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## **Nurses- A leading Force to achieve Sustainable Development Goals**

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### **Introduction**

All UN Member States adopted the SDGs in 2015 as a global call to action to end poverty, protect the environment, and ensure peace and prosperity by 2030.

Sustainable development must balance social, economic, and environmental well-being, and the 17 SDGs recognize that action in one area affects others.

By taking the Leave No One Behind commitment, nations have promised to priorities the needs of their most disadvantaged citizens. For this reason, the SDGs aim to achieve a number of game-changing "zeros," including ending poverty, hunger, AIDS, and discrimination against women and girls.

For these lofty goals to be realized, everyone's help is required. Achieving the SDGs will need the collective efforts of all of society, including the sharing of ideas, expertise, technologies, and financial resources.

Here, we explain why nurses should pursue the SDGs (SDGs). By 2030, nurses should meet these standards. Nurses must be able to value and link their own objectives and current work with SDGs, hone in on particular targets and advocate for change, monitor and assess progress toward attaining them, and distribute results globally, according to the authors of this research. Journals, articles, and presentations should communicate the purpose and strategic goals of nursing as expressed in the SDGs, as well as the work and results of nurses, professors, students, clinicians, and researchers.



### **Nursing: A Moral Commitment**

Professionally and ethically, nurses must work for the achievement of the SDGs by 2030. In addition to the fact that nurses make up the biggest share of the global healthcare workforce (20.7%), there are a number of additional convincing arguments for why nurses should take on, if not leadership, at least conspicuous roles in facilitating progress toward reaching several of the SDG objectives.

Nursing as a profession is based on a consensus across society as a whole. The pact's stated goals include protecting people from things like poverty, violence, and environmental degradation, as well as enhancing their quality of life. Regardless of a person's colour, culture, sexual orientation, or socioeconomic situation, the nursing profession has as its universally acknowledged goal the promotion of health and well-being across populations, the facilitation of successful transitions back to health and well-being, the care of populations' capabilities to function and be productive to their maximum degree, and the provision of compassionate care to all who need it. Nurses have, for a very long time and in many parts of the globe, attended to the needs of the most vulnerable members of society. Using the human rights framework, nurses work to ensure that all individuals have access to healthcare and other basic necessities that will keep them safe from violence. Ruger defines "health capability of humans" as the extent to which an individual is able to take full use of his or her health, achieve his or her full potential as an independent worker, act in his or her own self-interest, and pursue a life of personal significance. Another reason for nurses and the nursing profession to work methodically toward achieving the SDGs is because they are founded on the same ethics, beliefs, values, and mission.

Since Florence Nightingale's founding of nursing in 1854, the nursing profession has emphasised the need of protecting and improving the natural environment as a means of improving the health of communities and rehabilitating those who are ill or damaged. Nightingale and her followers pushed hard for the upkeep of their immediate surroundings (such as ventilation and lighting). Others then followed suit, broadening the scope of "environment" to include not just natural settings but also human-made ones including energy systems, cultural norms, families, communities, economies, and governments. The nursing profession is grounded on the epistemological principles of holism and the interdependence of the individual, the family, the



community, and the larger social system. For nurses, it is essential to conduct community-based assessments in order to fully comprehend human behaviour and health responses. These relationships are seen as crucial to the health and prosperity of communities.

Recently, nurses have gone even further in their study of the ways in which environmental and anthropogenic hazards like lead poisoning, pollution, and global warming can influence people's decisions about their diet, exercise routines, and other lifestyle choices, with far-reaching implications for health and wellbeing. Another piece of evidence supports the need of preserving and improving environmental quality, which has far-reaching effects on human health.

In order to ensure that everyone benefits from a healthy and sustainable environment, the SDGs set a number of lofty and ground-breaking goals that account for a wide range of environmental factors and their consequences on human health and well-being. The 2030 Agenda has numerous objectives, including preserving a stable climate and thriving ecosystems. The SDGs envision and encourage a connection between population health and well-being, which opens the door for nurses to play a role in creating and maintaining settings that are conducive to the well-being of the population as a whole. It is impossible to achieve any of the SDGs without the expertise, data, and care that nurses contribute.

### **Maximizing Nursing's Contributions and Influence**

By placing a high value on the SDGs and making linkages to their own aims and current work, honing in on particular targets and advocating for required change, tracking progress toward those goals, and sharing their results internationally, nurses may be able to actively participate in, support, and influence the attainment of these aspirational SDGs. The ideas presented in this book are aimed to inspire readers to take on roles of leadership in the nursing profession that are both forward-thinking and meaningful, and to use their positions to work toward the SDGs.

### **Value and Connect**

Nurses and nursing groups must comprehend the SDGs' importance. Students, teachers, doctors, researchers, and administrators must know all 17 objectives and 169 subgoals. While a general review of all objectives is useful, it may be helpful to pull out those relevant to a given group or area. A course on global health may use all SDGs as a framework, but a nursing school course on infant and children's health may focus on hunger (SDG 2), a course on women's health may focus on equality (SDGs 5 and 10) and economic growth (SDG 8), and a course on community health



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may focus on making cities more inclusive, safe, resilient, and sustainable (SDG 11), as well as the impact of climate change and how to affect changes (SDG 13).

Students can focus their theoretical and clinical coursework and classroom discussions on how to help individuals, families, and communities accomplish each of the SDGs. A similar approach may be used by nursing communities, coalitions, and organisations by tying their long-term goals to the SDGs and evaluating how their achievement will contribute to global progress. It's also feasible that the American Academy of Nursing or another similar organisation evaluates nominations for and certification of "edge runners," revising the criteria to better align with some of the goals and targets outlined in the SDGs. That's why forward-thinking executives have to think about how their projects contribute to the Global Goals.

**Focus and Advocate:** Remember and spread the word that organisations may have a difference by picking one or two SDGs to focus on and then systematically preparing a strategy to explain how members can move forward to attain some (or all) of the relevant targets. To vote for SDG 13 "Taking urgent action to tackle climate change" would be an example of what hospital members may do. Improve climate change education, awareness, and human and institutional capacity is Objective 13.3. If this goal is chosen, the team may prioritise. When sub-goal 13.3 is accomplished, the strategies for teaching management and assessment will be made available to other organisations. To achieve target 13.3, which calls for human resources for all areas of climatic and environmental changes, we must advocate for these mechanisms one by one, starting at the institutional and organisational level and working our way up to the local, state, and national levels.

The nursing profession and individual nurses must also maintain their dedication to improving healthcare access, reducing healthcare inequities, and prioritizing the needs of the most disadvantaged groups.

**Monitor and Evaluate:** Both experienced and inexperienced nurse researchers may take use of the SDGs to build procedures for tracking progress toward goals and measures for gauging success. Nurses may demonstrate the relevance of nursing research and inquiry to each SDG by taking the lead in developing procedures and metrics to measure progress toward attaining them. By narrowing in on the SDGs and providing the appropriate linking statements, a pool of data is made available beyond the scope of individual studies. These evaluations may be used to gauge SDG accomplishment by taking responsibility for a subset of the goals and combining results. Health



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care policy in the United States is heavily influenced by nursing research, but this is not the case elsewhere. Nurse scientists may have an international effect on health policy by developing metrics, methodology, and research programmes to track progress toward reaching the SDGs from now until 2030. Members of organisations that promote the growth of nursing expertise are encouraged to use the SDGs as a guide when formulating research questions and objectives. These include institutions offering PhD and postdoctoral degrees in nursing, as well as groups advocating for the advancement of nursing science and researchers in the field.

**Disseminate Findings Globally:** Journals, articles, and presentations should communicate finished and ongoing projects by nurses, professors, students, clinicians, and researchers, as well as work connected to the purpose and strategic goals of the nursing profession that reflect the SDGs. Goals should drive distribution. Standard-issue disciplinary information is a major aim. The SDG monitors should be able to quickly find nursing research outcomes. The SDGs highlight the significance of nurses' work by including nursing expertise and involving clinicians and researchers. In this scenario, nurses' efforts are seldom recognised or verified since they are often left out of research and publications that indicate global improvement.

Organizations in the field of nursing may help advance the Sustainable Development Goals (SDGs) by conducting research on relevant issues and metrics, and by providing periodic integrated analyses and interpretations of research findings on the status of SDG-related target attainment. Final evaluations, to ascertain if and in what manner targets were met by 2030, can build upon of this integrated study. Organizations have varying motivations for doing such research and releasing reviews that synthesise findings over time.

**Have Forecasting view:** Nurses, in their roles as global educators, researchers, and clinicians, can play a pivotal role in accelerating the achievement of the SDGs in a variety of ways, including through their direct clinical work, community-based programmes, mentoring of new nurses, and instruction of students. Since nurses have created numerous resources to aid governments in accomplishing the SDGs, they have a unique potential to shape their results. If nurses take an interest in learning more about the SDGs and finding ways to use what they learn in their practise and research, they may play a significant part in bringing about the improvements envisioned by the SDGs.



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They must deliberately and meticulously organise their work, activities, practise, and research to further support and/or advocate for the SDGs. Nurses' efforts and viewpoints are more likely to be considered in the final assessment of progress in reaching the SDGs if their findings are disseminated broadly.

**Conclusion:** In conclusion, nurses may play a larger role in global health if the nursing profession as a whole actively engages in the United Nations Sustainable Development Agenda. Though "Ensure healthy lives and promote well-being for all ages" (SDG 3) is the only SDG in which health is addressed explicitly, all of the other objectives may be deconstructed into its basic elements, and health may be readily recognised as a driver, an intervening variable, or a component. It's crucial to consider the role that nurses and nursing may play in achieving these lofty objectives.

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