

FLORENCE NIGHTINGALE



FACT FILE

12 May 1820– 13 August 1910

Florence Nightingale was a British nurse whose work was hugely influential in changing how hospitals were run and improving cleanliness, nutrition and sanitation.

Florence is considered to be the founder of modern nursing. The soldiers she cared for during the Crimean War called her The Lady with the Lamp as she worked all night looking after them.

Florence was the first woman to be given the Order of Merit, the first woman to become a member of the Royal Statistical Society (because of her skills with numbers and presenting data) and also received The Royal Red Cross.

Florence Nightingale was born in Florence, Italy to wealthy, influential British parents. She grew up in Britain and was homeschooled by her father. Social expectations of the time meant she was expected to marry and raise a family from a young age, but Florence wanted to become a nurse. Her parents didn't approve but eventually Florence was allowed to train at a hospital in Germany.

She returned to England in 1853 to work in a hospital where she was promoted to superintendent within a year. In 1854, the Secretary of War asked her to take a team of nurses to Constantinople to help injured soldiers in the Crimean War. Thanks to the work of Florence and her team the death rate in the military hospital dropped dramatically.

Back in London, Florence founded the Nightingale School of Nursing. She continued her work improving medical practice until her death in 1910.

Florence Nightingale's legacy very much lives on. International Nurses Day is celebrated on Florence's birthday each year and the Florence Nightingale Medal is an international award for outstanding nursing.



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ACTIVITY

Children can learn about the importance of hand hygiene in preventing the spread of germs with a simple hand washing activity.

You'll need:

Bio-glitter
Hand cream
Water and soap
Paper towel

Instructions

Rub a little hand cream into one hand.
Sprinkle bio glitter on the same hand.
Shake hands with a friend, the glitter will now be on their hand too!

Now test different methods of hand washing to see which removes the glitter germs most effectively.

- warm water alone
- warm water and soap
- cold water alone
- cold water and soap

