Instruction

Using “Florence Nightingale Principles for Nurses” and previous readings on historical figures in nursing from textbook discuss Florence’s Principles in your small group. Then in a 150 -200 words reflective essay consider and discuss three of Nightingale’s Principles as they relate to today’s nursing practice. Be creative in your response.

NIGHTINGALE PRINCIPLES FOR NURSES

* The sick person is an individual with individual needs.
* Nursing is an art and a science.
* Nurses should spend their time caring for patients, not cleaning.
* Prevention is better than cure.
* The nurse must work as a member of a team.
* The nurse must use discretion, but must follow the physician's orders.
* Self-discipline and self-evaluation are important.
* A good nursing program encourages individual development of the nurse.
* The nurse should be healthy in mind and body.
* Teaching is a part of nursing.
* Nursing is a specialty.
* A nurse does not "graduate", but continues to learn throughout his or her career.
* The nursing curriculum should include both theoretical knowledge and practical experience.
SCL 102: The Science and Art of Nursing I – Introduction to Practical Nursing

Reflective Response Essay Assignment

Student Name: Marie Jimenez Date: March 20, 2007

Using the handout- “Florence Nightingale Principles for Nurses” and previous readings on historical figures in nursing from textbook discuss Florence’s Principles in your small group. Then in a 150 –200 words reflective essay consider and discuss three of Nightingale’s Principles as they relate to today’s nursing practice. Be creative in your response.

Considering the way that nurses must provide quality care to their clients, Florence Nightingale is one of the most influential healthcare figures in history. Florence Nightingale not only provided guidelines that nurses use today, but her theories and principles are significant and valuable to serving quality care to clients. The following Nightingale’s principles that are vital in today’s society: Nursing is an art and a science, prevention is better than cure, and teaching is a part of nursing.

Florence Nightingale’s principle stating that “Nursing is an art and a science” states that nursing should also be considered an art, in addition to being a science discipline, because art encompasses compassion and wisdom to the quality and delivery of healthcare. Nursing is also an science because it deals with the physiological well-being of an individual, uses critical thinking skills, and problem solving skills in relation to the nursing process in dealing with clients. Both the art and science of nursing help in preventing potential problems that a client might experience.

Another principle of Florence Nightingale which states that
“Prevention is better that cure” means that it is better to think about potential health risks or problems that an individual before they occur. Prevention is an excellent principle that everyone, including all healthcare professionals, should set as a standard to maintaining good health rather than following a set of codes and procedures in determining medical treatment. Prevention is should be preferred over cure because becoming aware of potential risks of diseases further educates healthcare professionals and consumers to being health-conscious about their health.

“Teaching is a part of nursing”, a principle by Florence Nightingale states that teaching is vital to educating nurses, clients, and other health professionals about health and nutrition. Teaching is a discipline that reinforces an individual or community about current issues in health. Teaching promotes and encourages people to become more responsible about their health and well-being.