



**The Grey-Vine  
Grey's Hospital**  
Pietermaritzburg  
May 2010

[www.kznhealth.gov.za/greyshospital.htm](http://www.kznhealth.gov.za/greyshospital.htm)

## International Nurses Day.



**International Nurses Day (IND)** is celebrated around the world every 12 May. This day is celebrated to remember all of the valuable contributions nurses make to society.

The International Council of Nurses (ICN) has celebrated this day since 1965. In 1953 Dorothy Sutherland, an official with the U.S. Department of Health, Education and Welfare, had proposed that then-President Dwight D. Eisenhower proclaim a "Nurses Day," but he did not approve it.

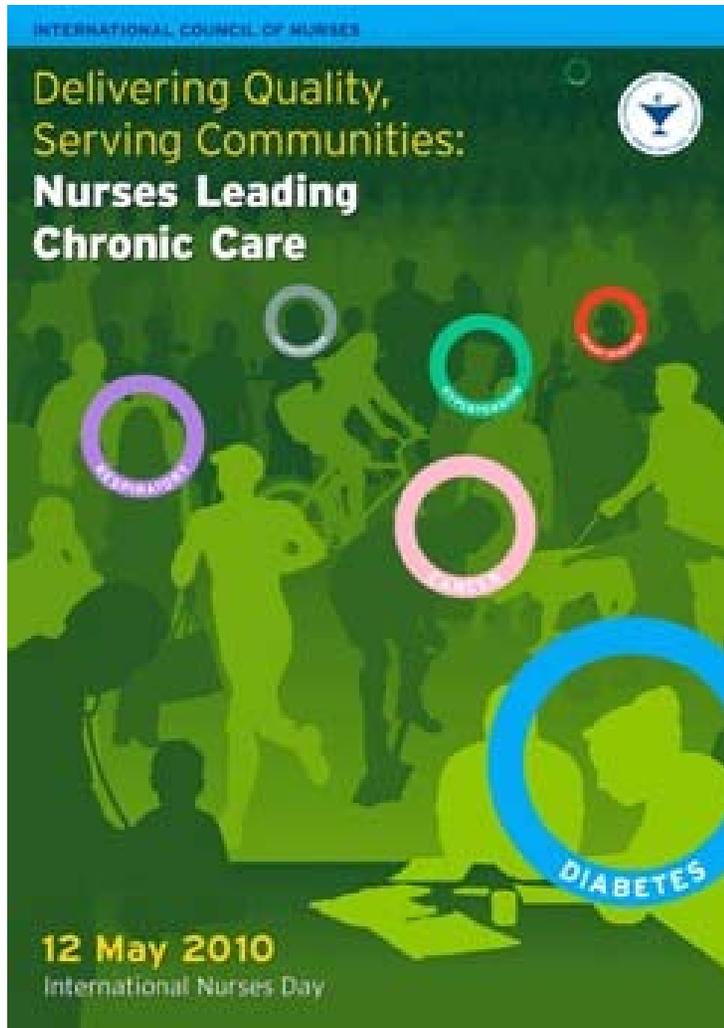
In January 1974, the decision was made to celebrate the day on 12 May as it is the anniversary of the birth of Florence Nightingale, who is widely considered the founder of modern nursing. Each year, ICN prepares and distributes the International Nurses' Day Kit. The kit contains educational and public information materials, for use by nurses everywhere.

As Florence Nightingale is no longer seen as a role model in some parts of the world, demands have arisen, for example by the British public sector union UNISON, to transfer this day on another date. 21 May, the birthday of Elizabeth Fry (1780–1845), has been suggested. Elizabeth Fry founded the Institution of Nursing Sisters and is also known for her work with prisoners.

As of 1998, 8 May was designated as National Student Nurses Day, to be celebrated annually. And as of 2003, National School Nurse Day is celebrated on the Wednesday within National Nurses Week (6–12 May) each year.

### **Celebrations.**

Each year on 12 May a service is held in Westminster Abbey in London. During the Service, a symbolic Lamp is taken from the Nurses' Chapel in the Abbey and handed from one nurse to another,



thence to the Dean, who places it on the High Altar. This signifies the passing of knowledge from one nurse to another. At St Margaret's Church at East Wellow in Hampshire, where Florence Nightingale is buried, a service is also held on the Sunday after her birthday.

## Nursing week

The U.S. and Canada celebrate their National Nursing Week each year from May 9 to May 15. It was established in the U.S. by President Richard Nixon in 1974.

**The International Council of Nurses** commemorates this important day each year with the production and distribution of the International Nurses' Day (IND) Kit. The [IND kit 2010](#), contains educational and public information materials, for use by nurses everywhere.

The IND theme for 2010 is: Delivering Quality, Serving Communities: Nurses Leading Chronic Care. The content of this year's kit is available on the internet at <http://www.icn.ch/publications/2010-delivering-quality-serving-communities-nurses-leading-chronic-care>. Nurses everywhere are encouraged to make extended use of the **Delivering Quality, Serving Communities: Nurses Leading Chronic Care kit** throughout the year, through individual action and group activities.



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Maybe . . you should hope for enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human, and enough hope to make you happy.



## Florence Nightingale.

**Florence Nightingale**, (12 May 1820 – 13 August 1910) was an English nurse, writer and statistician. She came to prominence during the Crimean War for her pioneering work in nursing, and was dubbed "The Lady with the Lamp" after her habit of making rounds at night to tend injured soldiers. The Nightingale Pledge taken by new nurses was named in her honour, and the annual

International Nurses Day is celebrated around the world on her birthday.

## Early life

Florence Nightingale was born into a rich, upper-class, British family in Florence, Italy, and was named after the city of her birth.

Inspired by what she took as a Christian divine calling, Florence announced her decision to enter nursing in 1845, despite the intense anger and distress of her family, particularly her mother. In this, she rebelled against the expected role for a woman of her status, which was to become a wife and mother. Nightingale worked hard to educate herself in the art and science of nursing, in spite of opposition from her family and the restrictive societal code for affluent young English women.

On 22 August 1853, Nightingale took the post of superintendent at the Institute for the Care of Sick Gentlewomen in Upper Harley Street, London, a position she held until October 1854.

## Crimean War

Florence Nightingale's most famous contribution came during the Crimean War, which became her central focus when reports began to filter back to Britain about the horrific conditions for the wounded. On 21 October 1854, she and a staff of 38 women volunteer nurses, trained by Nightingale were sent to Turkey, where the main British camp was based.

When she arrived she and her nurses found wounded soldiers being badly cared for 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.

Death rates did not drop; on the contrary, they began to rise.



Conditions at the temporary barracks hospital were fatal to the patients because of overcrowding and the hospital's defective sewers and lack of ventilation. Nightingale continued believing the death rates were due to poor nutrition and supplies and overworking of the soldiers. It was not until after she returned to Britain and began collecting evidence before the Royal Commission on the Health of the Army that 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 deaths in the army during peacetime and turned attention to the sanitary design of hospitals.

## The Lady with the Lamp

During the Crimean campaign, Florence Nightingale gained the nickname "The Lady with the Lamp", deriving from a phrase in a report in *The Times*:

She is a 'ministering angel' without any exaggeration in these hospitals, and as her slender form glides quietly along each corridor, every poor fellow's face softens with gratitude at the sight of her. 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

While she was still in Turkey, in 1855, a public meeting to give recognition to Florence Nightingale for her work in the war led to the establishment of the Nightingale Fund for the training of nurses. There was an outpouring of generous donations.

By 1859 Nightingale had £45,000 at her disposal from the Nightingale Fund to set up the Nightingale Training School at St. Thomas' Hospital. (It is now called the Florence Nightingale School of Nursing and Midwifery and is part of King's College London.) The first trained Nightingale nurses began work in May 1865 at the Liverpool Workhouse Infirmary. She also campaigned and raised funds for the Royal Buckinghamshire Hospital in Aylesbury, near her family home.

Nightingale wrote *Notes on Nursing*, which was published in 1859, a slim 136-page book that served as the cornerstone of the curriculum at the Nightingale School and other nursing schools established. *Notes on Nursing* also sold well to the general reading public and is considered a classic introduction to nursing. Nightingale spent the rest of her life promoting the establishment

and development of the nursing profession and organizing it into its modern form.

In 1869, Nightingale and Dr Elizabeth Blackwell opened the Women's Medical College and in the 1870s, Nightingale mentored Linda Richards, "America's first trained nurse", and enabled her to return to the USA with adequate training and knowledge to establish high-quality nursing schools. Linda Richards went on to become a great nursing pioneer in the USA and Japan. In 1883, Nightingale was awarded the Royal Red Cross by Queen Victoria. In 1907, she became the first woman to be awarded the Order of Merit. In 1908, she was given the Honorary Freedom of the City of London.

From 1857 onwards, Nightingale was intermittently bedridden and suffered from depression. A recent biography cites brucellosis and associated spondylitis as the cause. An alternative explanation for her depression is based on her discovery after the war that she had been mistaken about the reasons for the high death rate. 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.

## Death

On 13 August 1910, at the age of 90, she died peacefully in her sleep. The offer of burial in Westminster Abbey was declined by her relatives, and she is buried in the graveyard at St. Margaret Church in East Wellow, Hampshire.

The grave of Florence Nightingale in the churchyard of St. Margaret's Church,.



## Contributions

### Statistics and sanitary reform

Florence Nightingale had exhibited a gift for mathematics from an early age and excelled in the subject under the tutorship of her father. Later, Nightingale became a pioneer in the visual presentation of information and statistical graphics. Among other things she used the pie chart, which had first been developed by William Playfair in 1801.

### Literature and the women's movement

Nightingale's achievements are all the more impressive when they are gauged against the background of social restraints on women in Victorian England. Her father, William Edward Nightingale, was an extremely wealthy landowner, and the family moved in the highest circles of English society. In those days, women of Nightingale's class did not attend universities and did not pursue professional careers; their purpose in life was to marry and bear children. Nightingale was fortunate. 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.

But while better known for her contributions in the nursing and mathematical fields, Nightingale is also an important link in the study of English feminism. During 1850 and 1852, she was struggling with her self-definition and the expectations of an upper-class marriage from her family. As she sorted out her thoughts, she wrote *Suggestions for Thought to Searchers after Religious Truth*. The three-volume book has never been printed in its entirety, but a section, called *Cassandra*, was published by Ray Strachey in 1928. Strachey included it in *The Cause*, a history of the women's movement. Apparently, the writing served its original purpose of sorting out thoughts; Nightingale left soon after to train at the Institute for deaconesses at Kaiserswerth.



Cassandra protests the over-feminization of women into near helplessness, such as Nightingale saw in her mother's and older sister's lethargic lifestyle, despite their education. She rejected their life of thoughtless comfort for the world of social service. The work also reflects her fear of her ideas being ineffective, as were Cassandra's.

## Legacy and memory

### Nursing

The first official nurses' training program, the Nightingale School for Nurses, opened in 1860. The mission of the school was to train nurses to work in hospitals, work with the poor, and to teach. This intended that students cared for people in their homes, an appreciation that is still advancing in reputation and professional opportunity for nurses today.<sup>[28]</sup>

Florence Nightingale's lasting contribution has been her role in founding the modern nursing profession. She set an example of compassion, commitment to patient care, and diligent and thoughtful hospital administration.

The work of her School of Nursing continues today as the Florence Nightingale School of Nursing and Midwifery at King's College London. The Nightingale Building in the School of Nursing and Midwifery at the University of Southampton is also named after her.



Live a good, honorable life. Then when you get older and think back,

you'll be able to enjoy it a second time.

## Hope, one step, one person, one family, one community at a time

In February this year, Mr. S Madondo from SOPD noticed a 9 year old girl and her father who had come to the clinic from Ixopo. They appeared to be battling financially and after speaking to them this were confirmed. All the little girl wanted was to be able to go school with her friends.

This touched Mr. Madondo's heart, he began asking around for help and came to me for a little assistance and support. He contacted schools in the Ixopo area until he found one that charged no school fees and enquired about the uniform requirements. With the amazing response from a number of Doctors, nurses, cleaning staff, audio staff etc. from OPD and surrounding area, we managed to collect R600.00 and a few other practical things.



We , that is Mr. Madonado, Sr Frank , Mrs Moses and myself then went into town and bought a complete school uniform for the young girl. The owner of the Uniform shop (Cellplus stationers, in Boshoff Street ) gave us a discount of R100 and the little shop from where we bought her school shoes, around the corner from the uniform shop, gave us a discount on her shoes.



**Sr Pat Carpenter.**

On the Monday, Mr. Madondo, armed with the school uniform including shoes and school bag, a new wardrobe of casual clothes for the young girl, some food, blankets and other clothing for the other family members and accompanied by Pastor Gift (the pastor who frequents OPD) and his team of people plus their donations, went out to the community at Ixopo.

Mr. Madondo and Pastor Gift and his team were met by the local school inspector, who took them to the school in a 4x4. (The only way you can get there, except for on foot.) They were all received with tears of gratitude by the principals, teachers, pupils, family and the social worker from the area, who found some hope in the fact that people still care. The overflow from what we collected for the original family was used to bless others who were in need. Mr. Madondo also liaised with the social worker in the area to continue to help the family where possible.

We would just like to say a very big THANK YOU to All those who gave so willingly in whatever form. Every little bit helps. You really touched hearts and gave many who were feeling disheartened with life, hope again, that even in these days when there is hardship and differences of opinion, if we can work together we can spread a little love and hope around.

There are so many people out there who have less than us and it is so good to bless others. Please if you have things you longer need, there is a box kept permanently in the main OPD Unit Managers office, where you can drop off unwanted items. These items will be distributed to people in need.

Once again thank you to everyone involved. God Bless.