Florence Nightingale's Legacy: Advocacy for Public Health & the Sustainable Development Goals (SDGs) — Local to Global

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Objectives

1. Explore Florence Nightingale's legacy of caring, health & healing — local to global.
2. Examine the role of integrative nurse coaching & interprofessional collaboration to assist clients with new awareness & choices for health & wellbeing.
3. Discuss healthcare practitioners' role with integration of the 17 UN Sustainable Development Goals (SDGs).

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Florence Nightingale (1820-1910) — the founder of modern secular nursing and the first nurse theorist.

Image source: Portrait of Florence Nightingale, commissioned by Queen Victoria and taken by her Royal Photographers, circa 1860. Accessed from Wikimedia, noting: {{PD-1923}} – published before 1923 and thus in public domain in the US and in its country of origin.

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Let's review our Nightingale legacy —

Image source: Portrait of Florence Nightingale, commissioned by Queen Victoria and taken by her Royal Photographers, circa 1860. Accessed from Wikimedia, noting: {{PD-1923}} – published before 1923 and thus in public domain in the US and in its country of origin.

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She was raised
in a wealthy
aristocratic family…

expected to
marry a rich man.

Image source: Portrait of Florence Nightingale as a child with a tiny book in her hand — sitting in the lap of her mother 'Fanny'— with her sister Parthe on the right, by Maude E. Abbott, 1916. Accessed from Wikimedia, listed as taken from 'Flickr's The Commons' — noting that the copyright is in public domain because it has expired.

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Unusual
for her time,
she was an
avid student…

also keen to
learn about
the world.

Image source: Image of the young woman, Florence Nightingale, in a Stipple engraving by J. Moore, 1860. Accessed from Wikimedia, posted by the Wellcome Trust, # V0004317. Used under the Creative Commons Attribution 4.0 International License.

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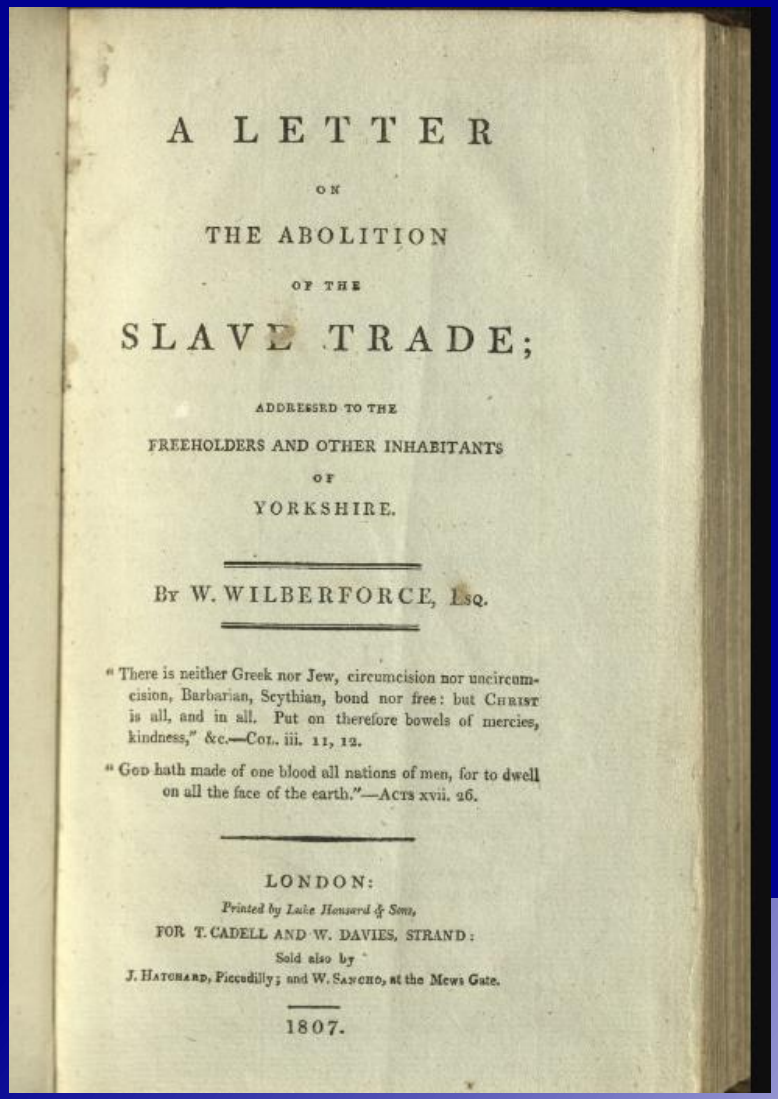
She was inspired by her Grandfather Smith's commitment to abolish the slave trade in 1807.



A LETTER

ON

THE ABOLITION

OF THE

SLAVE TRADE;

ADDRESSED TO THE

FREEHOLDERS AND OTHER INHABITANTS

OF

YORKSHIRE.

BY W. WILBERFORCE, ESQ.

"There is neither Greek nor Jew, circumcision nor uncircumcision, Barbarian, Scythian, bond nor free: but CHRIST is all, and in all. Put on therefore bowels of mercies, kindness," &c.—COL. iii. 11, 12.

"GOD hath made of one blood all nations of men, for to dwell on all the face of the earth."—ACTS xvii. 26.

LONDON:

Printed by Luke Hansard & Sons,

FOR T. CADELL AND W. DAVIES, STRAND:

Sold also by

J. HATCHARD, Piccadilly; and W. SANCHO, at the Mews Gate.

1807.

Image sources: LEFT: '*A LETTER ON THE ABOLITION OF THE SLAVE TRADE*' by William Wilberforce (1759-1833) London: Printed by Luke Hansard & Sons for T. Cadell and W. Davis, 1807, First edition, noting: {{PD-1923}} – published before 1923 and thus in public domain in the US and in its country of origin. Accessed, with appreciation, from the online 'Open Book' of the J. Willard Marriott Library at the University of Utah. RIGHT: Slave Trade Map adapted, as allowed, for NIGH's Archives from the 'File: Triangular Trade.svg' — accessed from Wikimedia — illustrating the 'triangle of trade' between Western Europe, Africa and the Americas. Posted by Semur and used with the Creative Commons Attribution-Share Alike 3.0 Unported license.

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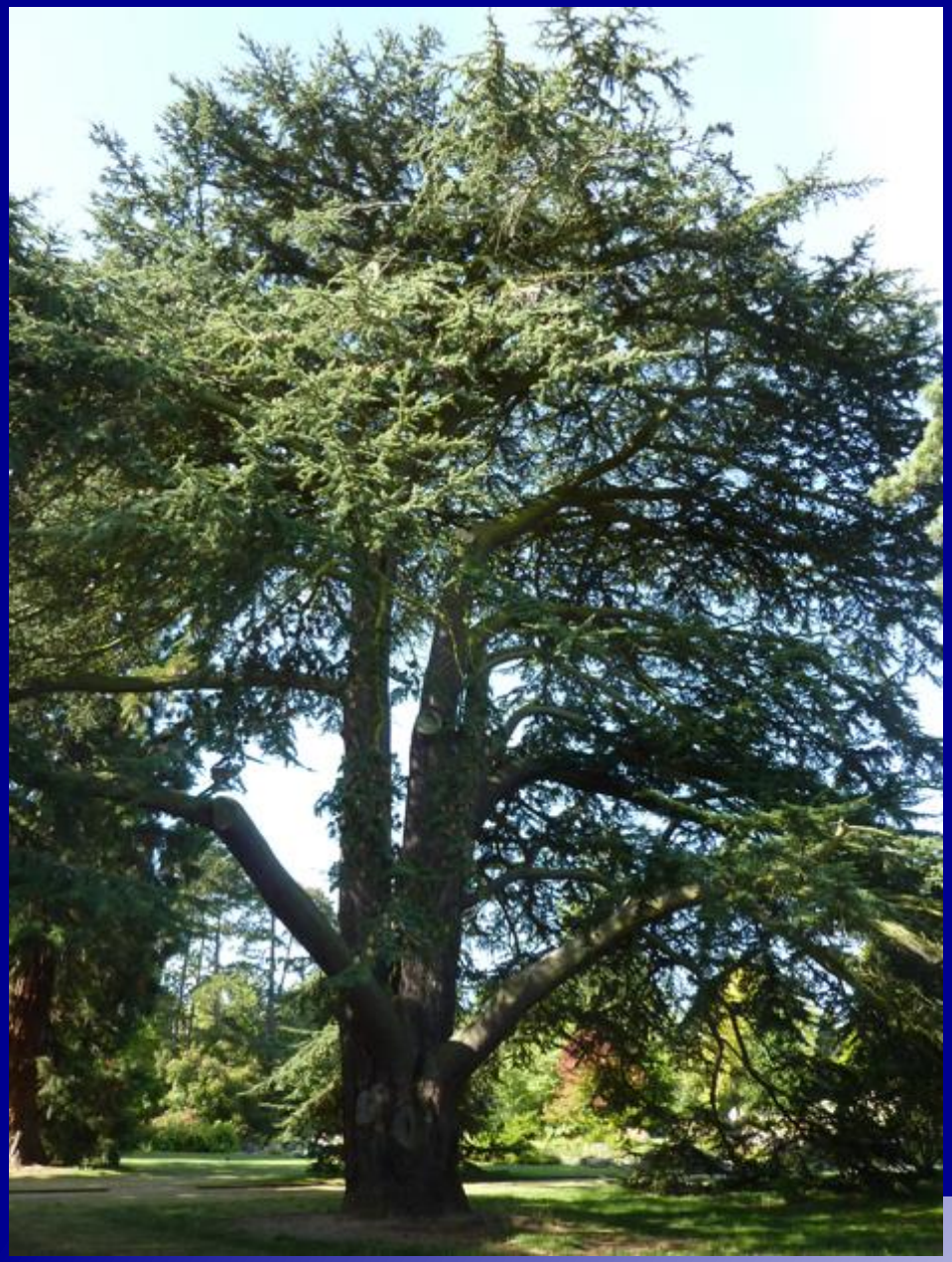

At the age of 17, she experienced a ‘calling from God’ to serve humanity as a nurse.

Image source: Wikimedia, Cedars of Lebanon Trees at the Cambridge University Botanic Garden, UK, Photographer: Magnus Manske. Used with the Creative Commons Attribution ShareAlike 3.0 Unported license.

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She trained in Germany & studied historic French texts.

Image sources: Watercolour drawing of a nurse and a line drawing depicting the 'Hotel Dieu' hospital in Paris, from *'Science & Literature in the Middle Ages & Renaissance.'* Both accessed from Wikimedia and posted by the Wellcome Trust # 0015194 and # V0014307. Used under the Creative Commons Attribution 4.0 International License.

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She is most remembered for her service during the Crimean War (1854 to 1856).

Image source: Image depicting the Crimean War: Florence Nightingale and her staff nursing a patient in the military hospital at Scutari. Coloured lithograph, circa 1855, by T. Packer, after himself. Accessed from Wikimedia, posted by the Wellcome Trust, # V0015790. Used under the Creative Commons Attribution 4.0 International License.

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She was called ‘the lady with the lamp’ — loved by British and Turkish soldiers alike.

Image source: Florence Nightingale at a soldier’s bedside, depicted with the kind of Turkish wire-cylinder lamp she actually used. Picture of an exhibit at the Florence Nightingale Museum in London, UK. Photographer: Jane Stuart, Image taken with permission in 2001, from NIGH’s archives.

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She also became a nursing administrator a nursing educator and an ardent advocate for sanitation, clean water, environmental concerns, education and human rights — especially for women and girls.

Image source: Three-Quarter length Image portrait of Nightingale, commissioned by Queen Victoria/ taken by her Royal Photographers, circa 1860. Accessed from Wikimedia, noting: {{PD-1923}} – published before 1923 — thus in public domain in the US and in its country of origin.

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She even designed hospitals.

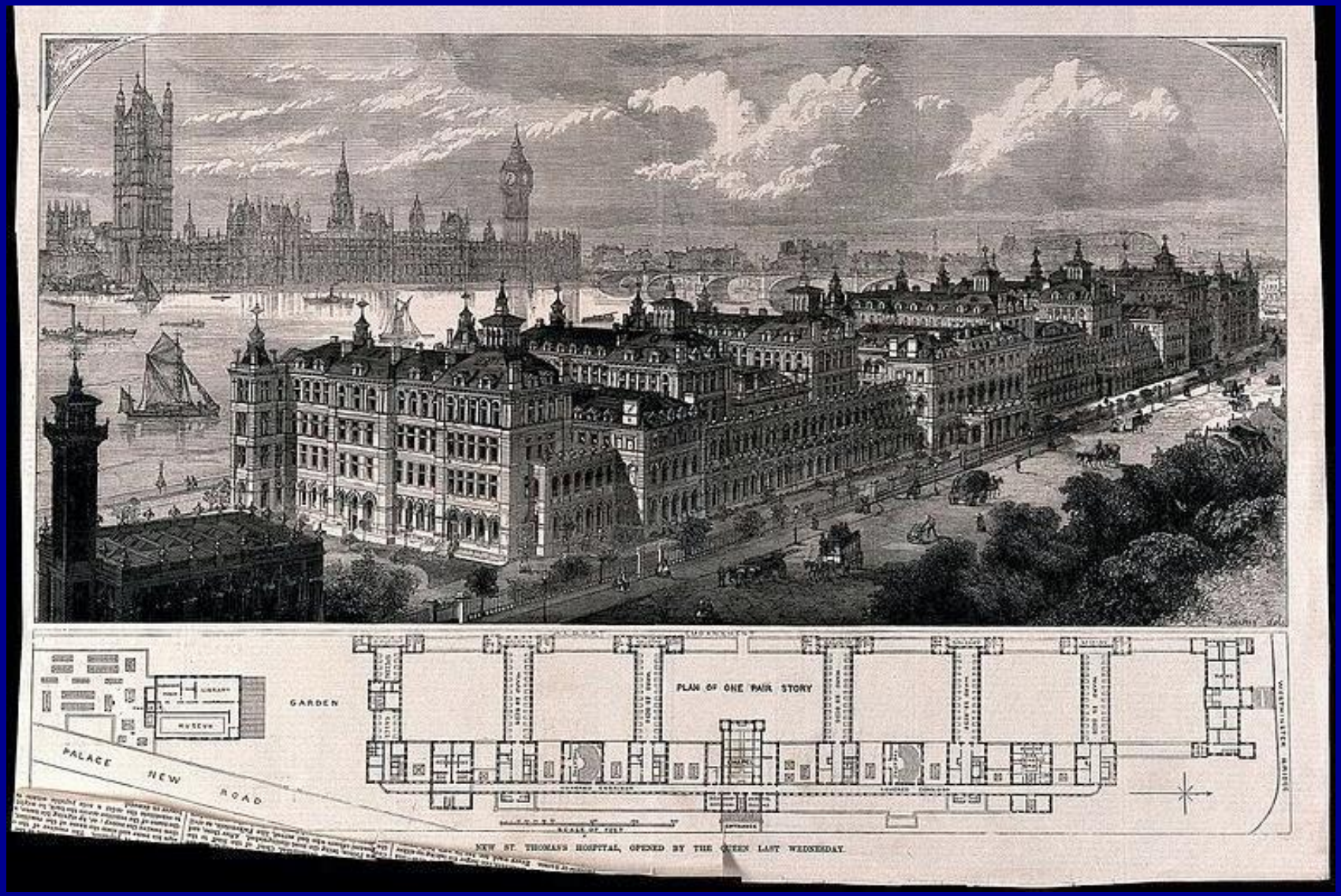

Image source: St. Thomas's Hospital, Lambeth, seen from the south-east with the Palace of Westminster in the background, a plan and scale beneath. Wood engraving by T. Sulman, 1871. Accessed from Wikimedia, posted by the Wellcome Trust # 0013578 Used under the Creative Commons Attribution 4.0 International License.

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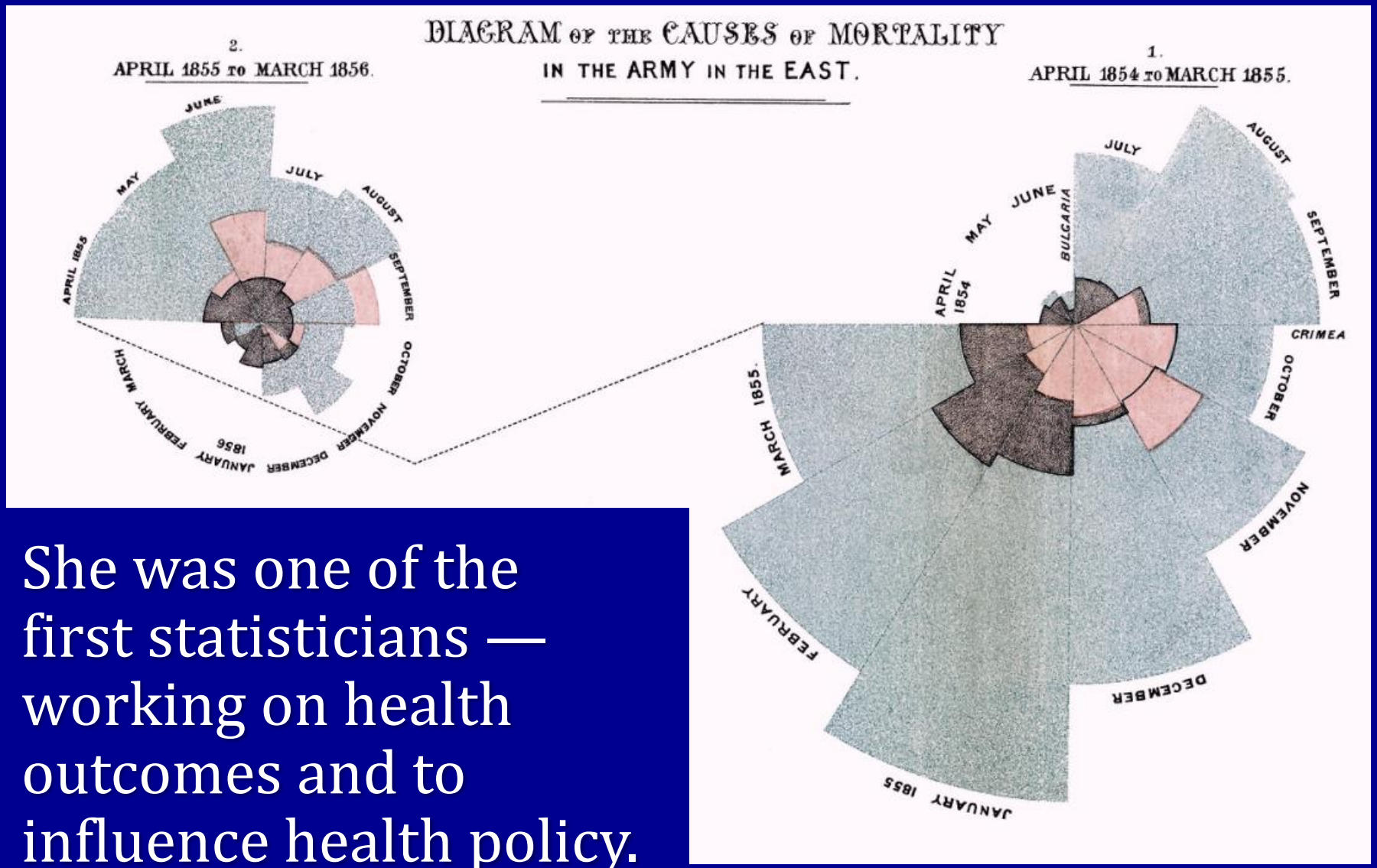

She was one of the first statisticians — working on health outcomes and to influence health policy.

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Image source: Florence 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. Accessed from Wikimedia with {{PD-1923}} – published before 1923 and thus in public domain in the U.S. and in its country of origin.

She is widely regarded for her advocacy for cultural integrity & cross-cultural understanding.

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Image source: 'Mission of Mercy' Florence Nightingale receiving wounded soldiers at Scutari Hospital. Process print by S. Bellin, after J. Barrett, before 1906. Accessed from Wikimedia, posted by the Wellcome Trust, # V0006854. Used under the Creative Commons Attribution 4.0 International License.

She is loved across the whole world!

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Image source: Nightingale & Nursing Stamp Composite from NIGH's Archives @ NIGHvision.net

Nightingale was a leader in crafting the 1st Geneva Convention in 1864 —

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— a key step in founding

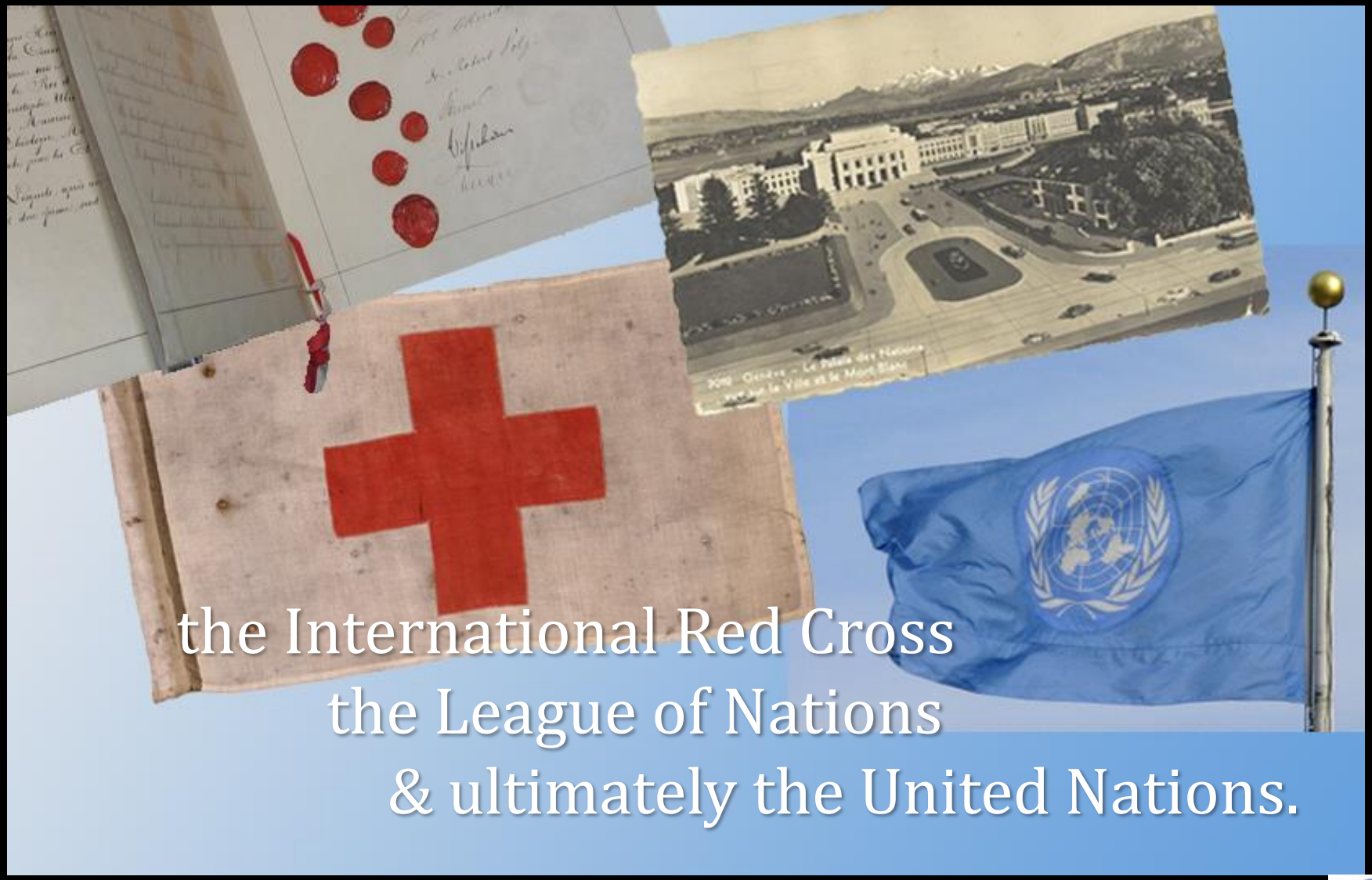

Image sources: Original 1864 Geneva Convention document as on previous slide. Red Cross Flag is a 1900 ambulance marker, accessed from the New York State Military Museum.Sepia Post-card of the League of Nations (Palais des nations) 1936. Accessed from the US Library of Congress, in pubic domain. United Nations Flag accessed from www.sunpix.com, in public domain.

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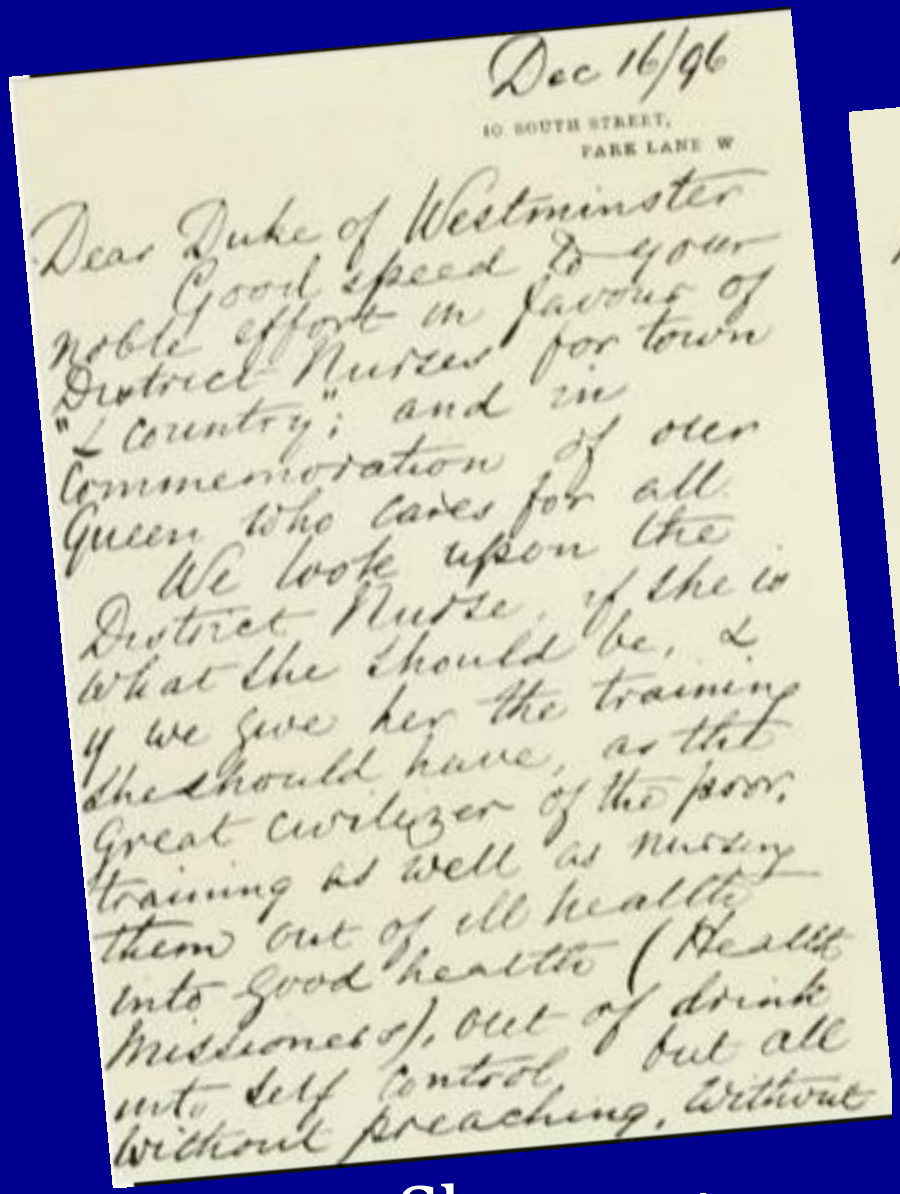
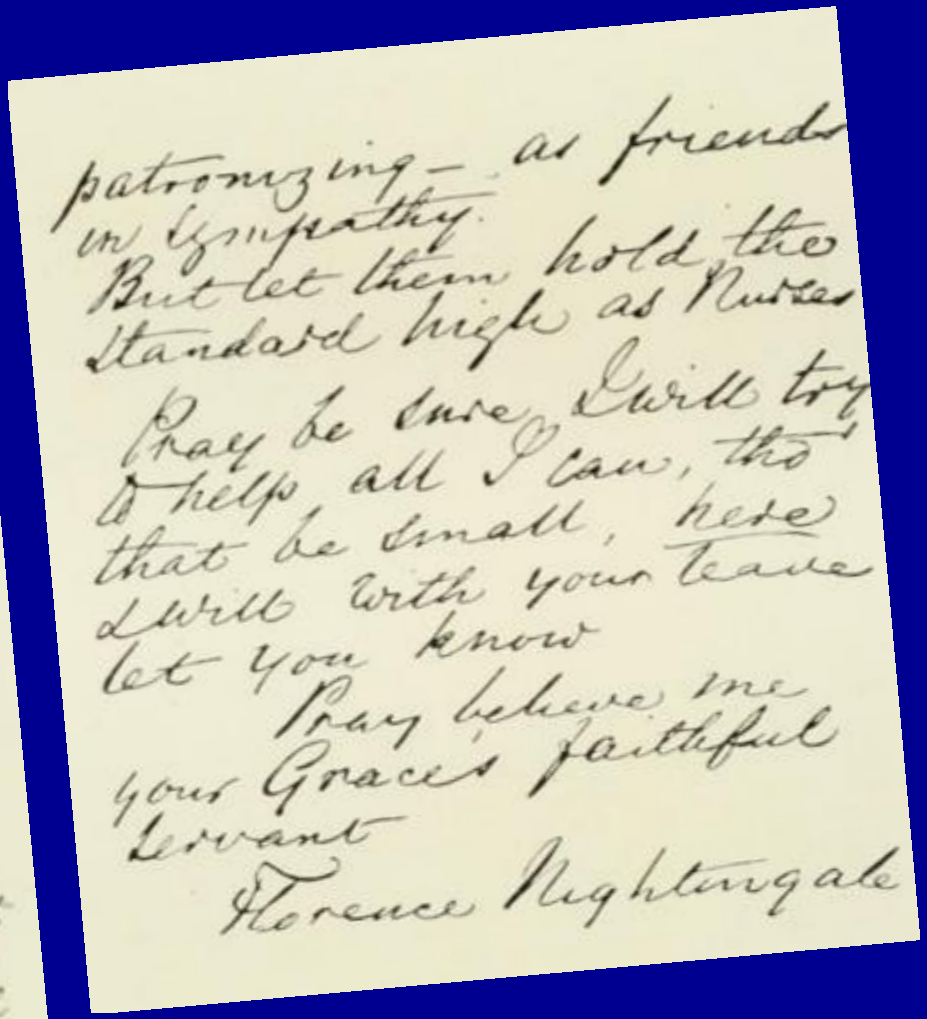


Dec 16/96

10, SOUTH STREET,
PARK LANE W

Dear Duke of Westminster
Good speed to your
noble effort in favour of
District Nurses for town
& country; and in
commemoration of our
Queen who cares for all
We look upon the
District Nurse, if she is
what she should be, &
if we give her the training
she should have, as the
great civilizer of the poor.
training as well as nursing
them out of ill health
into good health (Health
Missioness), out of drink
into self control, but all
without preaching. without



patronizing — as friends
in sympathy.
But let them hold the
standard high as Nurses
Pray be sure I will try
to help all I can, tho
that be small, here
I will with your leave
let you know
Pray believe me
your Grace's faithful
servant
Florence Nightingale

She wrote more than 14,000 letters.

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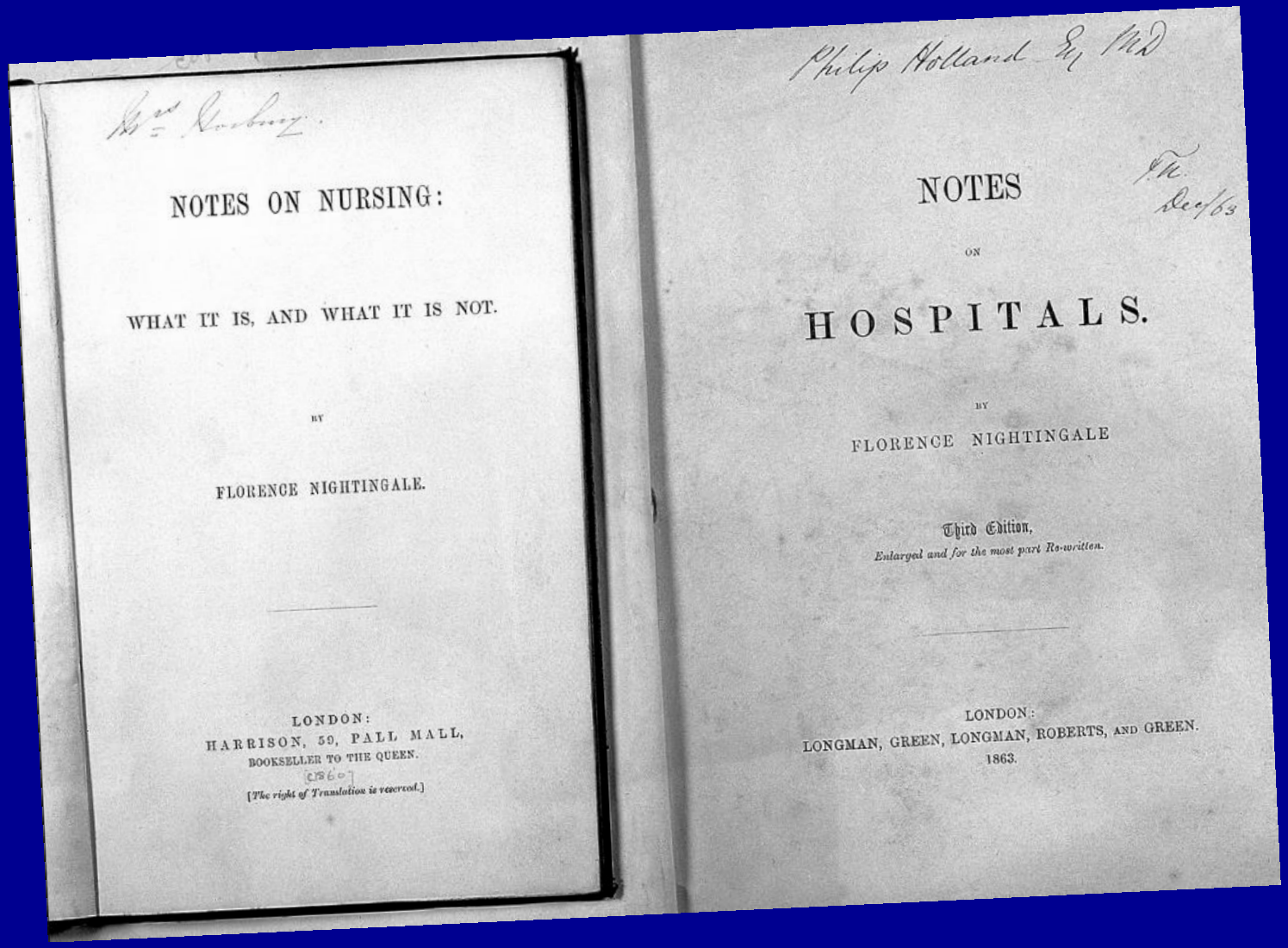
Image source: Nightingale letter to the Duke of Wellington, dated 1896, from Florence Nightingale: A Biography by Annie Matheson, 1913, published by Thomas Nelson & Sons, London. Accessed from Wikimedia, listed as taken from 'Flickr's The Commons' — noting that the copyright is in public domain because it has expired.



NOTES ON NURSING:

WHAT IT IS, AND WHAT IT IS NOT.

BY

FLORENCE NIGHTINGALE.

LONDON:
HARRISON, 59, PALL MALL,
BOOKSELLER TO THE QUEEN.
[1860]
[The right of Translation is reserved.]

NOTES

ON

HOSPITALS.

BY

FLORENCE NIGHTINGALE

Third Edition,
Enlarged and for the most part Re-written.

LONDON:
LONGMAN, GREEN, LONGMAN, ROBERTS, AND GREEN.
1863.

She was a best-selling author & well-known for her communications skills.

Image source: Title page: 'Notes on Hospitals' - third edition, by Florence Nightingale. Picture also shows the title page to 'Notes on Nursing', by Florence Nightingale. Accessed from Wikimedia, posted by the Wellcome Trust, # L0000040. Used under the Creative Commons Attribution 4.0 International License.

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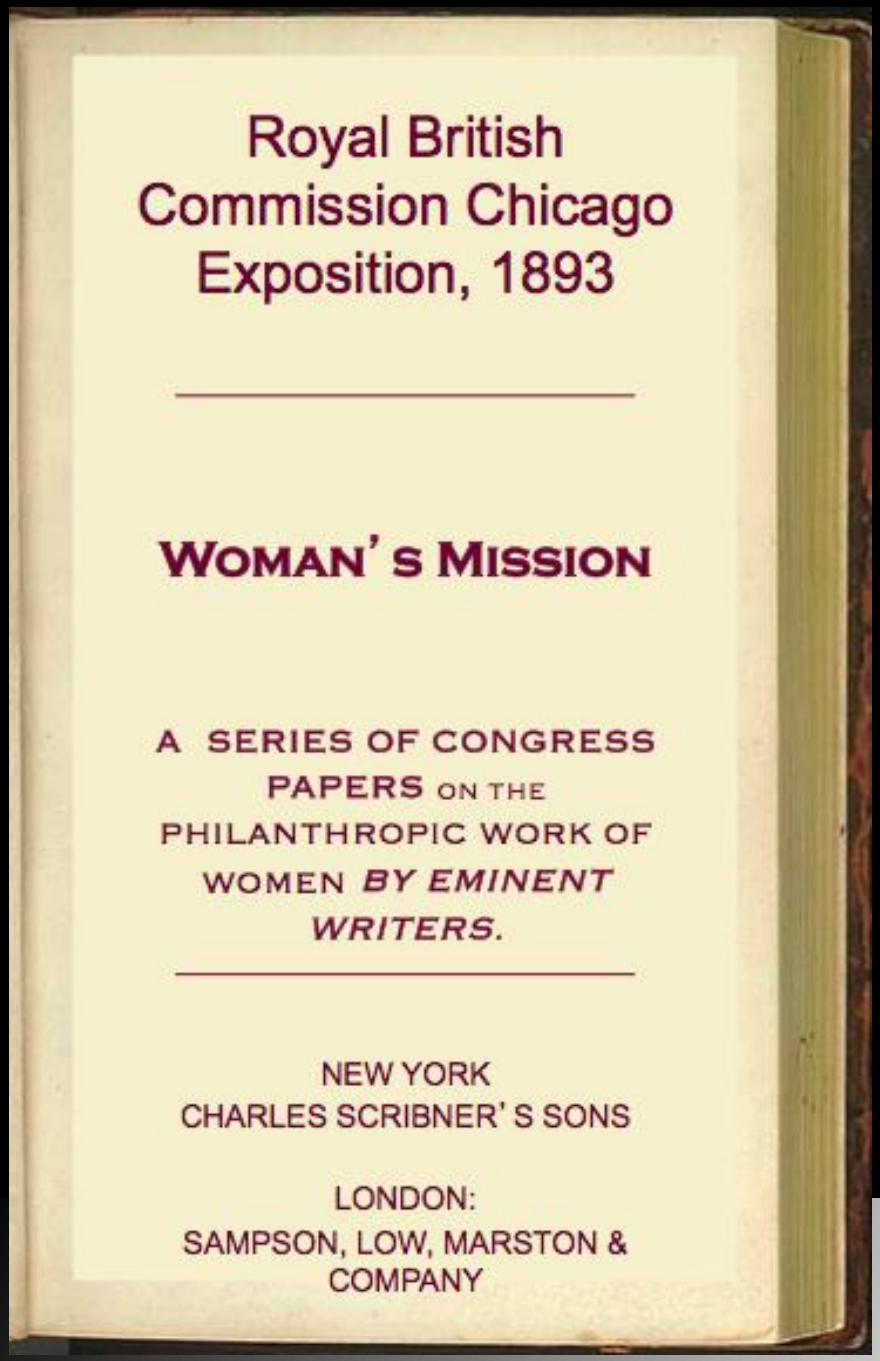

She called all
of these skills
"Health-Nursing."

Florence Nightingale

1893

Image sources: "Women's Mission" Composite by Deva-Marie Beck. Quote from Nightingale's essay *"Sick-nursing & Health-Nursing"* included in this book and submitted, by Queen Victoria, to the Chicago World's Fair in 1893. Accessed from NIGH's Archives. Signature of Nightingale accessed from Wikimedia —believed to be ineligible for copyright and therefore in public domain because it falls below the required level of originality for copyright protection both in the US and in the source country.

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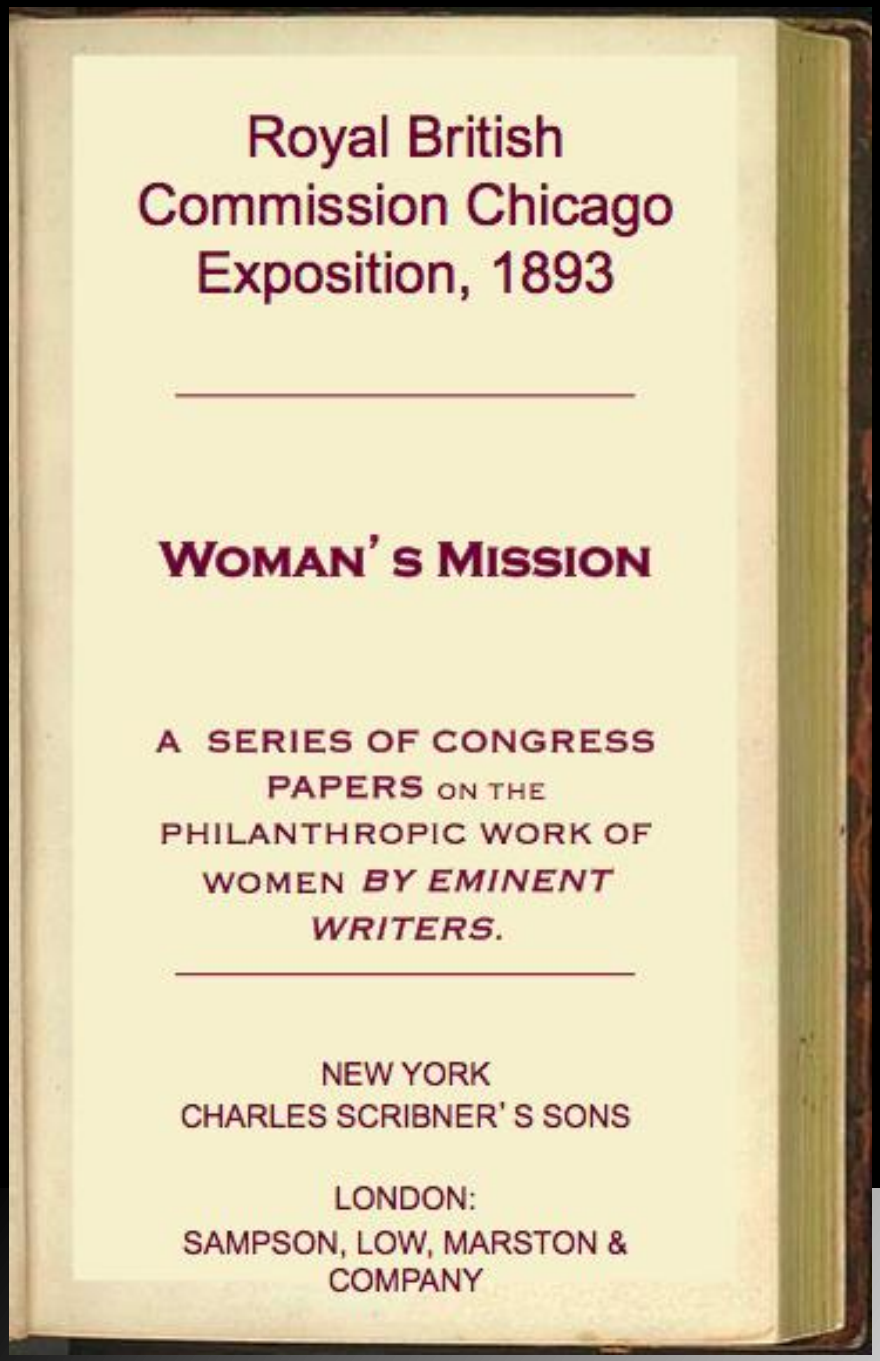

She said *"Health is not only to be well but to use well every power we have."*

Florence Nightingale

1893

Image sources: "Women's Mission" Composite by Deva-Marie Beck. Quote from Nightingale's essay *"Sick-nursing & Health-Nursing"* included in this book and submitted, by Queen Victoria, to the Chicago World's Fair in 1893. Accessed from NIGH's Archives. Signature of Nightingale accessed from Wikimedia —believed to be ineligible for copyright and therefore in public domain because it falls below the required level of originality for copyright protection both in the US and in the source country.

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Why Nightingale? Why Now?

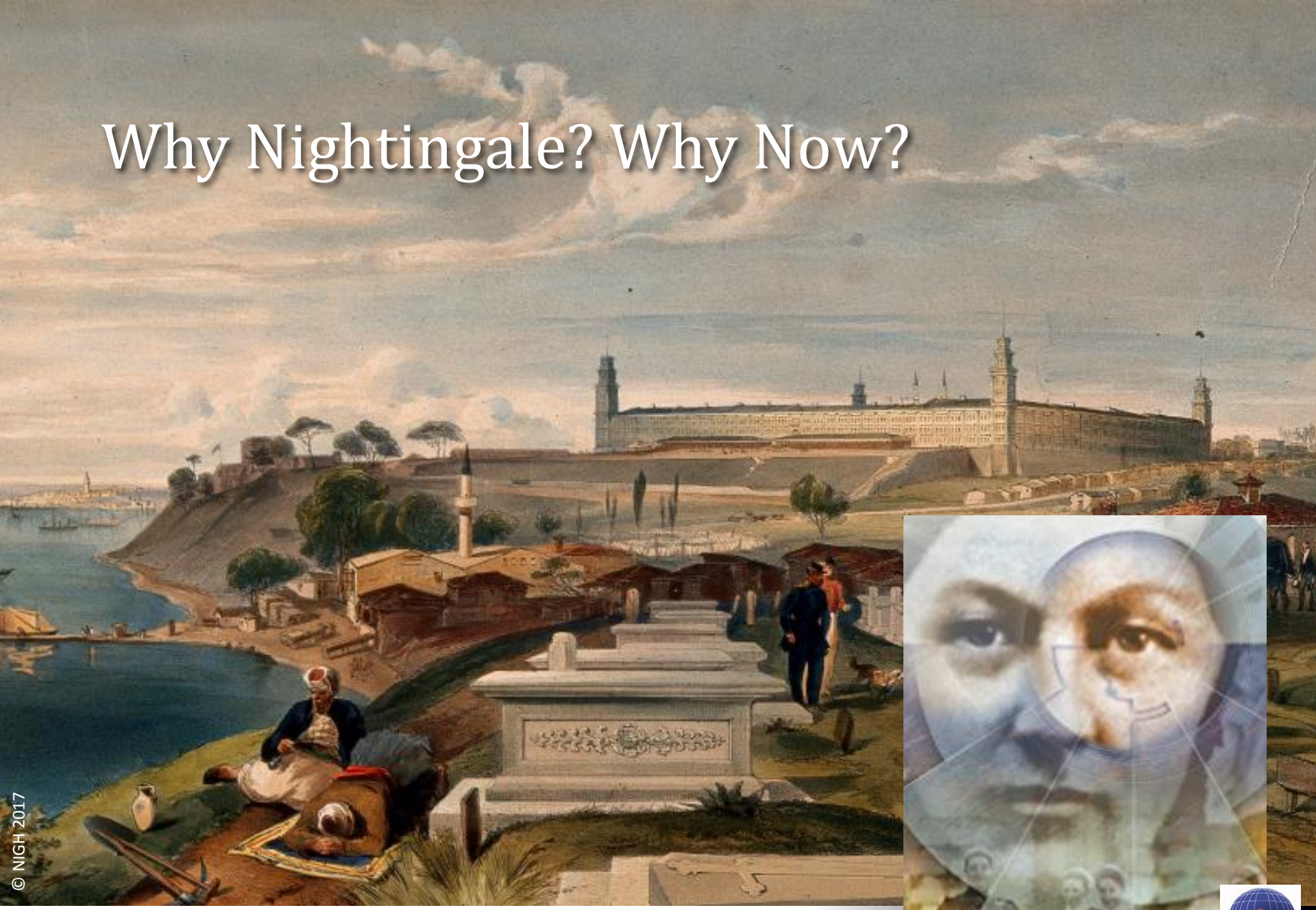

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Image sources: TOP: Wikimedia. A coloured lithograph, dated from the Crimean War, of the Scutari Barrack hospital where Nightingale served. Made available by the Wellcome Trust ID # 179327 and used under the Creative Commons Attribution 4.0 International License. BELOW: Crop of book cover of "*Florence Nightingale: Mystic, Visionary, Healer*" by Dr. Barbara Dossey.

She wrote —
in the 1870s —
that it would take
100-150 years
for the kind
of nurses
and nursing
she envisioned.

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Image source: University of Virginia Candlelighting @ http://www.news.vcu.edu/article/Lamplighting_Ceremony_honors_new_nursing_students — used with attribution.

We are challenged to explore integrative, integral & holistic methods & the root cause/s of our problems —

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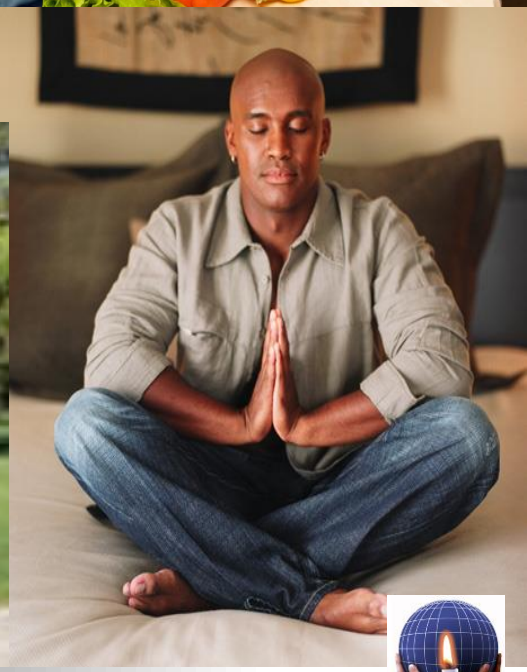
American Nurses Association
Healthy Nurse Healthy Nation — HNHN™
Grand Challenge 2017

Five Domains

- Safety
- Rest
- Quality of Life
- Physical Activity
- Nutrition



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— to discover health & wellness coaching approaches —

to build upon individual & community strengths — instead of attempting to ‘fix’ weaknesses.

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Engaging in co-creative coaching — with clients, families, communities & colleagues — leading to achieving desired goals.

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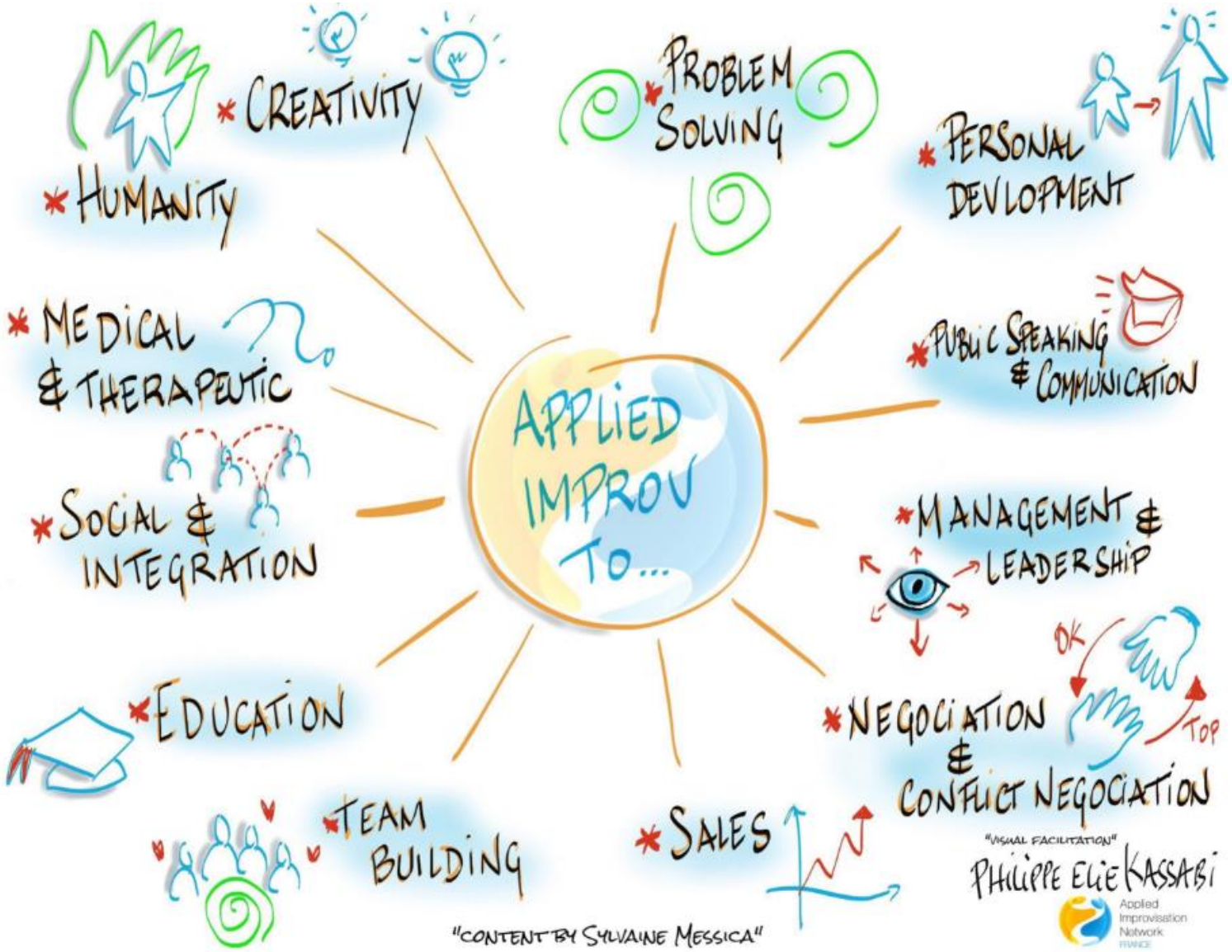
We can reflect upon our challenges —



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with heightened
degrees of awareness —

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choice —

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imagination —

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creativity —

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& healthy-lifestyle behaviors emerging!

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A process grounded in an awareness that effective change evolves from within

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a coaching
approach
& process
to enhance
potentials
for health
& wellbeing —

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— that may lead to decreased illness, injuries

& to significantly decreased chronic disease epidemics.

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— with a focus on the whole person — using principles & modalities

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to integrate all the bio-psycho-social-spiritual-cultural-environmental dimensions leading towards human flourishing!

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Nightingale's legacy can engage us to act as catalysts —

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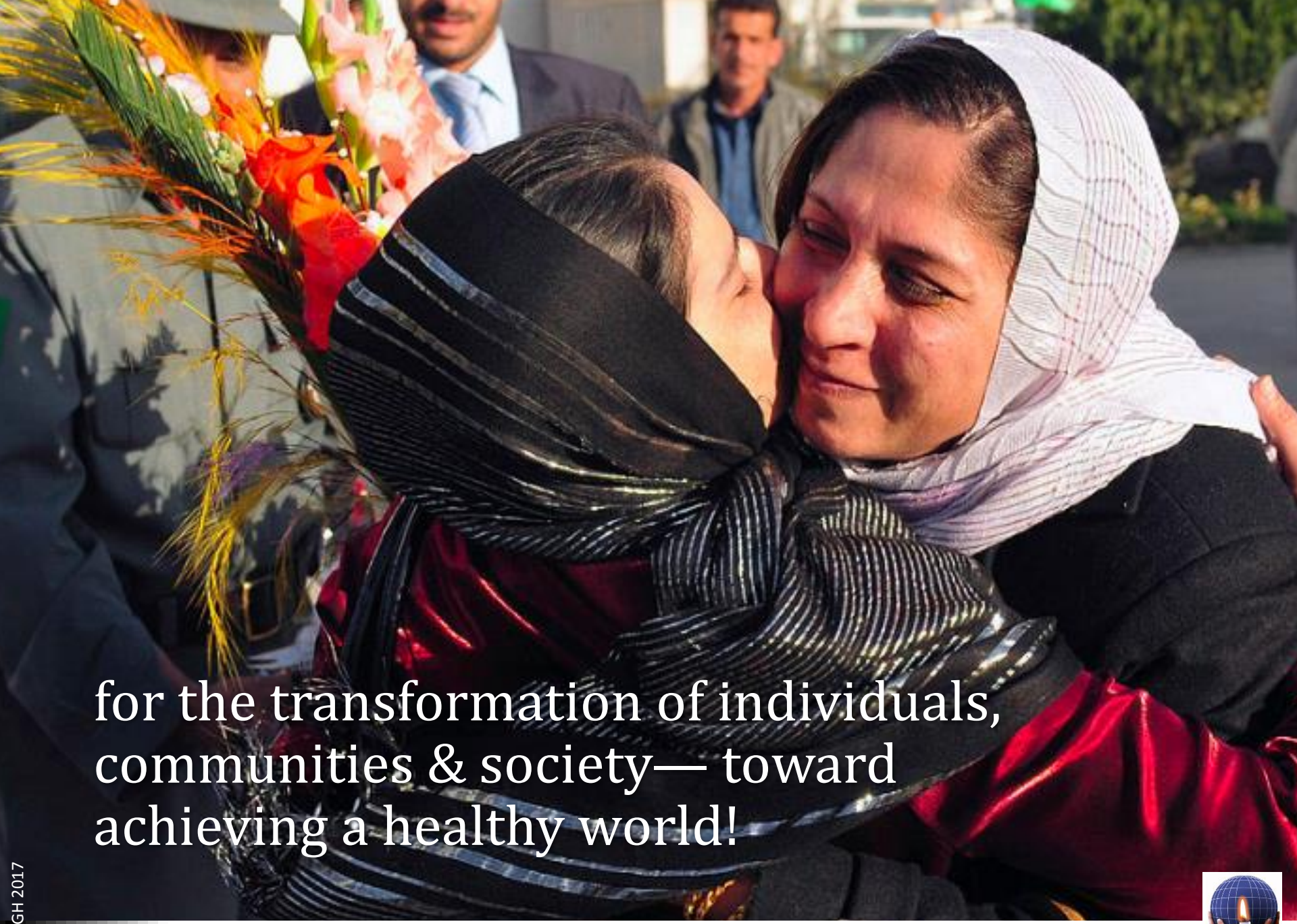

for the transformation of individuals, communities & society— toward achieving a healthy world!

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As we continue to illuminate our work —

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& to increase our integrative, holistic & integral awareness —

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our healing & our wholeness —

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we strengthen our personal & professional capacities —

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— we are more fully open
to the mysteries
of life's journey —
the wondrous stages
of self-discovery —
for others & for ourselves!

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Meanwhile, nurses in low & middle-income countries (LMICs) —

need more support on how to integrate holistic & integrative approaches in their practice.

Rosa, W. Assessing the Readiness of Nursing Sectors in Low-and Middle-Income Countries to Adopt Holistic Practice. *Journal of Holistic Nursing* 2017; 3(3) 3: 183-192.

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Our times demand new paradigms & a new language —

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— where we integrate the best of what we know in the science & art of healing

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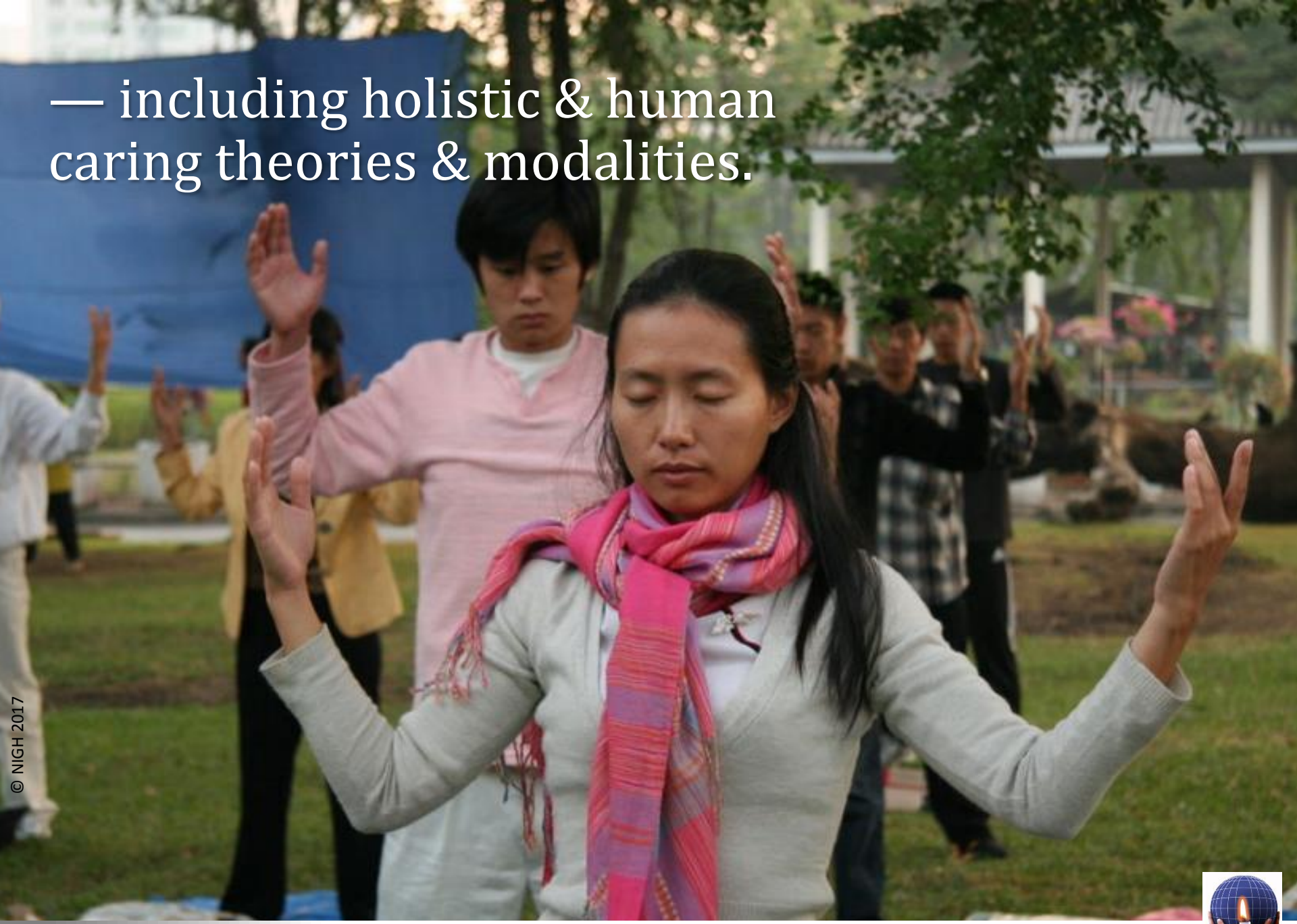
— including holistic & human caring theories & modalities.



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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 —

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— only by paying close attention
to the heart of our mission & vision —

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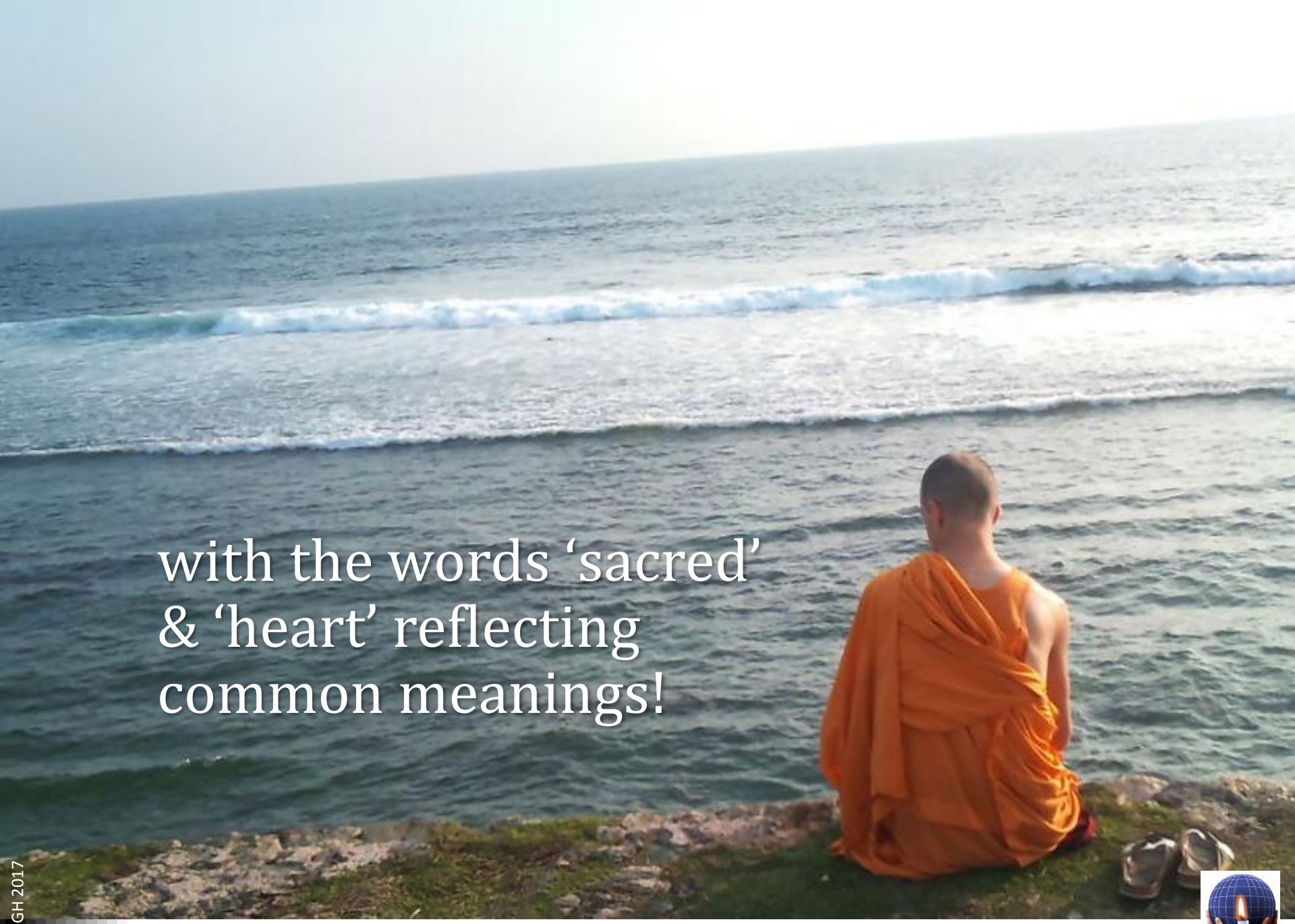

with the words ‘sacred’
& ‘heart’ reflecting
common meanings!

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HEALTH for ALL —

a nice idea or

a critical goal?

HEALTH—

a global commons

a bridge across boundaries

a highway to world peace

Image source: Candle flame in public domain, accessed from Pexels.com.

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Propose that we might become what Nightingale herself was….

- Global Citizen
- Health Diplomat
- Health & Wellness Nurse Coach

for health & healing environments — local to global

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2020 is the Bicentenary of Nightingale's Birth.

Image source: 2020 Calendar Graphic from NIGH's archives.

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The *estimated* 20 million nurses & midwives working with many healthcare professionals and concerned citizens currently active across the world —

Image source: 'Night Lights' composite photo of the world from NASA, in public domain.

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— a legion of people implementing what is needed at the 'micro' level of global health —

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Image sources: Wikimedia. LEFT: Czech Nursing Students, Author: Vlastimil, used with the Creative Commons Attribution-Share Alike 2.0, License. RIGHT: Image of Army Parade in Rome, Festa della Repubblica Italiana. Red Cross Volunteer Nurses, Author: Utente: Jollyroger, used with the Creative Commons Attribution-Share Alike 2.5 License.

— but seemingly far removed from

‘macro’ global & health policy concerns —

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— yet essential to the future health of all
— at both personal and global levels.

How do we bridge this gap?

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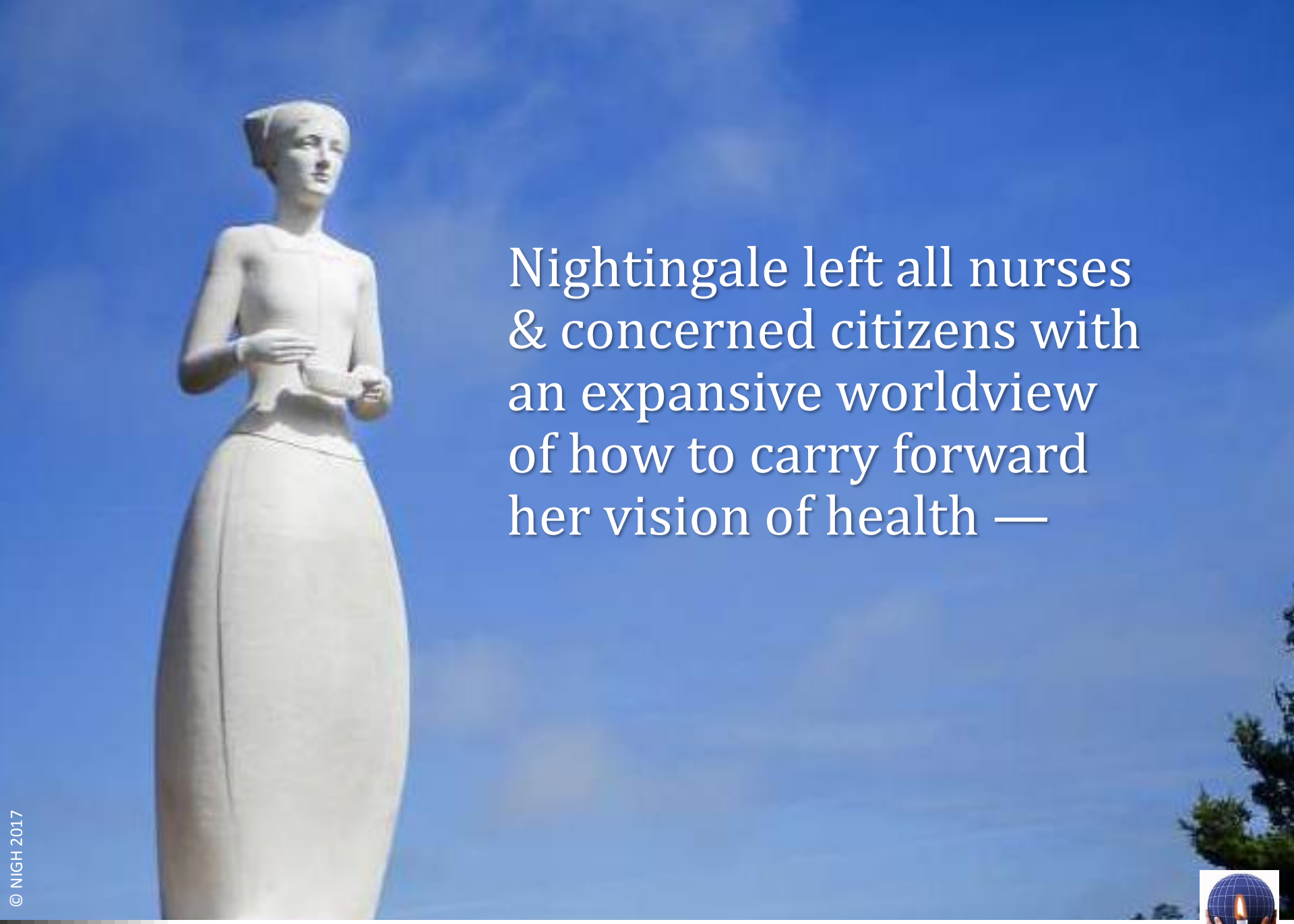
Image sources: LEFT: In Laos, Evelyn Shober, a FNP student, at the Samuel Merritt College School of Nursing, with a young patient accessed from www.2010IYNurse.net, used with permission. RIGHT: Wikimedia, posted by 'Tesseract2' — 'with the help textures released by NASA, and a tutorial on using 'Blender' I rendered this earth a while ago.' Used with Creative Commons License.



Nightingale left all nurses & concerned citizens with an expansive worldview of how to carry forward her vision of health —

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Photo by Nicole Boliaux, *The Chronicle* — http://www.sfchronicle.com/news/article/Candidates-for-long-overdue-statues-of-women-in-SF-11223643.php — used with attribution.

— including what we would today call the ‘environmental & social health determinants.’

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Image from: https://commons.wikimedia.org/wiki/File:Helping_the_homeless_(cropped).jpg — used with Creative Commons License.

She identified ‘environmental health determinants’ — clean air, water, food houses & places of work —

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Image from: https://commons.wikimedia.org/wiki/File:Clean_water_sailor.jpg — used with Creative Commons license.

— & ‘social health determinants’
— poverty reduction, education, family relationships & employment
— local to global.

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Tipping points toward achieving a healthy world!

Image source: Nightingale & the SDGs Info-Graphic created by NIGH's United Nations DPI-NGO Team in New York City for this presentation and to be widely shared.

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Nightingale worked on complex global problems & challenges —

Image from: http://i3.liverpoolecho.co.uk/incoming/article4729486.ece/ALTERNATES/s615/dti137074.jpg — used with attribution.

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— anticipating global advocacy for issues now framed as the strategic United Nations Sustainable Development Goals (SDGs).

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As we advocate for and achieve the SDGs — this helps us to contribute to the global health agenda.

Image sources; http://www.un.org/youthenvoy/2016/02/un-radio-refugee-crisis-needs-young-people-make-difference & http://www.nighvision.net/un-csw-2017-featured-interviews.html — used with attribution.

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"Sickness or disease is nature's way of getting rid of the effects of conditions which have interfered with health. Its nature's attempt to cure. What is nursing? To put us in the best possible conditions for nature to restore or preserve health — to prevent or to cure disease or injury." Florence Nightingale, 1893

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4 QUALITY EDUCATION

"Oh teach health, teach health, health, health — to the rich, and poor, to educated and, if there be any uneducated, oh teach it all the more — to women especially — to young mothers, to young mothers especially!" Florence Nightingale

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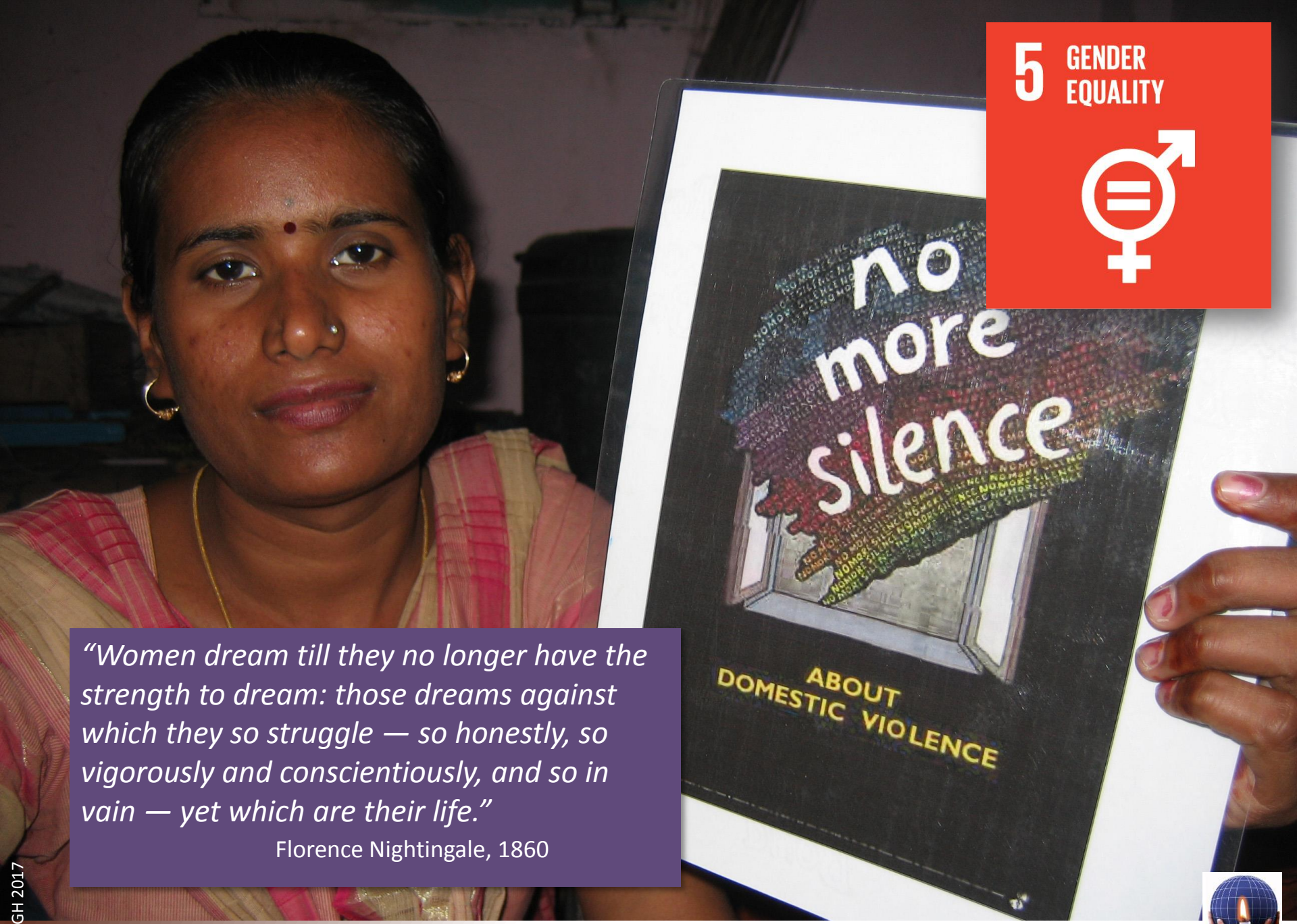

5 GENDER EQUALITY

"Women dream till they no longer have the strength to dream: those dreams against which they so struggle — so honestly, so vigorously and conscientiously, and so in vain — yet which are their life."

Florence Nightingale, 1860

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When "well water of a very impure kind is used for domestic purposes — and when epidemic disease shows itself — persons using such water almost sure to suffer."

Florence Nightingale, 1863

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"Health is not only to be well but to use well — every power we have." Florence Nightingale, 1893

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‘Health’ is the central common thread running through all 17 UN SDGs —

all pointing directly back to the work Nightingale had achieved in her time.

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The UN SDGs clearly relate to nurses & concerned citizens themselves — as they work to achieve these today — at grassroots levels, everywhere.

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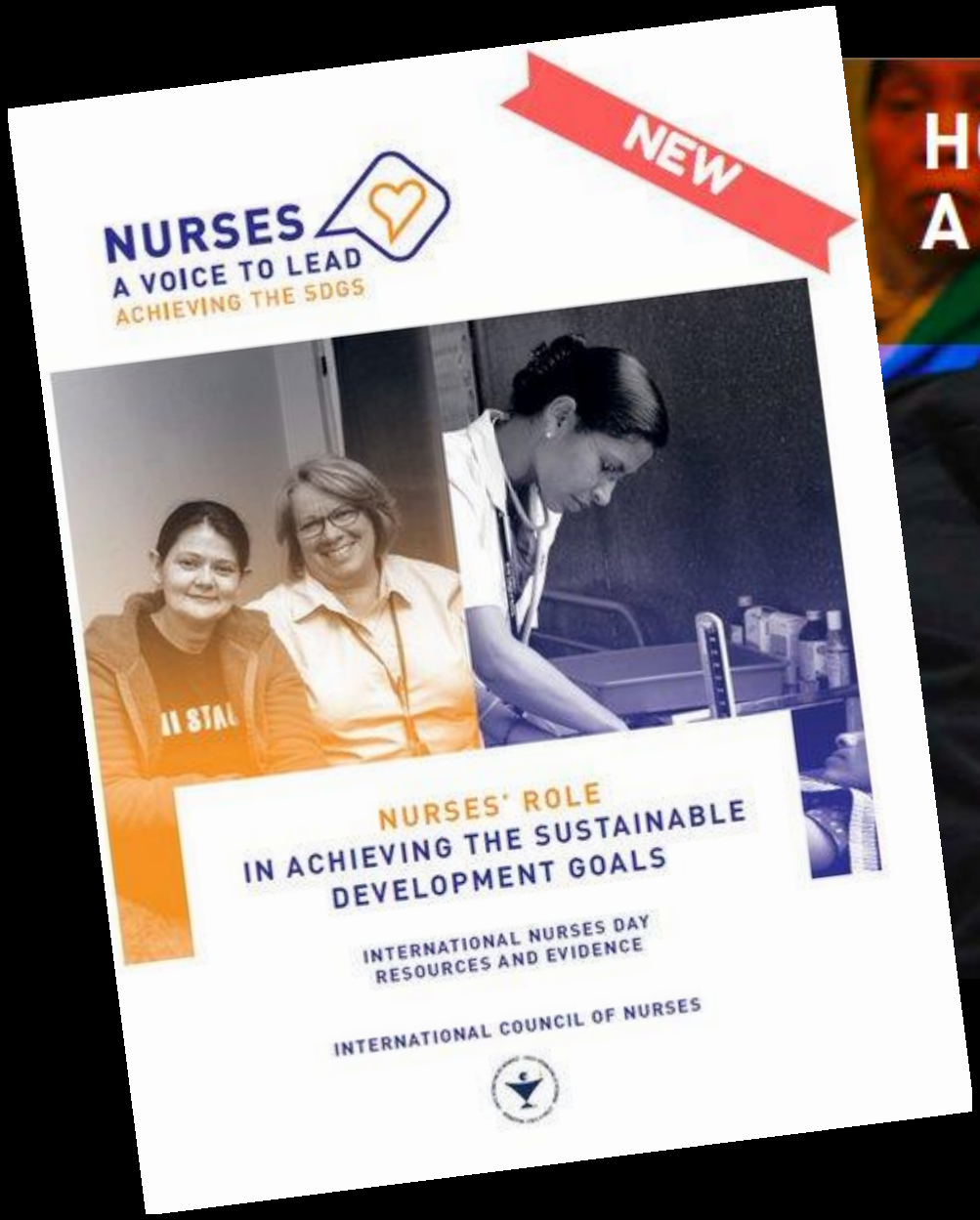
Image source: *The Star* @https://www.thestar.com/news/gta/2016/12/16/housing-activists-want-armouries-open-for-homeless.html — used with attribution.



Kudos to ICN!

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How do we create a culture of health?

Image source: Candle flame in public domain, accessed from Pexels.com.

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1ST put more feet on the ground!

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Image source: Wikimedia. A local boy waits for his mother during a Medical Civic Action Program, or MEDCAP, in Tswaka, Kenya. This project was one of many across East Africa — aiming to strengthen the capabilities of community health workers, enhance overall community health, provide medical care to under served communities and develop trust and confidence with partner nations. Posted by USAF Tech Sgt. Daniel St. Pierre, released to public domain.

to strengthen
develop
educate
& <u>sustain</u>

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Image source: US CDC— in Isiro, the capital of Haut-Uele District in the northeastern part of the Democratic Republic of the Congo — depicts activities underway at an Ebola treatment hospital, referred to as a "WATSAN" — short for water & sanitation unit. The staff of clinical care nurses with the organization Médecins Sans Frontières [Doctors without Borders] were preparing for a typical day in this Ebola isolation ward. Photographer: Brian Bird, PhD, DVM, in public domain.

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Image source: US CDC, at the 2014 Domestic Ebola ETU Training Course for healthcare workers — designed to educate participants who would be deployed as members of the West African Ebola Response team. These healthcare workers were highly-trained in the methods & protocols implemented regarding the application of personal protective equipment (PPE), and are shown here while observing & offering comments to the training participants, as they practiced donning their own PPE prior to their near future deployment. Photographer Nahid Bhadelia, MD, in public domain.

2ND

see the direct connection —

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More than 700 women & girls —

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Image source: Meeting for rape victims in the Democratic Republic of the Congo, date unknown. Photographer: L. Werchick, released to Public Domain.

will suffer & die today —

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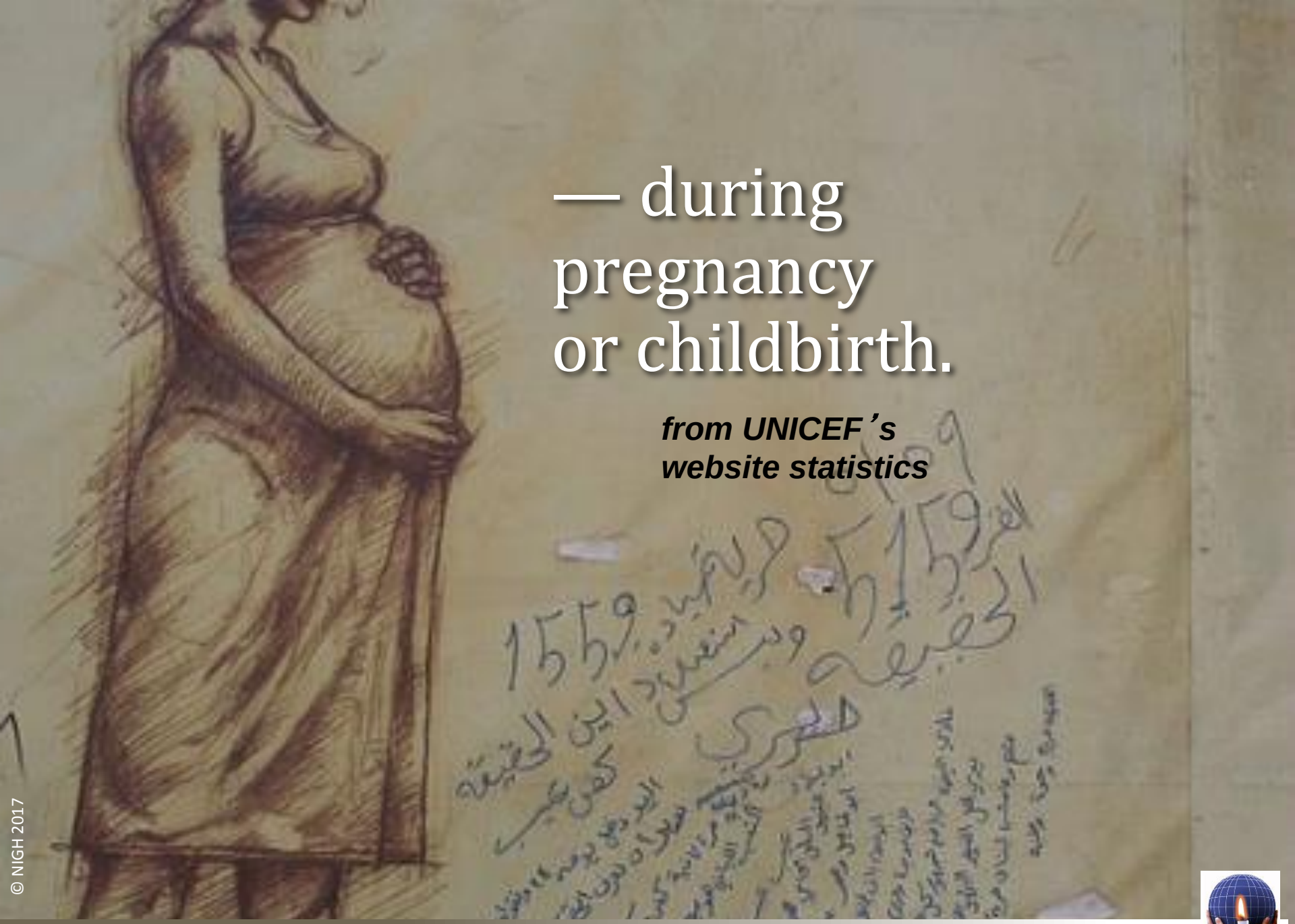
Image source: Wikimedia Commons: Unidentified dying teen-ager in Vietnam, 2002
Photographer: James Hathaway, Creative Commons Attribution 2.0 Generic License.



— during pregnancy or childbirth.

from UNICEF's website statistics

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Image source: Severe contractions in Sierra Leone. THANKS to Carol Guzy & the *Washington Post*, 1st Place "Best of Photojournalism 2009" @ http://bop.nppa.org/2009/still_photography/winners/?cat=OES&place=1st&item=147194. Used with attribution.

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Image source: Adama Sannoh dying dehydrated during childbirth in Sierra Leone. THANKS to Carol Guzy & the *Washington Post*, 1st Place in the "Best of Photojournalism 2009" @ http://bop.nppa.org/2009/still_photography/winners/?cat=OES&place=1st&item=147194. Used with attribution.

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Image source: Adama Sannoh died bleeding & restrained, with her baby stillborn in her womb. THANKS to Carol Guzy & the *Washington Post*, Winning 1st Place in the Best of Photojournalism 2009 @ http://bop.nppa.org/2009/still_photography/winners/?cat=OES&place=1st&item=147194. Used with attribution.

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That's one women suffering & dying —

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Image source: Wikimedia Commons: Udaipur, India, 2007, subjects unidentified
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every
two
minutes
of every
day…

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365 days
every year —

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many alone!

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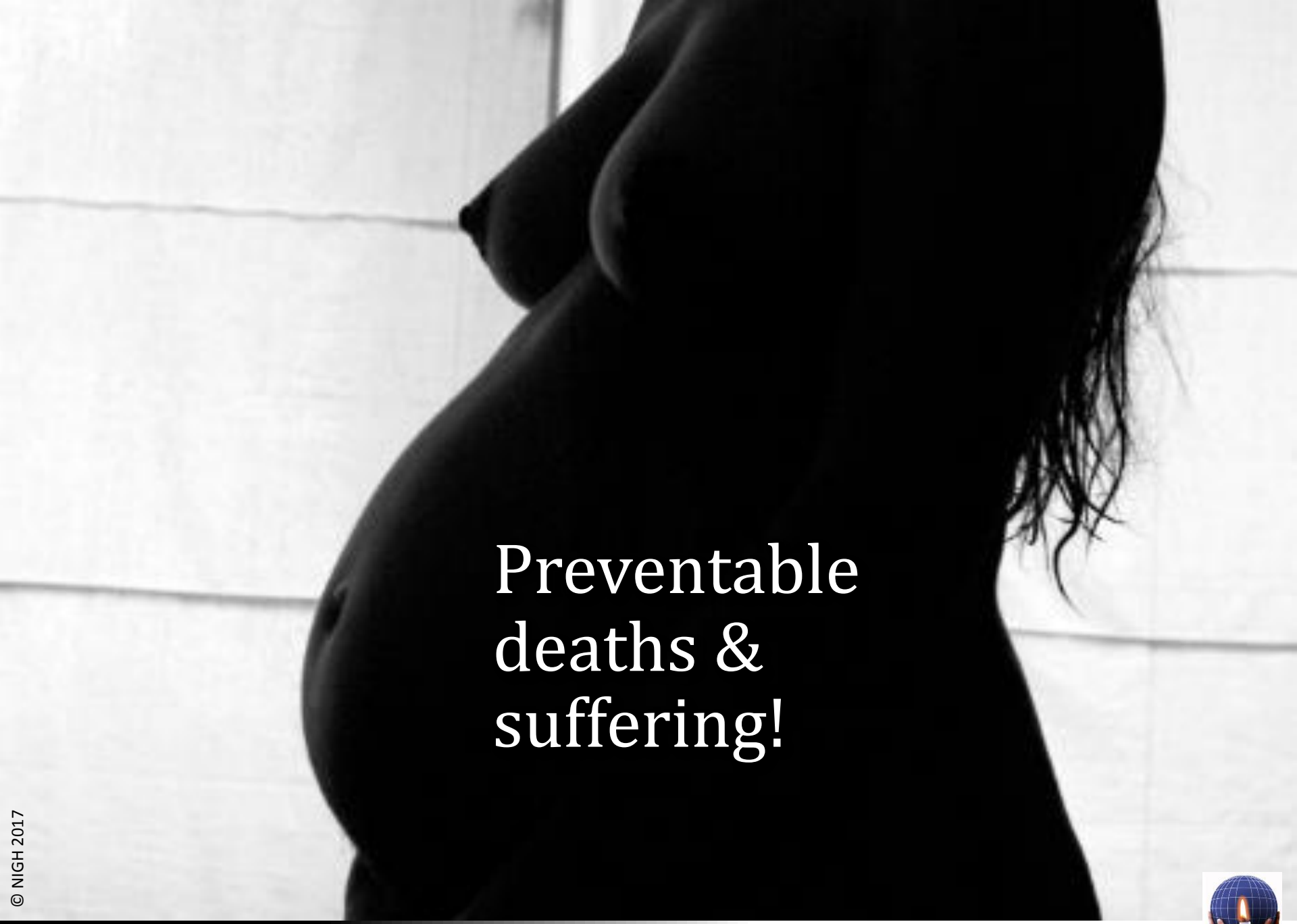

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When mothers die —

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their
families &
communities
suffer —

Image source: Wikimedia Commons: Date, site, subject & photographer unidentified.

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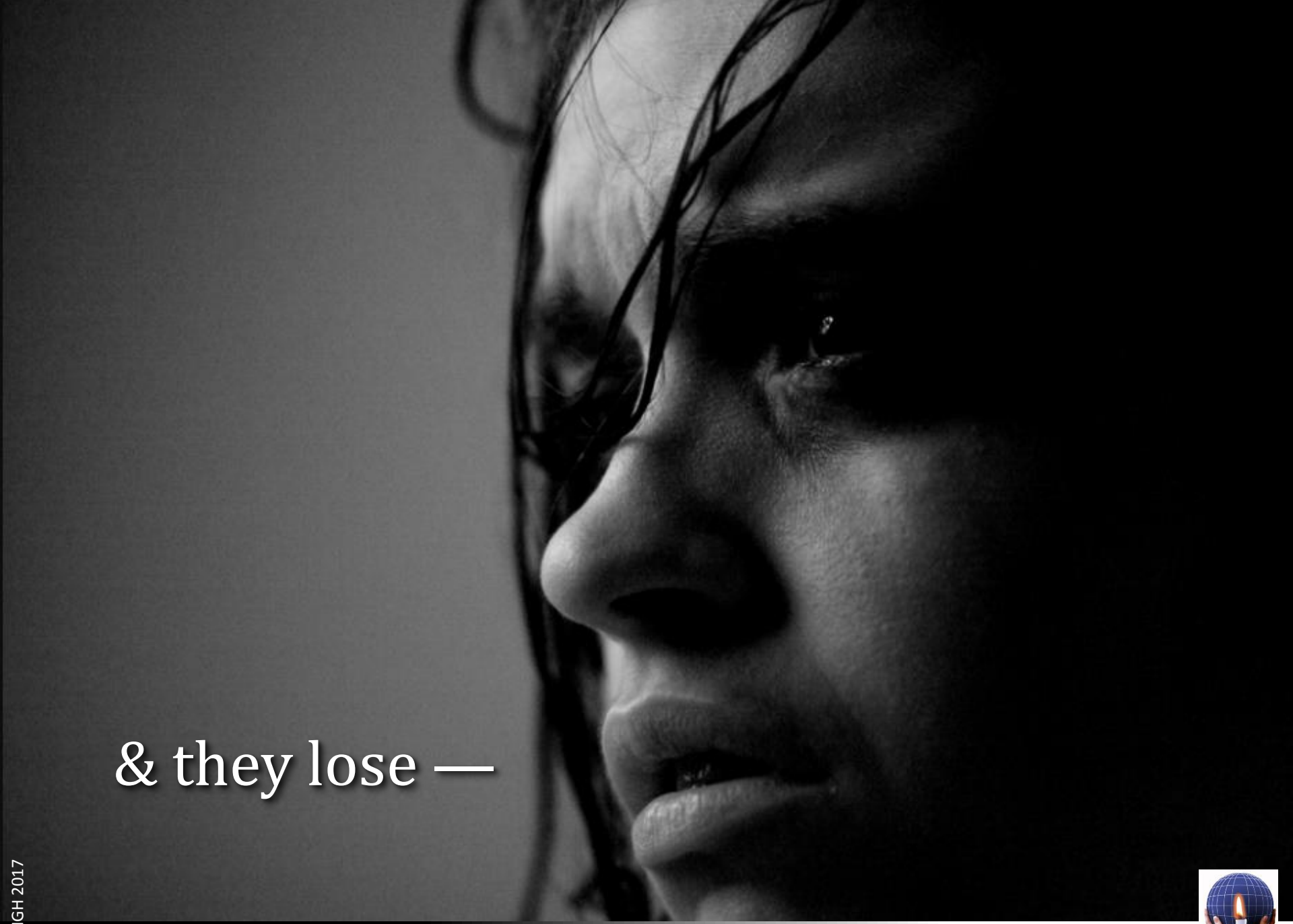

& they lose —

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their viable economies

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their environmental sustainability

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& their human security!

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Photographer: Mikhail Evstafiev, GNU Free Documentation License.

3RD recognize that global media —

Europa

América

العربية

Brasil

Afrika

POCCI

中國

भारत

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is essential
for widespread
& accurate
outreach…

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Image source: Wikimedia Commons: Italy. 2005. Author: Pensiero, released to Public Domain.

without
pro-active
participation
of public media
worldwide —

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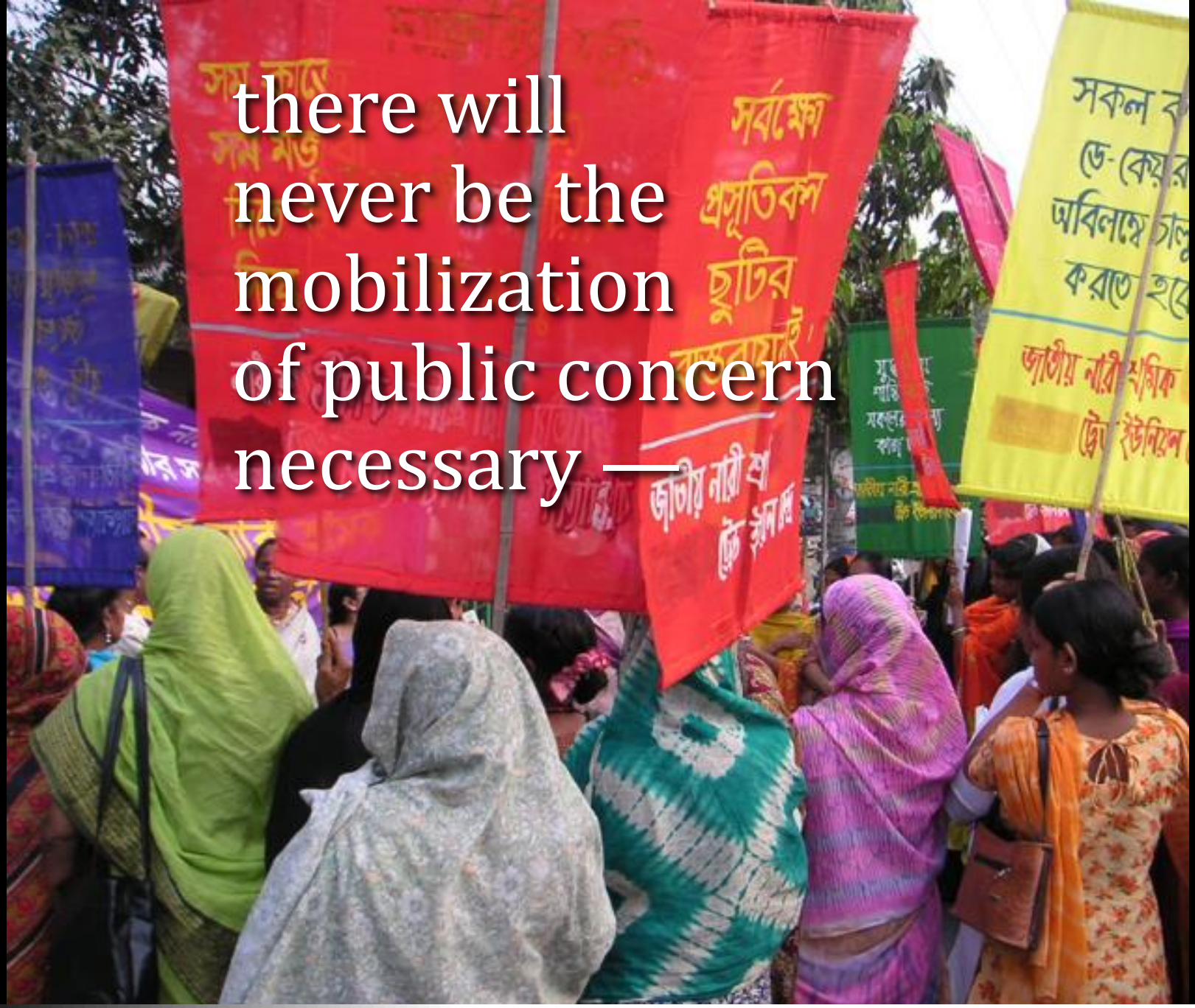

there will never be the mobilization of public concern necessary —

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to call for the changes —

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we all want to see happen!

Image source: Wikimedia Commons, 2009, Uganda. Author: Ben Langdon, for "Send a Cow" @ www.sendacow.org.uk, GNU Free Documentation License.

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As a public advocate for the health of humanity — what would have she done with Facebook Email & YouTube?

Image source: Three-Quarter length Image portrait of Nightingale, commissioned by Queen Victoria and taken by her Royal Photographers, circa 1860. Accessed from Wikimedia, noting: {{PD-1923}} – published before 1923 & thus in public domain in the US and in its country of origin.

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How do we create
a culture of health?

What are your commitments and actions for creating a healthier world for everyone — local to global?

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Image source: Candle flame in public domain, accessed from Pexels.com.

Nightingale Declaration
For a Healthy World

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

Image source: Wikimedia, in Zamboanga, Republic of the Philippines. USAF Major Valerie Clegg evaluates a child as part of a medical assistance mission deployed from the hospital ship USNS Mercy, to Recodo Elementary School. Posted by US Navy Photographer's Mate 2nd Class Troy Latham, released to public domain.

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…We declare our willingness to unite in a program of action, to share information, & solutions & to improve health conditions for all humanity — locally, nationally and globally…

Image source: Wikimedia, 'Team touching hands.' Photographer Teak Sato, in public domain.

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We further resolve to adopt personal practices & to implement public policies in our communities & nations — making this goal achievable & inevitable — beginning today in our own lives, in the life of our nations & in the world at large."

Image source: Wikimedia, a young girl on the Island of Fais, during an 'Operation Christmas Drop' of the USAF. Image by Osakabe Yasuo, released to public domain.

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UNITY:
Our survival likely depends on it.

Image source: 'Visible Earth The Blue Marble' from NASA, in public domain.

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Personal health is never merely personal.
If consciousness is unitary and nonlocal,
the health of one — affects the health of all.

← This is never distinct from this →

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Image sources: LEFT: accessed from Pixabay # 390555, in public domain. RIGHT: Wikimedia, starving child in India. Author: Joshua Doubek, used with Creative Commons License.

If we are all connected, there is *always* a collective, global aspect to personal health.

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Nightingale's legacy provides a model for effective local-to-global voices calling for & demonstrating —

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leadership…

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& the global activism required to address the challenges of our troubled times.

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Can we generate the vision?

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Courage?

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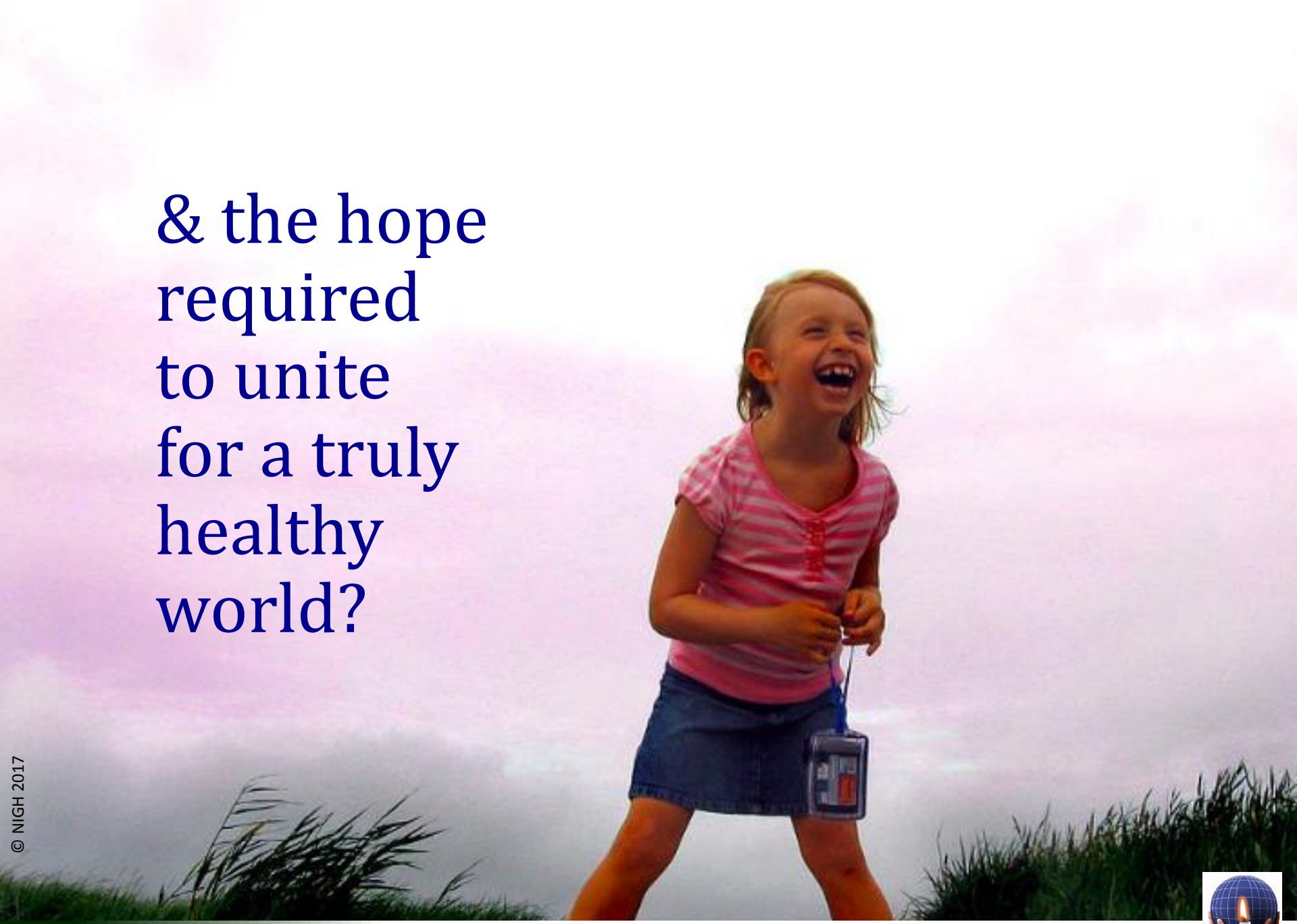
& the hope required to unite for a truly healthy world?



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Can we hear Nightingale's voice?

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The Flame of Florence 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.
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.

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Image source: Candle flame in public domain, accessed from Pexels.com.

"Today, we celebrate the flame
of Florence Nightingale's legacy.
Let that same light be rekindled
to burn brightly in 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.

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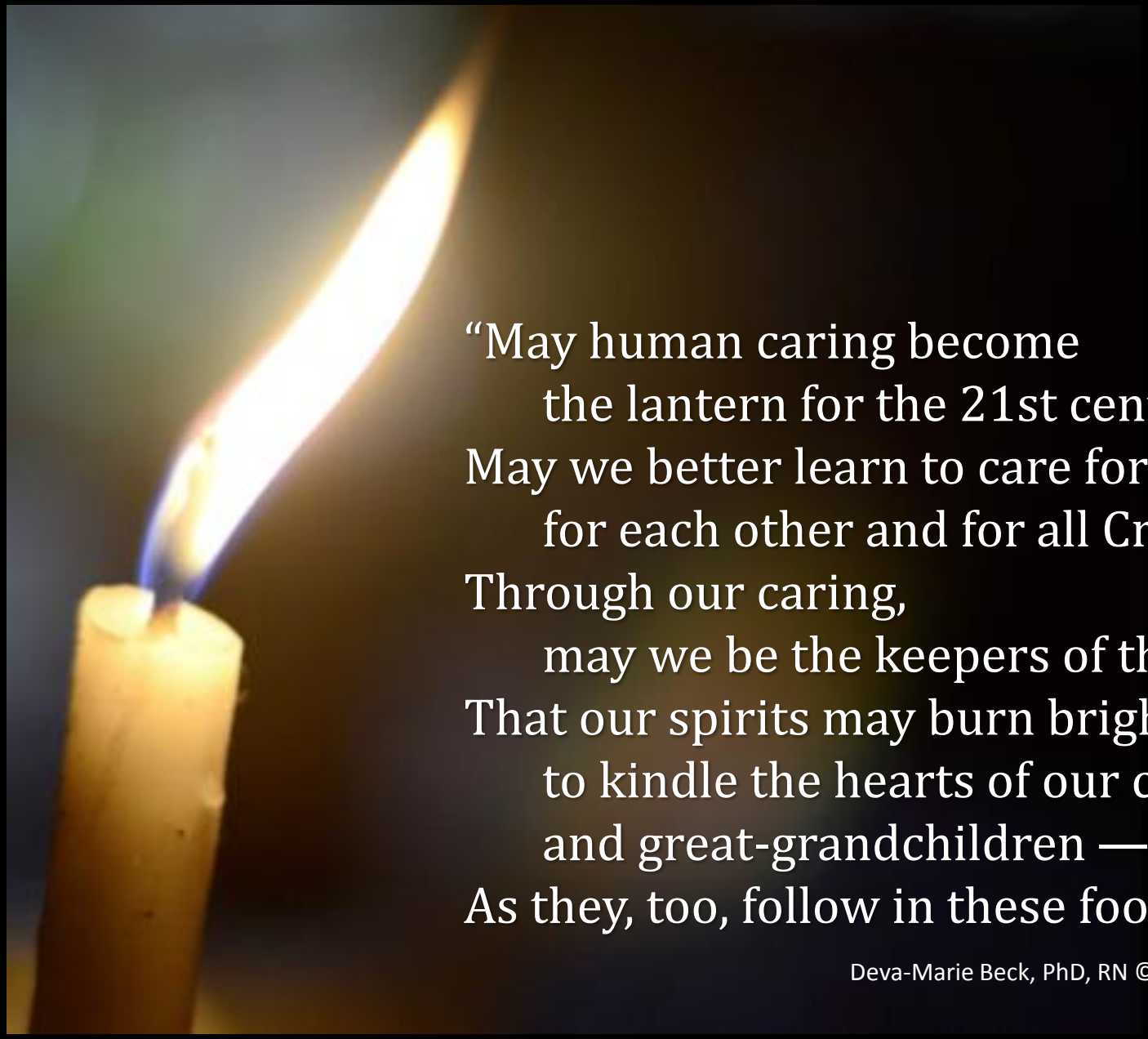

"May human caring become
the lantern for the 21st century.
May we better learn to care for ourselves,
for each other and for all Creation.
Through our caring,
may we be the keepers of that flame.
That our spirits may burn brightly
to kindle the hearts of our children
and great-grandchildren —
As they, too, follow in these footsteps."

Deva-Marie Beck, PhD, RN © 1996

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Can we hear Nightingale's voice?

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Thank-you!

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