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Introduction

Social media is de ned as constellation of internet based tools that help user to connect, collaborate and communicate with other users in real time [1]. In simple words social media is Internet-based applications for making and swapping of user generated content [2]. In the last decade there has been a revolution in the way the people are communicating through social media removing the barriers of boundaries, expenditure, time and di culties [3].

Social media is growing at a very rapid rate and is now the mainstream communication method for most of the global population [4]. Due to technological boom, availability of the internet has increased many folds. In addition to personal computers, laptops, televisions and tablets it has even embraced our mobile phones and transformed them into smart phones.

Nursing is a profession that involves transferring of information to the patients and improving public health. erefore a nurse should have the latest and updated information that how the social media can be utilized to achieve these ends. Social media ranges from Linkedln, YouTube, WhatsApp, Tweeter and Facebook and its use by innovative nursing professionals has debatable advantages and disadvantages. Social media is de nitely making an impact on the professional life of nursing students and this impact is going to make enduring changes in the habits of nursing students and ultimately the nursing practitioners and nursing researchers.

ese days' health care systems are using social media to improve quality and safety of overall health care delivery, through access to information. Patients can also get detailed information about the diseases thorough Wikis' and many other medical blogs. According to Ferguson, "Social media allow an open dialogue between healthcare consumers and providers, allowing for continuous feedback and engagement".

One of the examples ibttp://www.prestoexperts.com/health-medicine/nursing/?isLPRedirected = true where anybody can ask information about their concerns to nursing care [5].

At any time a nurse can easily review information and practical support, where professionals can share experiences with other student nurses about placements and practical experiences for solution of professional problems. Blogs are created to disseminate information by one person or by an organization and nursing students can e ectively post their views and comments [2].

Nursing is considered one of the most trusted professions still they are not trusted over using social media appropriately. Most of the health organizations do not allow the use of internet for nurses and hard copy is used to get information about the drugs which is few years out of date; whereas the use of latest information can help the patient as well as the nurses [6]. e organizations like World Health Organization has a Facebook and Tweeter page to keep people informed during a

To conclude, it can be said that social media will continue to play a larger role in healthcare information and "Nurses play an important role in helping patients evaluate the veracity of online information and introducing them to reliable Internet resources."[21]. As recommended by Australian Nursing College guidelines, nurses should not befriend patients and keep apart personal and professional communications. To prevent risk of ruining image of nursing profession and breaching con dentiality in professional environments, nurses and student nurses should use common sense and caution while communicating on social media.

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