

NURSING WITH A DIFFERENCE

TRUST Established in Delhi 1998

"Let Each Day Be Your Masterpiece" Galatians 6:9

Light and Shadow in Nursing in Twipra

Sonia D Kapoor

Apology

This Résumé comes with sincere apologies for the inordinate delay, to hostess Mrs. Shikha Deb Nursing Superintendent, Directorate of Health Services, who enabled me to do so much in Agartala, and throughout Twipra (Tripura). Delays over the expected two months were due to circumstances beyond my control.

Prepared and presented with integrity, may what follows bring at least some of the encouragement and substance expected, and prove a positive basis for re examination and consideration in future decisions for Nursing Services in Twipera. May light filter through each page to dispel shadows of delay.

The content seeks to highlight the following:

- | | | | |
|---|--|---|----------------------------|
| 1 | Risks and Benefits | 2 | Facts and Fallacies |
| 3 | Success and Failure | 4 | Model and Enigma. |
| 5 | Strong points and not so strong points. | 6 | Recommendations. |

The purpose of this document is two-fold purpose

1. To outline the steps taken during the month spent in Tripura
2. To plough the ground taken and sow seeds that Madam Shikha Deb, a most able Nursing Superintendent for the State, and her Nurses, can prayerfully analyze and use to bring the changes they consider best, for lasting value in Nursing, and in the Health Services of Tripura.

Nurses in any situation, State or Nation can inspire and repel, can be a model and an enigma, can be a success and a failure.

In every situation we see ordinary human beings struggling with life, the great highs and the great lows significantly influenced by one's personality and desire to be obedient in one's faith and duty in Nursing.

Journey through light and shadows

As we begin this journey of Nursing in Twipera may the words written in 1847 by Henry Francis Lyte at the end of 24 years of struggle in his sphere of service to people, and sung in 1861 by a Nurse, Edith Caville as an expression of her faith, as she faced a firing squad for assisting allied soldiers to escape from German-occupied Belgium in 1915 give us fresh heart, hope and inspiration.

Abide with Me

1
Abide with me! fast fall the eventide;
The darkness deepens; Lord with me abide;
When other helpers fail, and comforts flee,
Help of the helpless, O abide with me.

3
Swift to its close ebbs out life's little day;
Earth's joys grow dim, its glories pass away
Change and decay in all around I see;
O Thou who changes not, abide with me!

2
I need Thy presence every passing hour;
What but Thy grace can foil the tempter's power;
Who like Thyself my guide and stay can be?
Through cloud and sunshine, O abide with me!

4
I fear no foe with Thee at hand to bless;
Ills have no weight and tears no bitterness
Where is death's sting! Where, grave thy victory?
I triumph still if Thou abide with me.

Risks and Benefits

The immediate warm response of the Nursing Superintendent over the telephone was more than matched by the warmth of welcome and tremendous help received once in Agartala and subsequently in each district of this isolated, yet strategic State because of its importance for the Eastern borders of India. See Appendix I

Constant travel and meetings in Meghalaya ended in a last minute rush before subsiding in the over-night bus from Tura to Guwahati. ½ hour with Nurses and 2 hours with the newly appointed CNO and it was time to leave by air for Agartala.

Thankfulness for timely help to get an acceptably priced Auto Rickshaw at the airport dispelled mounting frustration, a very warm welcome by the Nursing Superintendent despite being unwell, and concerned. Accommodation plans had collapsed! the Dak Bangalow due to a crisis was unavailable, the official guest house in the Baptist compound had an influx of overseas visitors! Shadows as night falls fast in the east served only to enhance the hand of providence over four very full weeks in Tripura.

By 6.30pm I was installed in the VIP room in the Hostel at the Baptist Church compound which was to become a welcome base at Rs.40/- per day for the whole month. A special thanks is due the three ladies who, without a word to me detected my predicament, and from the 3rd day took turns in providing the most delicious generous and varied 'tiffin' which was sufficient for three good meals a day. A real benefit and great blessing when returning exhausted each evening.

Nursing With A Difference runs a financial risks every time we step out. Our only resources come from the sale of Modules and Nurse's, with from time to time family members generosity. However, because of injustice and trauma that negatively affects Nurse's freedom to pay, we have donated thousands of Modules and songbooks to Nurses in 6 States in India as well as in Sri Lanka.

In 4 States, donations received from Nurses, while insufficient for us to break-even, were a great help in preparing for the next State. Gracious provision covers much e.g., donations in Meghalaya amounted to less than Rs.5000/- and Tripura Nil, but the tremendous help received in both States for accommodation, food, a transport, and from Assam with the Modules, made it possible to live within our financial limits.

Appropriating Blessings

“When ever you get a blessing from God, give it back to Him as a love gift. Take time to meditate before God and offer the blessing back to Him in a deliberate act of worship. If you hoard a thing for yourself, it will turn into spiritual dry rot, as the manna did when it was hoarded. God will never let you hold a spiritual thing for yourself, it has to be given back to Him that He may make it a blessing to others.

Bethel is the symbol of communion with God; Ai is the symbol of the world. Abraham pitched his tent between the two. The measure of the worth of our public activity is the private profound communion we have with Him”.

We Nurses must pitch our tents where we shall always have quiet times with God, however noisy our times with the world may be, because there are not three stages in the discipline of life – worship, waiting and work. Our LORD Jesus Christ demonstrated throughout His life that the three should always go together. **Thus we can be assured of the joy of unhasting and unresting**

As we give God the best He has given us, we continue to go forth in quietness and confidence.

Adapted from *My Utmost for His Highest* by Oswald Chambers.

Facts and Fallacies

The next journey to the Directorate of Health services was with the Director Tribal Welfare: After ascertaining the purpose of my visit, he outlined the revolt by Student Nurses who had been selected and sent in good faith to another State to do their GNM training.

Discussion centered on some of the issues confronting Nursing today significantly from the burgeoning money making racket and the proliferation of so many bogus Schools of Nursing (Some even managing to get INC approval) throughout India with its accompanying exploitation of young women.

On displaying the website consulted, we discussed the reality of ease with which misinformation can be conveyed over the web.

Having already spent much time in prayer for these 23 young ladies because I had kept getting unsolicited insights into what was happening from the most unexpected quarters, following arrival in Agartala, it was a privilege and responsibility to share with him:

- The heartache and sorrow of these young women and their families,
- The young women's future, including marriage, being severely jeopardized due to the shame at what they had felt justifiably forced to do, and which most of their parents and others would not understand.
- In addition to the student's suffering was the loss of face and huge financial loss to the families and to the State.

The benefits of this risk, albeit taken in good faith, would be firstly the exposure of wrong followed by wise management of each complex distressing issue, in the real interest of the already traumatized students now caught in an invidious, potentially volatile and invective situation involving family and State.

This situation need never have arisen had the Nursing Superintendent been consulted in the first instance. A sad indictment of *high handed Authority* riding rough shod over the most qualified Nurse to speak and act on behalf of Nursing for the State.

Denegrating anyone appointed to a position of responsibility is sin against God and man. Sin has to be exposed. In this instance we can feel concern for this State Government when similar deception and oppression is being 'conveniently overlooked' in many other State Governments.

The blessing in Tripura was what appeared to be the caliber of integrity and genuine desire for good noted when interacting with all Officials met during the four weeks in Tripura.

**When Nurses listen, God speaks,
When Nurses obey, God acts,**

When Nurses change, our profession changes, our Institutions and Nation changes.

Nurses as revolutionaries have the Spirit, the character of Christ.

The dynamism of Truth, that cannot be silenced by a machine gun or money.

**The capacity to apologize.
The ability to forgive, and even to forget.**

The ability of true compassion to slip into another person's shoes.

The decision to move into positive action with the former adversary.

The Directorate of Health Services

Appendix II letter from the Director of Health Services Tripura:Agartala, in speaking for itself reveals the strong commitment and influence of the Nursing Superintendent to ensure its expidation.

Suffice to say that on that first memorable Monday the Nursing Superintendent was so organized that we were able to cover together an introductory visit of all but one Government Institution and the well recognized private Institute of Nursing Science. Thus Nurse Administrators were able to plan with her authority and despite Nursing staff shortages and consequent busy-ness, two hour sessions for all RN's commenced the very next day.

Her conviction of the needs in Nursing in relation to the opportune visit from Nursing With A Difference not only brought forth a positive response when meeting with the DHS but would also have taken much more effort in order to secure the required letter. An acceptance of our services is one thing but the provision of so much help is quite another.

With the program underway in Agartala, it was two weeks later that we met with the Deputy Director with the letter to plan for institutions in all four districts. So many hospitals, CHC's and PHCs, with only two weeks? It was finally resolved to attempt only seven institutions outside of the Capital.

The Nursing Superintendent expressed understandable concern for my safety and ability to cope with the very real hazard and logistics of travel. My comment was sincere 'Don't waste time and energy worrying just ask the God we took our Pledge before to be in control'.

Unforgettable, was the unexpected but wonderful provision of accommodation in two Dak Bungalows and three Circuit houses for which minimal charges were accepted in only one of each.

Provision of hospital conveyance on 6 different occasions in North Tripura and Dhalai Districts was invaluable where public transport was limited and accommodation a considerable distance away from the hospitals. When available, it also greatly facilitated connecting with the appropriate vehicle in the Civilian Convoy. Having been privileged to travel in a Military Convoy this was indeed a new experience.

In both darkness and shadows the Light of God's love shone forth.

Time in each Institution and in each District required **Light** to reveal the **Shadows** for in each situation there are successes and failures, strong and not so strong points, models and enigma's.

Nurses have the responsibility to work through each of these with the best light possible in order to remove the darkness causing the shadows, the enigma and the not so strong points.

Enigma

To speak darkly from a tale or story.

A dark saying in which something is concealed under obscure language.

An obscure question; a riddle;

Something containing a hidden meaning which is proposed to be guessed;

Anything inexplicable to an observer, such as the means by which something is effected.

The motive for a course of conduct, the cause of any phenomenon;

A person whose conduct or disposition is inexplicable.

Accountability**Institutions Visited in Tripura**

District	Institution	Groups	Participants	
West Tripura Agartala	AGMC G.B. Pant Hospital	20	172	
	BRAM Hospital	1	1	
	“ SON Tutors	2	11	
	IGM Hospital	6	44	
	Teliamura Rural Hospital	1	5	
	Khowai S-D Hospital	1	9	
	Kalyanpur CHC	2	1	
	Bishalgarh S-D Hospital	1	4	
	Melagarh S-D Hospital	1	6	
	Jirania	1	2	
	Nurses Training Institute GBPH	1	13	
	Institute of Nursing Science	1	6	
	Second Year Student Nurses	1	?25	1/2hr
	North Tripura Kanchanpur Dharmnagar Kailashahar	Sub-Divisional Hospital.	2	10
Chandrapur S-D Hospital		1	7	
Rajiv Gandhi M. District Hospital				
Kumarghat Rural Hospital		1	5	
Dhalai	Manu DPHC	1	2	
	Chailengtha Sub-D Hospital	1	5	
	Kulai PC Hospital	1	5	
South Tripura Udaipur	Tripura Sundari District Hospital	3	24	
	Sabroom S-D Hospital	2	12	
	Monobazaar Rural Hospital	1	6	
	Belonia S-D Hospital	1	4	
TOTAL		53	379	

The above figures do not include the large number of professional interactions with one or more Nurses which varied from ½ hour to 4 hours nor do they indicate e.g. a 5 hour non stop session with 2 or 3 Nurses coming at a time for as long as they could be freed from their clinical responsibilities.

NWAD Resources Donated	Total	Value in Rupees
Sets of six Modules donated	22	79,100
Odd Modules (Approx.)	120	7,200
Song Books	1,300	28,000
		Rs.114,300

Gideon's International gifted 200 New Testaments for NWAD to distribute in Tripura.

Nurses appreciated the specific aids for practical and relevant help in this resource and were willing to share, however, almost all Nurses were disappointed in not being able to receive a personal copy or even one for each Ward, Unit or Clinic.

Nursing With A Difference appreciates the confidence Gideon's International placed in them by making this much valued resource used by millions of Nurses worldwide, available for Nurses in Tripura and appreciated their unsuccessful effort to get copies released in time for distribution to Nurses in Meghalaya

Gracious generosity and goodwill

Packing, cartage, labour and travel Expenses were greatly reduced through the most unexpected and generous help of countless people.

While it is not possible to record accurately all the details of help received the following list constitutes that which saved *Nursing With A Difference* thousands of Rupees and for which all Nurses need to be aware as a powerful reminder of the goodwill and appreciation that these good folk have for Nurses and Nursing:

The letter of Introduction from the Director of Health Services (appendix II) resulted in the most generous hospitality and travel arrangements in the more sensitive areas that drastically reduced expenditure of time and money, and prevented a much difficulty.

The Managing Director for the whole of the North East of a large National Firm:

Made his car and driver available in Assam from point of arrival to departure.

This kindly gentleman with his gifted wife and wee daughter provided the comfort and blessing of their lovely home, including the use of telephone, extensive valuable information and much needed rest for two days on arrival and two days prior to departure from the North East.

In addition he arranged collection and transfer of all the packages from the Guwahati Railway Goods Depot, to Godown before arranging for me to merely ensure the correct packages were dispatched to Meghalaya and to the godown in Silchar until a venue in Tripura had been arranged.

This wonderful help continued until the packages were safely delivered to the assigned venues in both Meghalaya and Tripura.

This was without doubt the most extensive help with this mammoth and highly expensive exercise we have ever been privileged to receive.

God will bless each one, his family and organization, one thousand fold and more.

While there is no adequate expression of appreciation to all the above as well as the many other 'Angels of Mercy' who helped along the way, *Nursing With A Difference Trust Members* are confident that, from the wonderful response of hundreds of Nurses in both Meghalaya and Tripura, James 3:16-18 speaks for itself

James 3:16-18

"For where envying and strife is, there is confusion and every evil work.

BUT the wisdom that is from above is first pure, then peaceable, gentle, and easy to be entreated, full of mercy and good fruits, without partiality, and without hypocrisy.

And the fruit of righteousness is sown in peace of them that make peace."