



Nurse Link

Volume 1 Issue 2

May 2007

Florence Nightingale, Her Call to Care

by Daria C. Ruffolo RN, MSN-CS, CCRN, ACNP

Nursing is most truly said to be a high calling, an honourable calling. But what does the honour lie in? In working hard during your training to learn and do all things perfectly? The honour does not lie in putting on your nursing uniform. Honour lies in loving perfection, consistency, and in working hard for it: in being ready to work patiently: ready to say not "How clever I am!" but "I am not worthy": and I will live and work to deserve to be called a nurse.

Florence Nightingale 1873

Early Years

Florence Nightingale was born in Italy on May 12, 1820 and was named Florence after the city where she was born. Her parents, William Edward and Frances Nightingale were a wealthy couple who had toured Europe for two years on their honeymoon. During their travels their first daughter, Parthenope, was born in Naples and one year later was followed by Florence. On returning to England, the Nightingales divided their time between two lovely estates.

Call From God

Florence and Parthenope were taught at home by their Cambridge University educated father. Florence was an academic child, while her sister excelled at painting and needlework. She grew up to be a lively and attractive young woman, admired in the family's social circle and she was expected to make a good marriage, but Florence had other plans. In 1837, while in the gardens at their summer estate, Florence had what she described as her 'calling'. Florence heard the voice of God calling her to do his work, but at this time she had no idea what that work would be.

The Difficult Years

Florence developed an interest in the social questions of the day, visited the homes of the sick in the local villages and began to investigate hospitals and nursing. Her parents refused to allow her to become a nurse because during the mid-nineteenth century it was not considered a suitable profession for a well-educated woman. Nursing was primarily for women who made their livelihood by consorting with men. While the family conflicts over Florence's future remained unresolved, it was decided that Florence would tour

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Do you like to write?

Add diversity to your professional activities and share news with your nursing colleagues. Please contact Theresa Pavone at tpavone@lumc.edu for further information.

Nightingale

Europe with some family friends. The group visited Italy, Egypt and Greece and returning in July 1850 through Germany where they visited a hospital and school for nurses near Dusseldorf. The following year Florence returned to the school and undertook three months of nursing training. Thus, her nursing career was underway.

The Crimean War

In March 1854, Britain, France and Turkey declared war on Russia. The allies defeated the Russians but British medical facilities received a lot of criticism for their treatment of the wounded. The Minister at War, who knew Florence Nightingale socially and through her work appointed her to oversee the introduction of female nurses into the military hospitals in Turkey. On November 4, 1854, Florence Nightingale arrived at the Barrack Hospital in a suburb on the Asian side of Constantinople, with 38 other nurses. Initially the doctors did not want the nurses there and did not ask for their help, but within 10 days fresh casualties arrived from a battle and the nurses were busy. Florence reported back to Britain about the deplorable conditions: a lack of sanitation, clean sheets and clothing and poor food. She documented that at her arrival 10 times more soldiers died of disease than battle injuries.

The 'Lady-in-Chief', as Florence was called, wrote home on behalf of the soldiers. She acted as a banker, sending the men's wages home to their families, and introduced reading rooms to the hospital. In return she gained the undying respect of the British soldiers. The introduction of female nurses to the military hospitals was an outstanding success. To show the nation's gratitude for Florence's hard work a public donation was organized and the money collected enabled her to continue her reform of nursing and establish her nursing school.

Florence's return home from the Crimean war was a success for nursing, for soldiers, for social and public health policy but was a difficult time for her. At a time she was arguably the most famous Briton second only to Queen Victoria herself, yet Florence suffered from a "fever" thought to be either a chronic form of Brucellosis (Crimean Fever) or Chronic Fatigue Syndrome. Subsequently, she rarely left her room and allowed no visitors but busied herself with writing and reading.

Nightingale Training School for Nurses

Florence Nightingale's greatest achievement was to raise nursing to the level of a respectable profession for women. In 1860, she established the Nightingale Training School for nurses at St Thomas' Hospital. The new nurses received a year's training which included some lectures but was mainly practical ward work under the supervision of the ward sister. "Miss Nightingale", as she was always called by the nurses, scrutinized the students' ward diaries and reports.

From 1872 Florence devoted closer attention to the organization of her school. Almost annually for the next thirty years she wrote an open letter to the nurses and students giving advice and

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CNO's Corner

It is my pleasure to wish you a wonderful Nurses Week! I am excited by the activities we have planned to celebrate and honor you, our nurses, and recognize the good work you do day-to-day.

This year we planned Nurses Week in a whole new way. The Magnet Ambassador Committee formed a subcommittee to plan our celebrations. That group, made up predominately of staff nurses worked feverishly to plan a great week for all of us. I am impressed by what it has accomplished. It has combined much loved traditions, like blessing of hands and celebratory meals with new activities. The additions include a nurse-focused mass on Tuesday where all nurses can share intentions for professional and personal growth. The planners have truly taken our celebration up a notch! A schedule of all events is included in this newsletter.

Our Nurses Week theme — It is **Loyola Nurses: Called to Care** — was developed by our Magnet Ambassadors for our magnet journey. I could not have selected a better theme. It reflects our professional and Magis commitment to care as well as our shared sense of vocation — Nursing.

It is a privilege to share that vocation with each of you here at Loyola. My hope is that you will take the opportunity to participate in and enjoy the Nurses Week activities so thoughtfully planned by your colleagues. As you participate, let these activities serve to remind you that all of Loyola administration appreciates your good work, your knowledge, your commitment, but mostly your call to care for our patients at Loyola.

With gratitude,
Paula



Nightingale

encouragement. On completion of their training Florence gave the nurses books and invited them to tea. Once trained the nurses were sent to staff hospitals in Britain and abroad and to established nursing training schools on the Nightingale model. In 1860 her best-known work, *Notes on Nursing*, was published. It laid down the principles of nursing: careful observation and sensitivity to the patient's needs. *Notes on Nursing* has been translated into 11 foreign languages and is still in print today.

Her Last Days

Although Florence was bedridden for many years, she campaigned tirelessly to improve health standards, publishing 200 books, reports and pamphlets. In recognition of her hard work, Queen Victoria awarded Miss Nightingale the Royal Red Cross in 1883. In her latter years she received many honors and became the first woman to receive the Order of Merit. Florence Nightingale died at home at the age of 90 on August 13, 1910 and according to her wishes, she was refused the honor of being buried in historic Westminster Abbey and instead chose to be buried in the family plot. Florence Nightingale's farsighted reforms have influenced the nature of modern health care and her writings continue to be a resource for nurses, health managers and planners.

References available upon request

Florence Trivia

- There are a minimum of five hospitals named in her honor
- She was an expert in public speaking and one of the first to use pie charts, statistical charts, and graphs in her presentations
- Her memory was responsible for a resurgence in the nursing profession among American nurses during the Viet Nam war; the nurses saw her as a role model for nursing during war
- KLM airlines has named a jet after her
- A major medical center in Rome named their paperless computer charting system after her
- The Nightingale Corona on the surface of Venus is named after her
- Her birthday is National Chronic Fatigue Syndrome Day in Britain and there have been many research grants and foundations in her name studying this disease
- The psychological syndrome known as the "Florence Nightingale Effect" in which nurses and doctors fall in love with their patients, was named for her
- The U.S. Air Force maintains a fleet of aeromedical evacuation jets that are called the "Nightingales"

Nurses Prove Creative Again

I am always impressed by the creativity nurses demonstrate in solving patient problems.

Through the naming contest for our newsletter, that creativity showed through again. We had 67 names suggested from 34 different people, and the suggestions were outstanding! Our committee discussed, voted, discussed, voted, discussed... until we clearly defined our newsletter purpose and came to a consensus with the name. It was not an easy task.

We are proud to unveil our name:

NURSE LINK

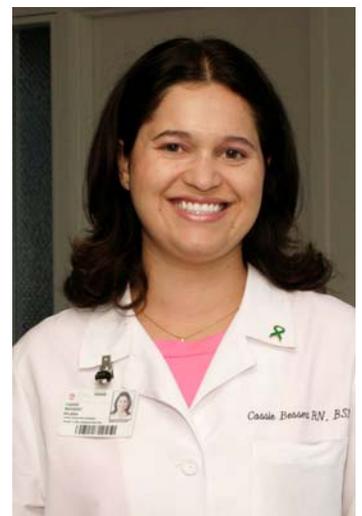
submitted by Cassie Bessert, Cardiology.

In collaboration with our Magnet graphic, we felt this name communicated our goal for this newsletter.

For our committee, we felt this name symbolizes a newsletter by and for Loyola nurses with the goal to help create links for all Loyola nurses, individuals and groups.

We hope to make these links through increased awareness of all the work we do — all the ways nurses' creativity impacts our patients

Applause,
Sandy Swanson



Development of the Magnet Element Graphic Design

By Pamela Clementi, PhD, APRN, BC, Carmen Barc, BSN, RN, and Meghann Drayna, BSN, RN

The Magnet Ambassador group was asked to design a graphic to represent Loyola Nursing. To foster an environment of shared decision-making, a group of ambassadors developed this design. The goal of the graphic was to represent nurses across all health care settings and be unique to nursing at Loyola.

The team consisting of volunteers from the Ambassador Group was divided into several design groups. Each group developed a graphic, described its meaning, and discussed its use in magnet literature and pins. Each member of the theme team critiqued the other graphics.

All of the graphic designs were presented to the Ambassador Group so it could vote on the one that best represented Loyola Nursing. The group selected a design that included a Celtic Cross with the words purpose, presence and practice written in the points of the cross and 'Loyola Nurses Called to Care' encircling the cross.

The Celtic Cross is derived from the book of Kells, and it symbolizes the Holy Trinity. The cross supports the Loyola Jesuit mission and the seamless continuum of care that is delivered at Loyola University Health System.

The identity of Loyola Nursing in conjunction with the Jesuit tradition is a unique perspective and it reflects the purpose under which our nurses practice and flourish. The expression 'Called to Care' illustrates the dedication of our nurses in choosing their careers and how they extend themselves to help others.



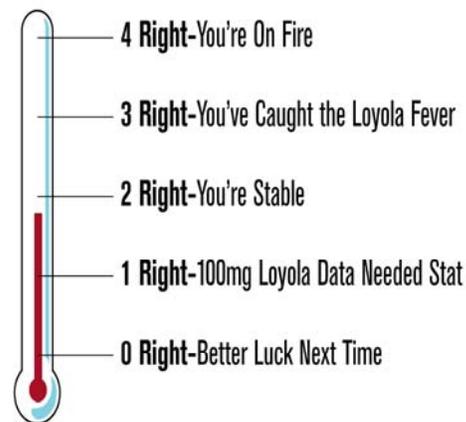
Practice, purpose and presence were incorporated into the graphic to exemplify our model of nursing care. These concepts are congruent with the evidence based practice literature related to patient expectations of their care (Clementi, 2006).

Nursing at Loyola is more than just a profession; Loyola nurses have presence in their practice.

Fun Facts

1. How many nurses are employed at LUMC?
2. How long has the longest tenure nurse been at LUMC?
3. When did nurses start doing .9 program?
4. How many different departments employ nurses?

Answers on the bottom of page 5.



Nurses Week 2007

Mary Altier and Pam Clementi, Co-chairs, Nurses Week Planning Committee

This year's Nurses Week includes multiple opportunities to gather, learn and celebrate. In addition to the events listed in the calendar other highlights to note include:

- Banners and posters are displayed to communicate to all Loyola staff members and our patients and families that we are celebrating Nurses Week.
- There will be a video playing at several locations around our campus and off campus. This video includes many of the faces of Loyola nurses as well as interviews with Loyola leaders acknowledging and celebrating nurses.
- Blessings of hands will be available on units and at the planned events to honor nurses' care in a sacramental way.
- Staff has the opportunity to participate in mass, Tuesday, May 8 by sending an intention to Sr. Fran Glowinski at FGLOWINSKI@lumc.edu prior to the noon mass. In this way, your intentions will be offered even if you cannot attend.
- Loyola Center for Health & Fitness has invited nurses to complimentary workouts on May 6-12 and will waive the \$150 enrollment fee for nurses throughout the month of May. Complimentary seated chair massages will be offered during the entire luncheon on Monday.
- Don't worry if you miss the opportunity to attend any planned event; lectures will be videotaped and available beginning May 15 for all shifts and sites to enjoy.
- There will be a small token of our appreciation in the form of a gift to celebrate Nurses Week.

The Nurses Week committee has worked hard to arrange a week of activities to celebrate the efforts of nursing at Loyola. Committee members will be present at all functions. Please be sure to thank them for their efforts.

Committee members include: Carmen Barc, Adalia Beatingo, Jeanette Cronin, Megan Drayna, Erika Enganzouri, Linda Flemm, Dian Gruber, Dona Kare, Joanne Kurek, Susan Martinkus, Judy McHugh, Judity Rey, Judy Sullivan, Cheryl Zubor, Tracy Berman, Tammy Wolan, Julia Leeberg, Judy Malabanan, Joanne Zoeller, Christy Brave, Patricia Loftus, Tamia Walker, Cynthia Sacha, Vada Grant, Genevieve Spencer and Paula Farrell.

We also would like to extend our appreciation to the many departments who supported and guided us through this tremendous undertaking. Special thanks to: The Executive Leadership Group, Senior Nursing Leadership, the Nurse Manager Group, Pastoral Care, Marketing, Video Development, Housekeeping, Physical Plant and Grounds, Loyola Center for Fitness & Health, Food & Nutrition, Human Resources, EAP, Nursing Education & Support and the nursing administrative support staff.



Fun Facts Answers

1. 1678 nurses are currently employed at Loyola.
2. The longest nursing tenure is 38 years.
3. The .9 program started in 2001.
4. There are 147 different cost centers that employ nurses.

**Loyola Nurses: Called to Care
National Nurses Week 2007
Celebration Schedule**

Monday, May 7th

Celebrate Loyola Nursing Day

Blessing of Hands
Chaplains will be rounding on hospital nursing units, the CBCC, LOC and ambulatory sites during the week.

Celebration Meal

1 - 3 a.m.

Starlight dinner, "Grab and Go" Café Loyola

11 a.m. - 2:00 p.m.

Luncheon, Cancer Center Auditorium

4:30 - 6:30 p.m.

Dinner, "Grab and Go" Café Loyola

Tuesday, May 8th

Spiritual Renewal Day

Mass dedicated to Nursing

Noon

Galvin Memorial Chapel

Unit-based Celebrations

Wednesday, May 9th

Professional Development Day

11a.m - 2 p.m.

Maguire Center, room 2812

11 a.m. - Noon

Clinical Ladder Presentation

Noon - 1 p.m.

Magnet Council's Presentation

1 - 2 p.m.

Educational Growth at Loyola

Thursday, May 10th

Professional Advancement Day

Clinical Ladder Celebrations

7:30 - 9:30 a.m. Cafeteria, room 1371

4:30 - 6:30 p.m. Cafeteria, room 1371

Education Session: All nurses welcome

"Time Management Seminar"

9:30 - 10:30 a.m. SSOM, room 150

3:00 - 4:00 p.m. SSOM, room150

Friday, May 11th

Care for the Caregiver Day

SSOM, room150

11:15 a.m. "15 minutes to Energize Your Day"

12:15 p.m. Exercises to refresh and relax

1:15 p.m. Sr. Fran's Tai Chi and meditation

Main Cafeteria (Hospital)

11:15 a.m. "Why am I eating diet food and not losing weight?"

12:15 p.m. Compassion Fatigue

1:15 p.m. Spiritual Renewal

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