



## **NURSING IN MEXICO**

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The nursing has advanced from an empirical practice to a profession, which uses models of care to understand people in their life cycle within the health-disease process. This essay contextualizes in an objective and clear way the evolution of nursing through the centuries until today; identify and articulate the progress of the profession throughout history; so that the reader has a vision of what nursing was and what it is today at national and international level; without forgetting that the profession has been permeated by the socioeconomic, political and structural changes of each era that have determined its actions in the care of people and communities around the world. Nursing is defined as the art and science of care, it is a profession on the rise and is currently recognized as a discipline with philosophical, theoretical, methodological and technological support, indispensable in health systems to ensure the health of citizens. Nursing has been in a continuous struggle for its autonomy and professionalization, events that have led it to grow from the professional point of view, as well as to form professional associations or organizations, guilds or unions, which have gradually allowed it to make decisions in health policies and care management. To understand nursing at the present time and the nursing required for the future, it is necessary to review the facts of the past, as this profession has undergone drastic changes in response to the needs and influence of society.

## ITS ORIGINS

The pre-Cortesian era, in ancient Mexico until today, primary health care has always been in the hands of women; the care of the family including pregnancy care, childbirth and care of the healthy child, was in the hands of women called "tlamatquicitl" or "ticitl" this midwife woman among the Aztecs, had a very important role in society, had the status of priestess, advisor in marriage matters and health educators. Through teaching they could guide women on aspects of hygiene and care during pregnancy; they attended to the bathing of the newborn and promoted breastfeeding. In the colonial period of the 16th century, the Spaniards dominated the lands in Mexico. Fray Pedro de Gante founded in 1523 the school-Hospital of San José de los Naturales, where nurses were academically trained and only indigenous people were attended. During this colonial period, 2 to 3 hospitals were founded in each state of the republic, almost all of them managed by nuns, who, without any preparation, dedicated themselves to caring for the sick. During the beginning of the independent period (1810-1950) the country was in very bad conditions, from the point of view of health, the country was hit by a cholera epidemic (1833) as a result of which 21800 people died. With the arrival of the emperors Maximilian and Charlotte, the "maternity and infancy hospital" was founded, where they did their practices and took their first steps in the nursing profession, which later became the first nurses graduated in Mexico. On December 4, 1847, the president of the republic, Sebastián Lerdo de Tejada, issued the decree of the reform laws, which demanded the departure of all nuns and the positions were filled by male nurses.

In the modern period of nursing in Mexico, is the one that goes back from 1905 to date, since the historical fact that marks it, is the inauguration of the General Hospital of Mexico (February 5, 1905), in which began to organize formally the teaching of nursing in Mexico in a firm and decisive manner, with sufficient bases to fill the indispensable aspects in that teaching, tending to achieve a change in the estimation of the nurse, to be able to take her into consideration as a prepared worker, with theoretical studies and a practice directed in such a way that would allow her to be a true scientific assistant of the doctors. At the beginning of the 20th century, Dr. Eduardo Liceaga, on his trip to European countries, documented both the foundations of hospitals and nursing schools. The doctor had observed the operation of some of them, so he was determined that the schools to be opened in Mexico, had technical bases and teaching programs; in principle to meet the needs of the general hospital, but also looking towards the consolidation of the future of Mexican nursing. The first nursing school in Mexico, supported by the public charity and directed by Dr. Fernando Lopez, was inaugurated in 1907 with its own regulations. At the time of the revolution, a nurse named Refugio Estevez Reyes or "Madre cuca" was trained, who without nursing studies worked in a hospital attending the wounded who arrived from the first battles, she was the first military nurse in Mexico and reached the rank of lieutenant colonel. The Mexican Official Standard NOM-019-SSA3-2013, For the practice of nursing in the National Health System, is mandatory in medical care facilities of the National Health System where nursing services are provided, as well as for individuals who provide such services independently.

Specifically, the profession must be conceived as a true art. In this sense, nursing care is a fundamental part of the world's health systems, and nurses have a responsibility to participate with others and the community itself in decision-making at the institutional, local, regional and global levels in the equitable distribution of health services to citizens. Nursing is very different from how it was practiced in the past, and is expected to continue to change and grow over time. The context of nursing education and practice must be viewed and assessed in terms of history, epidemiological situation, values, institutional and societal beliefs; ethical aspects, organization and health care rationale for addressing problems, dominant concepts and practices, policies, laws and regulations governing education and care, as well as general characteristics of the profession that influence the practice itself. Current nursing practice involves many responsibilities of a technical, theoretical and methodological nature; however, it must go more and more to the rescue of ethical and humanistic values, such as advocacy, cooperation and attitude change, which are in themselves the moral foundations of practice with individuals, families and communities, based on human response, regardless of social or economic status, personal attributes, or the nature of the health need.

## Bibliography

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