Florence Nightingale’s Legacy: Caring, Compassion, Health, and Healing Across Cultures for the 21st Century — Local to Global

Barbara Dossey, PhD, RN, AHN-BC, FAAN, HWNC-BC
Director, International Nurse Coach Association (INCA)
International Co-Director, Nightingale Initiative for Global Health (NIGH)

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Kramer School of Nursing
Oklahoma City University, Oklahoma
Objectives

1. Explore Florence Nightingale’s legacy (1820-1910) of caring, compassion, healing, and advocacy across cultures for 21st-century nursing and healthcare—local to global.

2. Discuss the 17 UN Sustainable Development Goals (SDGs) and relevance for nurses, Interprofessional colleagues, and concerned citizens.

3. Explore ANA’s Healthy Nurse Healthy NationTM Grand Challenge and the five domains.

4. Examine the Theory of Integral Nursing and the integral, holistic and integrative paradigms and application for a healthy world.

5. Examine the Integrative Health and Wellness Assessment (IHWA).

6. Explore your ‘Reason for Being’.
Objective 1: Florence Nightingale (1820-1910) Legacy

Why NIGHTINGALE?

Why Now?

© Our Healthy World, Inc. 2004
Frances Nightingale with daughters Florence (in lap, age 4) and Parthe (age 6) © 1824
Photo Source: National Trust London
Florence, age 19, seated
Parthe, age 21, standing
© 1839

Source: National Portrait Gallery London
Florence, age 15, right & Aunt Mai Smith, leaning with her two daughters. © 1835
Photo Source; Hampshire County Record Office, Winchester, UK
Lea Hurst, Derbyshire, England
Nightingale summer home
Photo Source: Barbara Dossey
At 17, Nightingale heard a ‘call from God’ to ‘become a nurse’ while sitting under the Cedars of Lebanon at Embley Park.
She was much more than the Nightingale we thought we knew.
She is loved by the whole world!
...advocating for cultural integrity respect and understanding.

A best-selling author & expert communicator — she told the stories of her vision...

Photo Source: ‘Notes on Nursing’ Panel, Nightingale Stained Glass Window National Cathedral, Washington, DC, Photographer: Jim Hawkins
and... as a nursing educator, administrator, and sanitation advocate.
She pioneered statistics, health outcomes, health policy, hospital design, & environmental policy at local, national & global levels....

Nightingale’s "Diagram of the causes of mortality in the army in the East" was published in Notes on Matters Affecting the Health, Efficiency, and Hospital Administration of the British Army and sent to Queen Victoria in 1858. Photo Source: Wikimedia, in Public Domain
Less known — she was a granddaughter of the movement abolishing the slave trade across the British Empire in 1807.

Her maternal grandfather MP William Smith

She was an activist, & fantastic networker....
Nightingale was a leader in crafting the 1st Geneva Convention in 1864...
... a key step in founding

the International Red Cross
the League of Nations
& ultimately the United Nations.

She was an innovative & collaborated with leading-edge people of her time...

Thomas Edison — inventor of the first machine to record voice.

Recorded Florence Nightingale’s voice, July 30, 1890

https://www.flickr.com/photos/57440551@N03/19137763723 & https://www.youtube.com/watch?v=ax3B4gRQNU4
“When I am no longer even a memory, just a name, I hope my voice may perpetuate the great work of my life. God bless my dear old comrades of Balaclava and bring them safe to shore.”

Florence Nightingale

July 30, 1890, when she was 70 years old.
All of these skills and attributes came together to make her an effective global advocate for caring, compassion, health, and healing across cultures.

Photo Source: Entire Nightingale Stained Glass Window during the 2010 International Year of the Nurse Global Commemoration Service at the National Cathedral Washington, DC, Photographer: Dionne Sinclair
Nightingale’s family grave marker
St. Margaret’s Church
East Wellow Hampshire, England

F.N.
Born 12 May 1820
Died 13 August 1910
What is healing? What is compassion?
Curing (External)

• elimination & resolution of symptoms, diagnosis, disease

Healing (Internal)

• carry it with us at all times
• happens in the present moment
• lifelong journey
• harmony & balance
• may/may not involve curing
• always possible

Both/and — not either/or
Compassion and Nursing
**Nurse**: “someone who takes care of the sick and infirm and facilitates healing.”

From the Latin: to *nourish*, to *nurture*
Compassion: to suffer with another; sympathy for the suffering of others, often including a desire to help

Empathy: the ability to identify with and understand another person’s feelings or difficulties
Origins of compassionate care

The Axial Age, 900 to 200 BCE

“What has intrigued me is that none of [these religions] was interested in doctrines or metaphysical beliefs.... [At that time] a religion was...about behaving in a way that changed you.... What the Axial sages put forward was that compassion was the key.

~ Karen Armstrong
Comparative Religion Scholar
Origins of compassionate care

“Compassion doesn’t mean feeling sorry or pity for people but feeling with the other, learning to dethrone yourself from the center of your world and put another there. Not only would this be the test for any religiosity but it would also be the means of entering into enlightenment.”

~ Karen Armstrong

Origins of compassionate care

Golden Rules are found in every major religion.

Christianity:

“Do unto others as you would have them do unto you.”
Origins of compassionate care

Golden Rules

Confucianism:

“Do not do to others as you would not have done to you.”
Origins of compassionate care

Golden Rules

Judaism:

“That which is hateful to you do not do to your neighbor.”

Rabbi Hillel
Origins of compassionate care

Golden Rules

Taoism:

“Regard your neighbor’s gain as your own gain, and your neighbor’s loss as your own loss.”

Lao Tzu
Origins of compassionate care

Golden Rules

Islam:

“Not one of you truly believes until you wish for others what you wish for yourself.”
Origins of compassionate care

Golden Rules

Roman pagan tradition:

“The law imprinted on the hearts of all men is to love the members of society as themselves.”
Origins of compassionate care

Golden Rules

Native American tradition (Sioux):

“All things are our relatives; what we do to everything, we do to ourselves. All is really One.”
Origins of compassionate care

Golden Rules

Native American tradition (Pima):

“Do not wrong or hate your neighbor. For it is not he whom you wrong, but yourself.”
Origins of compassionate care

Golden Rules

Secular humanism (*Humanist Manifesto II*):

“[C]ritical intelligence, infused by a sense of human caring, is the best method that humanity has for resolving problems. Reason should be balanced with compassion and empathy and the whole person fulfilled.”
Nightingale’s philosophy:

... presence, compassion, love, and a spiritual practice are essential for being with self and others while living and in dying.


Details from the Florence Nightingale Window. The Boston stained-glass firm, Reynolds, Francis, and Rohnstock, created the window depicting six outstanding scenes in Florence Nightingale (1820-1920) life, including her Crimean War service, her St. Thomas Hospital pavilions in London, and her famous Notes on Nursing.
“To know God we must study him in the Pagan and Jewish dispensations as in the Christian... this gives unity to the whole...one continuous thread of interest to all these pearls.”

~ Florence Nightingale
Suggestions for Thought, 1860
“What do we mean by ‘God’? All we can say is, that we recognize a power superior to our own; that we recognize this power as exercised by wise and good will.”

~ Florence Nightingale

*Suggestions for Thought*, 1860
“Where shall I find God? In myself. That is the true Mystical Doctrine. But then I myself must be in a state for Him to come and dwell in me. This is the whole aim of the Mystical Life, and all Mystical Rules in all times and countries have been laid down for putting the soul into such a state.”

~ Florence Nightingale
*Suggestions for Thought, 1860*
Evidence of a Compassion Effect:

Healers themselves say that love, caring, empathy, and compassion are essential in bringing about a healing effect.
“To love —
that is to help one another
to strive together
to act together —
to work to the same end.”

Florence Nightingale
Objective 2: Discuss the 17 UN Sustainable Development Goals (SDGs) and relevance for nurses, Interprofessional colleagues, and concerned citizens.

HEALTH for ALL...

- a nice idea or
- a critical goal?

HEALTH....

- a global commons
- a bridge across boundaries
- a highway to world peace

Source: Google Images
Propose that we might become... what Nightingale herself was....

Nurse, global citizen, health diplomat & Nurse Coach

... Health & Healing Environments (individual & collective, interior & exterior)

— local to global

Florence Nightingale. 1837. age 37

Source: Perry Pictures
UN 17 Sustainable Development Goals (SDGs)
Transforming the health of our world by 2030

1. No Poverty
2. Zero Hunger
3. Good Health and Well-being
4. Quality Education
5. Gender Equality
6. Clean Water and Sanitation
7. Affordable and Clean Energy
8. Decent Work and Economic Growth
9. Industry, Innovation and Infrastructure
10. Reduced Inequalities
11. Sustainable Cities and Communities
12. Responsible Consumption and Production
13. Climate Action
14. Life Below Water
15. Life on Land
16. Peace, Justice and Strong Institutions
17. Partnerships for the Goals

http://sustainabledevelopment.un.org/?menu=1300
17 SDGs
Social, Cultural & Environmental ‘Determinants’ of Health

http://www.nighvision.net/2020-vision--the-un-sdgs.html
17 UN Sustainable Development Goals (SDGs) 
2016 to 2030

1. End Poverty
2. End Hunger
3. Ensure Healthy Lives & Promote Well-being
4. Ensure Quality Education
5. Achieve Gender Equality & Empower Women & Girls

Ensure Clean Water & Sanitation

Ensure Affordable Sustainable Energy

Promote Decent Work for All

Technology Innovation to Benefit All

Reduce Inequality

Make Cities & Communities Safe
Ensure Sustainable Consumption & Production

Take Urgent Action to Combat Climate Change & Its Impacts

Conserve & Sustainably Use the Oceans & Seas

Take Care of the Earth

Promote Peaceful & Inclusive Societies

Strengthen & Revitalize Global Partnerships

Nightingale worked on complex global problems & challenges —

Image from: http://i3.liverpoolecho.co.uk/incoming/article4729486.ece/ALTERNATES/s615/dti137074.jpg — used with attribution.
2020 is the Bicentenary of Nightingale’s Birth
( only 3 years from now! )

Source: http://www.nighvision.net/2020-vision--the-un-sdgs.html
As we revisit her legacy, can we advocate for achieving a healthy world?

Above SDGs Info-Graphic created by NIGH’s UN DP-NGO Team in NYC for this presentation and to be widely shared.

Source: http://www.nighvision.net/2020-vision--the-un-sdgs.html
She wrote — in the 1870s — that it would take 100-150 years for the kind of nurses and nursing she envisioned.
— to discover health & wellness coaching approaches —

to build upon individual & community strengths — instead of attempting to ‘fix’ weaknesses.
Engaging in co-creative coaching — with clients, families, communities & colleagues — leading to achieving desired goals.
& healthy-lifestyle behaviors emerging!
A process grounded in an awareness that effective change evolves from within.
— before it can be manifested & maintained externally —
a coaching approach & process to enhance potentials for health & wellbeing —

Image source: https://commons.wikimedia.org/wiki/File:With_Coach_Nikitan.jpg — used with Creative Commons License.
to integrate all the bio-psycho-social-spiritual-cultural-environmental dimensions leading towards human flourishing!
& to increase our integrative, holistic & integral awareness —
our healing & our wholeness —
we strengthen our personal & professional capacities —
— where we integrate the best of what we know in the science & art of healing
With a worldview of wholeness — we can share the depth of our professional knowledge, expertise, critical-thinking capacities & skills for assisting others to create health through their stories of healing — local to global —
— only by paying close attention to the heart of our mission & vision —

Image source: https://commons.wikimedia.org/wiki/Category:Meditation#/media/File:Meditation_(7912377858).jpg — used with Creative Commons License
Kudos to ICN!
Imagine!

the estimated 20 million nurses & midwives currently working across the world...
to tell the stories of the problems we see, the solutions we bring (not well known) and what we envision for the future.
with even 1000 nurses — what could we achieve?
Objective 3: American Nurses Association (ANA) Healthy Nurse Healthy Nation HNHN™ Grand Challenge 2017

Five Domains

1. Safety
2. Rest
3. Quality of Life
4. Physical Activity
5. Nutrition

www.nursingworld.org/HealthyNurse-HealthyNation
Healthy Nurse Healthy Nation invites us to create a *shift in consciousness* Body-Mind-Spirit-Cultural-Environment *awareness and choice*
... Quiet in our own rooms (and a room of your own is specially for each one here) — we have bustle every day — a few minutes of calm... how indispensable it is, in this ever increasing hurry of life!

When we live ‘so fast’ do we not require a breathing time, a moment or two daily, to think where we are going, — at this time, especially, when we are laying a foundation of our afterlife — in reality the most important time of all?

~ Florence Nightingale

1820-1910

1857, age 37
Healing and Strengths

Healing: A lifelong journey of discovering at the deepest level of inner knowing what we have closed down and opening new ways of being.

Strengths: Preexisting patterns of though, feeling, and behaviors that are authentic, energizing, leads to best potentials and possibilities.
Health and Wellbeing

Health: process of reshaping basic assumptions & worldviews on physical, mental, emotional, social, spiritual, cultural, environment; may include living with a disease, illness, or symptoms; death is seen as a natural process of living.

Wellbeing: the way a person thinks and feels about basic assumptions of life and what is valued and meaningful is important.
“Health is not only to be well but to use well every power we have.”

Florence Nightingale
Spiritual meaning and its correlates...

Spirituality: the sense of connectedness with something higher and greater than the individual self or ego; the certainty that meaning, purpose, and direction are valid aspects of the world.

Spirituality & religion are not the same...

Religion: a codified system of beliefs, rituals, and behaviors that may or may not involve a sense of the spiritual; usually involves a community of like-minded believers.

Presence—
Are you in present moment?
Intention is Everything
Heart Breathing

- Focus attention on your *heart area*
- Breathe a little deeper than normal
- In 5-6 seconds, out 5-6 seconds
FRUSTRATION

HEART RATE

APPRECIATION

HEART RATE

TIME (SECONDS)

© Copyright Institute of HeartMath Research Center
Cells that FIRE together, WIRE together
What THOUGHTS are you firing and wiring today?
Readiness Scales

• How **important** is it for you to make a change?
  
  1  2  3  4  5  6  7  8  9  10

  not important  very important

• How **confident** are you that you can make a change?
  
  1  2  3  4  5  6  7  8  9  10

  not important  very important
20 Rules of Good Health
Pick your parents well (!)
Don’t smoke
Drink in moderation
Maintain ideal weight
Exercise regularly
Mostly vegetables...
...and fruits...
...if meat, then fish or fowl
Buckle up
Find a profession you enjoy
Love freely
Follow the spiritual path of your choice
Be generous
Help others less fortunate
Give back
Cultivate friendships
Stretch your mind
Play
Protect the Earth
Be grateful
“If you want to be happy, practice compassion. If you want others to be happy, practice compassion.

~ H.H. The 14th Dalai Lama
1. Start with yourself

How can we be compassionate toward others if we cannot be compassionate to our self?

2. Learn to listen.

Practice KYBMS
(Keep Your Big Mouth Shut)
The art of presence, of “just being, not talking”

Barbara Graham. 7 Ways to Cultivate Compassion.
3. Mindful dialogue

Be mindful.
Learn to pause and think before speaking.

4. Forgive freely

“Everyone is horrible in his or her own way.”
We are all flawed, vulnerable, imperfect.
There are no finished products.

Barbara Graham. 7 Ways to Cultivate Compassion.
5. Practice generosity

Volunteer for something you really care about.
Commit random acts of kindness.
Give back.

6. Practice lovingkindness meditation

Sit quietly. Offer the following phrases to yourself:
May I be happy. May I be healthy. May I be safe. May I live with ease. Repeat several times.

Then switch the “I” to “You,” and bring others to mind, one at a time.

7. Be a role model for your children and grandchildren

"How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong. Because someday in your life you will have been all of these."

~ George Washington Carver
1864-1943

“We are visitors on this planet. We are here for one hundred years at the very most. During that period we must try to do something good, something useful, with our lives. If you contribute to other people's happiness, you will find the true meaning of life.”

~ H.H. The 14th Dalai Lama
Objective 4: Examine the Theory of Integral Nursing
2020 Vision—Making the World Healthier!

Integrative, Holistic, & Integral Nursing
Integrative, Holistic, & Integral Nursing

• Both science & art — “creative fire” uncovers, recovers, supports, celebrates the creative self

• Nurse as artist healer lives a life responsive to service, both spiritual & practical

• Navigate rough waters, greater connectivity in complexity
Q: What are the missing pieces in healthcare reform?

A: Integrative Nurse Coaching
Integrative Nurse Coach Partnership

Integrative Nurse Coach

Collaborative Healthcare Team

Connecting to the Story
Nurse Coaching and the Quadruple Aim

1. Improved patient experience of care (quality and satisfaction)

2. Improving the health of the population

3. Reducing the per capita of healthcare cost

4. Improving the health and wellbeing of healthcare team

Health depend largely on awareness, **choices** and intention.

In conventional medicine, patient-centered care is often neglected in favor of physically based factors: physiology, anatomy, genetics, and epigenetics.
Beyond the “fix” lies balance, which is as important for the nurse as for the client/patient.

What does this balance look like in real life?

It involves honoring *all* of life.
Theory of Integral Nursing
Barbara Dossey, PhD, RN, AHN-BC, FAAN  ©2007

Figure 1.1a. Healing

Figure 1.1b. Healing and Meta-Paradigm of Nursing
(Nurse, Person/s, Health, Environment)

Integral and Holistic Nursing: Local to Global.
In B. M. Dossey & L. Keegan.
Holistic Nursing: A Handbook for Practice (5th ed.)
Sudbury, MA: Jones & Bartlett.
Theory of Integral Nursing
Barbara Dossey, PhD, RN, AHN-BC, FAAN ©2007

Figure 1.1c. Healing and Patterns of Knowing in Nursing
(Personal, Aesthetics, Empirics, Ethics, Not Knowing, Socio-Political)
Adapted from B. Carper, Fundamental Patterns of Knowing in Nursing,
Advances in Nursing Science 1 No. 1 (1978): 13-23
Figure 1.1d. Healing and Four Quadrants
(I, We, It, Its)
Adapted from K. Wilber (2000)

Integral and Holistic Nursing: Local to Global.
In B. M. Dossey & L. Keegan,
Holistic Nursing: A Handbook for Practice (5th ed.)
Sudbury, MA: Jones & Bartlett.
Figure 1.1e. Healing and AQAL (All Quadrants, All Levels)

Adapted from K. Wilber (2000)

Integral and Holistic Nursing: Local to Global.
In B. M. Dossey & L. Keegan.
Holistic Nursing: A Handbook for Practice (5th ed.)
Sudbury, MA: Jones & Bartlett.
Objective 5: Examine the Integrative Health & Wellness Assessment (IHWA)

- Health Responsibility
- Life Balance & Satisfaction
- Environmental
- Relationships
- Physical (Nutrition, Exercise, Weight)
- Spiritual
- Emotional
- Mental
Objective 6: What is Your ‘Reason for Being’?
How do we create a culture of health?

What is your commitment and actions for creating a healthier world for everyone—local to global?
UNITY:
Our survival likely depends on it.
Personal health is never merely personal. If consciousness is unitary and nonlocal, the health of one affects the health of all.
If we are all connected, there is always a collective, global aspect to personal health.
This suggests that the **Golden Rule** can be expanded from

“Do unto others as you would have them do unto you,” to

“Be kind to others because in some sense they *are* you.”
# 1: Make health — and influencing positive health determinants — a top priority in human affairs.

From *Florence Nightingale Today: Healing, Leadership, Global Action*, page 181

© 2004 The Nightingale Initiative for Global Health
# 2: Value and sustain Nurses and their caring in health care.

From *Florence Nightingale Today: Healing, Leadership, Global Action*, page 182
# 3: Collaborate — across disciplines and across cultures — for promoting health in community settings.

From Florence Nightingale Today: Healing, Leadership, Global Action, page 184
#4: Think globally, act locally to create health literacy for both genders, and all ages.

From *Florence Nightingale Today: Healing, Leadership, Global Action*, page 186
#5: Make media a catalyst for nursing and for health.

From Florence Nightingale Today: Healing, Leadership, Global Action, page 188
# 6: Keep health holistic and transdisciplinary.

From Florence Nightingale Today: Healing, Leadership, Global Action, page 189
# 7: Answer your own calling.

From Florence Nightingale Today: Healing, Leadership, Global Action, page 191
Florence Nightingale’s (1820-1910) legacy provides a model for effective local-to-global voices calling for and demonstrating

Nurses and all may become Nightingale’s living legacies...

Source: http://www.nighvision.net/why-nigh-why-now.html
…leading to achieve public concern commitment & action toward a healthier world for everyone!

Source: http://www.nighvision.net/why-nigh-why-now.html
The Nightingale Declaration of Commitment to Create a Healthy World by 2020

"We, the nurses and concerned citizens of the global community, hereby dedicate ourselves to achieve a healthy world by 2020..."

© 2005, The Nightingale Initiative for Global Health
...We declare our willingness to unite in a program of action, to share information and solutions and to improve health conditions for all humanity – locally, nationally and globally...
...We further resolve to adopt personal practices and to implement public policies in our communities and nations – making this goal of the year 2020 achievable and inevitable – beginning today in our own lives, in the life our nations and in the world at large."
The Flame of Nightingale’s Legacy

Today our World needs healing, and to be rekindled with Love

Once, Florence Nightingale lit her Beacon of Lamplight to comfort the wounded

And her Light has blazed a path of service across a Century to us

Through her example and through the countless Nurses and Healers

Who have followed in her footsteps
Today, we celebrate the flame of Florence Nightingale’s Legacy

Let that same Light be rekindled to burn brightly in all our hearts

Let us take up our own Lanterns of Caring, each in our own ways

To more brightly walk our own paths of service to the World

To more clearly share our own Noble Purpose with each other
May Human Caring become the Lantern for the Twenty-First Century

That we may better care for ourselves for others, and for all of Creation

May we be the Keepers of that Flame
That our Spirits may burn brightly

To kindle the hearts of our children and great-grandchildren

As they too follow in these footsteps

Deva-Marie Beck, PhD, RN • 1996
Can we generate the vision?

https://commons.wikimedia.org/wiki/Category:Hope#/media/File:Hope_in_his_eyes.jpg — used with Creative Commons License.
The arc of Nightingale bends toward achieving a healthy world...
“If we can transform —
by a few years of persistent effort
the habits of centuries —
our progress will not have been slow
but amazingly rapid!”

Florence Nightingale
Can we hear Nightingale’s voice?

Photo Source: Florence Nightingale Museum, London
thank you