FLORENCE NIGHTINGALE

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.

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 women to be given the Order of Merit, the first women 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. 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.

She returned to England in 1853 to work in a hospital where she was promoted to superintendent within a year. In 1954, she took 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.

Henry Hering (1814-1893), Public domain, via Wikimedia Commons

Florence is considered to be the founder of modern nursing.

International Nurses Day is celebrated on Florence's birthday each year and the Florence Nightingale Medal is an international award for outstanding nursing.
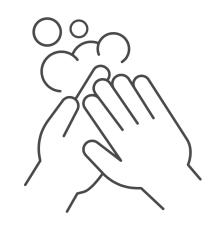
CLEAN HANDS
INVESTIGATION

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
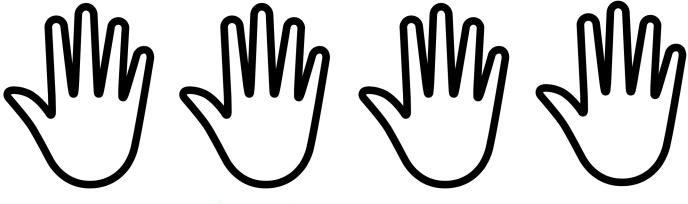Paper towel

WASH your HANDS

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

Warm water

Warm water and soap

Cold water

Cold water and soap