

Research Day Presentation

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How effective is Florence Nightingale's Theory on patient environment and increasing patient outcome standards?



Florence Nightingale's key components of nursing care



- Goal of nursing: to give the most kind hearted and highest quality of care
- Continuous progress and advancements of surgery and medical science is needed
- Need to observe the negative and positive outcomes of modifications in care
- Quality care for all, even those who can not afford it
- Environmental factors affect a person's health status
- Teamwork is needed in order for patients to receive quality care
- Safety measures are needed to avoid injury
- Prioritization of care is needed based on scope of patient need

(Florence Nightingale, Nursing, and Health Care Today, 2018).



Canons

Ventilation and warming: The first “essential” environmental change is clean circulating air (AC and heating are advancements in today’s hospitals)

Light: Pioneered how hospitals today are designed (North-South axis with East and West wings for maximum sun exposure)

Noise: Reduction in noise can improve healing time and quality

Bed and bedding: Cleanliness of linens can reduce risk for infection (Iram, 2018).

(Florence Nightingale, Nursing, and Health Care Today, 2018)



Canons Continued

Variety: Patients need to view a variety of objects/colors/images in order to keep their minds alert and promote healing. (today, many rooms have TV's for this very reason)

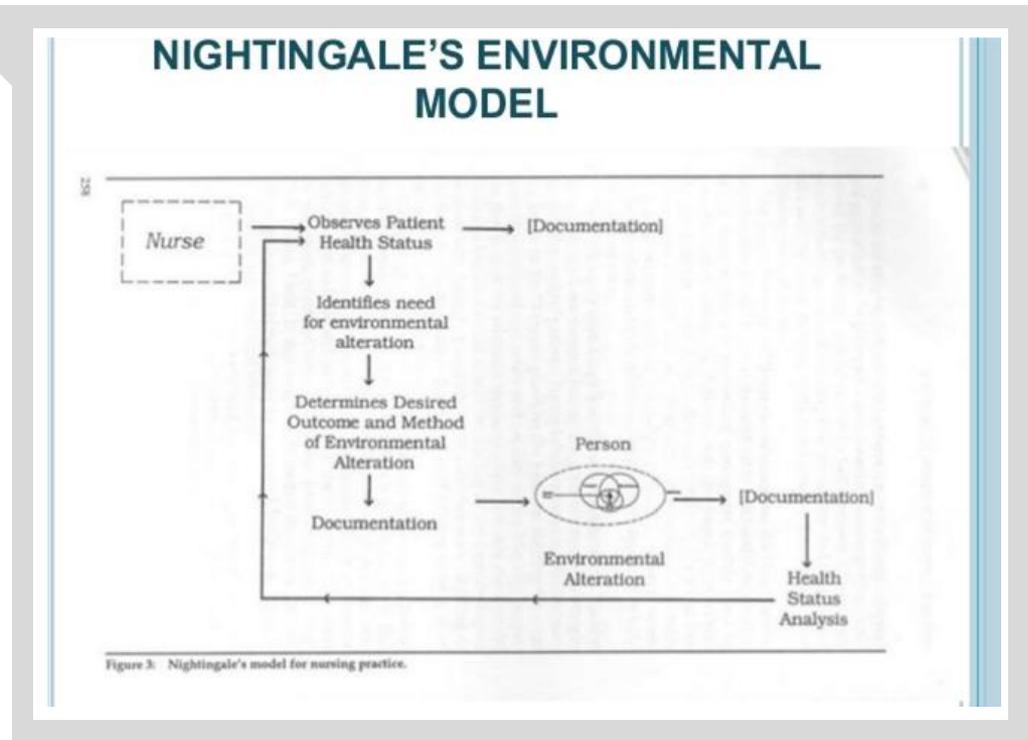
Diet: Adequate nutrition has a direct correlation with sleep, so frequent intake of meals (or IV fluids in today's world) promote proper rest

Personal cleanliness: Appearance plays a role in trust and authority. A neat, clean appearance helps nurses establish rapport with patients

(Florence Nightingale, Nursing, and Health Care Today, 2018)



Theory Layout:



(Kamdar et al., 2017)



Best Practice Conclusion

- Decrease in death rate/casualties
- Shorter length of stay
- Natural light reported to be more effective than antidepressants
- Noise reduction can improve circadian rhythm misalignment
- Hand washing prevents spread of pathogens
- Wound care prevents infection

(University of Texas Health Science Center, 2018)

(Kamdar et al., 2017) (Park et al., 2018)



The concepts Nightingale used that are still pertinent today

Infection control- cleaning the hospital top to bottom, cleaning sheets, and requiring proper hygiene

Self care- encouraging patients to care for themselves to promote healing and independence

Assessment- assessing patients and their condition

Therapeutic communication- offer patients empathy and compassion during rounds

Spiritual nursing- comfort patients who are getting ready to pass away

Public health advocacy- wrote a report proposing reform for hospitals, therefore being an advocate for the public

(University of Texas Health Science Center, 2018)



Examples of Nightingale's Theory in Use Today

- Turning patients every 2 hrs in bed
- Limiting the number of staff in hospital rooms
- Blinds are opened to help wake patients up
- Flowers encouraged from guests (if allowed)
- Trips outside and activities created for residents in long-term facilities
- Handwashing



Nightingale's Nurses Do Make a Difference

“ What is it to feel a calling for anything? Is it not to do our work in it to satisfy the high idea of what is the right, the best...? This is the ‘enthusiasm’ in which everyone...must have in order to follow his ‘calling’ properly”-
Florence Nightingale

(Florence Nightingale, Nursing, and Health Care Today, 2018)



References

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