

ІСТОРІЯ СТАНОВЛЕННЯ МЕДСЕСТРИНСТВА НА ПРИКЛАДІ МОДЕЛІ ВІРДЖИНІ ХЕНДЕРСОН

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THE HISTORY OF BECOMING A NURSE ON THE EXAMPLE OF THE VIRGINIA HENDERSON MODEL

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Семененко С., Борејко Л., Тимофійчук І., Роман Л. Історія становлення медсестринства на прикладі моделі Вірджинії Хендерсон. Професія медичної сестри пройшла складні етапи становлення від первобутичного будинку до сучасності, де медсестра має фундаментальну підготовку і багатий професійний досвід. **Цілью дослідження** є визначення історичних передумов становлення і розвитку медсестринства в початку ХХ століття, вивчення внеску Вірджинії Хендерсон у розвиток медсестринської науки. В українській літературі приділено недостатньо уваги історії розвитку медсестринства, а також вивченню моделей, що обумовлюють **новизну дослідження**. Функції медичної сестри значно ширше, ніж просте виконання вказівок і призначень лікаря. На її плечі покладено основні обов'язки по догляді за пацієнтом, профілактиці захворювань, збереженню здоров'я, реабілітації та зняття страждань. Саме такою моделлю, де медсестра безпосередньо доглядає за хворим, була запропонована Вірджинією Хендерсон. Їй вдалося розробити систему принципів, які служили для медсестри керівництвом при здійсненні догляду за хворим. До Вірджинії Хендерсон головним у догляді за хворим був лікар і його діагнози, то тепер найважливішою особою став пацієнт і його потреби. Хендерсон змінила і ставлення до своєї професії, а також її цілі. Автор дійшов до **висновку**, що теорія Хендерсон мала великий вплив на осмислення сестринського діла у всьому світі, і багато створених моделей сестринського діла базуються на її роботі.

Ключові слова. Вірджинія Хендерсон, історія медсестринства, модель медсестринства

Introduction. "There are no future nurses" This is the motto of the European Nursing Conference, which took place in Vienna on June 21-28, 1988. These are people with a special inner light, which forced them to choose the profession of nurse and, fortunately, in our the hospitals have a lot of wonderful nurses, true ascetics of their hard work. Virginia Henderson was one of the first nurses who tried after Florence Nightingale to give their interpretation of the nursing case. The purpose of her theory was to describe the unique essence of the nursing profession. The researchers managed to develop a system of principles that served as nursing guidance in the care of patients. Henderson's theory has had a tremendous impact on nursing comprehension around the world, and many established nursing patterns are based on her work.

The aim of the study. Identify the historical preconditions for the emergence and development of nursing in the early 20th century, establish the significant contribution of Virginia Henderson to the development of nursing science, and emphasize the importance of historical traditions.

Historiography. The history of nursing development is described in the writings of foreign and domestic researchers. In the works of T. Boychuk, I. Shkrobanets, O. Yuz'ko, O. Andriyets¹, S. Semenenko. L. Boreiko², the history of the development of nursing in Bukovina is researched, the European historical aspect of the development of nursing has been studied. Norwegian researcher Marit Kirkewold conducted a thorough study of the theory and practice of nursing, and studied various historical models of nursing. In the domestic literature, insufficient attention is paid to the history of the development of nursing, as well as the study of models, which determines the relevance of the chosen topic³.

Main part. The formation and development of the nursing business, as a form of activity, originates from the primitive communal system. The nursing care and care functions were performed by women and mothers. It is entirely natural that a woman was caring for newborn infants, children. She has always contributed to the health of all family members. Her concern spread to her neighbors or to the

¹ Boychuk T. M., Shkrobanets' I. D., Yuz'ko O. M., Andriyets' O. A., Nitsovych I. R. "Istoriya rozvytku akusherstva ta hinekologiyi na Pivnichniy Bukovyni" [The history of obstetrics and gynecology at North Bukovina], *Neonatolohiya, khirurhiya ta perynatal'na medyt-syna* [Neonatology, Clinical and Perinatal Medicine], 2013, V. 4 (10), P. 153-159 [in Ukrainian].

² Tymofiychuk I., Semenenko S., Roman L., Savchuk T. "Istoriya zarozhennya ta stanovlennya medsestrynstva: yevropeys'kyy kontekst" [The history of the origin and formation of Nursing: European Context], *Aktual'ni pytannya suspil'nykh nauk ta istoriyi medyt-syny* [Current issues of social studies and history of medicine], 2015, V. 8 (4), P. 105-109 [in Ukrainian].

³ Kobylans'kyy S. D., Pishak V. P., Drobnis B. Ya. Istoriya medyt-syny Bukovyny. Tsyfry y fakty [History medyt-sini Bukovina. Facts and Figures], Chernivtsi, BDMA, 1999, 249 p. [in Ukrainian].

entire community. Gradually, it covered the radius of its activity and the burns of the sick, the weak and the old. The performance of service functions came from own experience and elementary knowledge that passed the mother to their daughters. Since the spread of Christian religion, the care of patients and the provision of help to those who need it, was considered a Christian duty, a manifestation of love for his neighbor. This duty was lying on the members of various fraternities, nuns and monks (nuns called widows, united in communities under monasteries). Certain functions of the nurses were performed by the nurses who were hired by the rich so that they sat at the bed of a seriously ill family member. Inhumane practice was spread in free hospitals at that time - the patients were forced to take care of the patients themselves, "ordinary people" who themselves were just beginning to recover⁴.

So the notion of a professional nurse did not exist at all. To recall only the image of Sary Hamm of the novel "Martin Cheslivet" Dickens, which became a negative symbol of the medical workers who abuse their duties and alcohol. In the first decades of the twentieth century, a number of acute problems faced a nursing problem: low level of teaching, lack of nurses and unsatisfactory state of nursing in hospitals. To study the state of affairs, many audit commissions were set up. The members of these commissions always came to the same conclusion: the level of education of nurses should be increased, nursing teachers themselves should improve their educational level, in addition to the responsibilities of nurses, their relationship with patients and other personnel should be defined more clearly⁵.

The situation had to be changed urgently. Responsibility was taken by Virginia Henderson, a brave and enthusiastic business. Verdzhiniya Henderson was one of the first nurses who formulated the theory of nursing and outlined it in the form of a textbook, which summarized the principles of care for the sick (1955). "The appointment of a nurse is to help a person, to carry out actions related to the maintenance of his health, the recovery (or peaceful death) that he would have done on his own if he had enough strength, will or knowledge for that," she said later. But to the nursing profession, Virginia came not by the call of a childhood dream, but by the call of fate.

Virginia Henderson, who has lived for almost a century, has become the main "reformer" of the profession of nurse in history. In order to appreciate the positive changes that have taken place with this extraordinary woman, one must know what the profession of nurse was before the 20th century. Actually, there was no occupation either. "Then our main task at the hospital was to support the ideal form of its white stool uniform," Miss Henderson joked. Virginia Henderson (Virginia Henderson) was born in 1897. in Kansas, Missouri, USA (Kansas City, Missouri, USA) is the fifth

child in a family of eight children. Her father was a lawyer for American Indians. Her mother came from Virginia, where Ms. Henderson later returned to receive early schooling. In his youth, Virginia was not going to be a nurse at all. She painted fine, dreamed of becoming an artist, creating sketches of fairy-tale interiors and bizarre outfits. The 20th century was just beginning, and undoubtedly it was to become an era of beauty, progress and wonderful changes. But when Virginia was 17, the First World War began (1913). Caring for the wounded is the debt of the real lady. And this was exactly the birth of the American South, a representative of a respectable intelligent kind of teachers, doctors, lawyers. Two years later, the war will end, and she will forget about the correct, but such boring and dirty profession. In 1921 Virginia graduated from the Army Nursing School in Washington DC. Then she graduated from the Pedagogical College at Columbia University with a Master's degree in nursing education and began teaching until 1948, combining academic and teaching work with hospitals. In 1937 she became a member of the author's team, who created a new nursing education program focused on the patient focusing on patient care problems, not on his diagnosis. It was, without exaggeration, a true revolution in the profession of a nurse - and not the first one Miss Henderson has to do for her long life. And this was a professional revolution: for the success of the coup you need to know perfectly the object that you are going to reform. As much as Virginia Henderson knew about the sister case, nobody knew anyone in the entire white world. On her shoulder two four-volume works devoted to the subject. For 10 years, from 1953 to 1964, she co-authored with a colleague to conduct research on nursing research in the United States and other English-speaking countries for Yale University. In the book Nursing Research: Survey and Assessment, she translated, analyzed, provided annotations and cross-references to scientific research in this area. More careful work would have been impossible to imagine, when Ms. Henderson would have devoted another 12 years (1959-1971) to the compilation of the indexed catalog of Nursing Studies Index (Nursing Studies Index)⁷.

These were the two largest works of Virginia Henderson, but not the most important ones. Her life is the creation of her own concept, theory and methodology of care for patients. All these nurses all over the world still use it. And it began just about the editors of someone else's book. The author of the "Principles and Practice of Nursing" - Canadian Bert Hammer - became ill, and was practically at death when it came to the topic of preparing a fourth edition. Editing the book alone Bert was no longer able to. She has already heard of Virginia Henderson's amazing work ability and devotion and asked her to help. Together, they overcame the fourth edition of the book, and in the end of 1939,

⁴Kulyk O. F., Kuzyk F. V., Stryzhakovs'ka O. S. "195 rokiv Chernivets'komu medychnomu koledzhu Bukovyns'koho derzhavnogo medychnoho univversytetu" [195 years of medical college Chernivtsi Bukovina State Medical University], *Klinichna ta eksperymental'na patohiia*, 2006, V. 5 (3), P. 2-5 [in Ukrainian].

⁵Sharlovykh Z.P. "Pedahohichni aspekty medsestrynskyykh teorii (modelei) pro rol ta shliakhy vdoskonalennia spivpratsi simeinoi medychnoi sestry z rodynamy zadlia oduzhanntia patsientiv" [Pedagogical aspects of medsestrian theories (models) about the role and ways of improving cooperation of the family medical settlement with children of proof of patients], *Visnyk Zhytomyrskoho derzhavnogo univversytetu imeni Ivana Franka* [Bulletin of Zhytomyr State University named after Ivan Franko], 2012, № 60, P. 162-165 [in Ukrainian].

⁶Kalyagin AN, Kamakova MV "Modely sestrynskoho dela" [Models of nistress] *Almanakh sestrynskoho dela* [Almanac of nursing], 2013, T. 6, № 2, P. 11-22 [in Russian].

⁷Diatlova N.V. "Orhanyzatsiia sestrynskoho ukhoda za tiazhelobolnyny po modely Vyrzhynny Khenderson" [Organization of nursing for heavy vehicles by the model of Virginia Henderson] *Chelovek v medytyna XXI veka: tradytssy, ynnovatsyy v pryorytety rossyiskoi nauky, sbornyk tezysov dokladov 74-y ytohovoi konferentsyy SNO* [Man and medicine of the xxi century: traditions, innovations and priorities of russian science a collection of theses of the reports of the 74th final conference of the SSS], Publishing house: OOO "Ofort", 2006, P.110-111 [in Russian].

Bert Hammer died without reaching the age of 50. And Virginia Henderson published two more editions of the textbook in 1955 and 1978. Despite the fact that Hummer's name always stayed intact (such was the will of her relatives, the copyright holders of the book), the textbook became Virginia's Henderson virgin, penetrating her vision of the profession, her philosophy, her love and interest in the person, respect for his will and a skepticism about the unconditional power of a doctor over a suffering creature. The job of a nurse, according to Henderson, is not auxiliary, but completely independent: the nurse should follow the treatment plan, which is compiled by a doctor, but everything related to individual care is creatively planned by herself. A sister should become an independent unit - as long as she does not diagnose, does not prescribe treatment and does not foresee cases of the disease. It all comes exclusively into the function of a doctor.⁸

Virginia Henderson did not know how to do half. Work on an essay resulted in the main work of her life - "The Basic Principles of Nursing" (The Basic Principles of Nursing). The book saw the world in 1960, was translated into 29 languages and to this day is one of the main manuals for nurses throughout the world. Method Henderson deals not only with a nursing profession. It describes four inextricably linked components:

1. person;
2. Her health;
3. Her environment;
4. actually, the duties of a nurse.

Every person has basic needs. According to Henderson, they are 14:

1. To breathe normally;
2. Eat and drink;
3. To remove from the body products of life;
4. Move and be able to take a comfortable pose;
5. To sleep and rest;
6. To choose suitable (comfortable) clothes, to wear and remove it;
7. To maintain a comfortable temperature regime, which is determined by the temperature of air in the room and clothing;
8. Maintain cleanliness of the body, good condition of skin and hair;
9. Avoid dangers for ourselves, not harm others;
10. To communicate with people, to be able to express their feelings, needs, fears or thoughts;
11. Pray;
12. Play and rest;
13. To work, getting pleasure from it;
14. Learn, explore the world, satisfy your curiosity⁹.

"The role of the nurse," Henderson writes, "is to get into the patient's skin and supplement what he lacks - strength, will, and knowledge."⁸ Virginia has changed its field of activity in 75 years. She leaves the hospital (where she continued to work all the time), ceases to write books and begins ride the world with lectures. Her fascination, conviction and devotion to the cause instantly win supporters in different countries, people willingly accept her theory and embod-

y it. The main secret of this nursing philosophy, perhaps, lies not only in logic and harmony, but also in endless love for a person who is absorbed by all the works of Henderson. She wanted her works to be as useful as possible to everyone so that they were easy to read, easy to apply without medical education. Henderson, a man brilliantly educated, strictly watched so that in the books there was not a single word, understood only by doctors - and demanded it from their students. There were no trifles for her, there was a man. There are many honors awarded by Henderson. She received honorary doctorate degrees from the Catholic University of America, the University of Pace, the University of Rochester, the University of Western Ontario, Yale University, Rush University, the University of the Old Dominion, Boston College, Thomas Jefferson University, Emory University and many others. In 1977, she was elected an Honorary Member of the American Academy of Nursing. The following year, she was elected an honorary member of the Royal College of Nursing in Great Britain for her unique contribution to the art and science of nursing. In 1985, Henderson was celebrated at the annual meeting of the Medical Nursing and Allied Healthcare Association Association of Medical Libraries. In the same year she received the first Christian Reymann Award from the International Council on Nursing (ICN), the highest and most prestigious nursing premium in the transnational sphere of her work. In 1988, she was honored by the Virginia Nursing Association when she was presented with the Armenian Historical Nurse Award. So, Miss Henderson failed to become an artist. But she could create beauty around herself. In fact, everything that she touched became beautiful. She made the beautiful profession itself, lifting her to a new height. She died in a hospice, it was logical to entrust themselves to professionals after the end of their lives¹⁰.

Conclusions The work of the nurse has undergone complex stages of becoming from the primitive communal system to the present, where the nurse has a thorough training and a wealth of professional experience. The doctor treats, but cares for a sick nurse. It should support a patient who is experiencing both emotional and physical difficulties. It is such a model where the nurse directly cares for the sick was suggested by Virginia Henderson: This most famous nurse of the 20th century has lived for almost a century and has made a huge contribution to the theory, practice, methodology of education and research in the field of nursing around the world. Several generations of nurses have grown (and continue to grow) under her intimate, part-time leadership. She owns one of the most accurate definitions of the profession and - most importantly - a scientifically grounded theory of nursing, based on a holistic approach to the person, her health and environment¹¹. This model is used by nurses around the world. If Virginia Henderson was the main doctor in the care of patients and his diagnoses, now the most important person here is the patient and his needs. Henderson changed the attitude to the profession itself, and even its purpose. "The nurse is the legs of the naked, the eyes of the blind, the support of the child, the source of knowledge and confidence for the young mother, the mouths of those who

⁸ Ibidem.

⁹ Ibidem.

¹⁰ Pedachenko E.G. Neurosurgery in Ukraine: nowadays and perspectives *Ukrainskyi neurokhirurhichnyi zhurnal* [Ukrainian Neurosurgical Journal], 2018. № 1, P. 5–18 [in English].

¹¹ Pinchuk V. Sestry myloserdia vchora, nyini i zavtra [Sisters of Mercy yesterday, now and tomorrow] *Novosty medytsyny y farmatsyy* [News of medicine and pharmacy] 2013, № 15 (466), P. 28–29 [in Russian].

the source of knowledge and confidence for the young mother, the mouths of those who are too weak or immersed in themselves."¹²

Семененко С., Бореійко Л., Тимофійчук І., Роман Л. Історія становлення медсестринства на прикладі моделі Вірджинії Хендерсон. Професія медичної сестри пройшла складні етапи становлення від первіснообщинного ладу до сучасності, де медсестра має ґрунтовну підготовку та багатий професійний досвід. Метою дослідження є визначення історичних передумов становлення і розвитку медсестринства на початку ХХ століття, вивчення вкладу Вірджинії Хендерсон в розвиток медсестринської науки. У вітчизняній літературі приділено недостатньо уваги історії розвитку медсестринства, а також вивченню моделей сестринської справи, що обумовлює новизну дослідження. Функції медичної сестри значно ширше, ніж просте виконання вказівок і призначень лікаря. На її плечі покладено основні обов'язки по догляду за пацієнтом, профілактики захворювань, збереження здоров'я, реабілітації і полегшення страждань. Саме таку модель, де медсестра безпосередньо доглядає за хворим була запропонована Вірджинією Хендерсон. Їй вдалося розробити систему принципів, які служили для медсестри керівництвом при здійсненні догляду за хворим. До Вірджинії Хендерсон головним в процесі догляду за хворим був лікар і його діагнози, то тепер найважливішим персоною тут став пацієнт і його потреби. Хендерсон поміняла і ставлення до самої професії, а також її мети. Автор приходить до висновку, що теорія Хендерсон справила величезний вплив на осмислення сестринської справи в усьому світі, і багато моделей сестринської справи ґрунтуються на її роботі.

Ключові слова. Вірджинія Хендерсон, історія медсестринства, модель медсестринства

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¹² Ibidem.