Ritu Adhikari

NUR 409

Professor: Wanda Johnson MS RN

Feb 7, 2018

  
I admire Florence Nightingale the most, the founder of modern nursing and also “The lady with the lamp”. She is the one who inspired me to be a nurse and she is my role model. She never gave up on her dream and took it as far as she can. She was never selfish, but modest about her accomplishments in life. She was one of the most influential people of her time, and continues to be even today. She saved countless lives and changed the world of hospitals and health care forever. She was not selfish, but cared about others more than herself. This is the reason I admire her the most. Florence Nightingale is my hero. She had saved so many lives and was continuing to help people in any way she could. During the Crimean wars, the hospitals near the battlefields were packed with wounded soldiers. The nurses were starting to neglect the hygiene and care they gave soldiers. So, Florence and her nurses went in and drastically improved the conditions. Florence became most famous for her lantern light rounds at night time. Thanks to her, hundreds of lives were saved and people started realizing that they needed to improve hospitals all around Europe. She was able to implement concepts such as infection control, therapeutic communication, spiritual nursing, and also public health advocacy that are at the core of nursing practice till today. She is an icon, legend and everyone should look up to her and just love her for the good work that she did. I would also love to leave a legacy in the nursing environment like she did. She is a true inspiration.