

EDITORIAL

Dear Readers and Esteemed Colleagues,,

I would like to begin by expressing my gratitude for the intense interest and collaboration offers I have received from colleagues worldwide regarding the letter I wrote to the Journal of Psychiatry Nursing, titled "The Importance of Psychiatric Nursing During the Covid-19 Pandemic (2020)." This letter, addressed to the editor, garnered attention during the global pandemic. Despite the health issues that emerged during that period, leading to three surgeries and preventing me from responding due to ongoing treatment, I experienced the sorrow of being unable to reply. Nevertheless, I am delighted today to share this message with you.

I started my letter with the words, "Today, our world has shifted gears and entered an uncertain impasse." I still adhere to this thought and can say that our world is on the verge of hitting a wall for humanity. If those in control lose their dominion, the state of the world could be dire!

As a colleague, I address all psychiatric nurses around the world: Our world belongs to all of us. Therefore, there is a great need for an individual, familial, and societal approach that is harmonious, empathetic, and humane. In this period of disrupted mental health, there is a significant need for the helping hand of psychiatric nurses. I believe that you, as informed and skilled individuals with a solid philosophy of life and profession – being scientific observers, patient, capable of objectively evaluating events, understanding what, how, why, with whom, and when, critical, creative, independent thinkers, capable of making evidence-based, fair, and self-decisions – can provide support in coping with the problems people face. There are numerous events and crises where your knowledgeable and skillful approach can make a difference, such as natural disasters and the consequences of humanity's insatiable madness. Undoubtedly, experts are dealing with their physical, social, economic, and political aspects. However, do we recognize the psychological devastations caused by these events? If so, are we actively trying to be helpful? Can we make an effort to cope with mental health problems? How?...

Let's engage in self-reflection together. Let's remember the words of Prof. Dr. Doğan Cüceloğlu: "I am my closest laboratory." Placing oneself under the lens and examining what lies beneath. What isn't under this lens? Now let's take a look under the lens of our own laboratory. Close your eyes for a moment and think. Conduct a retrospective analysis. Can you see your individual, familial, and professional experiences flashing before your eyes? Now, think about the current state of our world. Haven't we all felt the pain that the realities of recent years and today - the major crises, pandemics, the innocent children, the elderly, women, and others unjustly killed - have left in our souls?

Are there not colleagues in the nursing profession who have been an inspiration worldwide? Certainly, there are. For instance, hasn't Florence Nightingale been an inspiration to nursing worldwide for centuries? Pay attention, and you can observe that those who have succeeded in being an inspiration are individuals dedicated to their profession, deriving pleasure from their work, motivated, disciplined, eager, hardworking, talented, and capable of effectively managing their time and opportunities. Every individual who has become an inspiration has had a mega-goal, thinking big, and realizing their great dreams. I sense this potential in psychiatric nurses. As long as there is a desire within them to achieve something. Why can't you be an inspiration in your country and the world?

Now, let's think big together. As a clinician, an academic psychiatric nurse, or an adult individual, what is the ultimate goal for your profession? What could it be? If you consider that you spend countless hours of your life in educational institutions or hospitals, what could be the most beautiful and beneficial legacy you can leave for your profession concerning the mental health of people in the future? The result obtained with this thought will be your mega-goal. Who knows, maybe you already have a mega-goal. Just make sure it is achievable.

Despite the conditions, can psychiatric nurses provide the most beautiful and beneficial support in managing, improving, or enhancing mental health in a better and livable world by coping with possible crises? Can there not be an international common mega-goal?

Can't a project be carried out in collaboration with WHO (World Health Organization), UNICEF, and ICN (International Council of Nurses)? For example, could there not be a project with the theme of ICN's new initiative, "Hand in Hand for Balancing the Mental Health of Our World and Humanity"? Could this not be your mega-goal?

Saving a life makes you a hero, but if you save the lives of our children, you become the nurses who save the future of our world because children are the architects of our future.

With love, respect, and wishes for success to all nurses worldwide.

Prof. Dr. Çaylan Pektekin

Pektekin Ç. The importance of psychiatric nursing in the Covid-19 pandemic process. J Psychiatric Nurs 2020;11(2):163-164.

Cüceloğlu D. Interview with Canan Dila: The Psychologist Who Fell from the Roof. Remzi Kitapevleri, 11th edition, Seçil Ofset, Istanbul, 2015, p. 8.