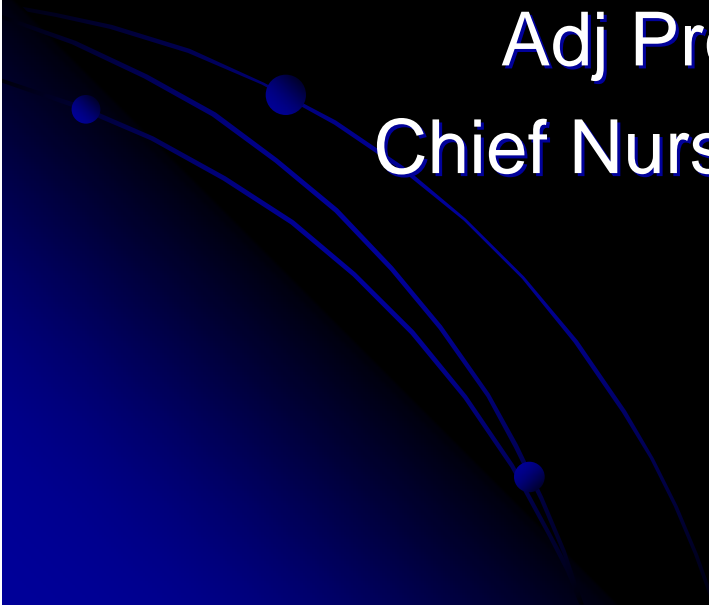


# Nursing the Night

Adj Professor Debra Thoms  
Chief Nursing and Midwifery Officer  
NSW Health





# The Lady with the Lamp



# Florence Nightingale

*“I use the word nursing for want of a better. It has been limited to signify little more than the administration of medicines and the application of poultices. It ought to signify the proper use of fresh air, light, warmth, cleanliness, quiet, and the proper selection and administration of diet - all at the least expense of vital power to the patient.”*

*Notes on Nursing, Florence Nightingale 1860*

*It has been said and written scores of time, that every woman makes a good nurse. I believe, on the contrary, that the very elements of nursing are all but unknown. By this I do not mean that the nurse is always to blame. Bad sanitary, bad architectural, and bad administrative arrangements often make it impossible to nurse. But the art of nursing ought to include such arrangements as alone make what I understand by nursing, possible.*

*Notes on Nursing, F Nightingale, 1860.*

# Ventilation and Warming



# Health of Houses



# Petty Management

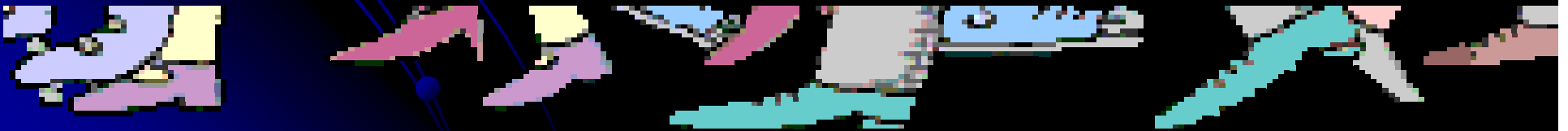


# In charge

*“Again, people who are in charge often seem to have a pride in feeling that they will be ‘missed’, that no one can understand or carry on their arrangements, their system, books, accounts etc but themselves. It seems to me that the pride is rather in carrying on a system, in keeping stores, closets, books, accounts etc so that any body can understand and carry them on – so that, in case of absence or illness, once can deliver every thing up to others and know that will will go on as usual, and that one shall never be missed.”*

*Notes on Nursing, 1860*

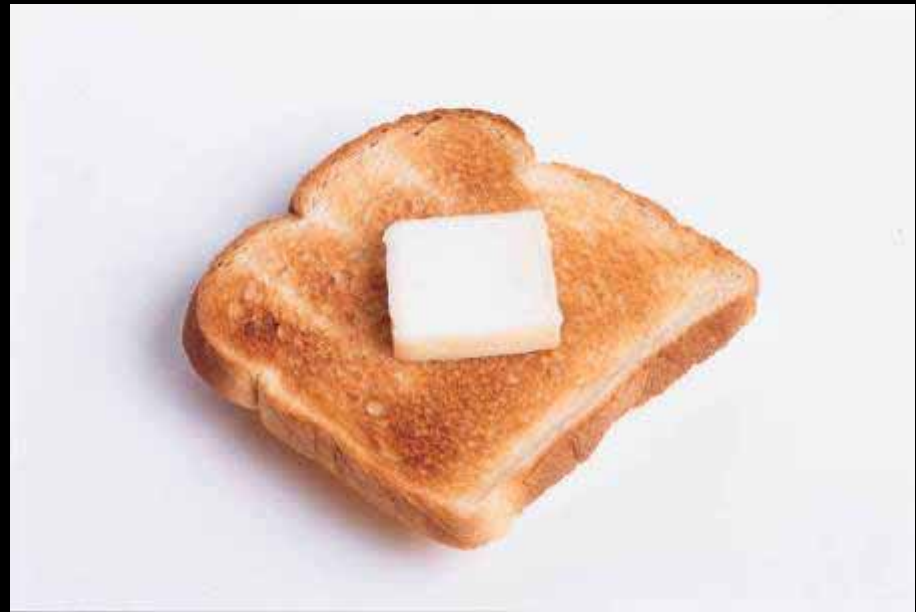
# Noise



# Variety



# Diet



*“Every careful observer of the sick will agree in this that thousands of patients are annually starved in the midst of plenty, from want of attention to the ways which alone make it possible for them to take food”*



# Bed and Bedding



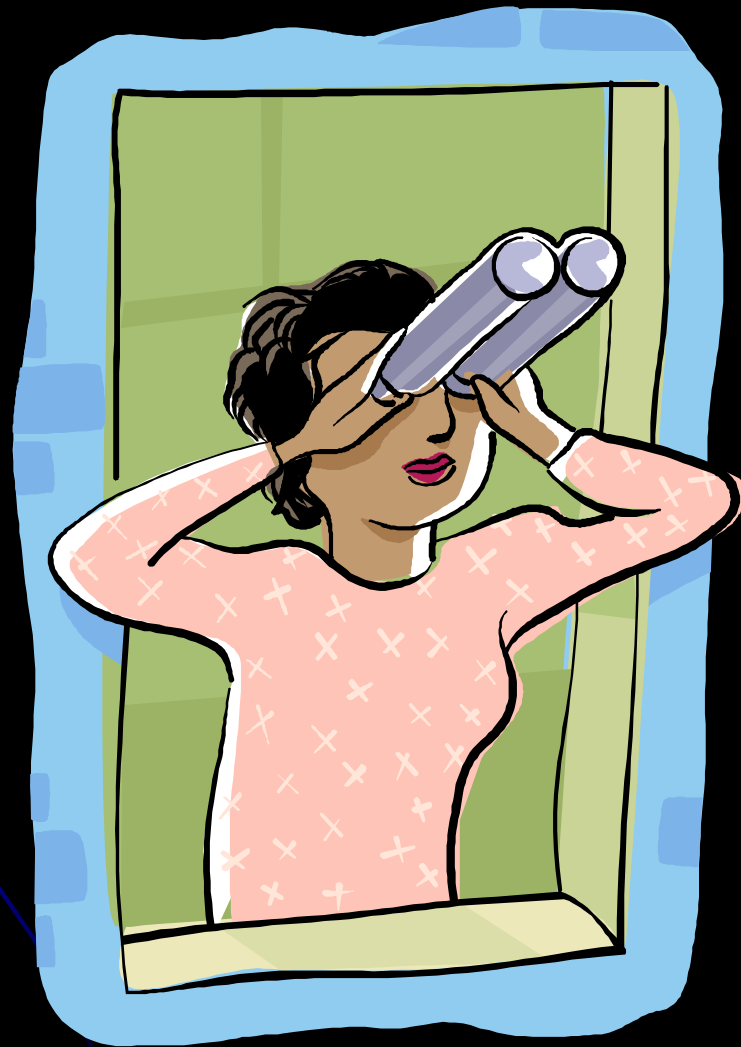
# Personal Cleanliness



# Chattering Hopes and Advices



# Observation



# Purpose of Observation

*“In dwelling upon the vital importance of sound observation, it must never be lost sight of what observations are for. It is not for the sake of piling up miscellaneous information or curious facts, but for the sake of saving life and increasing health and comfort.”*

*F Nightingale, Notes on Nursing, 1860*





*“Unless we are making progress in our nursing every year, every month, every week; take my word for it we are going back”*

Florence Nightingale 1914.