

## Chapter 1 : Florence Nightingale Museum London | Official website

*Florence Nightingale was born on 12 May into a rich, upper-class, well-connected British family at the Villa Colombaia, in Florence, Tuscany, Italy, and was named after the city of her birth.*

Since the time of Florence Nightingale, however, the goal of nursing has remained unchanged, namely to provide a safe and caring environment that promotes patient health and well being. Effective use of an interpersonal tool, such as advocacy, enhances the care-giving environment. Nightingale used advocacy early and often in the development of modern nursing. By reading her many letters and publications that have survived, it is possible to identify her professional goals and techniques. Specifically, Nightingale valued egalitarian human rights and developed leadership principles and practices that provide useful advocacy techniques for nurses practicing in the 21st century. In this article we will review the accomplishments of Florence Nightingale, discuss advocacy in nursing and show how Nightingale used advocacy through promoting both egalitarian human rights and leadership activities. Florence Nightingale, advocacy, nursing, profession Nursing has never been simple. Early care stressors included exposure to the elements and a lack of knowledge as to how to treat serious injuries or diseases. Through ensuing generations, environmental conditions have improved and science has provided effective treatment pathways. However, other complexities, including societal acceptance of the profession, gender discrimination, and educational and regulatory disarray, have created a multifaceted and complicated backdrop against which nurses continue to provide the most basic of human interventions: One of the most effective tools that [Nightingale]employed was advocacy, both for individuals and for the nursing collective. This woman, Florence Nightingale, utilized intellect, personal motivation, available opportunities, and the strength of her own persona to create a permanent professional transformation Bostridge, ; Cook, ; Dossey, One of the most effective tools that she employed was advocacy, both for individuals and for the nursing collective. In this article we will review the accomplishments of Florence Nightingale, discuss advocacy in nursing, and show how Nightingale advocated both through promoting egalitarian human rights and through her leadership activities. Who Was Florence Nightingale? On May 12, , Florence Nightingale was born as the second of two daughters to English parents. As a young woman, she displayed exceptional intellect, learning multiple languages and being particularly capable in mathematics Bostridge, Nightingale seemed to be most comfortable in the solitary activities of reading, writing in her journals, and attempting to discern purpose in her life. By the age of 17 she had discerned that she had a Christian duty to serve humankind. By the age of 25 she had identified nursing as the means to fulfill this mandate Gill, When she was 30 years old, she was permitted two brief periods of instruction in nursing at Kasiserswerth, a Protestant institution in Germany Bostridge, ; Nightingale, This experience helped her to understand the essential components of basic nursing, hospital design, and personnel administration. In Nightingale was offered the superintendency of a small hospital on Harley Street in central London Verney, As Nightingale was preparing to leave the Harley Street position, she was appointed by the Victorian government to lead a group of thirty-eight women to Ottoman, Turkey, to provide nursing care for British soldiers fighting the Crimean War Bostridge, ; Woodham-Smith, Her administrative skills allowed her to negotiate the male worlds of both the military and medicine. She successfully solved the issues of supply purveyance, resolved interpersonal squabbles between nursing factions, and designed care modalities in the face of massive overcrowding, incompetence, uncaring physicians, and a military structure that was outdated and inept. On her return from the Crimea, Nightingale worked tirelessly to develop nursing as an essential and educated component of healthcare. Her establishment of the Nightingale School in London in , and the distribution of trained nurses abroad established the basis for nursing education worldwide Baly, ; Godden, Through the support of Queen Victoria and Prince Albert she was able to design improvements for the British military and establish public health standards in India Dossey, ; Mowbray, Additionally, her lifetime of work and her passion for improving healthcare provided nursing with a foundational philosophy for practice Selanders, a. Nightingale remained actively concerned with the development and behavior of the Nightingale nurses educated at the Nightingale School until her death in at age Between and , she wrote a series of thirteen

letters to the Nightingale nurses that both documented the progress nursing made in the late nineteenth century and warned nurses that they must remain current, competent, and caring. In , she wrote of the danger of relying on words over actions: There is a curious old legend that the nineteenth century is to be the age for women and has it not been so? Shall the twentieth century be the age for words? Early nursing education emphasized conformity and a position subservient to the physician. Advocacy has been defined as an active process of supporting a cause or position Illustrated Oxford Dictionary, However, advocacy has not always been a clear expectation in nursing. Isabel Hampton Robb, an early leader in the development of American nursing education, encouraged obedience as the primary activity of the nurse. In Robb stated: Above all, let [the nurse] remember to do what she is told to do, and no more; the sooner she learns this lesson, the easier her work will be for her, and the less likely she will be to fall under severe criticism. Implicit, unquestioning obedience is one of the first lessons a probationer must learn, for this is a quality that will be expected from her in her professional capacity for all future time Hamric, , p. While Nightingale expected obedience in following the rules and medical direction, her intent was to allow nurses the autonomy of purpose to advocate for patients and the profession Nightingale, Advocacy is now identified both as a component of ethical nursing practice and as a philosophical principle underpinning the nursing profession and helping to assure the rights and safety of the patient. Nurses are seen as advocates both when working to achieve desired patient outcomes and when patients are unable or unwilling to advocate for themselves. Since advocacy has been considered a major component of nursing practice - politically, socially, professionally, and academically. Despite the seeming lack of a professional focus on advocacy before the early s, it is argued that Nightingale implicitly laid the foundation for nurse advocacy and established the expectation that nurses would advocate for their patients. Nightingale did not directly address the concept of advocacy. She did, however, demonstrate advocacy in exceptional ways throughout her lifetime. At least 13, letters remain in public archives and private collections. She was the shadow author for a number of official government documents relating to healthcare in the military and the subcontinent of India Bostridge, ; Mawbray, However, they are now publically available. Nightingale was a singular force in advocating for as opposed to with individuals, groups, and the nursing profession. Her expressions of advocacy grew with age, experience, and public acceptance of her as both nurse and expert. Her significant contributions include her advocacy for egalitarian human rights and for advocacy in her leadership roles. Nursing is now recognizing how her ideas and techniques can be useful in the 21st century. Advocacy Through Promotion of Egalitarian Human Rights As a young woman, Nightingale became acutely aware of the unequal status and opportunity provided to men as compared to women in English society. Stark described the social structure: Victorian England was a country in the grip of an ideology that worshipped the woman in the home. Women were viewed as wives and mothers, as potential wives and mothers, or as failed wives and mothers. Now, why is it more ridiculous for a man than a woman to do worsted work and drive out everyday in a carriage? On one hand, assuming the superintendency of this institution had to have been extremely daunting for a woman of 32 entering her first employment. The hospital was a newly acquired facility in poor condition with inadequate furnishings and a poorly trained staff. She reported that in the first month of occupancy she had experienced a gas leak with small explosions, a fight between workmen in the drawing room, a drunken foreman, and the death of 5 patients Verney, On the other hand, it was the opportunity to participate in a healthcare situation under her control that allowed her to create and utilize environmental and patient care standards that were to become foundational to the development of modern nursing Selanders, a. Her first major concern, however, was a policy held by the Committee stating that only individuals who were members of the Church of England would be admitted to the institution. Nightingale could not accept this position, perhaps because of her liberal Unitarian upbringing and her deeply rooted beliefs in the value of individuals without respect to religious preference. In a private note to her close friend and ally, Mary Clarke Mohl, she airs her frustration, indicating she would leave the post if this disagreement could not be resolved: From committees, charities, and schism, from the Church of England, from philanthropy and all deceits of the devil, good Lord deliver us. My committee refused me to take in Catholic patients; whereupon I wished them good morning, unless I might take Jews and their Rabbis to attend to them. Verney, , p. Eventually, she won the battle with the Committee so that patients of all faiths â€” or no

faith” were equally admitted to the hospital Verney, This allowed her to meet the committee members on equal social footing. Use of personal position and social acquaintances, logic and debating skills, and the development of statistical evidence were tools she would refine and employ over the next fifty years. Nightingale next turned her attention to the development of care standards for patients, including the right to a peaceful death. The chronically and the mentally ill were often ignored by staff. Nightingale, however, accepted these patients and allowed them to remain as long as she believed that they were benefiting from care despite staff objections. Nightingale never wavered from the idea that a basic human right was high-quality patient care provided by a dedicated nursing staff. Nightingale advocated for patients on a larger stage during her 20 months in Scutari and the Crimea. These nurses were individually selected for their ability to nurse, the likelihood that they would accept authority, and the expectation that they would remain for the duration of the conflict. Ultimately, many of those selected did not fulfill these criteria. However, Nightingale never wavered from the idea that a basic human right was high-quality patient care provided by a dedicated nursing staff. Following her return to England she established similar operating principles at The Nightingale School at St. Nightingale again insisted that probationer students be admitted without respect to religious preference Bostridge, The development of educational standards in a tightly controlled environment began to elevate nursing as a respectable profession that provided women with meaningful employment Adern, During her fifty productive years, she continually benefited from the cumulative experiences of Harley Street, Scutari, the Crimea, and her interactions with government officials in determining the potential of nursing. Her education, social stature, extensive range of acquaintances, and international travel provided essential context, opportunity, and a public voice. Her major contributions to the profession had evolved from leadership of a few at Harley Street and in the Crimea to the professional collective. She was able to explore the potential of a refocused nursing, as opposed to remodeling the status quo. While this was an inaccurate theory, it did focus attention on the role of the environment in relation to illness. The deplorable conditions at Scutari reinforced this viewpoint, and led to her advocating for the importance of an appropriate environment for the patient both internally and externally. All of these factors are viewed as being within the purview of nursing. Although there is dispute as to the degree that the death rate was reduced in the Crimea, it is undeniable that there was a specific link between the state of the environment and the death rate Small, Nightingale was also a supporter of the sanitation movement in London. She joined forces with reformers, such as Farr and Chadwick, in advocating for permanent improvements in public health Selanders, c. This emphasis was later extended to her environmental work in India Mowbray, She advocated for educated nurses who had a knowledge base and a specific role in healthcare. Further, she envisioned the extension of nursing as the essential force which would meet the growing healthcare needs in sectors outside of the hospital.

## Chapter 2 : Florence Nightingale - Nursing Term Papers

*Florence Nightingale was born in Florence, Italy, on May 12, Part of a wealthy family, Nightingale defied the expectations of the time and pursued what she saw as her God-given calling of.*

Early life Embley Park in Hampshire, now a school, was one of the family homes of William Nightingale. Florence Nightingale was born on 12 May into a rich, upper-class, well-connected British family at the Villa Colombaia, [7] in Florence, Tuscany, Italy, and was named after the city of her birth. She recorded that "Clarkey" was a stimulating hostess who did not care for her appearance, and while her ideas did not always agree with those of her guests, "she was incapable of boring anyone. She said that if given the choice between being a woman or a galley slave, then she would choose the freedom of the galleys. She generally rejected female company and spent her time with male intellectuals. However, Clarkey made an exception in the case of the Nightingale family and Florence in particular. She and Florence were to remain close friends for 40 years despite their year age difference. Clarke demonstrated that women could be equals to men, an idea that Florence had not obtained from her mother. Despite the intense anger and distress of her mother and sister, she rebelled against the expected role for a woman of her status to become a wife and mother. Nightingale worked hard to educate herself in the art and science of nursing, in the face of opposition from her family and the restrictive social code for affluent young English women. While her demeanour was often severe, she was said to be very charming and possess a radiant smile. Her most persistent suitor was the politician and poet Richard Monckton Milnes, but after a nine-year courtship she rejected him, convinced that marriage would interfere with her ability to follow her calling to nursing. He and Nightingale became lifelong close friends. Nightingale also much later had strong relations with academic Benjamin Jowett, who may have wanted to marry her. Her writings on Egypt in particular are testimony to her learning, literary skill and philosophy of life. Sailing up the Nile as far as Abu Simbel in January, she wrote of the Abu Simbel temples, "Sublime in the highest style of intellectual beauty, intellect without effort, without suffering — not a feature is correct" but the whole effect is more expressive of spiritual grandeur than anything I could have imagined. It makes the impression upon one that thousands of voices do, uniting in one unanimous simultaneous feeling of enthusiasm or emotion, which is said to overcome the strongest man. She regarded the experience as a turning point in her life, and issued her findings anonymously in ; The Institution of Kaiserswerth on the Rhine, for the Practical Training of Deaconesses, etc. On 21 October, she and the staff of 38 women volunteer nurses that she trained, including her aunt Mai Smith, [17] and 15 Catholic nuns mobilised by Henry Edward Manning [18] were sent under the authorisation of Sidney Herbert to the Ottoman Empire. Nightingale was assisted in Paris by her friend Mary Clarke. Her team found that poor care for wounded soldiers was being delivered by overworked medical staff in the face of official indifference. Medicines were in short supply, hygiene was being neglected, and mass infections were common, many of them fatal. There was no equipment to process food for the patients. During her first winter at Scutari, 4, soldiers died there. Ten times more soldiers died from illnesses such as typhus, typhoid, cholera and dysentery than from battle wounds. With overcrowding, defective sewers and lack of ventilation, the Sanitary Commission had to be sent out by the British government to Scutari in March, almost six months after Nightingale had arrived. The commission flushed out the sewers and improved ventilation. Nightingale scholar Lynn McDonald has dismissed these criticisms as "often preposterous", arguing they are not supported by the primary sources. After she returned to Britain and began collecting evidence before the Royal Commission on the Health of the Army, she came to believe that most of the soldiers at the hospital were killed by poor living conditions. This experience influenced her later career, when she advocated sanitary living conditions as of great importance. Consequently, she reduced peacetime deaths in the army and turned her attention to the sanitary design of hospitals and the introduction of sanitation in working-class homes see Statistics and Sanitary Reform, below. Popular lithograph reproduction of a painting of Nightingale by Henrietta Rae, When all the medical officers have retired for the night and silence and darkness have settled down upon those miles of prostrate sick, she may be observed alone, with a little lamp in her hand, making her solitary rounds. Later career In the Crimea on 29 November, the Nightingale

Fund was established for the training of nurses during a public meeting to recognise Nightingale for her work in the war. There was an outpouring of generous donations. Sidney Herbert served as honorary secretary of the fund and the Duke of Cambridge was chairman. Nightingale was considered a pioneer in the concept of medical tourism as well, based on her letters describing spas in the Ottoman Empire. She detailed the health conditions, physical descriptions, dietary information, and other vital details of patients whom she directed there. The treatment there was significantly less expensive than in Switzerland. Nightingale wrote *Notes on Nursing*. The book served as the cornerstone of the curriculum at the Nightingale School and other nursing schools, though it was written specifically for the education of those nursing at home. Nightingale wrote "Every day sanitary knowledge, or the knowledge of nursing, or in other words, of how to put the constitution in such a state as that it will have no disease, or that it can recover from disease, takes a higher place. It is recognised as the knowledge which every one ought to have" distinct from medical knowledge, which only a profession can have". Nightingale spent the rest of her life promoting and organising the nursing profession. It appeared at a time when the simple rules of health were only beginning to be known, when its topics were of vital importance not only for the well-being and recovery of patients, when hospitals were riddled with infection, when nurses were still mainly regarded as ignorant, uneducated persons. The book has, inevitably, its place in the history of nursing, for it was written by the founder of modern nursing". In the first half of the 19th century, nurses were usually former servants or widows who found no other job and therefore were forced to earn their living by this work. Charles Dickens caricatured the standard of care in his published novel *Martin Chuzzlewit* in the figure of Sarah Gamp as being incompetent, negligent, alcoholic and corrupt. The Dickens character Sarah Gamp, who was more interested in drinking gin than looking after her patients, was only a mild exaggeration. Hospitals were places of last resort where the floors were laid with straw to soak up the blood. Florence transformed nursing when she got back [from Crimea]. She had access to people in high places and she used it to get things done. Florence was stubborn, opinionated and forthright but she had to be those things in order to achieve all that she did. This theory held that diseases could only be transmitted by touch. Before the experiments of the mids by Pasteur and Lister, hardly anyone took germ theory seriously; even afterwards, many medical practitioners were unconvinced. Bostridge points out that in the early s Nightingale wrote an article for a textbook in which she advocated strict precautions designed, she said, to kill germs. The Union government approached her for advice in organising field medicine. Her ideas inspired the volunteer body of the United States Sanitary Commission. A recent biography cites brucellosis and associated spondylitis as the cause. Despite her symptoms, she remained phenomenally productive in social reform. During her bedridden years, she also did pioneering work in the field of hospital planning, and her work propagated quickly across Britain and the world. She wrote very little during that period due to blindness and declining mental abilities, though she still retained an interest in current affairs. Later in life, she kept up a prolonged correspondence with Irish nun Sister Mary Clare Moore, with whom she had worked in Crimea. While taken for granted now, it was at the time a relatively novel method of presenting data. Nightingale called a compilation of such diagrams a "coxcomb", but later that term would frequently be used for the individual diagrams. In , Nightingale was elected the first female member of the Royal Statistical Society. Her attention turned to the health of the British army in India and she demonstrated that bad drainage, contaminated water, overcrowding and poor ventilation were causing the high death rate. In and , she successfully lobbied for the establishment of a Royal Commission into the Indian situation. Two years later, she provided a report to the commission, which completed its own study in . She lobbied the minister responsible, James Stansfeld, to strengthen the proposed Public Health Bill to require owners of existing properties to pay for connection to mains drainage. At the same time she combined with the retired sanitary reformer Edwin Chadwick to persuade Stansfeld to devolve powers to enforce the law to Local Authorities, eliminating central control by medical technocrats. Historians now believe that both drainage and devolved enforcement played a crucial role in increasing average national life expectancy by 20 years between and the mids during which time medical science made no impact on the most fatal epidemic diseases. Her father, William Edward Nightingale, was an extremely wealthy landowner, and the family moved in the highest circles of English society. Her father believed women should be educated, and he personally taught her Italian,

Latin, Greek, philosophy, history and " most unusual of all for women of the time " writing and mathematics. Nightingale gets a full chapter, but instead of debunking her, Strachey praised her in a way that raised her national reputation and made her an icon for English feminists of the s and s. She wrote some books, pamphlets and articles throughout her life. As she sorted out her thoughts, she wrote *Suggestions for Thought to Searchers after Religious Truth*. This was an page, three-volume work, which Nightingale had printed privately in , but which until recently was never published in its entirety. Apparently, the writing served its original purpose of sorting out thoughts; Nightingale left soon after to train at the Institute for deaconesses at Kaiserswerth. She rejected their life of thoughtless comfort for the world of social service. Cassandra was a princess of Troy who served as a priestess in the temple of Apollo during the Trojan War. The god gave her the gift of prophecy ; when she refused his advances, he cursed her so that her prophetic warnings would go unheeded. Eleanor Taylor has brought together the waste of women in society and the waste of men in wars and twisted them inseparably. She remained in the Church of England throughout her life, albeit with unorthodox views. Influenced from an early age by the Wesleyan tradition , Nightingale felt that genuine religion should manifest in active care and love for others. *Suggestions for Thought*, her own theodicy , which develops her heterodox ideas. Nightingale questioned the goodness of a God who would condemn souls to hell, and was a believer in universal reconciliation " the concept that even those who die without being saved will eventually make it to Heaven. For example, a dying young prostitute being tended by Nightingale was concerned she was going to hell, and said to her "Pray God, that you may never be in the despair I am in at this time". The nurse replied "Oh, my girl, are you not now more merciful than the God you think you are going to? Yet the real God is far more merciful than any human creature ever was or can ever imagine. She was a strong opponent of discrimination both against Christians of different denominations, and against those of non-Christian religions. Nightingale believed religion helped provide people with the fortitude for arduous good work, and would ensure the nurses in her care attended religious services. However she was often critical of organised religion. She disliked the role the 19th century Church of England would sometimes play in worsening the oppression of the poor. Nightingale argued that secular hospitals usually provided better care than their religious counterparts. While she held that the ideal health professional should be inspired by a religious as well as professional motive, she said that in practice many religiously motivated health workers were concerned chiefly in securing their own salvation, and that this motivation was inferior to the professional desire to deliver the best possible care. Created in and named after Nightingale as the founder of modern nursing, the pledge is a statement of the ethics and principles of the nursing profession. NIGH also works to rekindle awareness about the important issues highlighted by Florence Nightingale, such as preventive medicine and holistic health. As of , the Florence Nightingale Declaration has been signed by over 25, signatories from countries.

**Chapter 3 : UAB - Libraries - The Life of Florence Nightingale**

*Florence Nightingale, byname Lady with the Lamp, (born May 12, , Florence [Italy]â€”died August 13, , London, England), British nurse, statistician, and social reformer who was the foundational philosopher of modern nursing.*

Do you know that she rebelled her mother and sister for her call in nursing? Florence Nightingale was born in Villa Colomba to a British family that was rich and of upper class to her parents who were William Edward Nightingale and Frances Nightingale. She was named after the city in which she was born which is Florence located in Italy on 12th May In February while she was only 17, Florence believed that she had a call from God, to join nursing. Despite causing anger as well as distress to her mother and her sister who expected her to take the role of being a responsible mother and wife, Florence rebelled. According to her, marriage was only going to interfere with her nursing call and that is why she rejected the poet as well as politician Richard Monckton Milnes who courted her Nightingale 15 Essay Florence was determined about pursuing her nursing career and worked hard in educating herself in the nursing art and science. This is despite the opposition that she encountered from her family as well as the society. She made a major contribution in the Crimean War where she and the nurses she had trained found soldiers who were badly wounded not being cared properly by medical staff that was overworked Zemlicka There was no equipment for the patients food processing, medicines were less, hygiene was neglected and there were common mass infections. She was considered a pioneer in the medical tourism concept this is due to the letters she wrote from of spas in Ottoman Empire. The notes that she wrote on nursing, served as the curriculum cornerstone at her school as well as other established nursing schools. The book also made sales in the general public and gained the consideration of a classic introduction to nursing. Nightingale was also an advocate for the care improvement in the civilian and military hospitals in Britain. She wrote books like Notes on Hospitals which entails correlation of techniques in sanitary to medical facilities. She made an achievement when she introduced trained nurses to care for the sick from the beginning of s in England and Ireland Nightingale Later in her life, Nightingale made a sanitation comprehensive statistical study in India and this became the leading figure as far as introduction of public health service as well as improved medical care in India was concerned. She lobbied for a Royal Commission establishment into the Indian situation successfully in the years and Nightingale really valued care and that is why she introduced the nurses training program in Her lasting contribution was her role in modern nursing profession founding. She was able to set an example of commitment to patient care, compassion as well as thoughtful and diligent hospital administration. Every year, the International Nurses Day gets to be celebrated on her birthday. Her declaration campaign that is established throughout the world by nursing leaders aims to build a grassroots movement globally. She was able to inspire many U. Army nurses during the Vietnam War, sparking an interest renewal in her work and life. There are many foundations, including hospitals that are named after Nightingale 8in honor of her care in the health and nursing industry. They include Nightingale Research Foundation located in Canada that is dedicated to chronic fatigue syndrome study and treatment which she is believed to have had Nightingale Conclusion Florence Nightingale is indeed a real hero in the Nursing and health care industry. By adhering in her call for nursing she indeed brought a lot of good change in the industry. She was able to sacrifice her life for her call and this way she reduced the death rate of Soldiers in the Crimean War as well as the Vietnam War. She was able to mentor many of the nurses she trained who later became great people in the nursing profession Zemlicka There is indeed a hope in the future since the United Nations has embraced her declaration campaign and come up with two resolutions aimed to improve the Nursing industry and ensuring a healthy world. Florence Nightingale indeed lived a life that was full of passion, love and care. If we emulate her, we can indeed make the world a better place as well as keep her spirit alive. Manchester University Press ND, Lady with the Lamp. Your personal information will stay completely confidential and will not be disclosed to any third party. Money Back Guarantee We do our best to make our customers satisfied with the result. Plagiarism Free Papers All the papers we provide are written from scratch and are free from plagiarism. You can make sure yourself by using our Plagiarism Check service.

## Chapter 4 : Facts About Florence Nightingale - Primary Facts

*What did Florence Nightingale do? In Victorian Britain, wealthy women like Florence weren't expected to work - their job was to marry and look after the home. Daily life was spent seeing to servants, entertaining guests, reading, sewing and attending social events.*

Both Florence and her sister were named after the Italian cities in which they were born – her sister Parthenope was born in Naples and given the Greek name for its ancient city. At home in England, the Nightingales divided their time between two houses, Lea Hurst in Derbyshire for the summer and Embley in Hampshire for the winter. The two girls were educated by their father, and Florence, in particular, excelled academically. With regard to the marriage and social life of their daughters, the Nightingales held high expectations. Nurses in those days were typically poor, unskilled and often associated with immoral behavior 1. The hospitals they served held equally low reputations as unclean, disorderly, and infection breeding. They were often regarded merely as places to die. In Nightingale went for additional training in Paris with the Sisters of Mercy 3. Click here to view a letter written by Florence Nightingale to a Mrs. Nursing during the Crimean War Bust of Florence Nightingale, presented to her by the soldiers after the Crimean War Florence Nightingale is probably most famous for her work during the Crimean War Responding to unpopular newspaper reports of the horrendous situation in the English war camp hospitals, Secretary of War Sidney Herbert, a personal friend of Nightingale, consented to let her organize and manage a group of female nurses to go to Turkey. On November 4, , Nightingale and 38 nurses arrived in Scutari, the location of the British camp outside Constantinople. The doctors originally did not welcome the incoming female nurses, but as the number of patients escalated, their help was needed in the overcrowded, undersupplied, and unsanitary hospital 4. Nightingale was known for providing the kind of personal care, like writing letters home for soldiers, that comforted them and improved their psychological health. Her group of nurses transformed the hospital into a healthy environment within six months, and as a result, the death rate of patients fell from 40 to 2 percent 5. In , Florence returned home a heroine. It was the soldiers in Crimea that initially named her the "Lady with the Lamp" because of the reassuring sight of her carrying around a lamp to check on the sick and wounded during the night, and the title remained with her 6. Thirty-four years to the date November 4, after she landed in Scutari for the Battle of Inkermann of the Crimean War, Florence Nightingale wrote a letter to her friend Thomas Gillham Hewlett remembering the heroic nature of soldiers. Click here to view this letter. Upon her return from the Crimean War, she devoted the next few years to the Royal Commission investigating health in the British Army. What it is, and What it is Not was published. According to Florence Nightingale, hygiene, sanitation, fresh air, proper lighting, a good diet, warmth, quietness and attentiveness were necessary conditions for hospitals and were to be ensured by trained nurses. Taken for granted today, her commonsense advice helped transform hospitals from death houses to sanctuaries of care. This work quickly became a classic introduction to nursing, and has remained in publication to the present day 8. During the war a public subscription fund was set up for Florence Nightingale to continue her education of nurses in England, and the Nightingale Training School at St. The education of recruits involved a year of practical instruction in the wards, supplemented with courses of lecturing, and followed by two years of work experience in the hospital 9. After graduation, many of the students staffed British hospitals, and others spread the Nightingale education system to other countries. Through her work and her school, Florence Nightingale is responsible for elevating the profession of nursing to an honorable status. She also wrote about books, pamphlets and reports on hospital, sanitation, and other health-related issues, as well as contributing to the field of statistics Throughout her life she provided advice on a variety of health care issues to associates all over the globe. Though ill and bedridden for much of her later life, Nightingale managed to continue her great work through correspondence. An introduction to the history of medicine. The Cambridge illustrated history of medicine New York: Cambridge University Press, , The Florence Nightingale Museum website [http:](http://)

**Chapter 5 : Florence Nightingale Quotes (Author of Notes on Nursing)**

*Florence Nightingale was born on May 12, in Florence, Italy. She is legendary for tons of reasons - including improving conditions at a British base hospital (thus reducing the death count significantly), sparking worldwide healthcare reform through her writings, and establishing St. Thomas' Hospital and the Nightingale Training School.*

May 12, Getty Images Venerated as the "founder of modern nursing," Florence Nightingale—who was born in Florence, Italy on May 12, —left a revolutionary mark on sanitation, healthcare, and even statistics. Today, on the anniversary of her birth, is the perfect time to celebrate her extraordinary life—one that saved countless others. She also had a decent hold on both Latin and classical Greek. Through him, she learned the basics of everything from mathematics to philosophy to Shakespearean literature. Generally, it was associated with low social status and rampant alcoholism. Lousy wages also forced many women who entered the field to make ends meet by engaging in a bit of prostitution on the side. Getty Images She turned down multiple proposals, including one made by a cousin named Henry Nicholson. Nightingale was friends with U. Clearly, Nightingale deduced, there was a link between poor sanitation and that high mortality rate. She soon implemented strict hygiene rules that whittled the number down to 2 percent by June. As their article added, she could often be "observed alone," checking up on the wounded "with a little lamp in her hand. Nightingale sometimes took it upon herself to be the bearer of bad news, as she did in this snippet from a delicately-worded message sent in Wikimedia Commons The first true pie chart was drawn in , 19 years before Nightingale was born. Still, historians recognize the nurse as an early adopter and promoter of the statistical tool. The Lady with the Lamp used her influence to bring about significant changes at home. Between and —long after the war was over—she successfully pushed for legislation that would force extant buildings into connecting with main drainage. The results speak for themselves: Both the Union and the Confederacy were obsessed with proper ventilation of their hospitals, which were specially built in accordance with her theories. Meanwhile, she contacted D. Nightingale herself helped personally advise Richards, whose focus later shifted toward psychiatry and working with mental health professionals. Her captured remarks are as follows: God bless my dear old comrades of Balaclava and bring them safe to shore.

**Chapter 6 : Florence Nightingale - The National Archives**

*Florence decided to invest the money in building the St. Thomas' Hospital and within it, the Nightingale Training School for Nurses. As Nightingale ascended the ranks, she became a popular role-model for many young women, inspiring them to take on nursing.*

Nightingale, the well-educated daughter of wealthy British parents, defied social conventions and decided to become a nurse. The nursing of strangers, either in hospitals or in their homes, was not then seen as a respectable career for well-bred ladies, who, if they wished— Florence was a precocious child intellectually. Her father took particular interest in her education, guiding her through history, philosophy, and literature. She excelled in mathematics and languages and was able to read and write French, German, Italian, Greek, and Latin at an early age. Never satisfied with the traditional female skills of home management, she preferred to read the great philosophers and to engage in serious political and social discourse with her father. As part of a liberal Unitarian family, Florence found great comfort in her religious beliefs. Nursing seemed the suitable route to serve both God and humankind. Nursing in peace and war Despite family reservations, Nightingale was eventually able to enroll at the Institution of Protestant Deaconesses at Kaiserswerth in Germany for two weeks of training in July and again for three months in July. There she learned basic nursing skills, the importance of patient observation, and the value of good hospital organization. In Nightingale sought to break free from her family environment. Through social connections, she became the superintendent of the Institution for Sick Gentlewomen governesses in Distressed Circumstances, in London, where she successfully displayed her skills as an administrator by improving nursing care, working conditions, and efficiency of the hospital. After one year she began to realize that her services would be more valuable in an institution that would allow her to train nurses. However, politics, not nursing expertise, was to shape her next move. Nightingale, Florence Florence Nightingale, c. The British and the French, allies of Turkey, sought to curb Russian expansion. The status of the care of the wounded was reported to the London Times by the first modern war correspondent, British journalist William Howard Russell. The newspaper reports stated that soldiers were treated by an incompetent and ineffective medical establishment and that the most basic supplies were not available for care. The British public raised an outcry over the treatment of the soldiers and demanded that the situation be drastically improved. Their letters crossed in the mail, but in the end their mutual requests were granted. Nightingale led an officially sanctioned party of 38 women, departing October 21, , and arriving in Scutari at the Barrack Hospital on November 5. Not welcomed by the medical officers, Nightingale found conditions filthy, supplies inadequate, staff uncooperative, and overcrowding severe. Few nurses had access to the cholera wards, and Nightingale, who wanted to gain the confidence of army surgeons by waiting for official military orders for assistance, kept her party from the wards. The wards were cleaned and basic care was provided by the nurses. Most important, Nightingale established standards of care, requiring such basic necessities as bathing, clean clothing and dressings, and adequate food. Attention was given to psychological needs through assistance in writing letters to relatives and through providing educational and recreational activities. Nightingale experienced a slow recovery, as no active treatment was available. The lingering effects of the disease were to last for 25 years, frequently confining her to bed because of severe chronic pain. Nightingale remained in Scutari until the hospitals were ready to close, returning to her home in Derbyshire on August 7, , as a reluctant heroine. On her return to England, Nightingale was suffering the effects of both brucellosis and exhaustion. In September she met with Queen Victoria and Prince Albert to discuss the need for reform of the British military establishment. Nightingale kept meticulous records regarding the running of the Barrack Hospital, causes of illness and death, the efficiency of the nursing and medical staffs, and difficulties in purveyance. A Royal Commission was established, which based its findings on the statistical data and analysis provided by Nightingale. The result was marked reform in the military medical and purveyance systems. In , as a token of gratitude and respect for Nightingale, the Nightingale Fund was established. She used a substantial part of these monies to institute the Nightingale School of Nursing at St. The school formalized secular nursing education, making nursing a viable and respectable option for

women who desired employment outside of the home. The model was taken worldwide by matrons women supervisors of public health institutions. For these reasons she is considered the foundational philosopher of modern nursing. Coxcomb chartThe English nurse Florence Nightingale was an innovator in displaying statistical data through graphs. In she devised the type depicted here, which she named Coxcomb. Like pie charts, the Coxcomb indicates frequency by relative area, but it differs in its use of fixed angles and variable radii. Nightingale improved the health of households through her most famous publication, *Notes on Nursing*: This volume has been in continuous publication worldwide since Believing that the most important location for the care of the sick was in the home, she established training for district nursing, which was aimed at improving the health of the poor and vulnerable. Florence Nightingale was honoured in her lifetime by receiving the title of Lady of Grace of the Order of St. John of Jerusalem and by becoming the first woman to receive the Order of Merit. Instead, she was honoured with a memorial service at St. Her burial is in the family plot in St.

**Chapter 7 : 13 Inspirational Florence Nightingale Quotes to Nurse Your Soul - Goalcast**

*Florence Nightingale was born in Florence, Italy on May 12, During the Crimean War, she and a team of nurses improved the unsanitary conditions at a British base hospital, reducing the death.*

London, England English nurse The English nurse Florence Nightingale was the founder of modern nursing and made outstanding contributions to the knowledge and improvement of public health. Early years and study Florence Nightingale was born in Florence, Italy, on May 12, ; she was named after the city of her birth. Her father, William E. Nightingale, was a wealthy landowner who had inherited an estate in Derbyshire, England. Florence and her sister, Parthenope, were tutored by their father in languages, mathematics, and history. Though Florence was tempted by the idea of a brilliant social life and marriage, she also wanted to achieve independence, importance in some field of activity, and obedience to God through service to society. In Nightingale decided that she wanted to work in hospitals. Her family objected strongly to her plan; hospital conditions at that time were known to be terrible, and nurses were untrained and thought to be of questionable morals. Ignoring all resistance, Nightingale managed to visit some hospitals and health facilities. She then received permission from her parents to spend a few months at Kaiserswerth, a German training school for nurses and female teachers. In she became superintendent of the London charity-supported Institution for Sick Gentlewomen in Distressed Circumstances. This opportunity allowed her to become independent from her family and also to try out new ideas in organizing and managing an institution, conducted in a scientific, nonreligious setting. War efforts In October of Nightingale organized a party of thirty-eight nurses, mostly from different religious orders, for service in the Crimean War 1856 , in which Great Britain, France, and Sardinia fought against Russian expansion in Europe. The nurses arrived at Constantinople now Istanbul, Turkey in November. Conditions at the British base hospital at Scutari now Uskudar, Turkey were awful and grew steadily worse as the number of sick and wounded soldiers rapidly increased. The British army did not have enough medical services and used what it did have poorly—a confusing and complicated supply system actually cut off deliveries to the patients. The Barrack Hospital, where Nightingale and her nurses worked and lived, was built on a massive cesspool an underground area into which liquid waste flows , which poisoned the water and even the building itself. The general attitude was that the common soldier was a drunken brute on whom all comforts would be wasted. Nightingale saw that her first task was to get the military doctors to accept her and the other nurses. Her determined personality, Florence Nightingale. She also had a large fund of private money—much of it raised by the London Times—with which she could obtain badly needed supplies. The death rate among patients fell by two-thirds. But with improvement came new problems, including anger from officials who were found at fault for the poor hospital conditions and rising disputes among the nurses. Hospital reform efforts back home Florence Nightingale left Scutari in the summer of , soon after the war ended. By then she was famous among the troops and the public as the "Lady with the Lamp" and the "Nightingale in the East. It began with her refusal to respond to public praise and with her use of her influence in high places, including with the queen, to fight for effective reform of the entire system of military hospitals and medical care. In Notes on Matters Affecting the Health, Efficiency and Hospital Administration of the British Army Nightingale used the experiences of the war to prove that a new system was necessary. Within five years this effort led to the reconstruction of the administrative structure of the War Office. In the next year she presided over the founding of the Nightingale School for the training of nurses at St. After she was recognized as the leading expert on military and civilian sanitation the removal of water-transported waste in India. She also believed that irrigation the supplying of water to an area using artificial methods was the solution to the problem of famine. In Nightingale was the first woman to be awarded the Order of Merit. She rebelled against the idle, sheltered existence of her family her entire life. She achieved a leading position in a world dominated by men, driving and directing her male coworkers as hard as she did herself. But she also developed an idea of spiritual relating to or affecting the spirit motherhood and saw herself as the mother of the men of the British army—"my children"—whom she had saved. Florence Nightingale never really recovered from the physical strain of the Crimean War. After she rarely left her home

and was confined to her bed much of the time. She died on August 13, , in London, England. Lady with the Lamp. She was strong influence from her grandfather, Williams Smith that he also became to lost properties to follow the ideal. Cassie Faith Dec 20, Although I would never have the guts to do so, she became a nurse and had to watch men and women endure crucial pain. I know someone that just got one! GABE Aug 11, AMY May 23, 1: She is indeed an inspirational historical character. Thought of sharing some thoughts on the confusion going above regarding the support or the lack thereof from her family. Her genes from her gran did help her though, which was evident latter how she thoroughly studied and tried to evolve the medical institutions in a methodical way. She did not have a close bond with her mother as her mother, Fanny was a socialite and was most of the time busy organizing parties and finding ways to be in the circle of high society. She had a good understanding with her father but he too failed to understand how deeply she felt for the cause to serve the poor and sick.

**Chapter 8 : Notes on Nursing.**

*The History of Women's Suffrage In Part 3 of our podcast series, we talk about the history of women.*

By the time she was 16 years old, it was clear to her that nursing was her calling. She believed it to be her divine purpose. When Nightingale approached her parents and told them about her ambitions to become a nurse, they were not pleased. In fact, her parents forbade her to pursue nursing. In the early 1850s, Nightingale returned to London, where she took a nursing job in a Middlesex hospital for ailing governesses. Her performance there so impressed her employer that Nightingale was promoted to superintendant within just a year of being hired. The position proved challenging as Nightingale grappled with a cholera outbreak and unsanitary conditions conducive to the rapid spread of the disease. Nightingale made it her mission to improve hygiene practices, significantly lowering the death rate at the hospital in the process. The hard work took a toll on her health. She had just barely recovered when the biggest challenge of her nursing career presented itself. In October of 1854, the Crimean War broke out. Thousands of British soldiers were sent to the Black Sea, where supplies quickly dwindled. By 1855, no fewer than 18,000 soldiers had been admitted into military hospitals. At the time, there were no female nurses stationed at hospitals in the Crimea. The poor reputation of past female nurses had led the war office to avoid hiring more. But, after the Battle of Alma, England was in an uproar about the neglect of their ill and injured soldiers, who not only lacked sufficient medical attention due to hospitals being horribly understaffed, but also languished in appallingly unsanitary and inhumane conditions. In late 1854, Nightingale received a letter from Secretary of War Sidney Herbert, asking her to organize a corps of nurses to tend to the sick and fallen soldiers in the Crimea. Nightingale rose to her calling. She quickly assembled a team of 34 nurses from a variety of religious orders, and sailed with them to the Crimea just a few days later. Although they had been warned of the horrid conditions there, nothing could have prepared Nightingale and her nurses for what they saw when they arrived at Scutari, the British base hospital in Constantinople. The hospital sat on top of a large cesspool, which contaminated the water and the hospital building itself. Patients lay on in their own excrement on stretchers strewn throughout the hallways. Rodents and bugs scurried past them. The most basic supplies, such as bandages and soap, grew increasingly scarce as the number of ill and wounded steadily increased. Even water needed to be rationed. More soldiers were dying from infectious diseases like typhoid and cholera than from injuries incurred in battle. The no-nonsense Nightingale quickly set to work. She procured hundreds of scrub brushes and asked the least infirm patients to scrub the inside of the hospital from floor to ceiling. Nightingale herself spent every waking minute caring for the soldiers. In the evenings she moved through the dark hallways carrying a lamp while making her rounds, ministering to patient after patient. In addition to vastly improving the sanitary conditions of the hospital, Nightingale created a number of patient services that contributed to improving the quality of their hospital stay. She established a laundry so that patients would have clean linens. Based on her observations in the Crimea, Nightingale wrote *Notes on Matters Affecting the Health, Efficiency and Hospital Administration of the British Army*, an 80-page report analyzing her experience and proposing reforms for other military hospitals operating under poor conditions. Nightingale remained at Scutari for a year and a half. She left in the summer of 1856, once the Crimean conflict was resolved, and returned to her childhood home at Lea Hurst. Nightingale decided to use the money to further her cause. In 1860, she funded the establishment of St. Nightingale became a figure of public admiration. Young women aspired to be like her. Eager to follow her example, even women from the wealthy upper classes started enrolling at the training school. Thanks to Nightingale, nursing was no longer frowned upon by the upper classes; it had, in fact, come to be viewed as an honorable vocation. By the time she was 38 years old, she was homebound and bedridden, and would be so for the remainder of her life. Residing in Mayfair, she remained an authority and advocate of health care reform, interviewing politicians and welcoming distinguished visitors from her bed. In 1860, she published *Notes on Hospitals*, which focused on how to properly run civilian hospitals. During the Civil War, she was frequently consulted about how to best manage field hospitals. Nightingale also served as an authority on public sanitation issues in India for both the military and civilians, although she had never been to India herself. In 1907, at the age of 88, she was conferred the merit of

honor by King Edward. In May of , she received a congratulatory message from King George on her 90th birthday. Death and Legacy In August , Florence Nightingale fell ill, but seemed to recover and was reportedly in good spirits. A week later, on the evening of Friday, August 12, , she developed an array of troubling symptoms. She died unexpectedly at 2 pm the following day, Saturday, August 13, at her home in London. Respecting her last wishes, her relatives turned down a national funeral. Biography courtesy of Bio.

**Chapter 9 : 15 Heroic Facts About Florence Nightingale | Mental Floss**

*Florence Nightingale, one of the most prominent statisticians in history, used her passion for statistics to save lives of soldiers during the Crimean war, and do groundbreaking work in data visualization that continues to be influential to this day.*

But then there are people who always zap us back to reality and inspire us to stick to the fight. And that includes Florence Nightingale. Selfless and God-fearing, Ms. Nightingale left a life of luxury to care for the sick and dying during the Crimean War. Let this list of the best, the greatest and most inspiring Florence Nightingale quotes make your everyday shift something to remember. The world is put back by the death of every one who has to sacrifice the development of his or her peculiar gifts to conventionality. This definition would do just as well for a porter. It might even do for a horse. It would not do for a policeman. The amount of relief and comfort experienced by the sick after the skin has been carefully washed and dried, is one of the commonest observations made at a sick bed. The only English patients I have ever known refuse tea, have been typhus cases; and the first sign of their getting better was their craving again for tea. Were there none who were discontented with what they have, the world would never reach anything better. I have lived and slept in the same bed with English countesses and Prussian farm women—no woman has excited passions among women more than I have. The very first requirement in a hospital is that it should do the sick no harm. Top 10 Funny Nursing Quotes To Brighten Up Your Day So 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. The martyr sacrifices themselves entirely in vain. Or rather not in vain; for they make the selfish more selfish, the lazy more lazy, the narrow narrower. There is no part of my life, upon which I can look back without pain. To be a fellow worker with God is the highest aspiration of which we can conceive man capable. Rather, ten times, die in the surf, heralding the way to a new world, than stand idly on the shore. Instead of wishing to see more doctors made by women joining what there are, I wish to see as few doctors, either male or female, as possible. What the horrors of war are, no one can imagine. They are not wounds and blood and fever, spotted and low, or dysentery, chronic and acute, cold and heat and famine. They are intoxication, drunken brutality, demoralization and disorder on the part of the inferior—jealousies, meanness, indifference, selfish brutality on the part of the superior. I do see the difference now between me and other men. When a disaster happens, I act and they make excuses. By mortifying vanity we do ourselves no good. It is the want of interest in our life which produces it; by filling up that want of interest in our life we can alone remedy it. For the sick it is important to have the best. The first possibility of rural cleanliness lies in water supply. Live life when you have it. Life is a splendid gift—there is nothing small about it. If a patient is cold, if a patient is feverish, if a patient is faint, if he is sick after taking food, if he has a bed-sore, it is generally the fault not of the disease, but of the nursing. Share these Florence Nightingale quotes with your fellow nurses, colleagues, and friends.