

Grades K-5

Meet Nurse Florence Nightingale!

Developed by [Interim Healthcare](#) to honor 2020 National Nurses Week



1. Introduction

At Interim HealthCare, we honor nurses, and want to help you honor them at home with your school-aged students. For Nurses Week, as we remember the passion that drives all nurses, we created a simple lesson plan and discussion guide for parents to follow at home with children in grades kindergarten through fifth grade. We chose to highlight the life of Florence Nightingale, a nursing pioneer and leader, whose work paved the way for nursing today:

Throughout her life, Florence Nightingale helped to:

- Professionalize and advocate for nurses
- Introduce data and statistics into the art and science of nursing
- Innovate hygiene, safety, and social distancing techniques
- Embrace the importance of personal protective equipment and supplies
- Envision the future of health care in the home environment

Please join us in reflecting on all the amazing contributions Florence Nightingale gave to nursing, and help your children understand the heroic role that nurses play in our lives. Now, during our worldwide coronavirus challenges, the work of nurses has never been more urgent.

2. General Learning Objectives

Through the lesson plan and discussion guide, students will:

- Learn who Florence Nightingale is, her life and her impact
- Consider how Florence Nightingale's life's contributions relate to nursing today in the treatment of coronavirus COVID-19 patients
- Potentially be inspired to nurture a budding interest in nursing, health sciences, and math

3. Tools to Help You

In this lesson plan and discussion guide, you will find:

- A short story of Florence Nightingales' life, to review with your child
- A discussion guide for all children based on the story of Florence
- "What's Your Florence Nightingale Moment?" – A Chance for Children to Envision Being a Hero Like Florence
- Coloring pages featuring Florence Nightingale
- Reading and watch list for learning more about Florence Nightingale
- Sources of information
- Lesson plans for grades K-2, including fun activities to try
- Lesson plans for grades 3-5, including fun activities to try

Florence Nightingale Would Be 200 Years Old. She Predicted the Future!

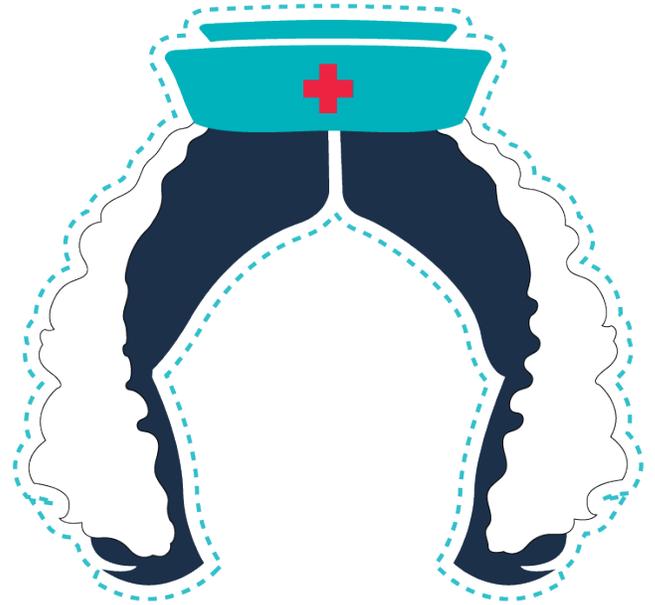
For Grades K-2

Nurse Florence Nightingale was born on May 12, 1820, in Florence, Italy, and she was named after the city she was born in. If she were alive today, she would be 200 years old! Florence, who lived in England, had a vision for the future of nursing. Today, nurses everywhere are living out what Florence saw. Florence was ahead of her time, and all the things she did as a nurse many years ago are being used right now to treat coronavirus patients.

It all started in 1854, when Florence led a team of nurses to care for the sick and wounded soldiers of the Crimean War at a military hospital in Scutari, which was the name for what is now a region of Istanbul in Turkey. The conditions there were unclean and unhealthy, and they led to Florence fighting for health care locations to become clean and safe.

Florence clearly saw the future of nursing and many practices used today by nurses:

- Sanitizing (cleaning) the settings where patients receive care
- Raising the standard of hygiene (cleanliness) through good handwashing and clean sheets and towels
- Ensuring diet and nutrition meet each individual's needs
- Securing enough supplies to adequately care for others
- Spacing out patients so they are not too close together and can't spread disease



For Grades 3-5

Nurse Florence Nightingale was born on May 12, 1820 in Florence, Italy, and was named for the city where she was born. If she were alive today, she would be 200 years old! Florence, who lived in England, had a vision for the future of nursing. Today, nurses everywhere are living out what Florence saw. Florence was ahead of her time, and all the things she did as a nurse many years ago are being used right now to treat coronavirus patients.

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Florence Nightingale's Most Notable Moments in Nursing History:

- Under her leadership, Florence and a team of nurses worked tirelessly to improve the unsanitary conditions of the military hospital in Scutari (now called Istanbul, Turkey), reducing the death rate of the hospital by two-thirds. Her understanding of how cleanliness and sanitation affected the lives of patients began a whole new set of health standards that define nursing best practices today.
- After the war, Florence sought to save more lives. She met with Queen Victoria in England and shared a collection of numbers that revealed most soldier deaths could have been prevented. With the Queen's support, she persuaded the government to set up a Royal Commission into the health of the army.
- In 1859, Florence wrote *Notes on Nursing*, a basis for teaching at the Nightingale School and other nursing schools. She wrote about the importance of sanitary conditions in helping patients live. Her writings unveil an insight that is just as important today in treating patients with the coronavirus.
- In 1860, Florence Nightingale funded the establishment of St. Thomas' Hospital, and within it, the Nightingale Training School for Nurses. This was a big step in professionalizing and elevating the field of nursing to what it is today.
- Florence Nightingale viewed home as the best setting for care. In 1867, she penned her perspective in a letter to her cousin, Henry Bonham Carter, in which she wrote: "My view, you know, is that the ultimate destination of all nursing is the nursing of the sick in their own homes ... " Nightingale believed the future of nursing would be in better home care, something that many people have today.
- In the 1870s, Nightingale taught Linda Richards, America's first trained nurse, imparting the knowledge and training she needed to establish high-quality nursing schools. Today, Richards is recognized as a nursing pioneer in the U.S. and Japan.
- Sanitizing (cleaning) the settings where patients receive care
- Raising the standard of hygiene (cleanliness) through good handwashing and clean sheets and towels
- Ensuring diet and nutrition meet each individual's needs
- Securing enough supplies to adequately care for others

For Grades 3-5

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- Spacing out patients so they won't be too close together and can't spread disease
- Supporting the idea that home is the best setting for care
- Training nurses in lessons that led to healthcare reform (change)
- Using her leadership and statistician (numbers) skills to make a greater impact

In 1870, Florence Nightingale predicted:

"It will take 150 years for the world to see the kind of nursing I envision ..."

- Florence Nightingale

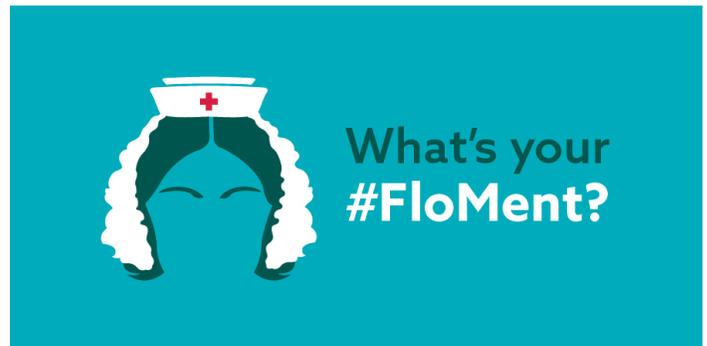


Grades K-2

- How old would Florence be if she were alive today? (answer: 200)
- Why was Florence named Florence? (answer: because she was born in Florence, Italy.)
- What were the conditions like in the military hospital in Scutari where Florence cared for wounded soldiers?
- Why did Florence want to make hospitals cleaner?
- What are some things do can all do today that Florence said was necessary for nurses and patients years ago? (answer, we can wash our hands, we can wear masks and gloves not to spread disease, we stay at least six feet apart from people so we can prevent catching disease)

Grades 3-5

- How old would Florence be if she were alive today?
- Why was Florence named Florence? (answer: because she was born in Florence, Italy.)
- What war in 1864 took place where Florence cared for wounded soldiers? (answer: Crimean War)
- Flo helped wounded soldiers at a hospital in Scutari, which is still in existence today. What is the modern region of the world that was once known as Scutari? (answer: Istanbul region of Turkey)
- What was the name of the book Florence wrote that served as a teacher's guide for nursing schools? (answer: Notes on Nursing)
- Why did Florence want to make hospitals cleaner?
- What are some things do can all do today that reflect what Florence said was necessary for nurses and patients years ago? (answer, we can wash our hands, we can wear masks and gloves not to spread disease, we stay at least six feet apart from people so we can prevent catching disease)



What's Your FloMent?

Think about the kind of person Flo was. She wanted to help people, she had courage, she believed in school and education, and was continually learning and sharing her knowledge with others.

How are you like Flo? What kinds of things do you do in your life that are like Flo? Let's talk about your special Floments.

Reading and Watch List

Grades K-2

A Picture Book of Florence Nightingale

by David A. Adler

Grades 3-5

Florence Nightingale

by Lucy Lethbridge

Florence Nightingale: Lady with the Lamp

by Trina Robbins, illustrated by Anne Timmons

Florence Nightingale, Famous Nurse:

<https://www.youtube.com/watch?v=o0FWqDIOYs>

Florence Nightingale, Biography:

<https://www.youtube.com/watch?v=65rPhLeEXpc>



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About Interim Healthcare



Interim HealthCare Inc., founded in 1966, is a leading national franchisor of home care, hospice, and healthcare staffing. It is part of Caring Brands International which also includes UK-based Bluebird Care and Australia-based Just Better Care, both well-known franchise brands in their countries. At Interim HealthCare, the locally owned and loved leaders of our offices are made up of more nurses than any other home healthcare provider. And, we use our insights every day to raise the caliber of patient care we provide.

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