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Editorial

## Caring for the ‘Once Young People’

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### Article Info

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The International Day of Older Persons marks the 30th anniversary of the year 2020. Considering the higher risks confronted during the COVID-19 pandemic outbreak, which has caused untold fear and suffering for these vulnerable people across the world [1], programmatic interventions and policy must be targeted towards elevating wisdom and understanding of their special needs.

A plurality of components linked to the care of the elderly can frequently be ignored in the provision of the service. Aspects of environmental safety, mental health [2], social modification, communication,

education are valuable courtesies [3] to be offered to the elderly. Due to health decline among elderly clients, their position in the family, their withdrawal from life, ignoring the health issues heighten the magnitude of care services and assistance [4]. While it is true that the world population is getting older, such rapid rise directs development as it accelerates fields of elderly care. Highlighting the myriad of challenges and needs faced by older persons in this health disaster and the desire to plan and implement a multi-faceted response is very fundamental.

On the other hand, this year has also been recognized as the “Year of the Nurse and Midwife”, however this is not the year our nursing education leaders envisioned. The International Day of Older Persons highlights the role of primary care, its workforce in contributing to health and well-being among elderly population. Nurses at the frontier of care institutions are conveyed with outstanding credit as instrumental to fulfill the promise of unending care [5].

Moreover, our former in-service nurses are unceasingly performing vigilance despite the known-higher risks following their physiologic decrease as fragile individuals, have been fighting on the front wire to temporarily strengthen [6] the overwhelmed health system, in response to calls by several governments. Many are being hailed as heroes and angels. We see the public cheering for nurses leaving hospitals. My initial reaction was to smile but later the images are becoming worrisome. There is a need for the nursing community [7] to correct misunderstandings. Nurses are not angels. The complexions of today’s unrobed heroes possess power of conviction armed with principle do not exempt them to be afflicted with disease. They are as real as human beings doing their sworn duty. They need adequate personal protective equipment and a decent treatment so they do not have to worry about providing prudent care and risking their own lives to tend for families and their important others [8].

Embedded in every nurse's DNA is a proficiency to control the spread (of COVID-19) as an emerging health crisis. Nurses comprehend that in the healthcare setting

their role are elemental in curbing transmission through preventive mechanisms such as but not limited to frequent hand washing, avoiding droplet contact and early identification and tracing, triage and prioritization, treatment, and quarantine of persons who may have infection [3]. As advocates of care, healing and to patients, our nurses are positioned to nurture that gift of preaching through education to the nursed and their families. Nurses therapeutically utilize oneself and enabling others to grow both in awareness and reasoning while creating a safe space moment-to-moment. Further, appropriate skills on personal hygiene like washing hands, use of sanitizers, and disposing of used tissues are modest acts yet underscores impact. Protecting the older person's health while lending them some control also aids with the uncertainty and anxiety [9], they are feeling moment-to-moment [10].

Let us remember that our more than half a million Filipino nurses, and Asian health workers around the globe are toiling tough to dissuade the stretch of virus, enlighten the public through teaching, and even renounce promising light in a dark tunnel. I received an email that quoted our nursing icon Florence Nightingale and I have now adopted it as my closing words: ‘...never lose an opportunity of urging a practical beginning, however small, for it is wonderful how often in such matters the mustard-seed germinates and roots itself.’ While it is disappointing that this year's celebration is meant to amplify the contribution of nurses through the years and across continents have been postponed, it is very clear that their contribution during this

trying times have shown how the nursing profession had an enormous impact on patient care particularly, on the older persons than ever before.

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