program is not at all complete.
That many more things could be added to it.
However what we want is to be facilitators, and grow together with
our students into better ways of holistic nursing.

The program will start in January 1986.
We will keep you informed.
And please, take over our initiative worldwide.