Florence Nightingale

Florence Nightingale was a nurse in the 19th century. Her work had a big impact on hygiene in hospitals and the work of nurses.

Why is hygiene that important?

A good personal hygiene is important for you if you want to stay mentally and physically healthy. It's important for you to keep the external parts of your body clean if you want a good personal hygiene. If a person has poor personal hygiene, their body is an ideal environment for germs to grow and you can get infections very easily.
Most germs that cause serious infections are in fact spread by our own actions.

Germs=A microorganism that can cause a disease or infection.
External=Being the outside part of something.
Environment=The environment is everything that surrounds you.

The history of hygiene

In the Ancient Greece there already was a highly developed hygiene. They had bathhouses where they washed themselves and used perfumed oils.
But in the middle age that changed. They just threw the contents of their chamberpots out of the window onto the streets.
Pigs and chickens were walking around freely. Trash from the market was just left on the ground. They had bathhouses, but then Syphilis spread and many people blamed the bathhouses. Then the plague spread. Millions of people died because of it. As a result of that people washed themselves less and personal hygiene got worse.
In the beginning of the 18th century it was weird too other people if you washed yourself often. Until the half of the 19th century hygiene still wasn't seen as important, also for medicine. In 1845 Ignaz Semmelweiss, an assistant doctor from Vienna found out that disinfectants helped to prevent diseases from spreading. Way less people died.
The word hygiene comes from Greek. The Greek mythology got a goddess called "Hygieia". Hygieia is the daughter of Askleopis, the God of medicine.

Ancient=Something that is very old or something that existed a very long time ago
Syphilis=It is a bacterial infection usually spread trough sexual contact
Plague=The plague was a huge pandemic in the middle age. It's also known as "black death".
Vienna=Vienna is the capital of Austria
Disinfectants=A chemical liquid that destroys bacteria

Childhood of Florence Nightingale

Florence was born in Florence, Italy on may 12th 1820. Soon after that her family moved back to London where they owned two houses.
Florence wasn't allowed to go to school simply because she was a girl. So her parents decided to homeschool her.

Florence Nightingale's job

Florence always wanted to become a nurse. Her parents were against it because nurses didn't have a good reputation in society back then. They decided to send her on a journey so she would forget about it, but she didn't and started studying nursing secretly.
Later her family agreed and she was allowed to study it officially. She went to Germany to study there for three months.
When she returned she started working as a nurse in London.

Nurse=A person that is trained to take care of sick people for example in hospitals.
Reputation=An opinion that is held by most people about someone or something.

Florence Nightingale's work

When the Crimean war started, Florence had to recruit and train a team of nurses to cure British soldiers in the war.
The hospital she and her team worked in during Crimean war was very dirty. They decided to clean it all up and started to improve the hygiene there.
Florence visited the soldiers in the hospital every night with a lamp, that's why they called her "the lady with the lamp". Many soldiers were saved by her and her team during Crimean war and trough the impact of her work even many afterwards.
In the hospital she worked 20 hours a day to make it cleaner and safer for the soldiers. She earned a medal called the order of Merit. She was the first woman to receive that medal. Even Queen Victoria sent her a letter to thank her.
When she returned from Crimean war her own health wasn't as good as before. She had to spend a lot of time at home, so she started writing many books. Her most famous book is called "notes on nursing".
Florence started an own nurse training school that still exists to this day. She also wanted hospitals to be parted into several houses so people could get sorted depending on their disease. She's also seen as the inventor of pie charts.

Crimean war=A war in the 19th century. Russia fought against Turkey, Great Britain and France.
Recruit=To find new people to take part in an activity or an event.
Soldier=A person that works in the army.
Impact=Having a strong effect on someone or something.
Afterwards=In the future/later.
Several=More than two but not many.
Sorted=Organised/choosing where to put a person.
Depending=When something varies according to the situation.

Florence Nightingale Faculty of Nursing, Midwifery & Palliative Care

From 24th June in 1860 until 1991 the school of Florence Nightingale was known under the name "Nightingale School of Nursing".
It was established at St Thomas' hospital and was built to educate highly skilled nurses. It was the first non religious institution for professional nurse training.
In 1991 job related nursing education in Great Britain was replaced with going to a university or a college so the Nightingale School of Nursing wasn't used anymore.
Now it is part of the King's College London, so it's used again. In 2017 the school was renamed with its current name: "Florence Nightingale Faculty of Nursing, Midwifery & Palliative Care".

Established=When a company is founded.
Faculty=Teaching or learning in an educational institution.
Midwifery=A health profession that deals with pregnancy and childbirth.
Palliative care=Medical care that relieves pain.

Florence Nightingale and the Red Cross

The most important award for nurses of the Red Cross is named after Florence Nightingale since 1912. It's supposed to honour the impact of nurses and women of the Red Cross. It stands for charity and noble humanity.

Charity=Full of love and goodwill towards others.
Noble=Having good personal qualities and high moral standards.
Humanity=The quality of being nice and generous towards other people.

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