

TEMELJI ASPEKTA ZDRAVSTVENE NEGE I DVESTA GODINA OD ROĐENJA FLORENCE NIGHTINGALE 1820 –1910.

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SAŽETAK

Nega bolesnika se prožima kroz istoriju i datira još od postanka čovečanstva pa do danas. Spominje se u crkvenim knjigama i drugim spisima, ali ne kao veština ili nauka, već kao delatnost koja je bila rezervisana za monaštvo, kao i za žene, tj. majke i časne sestre. Nega je prvo bila delatnost, pa veština, da bi krajem dvadesetog veka postala naučna disciplina. Florens Najtingejl (engl. *Florence Nightingale*) zasigurno je jedna od najznačajnih žena u istoriji sestrinstva, medicine, pa i društva uopšte, jer sa njom počinje razvoj sestriinske profesije koja ima kontinuitet do današnjih dana. Rođena je u Firenci 12. maja 1820. godine, a preminula je u Londonu 13. avgusta 1910. godine. Baveći se sestriinskim pozivom, Florens Najtingejl je ujedno bila negovateljica, organizator, istraživač, statističar, reformator, pisac i učitelj. Reformisala je sestrinstvo i javno zdravlje. Godine 1860. osnovala je školu za medicinske sestre u bolnici Svetog Tome i vodila je računa o svakoj šticienici. Uprkos svim preprekama na koje je nailazila, kao i nezavidnim položajem žena koji je vladao u XIX veku, učinila je ogromne korake koji su kontekst tog poziva zauvek promenili. Imala je presudan uticaj na švajcarskog filantropa Anri Dinana (engl. *Henry Dunant*, 1828-1910), koji je nakon toga osnovao Crveni krst. Svetsko udruženje medicinskih sestara je 1867. godine njen rođendan proglasilo službenim „Danom medicinskih sestara“. Ona je prva žena kojoj je dodeljen Orden vrline. Kralj Edvard joj je uručio počasno priznanje za životno delo 1908. godine. Napisala je preko 200 knjiga i zakletvu.

„Svoj uspeh pripisujem ovome: nikada nisam davala niti primala izgovore.“
Florens Najtingejl

Ključne reči: Florens Najtingejl, sestrinstvo, istorija

Istorija modernog sestrinstva

Utemeljivanje modernog sestrinstva je započelo u Ujedinjenom Kraljevstvu sredinom devetnaestog veka od strane Florens Najtingejl (engl. *Florence Nightingale*) (slika 1), koja je uvela mnoge reforme u sestrinstvo i javno zdravlje. Pregledni rad tekstova o nezi iz 2010. godine ukazao je na mali broj konsenzusom utvrđenih činjenica o tome šta čini osnovne aspekte nege. Od tada, do danas, došlo je do širenja politika, strateških okvira i istraživanja vezanih za zdravstvenu negu (1). Nejasno je da li je ovo dovelo do veće konceptualne jasnoće zdravstvene nege. Smatra se da je racionalizacija nege usko povezana sa sigurnošću pacijenta i kvalitetom nege. Fenomeni klasifikacije nege su definsani i proučavani iz različitih perspektiva

i konteksta (2). Početna, prva faza, istorijskog razvoja zdravstvene nege je trajala dugo i sprovođila se u slučaju povreda koje su nastajale prilikom borbe za opstanak, lova, u međusobnim borbama i sukobima između plemena, prilikom savladavanja prirodnih prepreka, obrade zemlje, u elementarnim nepogodama i slično (3). Druga faza istorijskog razvoja zdravstvene nege započinje u periodu hrišćanstva, kada crkva, odnosno kaluđeri i kaluđerice, neguju bolesnike u manastirima, u bolnicama pri manastirima, u njihovim kućama ili u drugim specijalnim ustanovama iste ili slične namene, kao što su domovi za siročad, stare, duševno poremećene osobe, alkoholičare i drugo (3).

Prve pisane tragove o nezi bolesnika na ovim prostorima nalazimo u Hilendarskom

HISTORY OF MEDICINE**FOUNDATIONS OF THE ASPECT OF HEALTH CARE AND TWO HUNDRED YEARS SINCE THE BIRTH OF FLORENCE NIGHTINGALE 1820-1910****Damir Pelicic¹**¹ Center for Science of the Clinical Center of Montenegro, Faculty of Medicine, University of Montenegro, Podgorica, Montenegro**SUMMARY**

Nursery has existed throughout history and it dates back to the very beginning of humankind. It was mentioned in church books and other written texts but not as a skill or science, but as an occupation reserved for the members of monastic orders, and also for women, that is, mothers, and nuns. First, nursing was an occupation, then a skill, but at the end of the 20th century, it became a scientific discipline. Florence Nightingale is certainly one of the most significant women in the history of nursing, medicine, and society in general because she is the pioneer of the nursing profession that has continuity up to nowadays. She was born on May 12, 1820, in Florence, Italy and died on August 13, 1910, in London. Florence Nightingale worked as a nurse, organizer, researcher, statistician, reformer, writer and a teacher. She reformed nursery and public health. In 1860, she established the school for nurses within St. Thomas' Hospital and she took care of every protégé. In spite of all obstacles, which she was faced with, and the unenviable position of women in the 19th century, she made a huge move that changed the context of this profession forever. She had a huge influence on the Swiss philanthropist Henry Dunant (1828-1910), who was the founder of The Red Cross. In 1867, the International Council of Nurses proclaimed that her birthday would be the International Nurses Day. She was the first woman who was awarded the Medal of virtues. In 1908, she was conferred the Order of Merit by King Edward. She wrote more than 200 books and the Pledge.

"I appreciate my success to this that I have never made or accept any excuse."
Florence Nightingale

Key words: Florence Nightingale, nursing, history

The history of modern nursing

Modern nursing was established in the United Kingdom in the mid-19th century by Florence Nightingale (Picture 1), who introduced numerous reforms into nursing and public health. A review article about texts on nursing from 2010 pointed to a few facts about what makes the main aspects of nursing, which were established by consensus. Policies, strategic frameworks, and research in relation to health care have developed since then (1). It is still not clear whether this has led to the greater conceptual clarity of health care. The rationalization of care is thought to be tightly connected with the safety of patients and the quality of care. The phenomena of the classification of care were defined and studied

from different perspectives and in different contexts (2). The beginning or the first phase of the historical development of health care lasted long and it was conducted in case of injuries, which appeared during the struggle for survival, hunting, struggles and conflicts between tribes, when people tried to overcome natural obstacles, during farming, in natural catastrophes, etc (3). The second phase of the historical development of health care started in the period of Christianity, when the church, that is, monks and nuns took care of patients in monasteries, in hospitals within monasteries, at their homes or other special institutions with the same or similar purpose, such as nursery homes for the orphans, for the old, mentally ill people, alcoholics, etc (3).



Slika 1. Florens Najtingejl, fotografija H. Lenthall, London, 1850 (CCA)

Izvor: https://whoswho.de/medien/wsw/florence_nightingale.jpg/

tipiku Svetog Save. Najstariju srpsku bolnicu za lečenje monaha osnovao je Sveti Sava u manastiru Hilandar 1199. godine (4). Na osnovu dostupnih zapisa može se govoriti da su i muškarci imali mesto u nezi bolesnika, ali njihov doprinos je ipak bio zanemarljiv, uglavnom zbog dominantnog uticaja pokreta ženskih sestara iz XIX veka (5). Neki podaci govore da su muškarci bili negovatelji čak mnogo pre Florens Najtingejl (5).

Dostupna literatura pokazuje da su žene i muškarci iz istih razloga ulazili u sestrinsku profesiju, međutim, razlikovali su se putevi kojima su muškarci dolazili do ove profesije. Feministički sociolozi ukazali su na nesrazmeran broj muškaraca na rukovodećim sestrinskim pozicijama i smatrali su da to može imati negativne posledice za samu profesiju (5). Reforme Florens Najtingejl doprinele su da obrazovanje i obuka muških negovatelja u Engleskoj nisu bili prepoznati, a za većinu bolnica bile su regrutovane samo „medicinske sestre“, odnosno žene (6). Nakon Drugog svetskog rata usledio je hronični nedostatak medicinskih sestara, usled širenja alternativnih radnih mogućnosti za žene i rasta opšteg bolničkog sektora. To je dovelo do formalnog prihvatanja

obrazovanja i obuke i registracije muškaraca za medicinske tehničare (6). U današnje vreme, iako je došlo do porasta broja muškaraca u ovoj profesiji, oni i dalje predstavljaju manjinu (7,8).

Korišćenje konceptualnih i teorijskih okvira zdravstvene nege pri formiranju obrazovnog kurikuluma sestrinstva, ključno je za zaštitu i očuvanje fokusa i jasnoće posebnog doprinosa sestrinstva zdravstvenoj zaštiti (9). Istorija sestrinstva je gotovo isključivo istorija ženskih dostignuća, uprkos činjenici da su već u četvrtom i petom veku muškarci radili kao medicinske sestre. To pruža uvid u rodnu prirodu sestrinstva i rada sestara u patrijarhalnoj kulturi (10). Neki radovi ukazuju da je istorija upravljanja sestrinstvom u Engleskoj bila mnogo složenija i da nisu u potpunosti objašnjeni brojni faktori koji su je oblikovali tokom istorije (11).

Florens Najtingejl utemeljivač modernog sestrinstva

Rođena je u Firenci 12. maja 1820. godine, a preminula je u Londonu 13. avgusta 1910. godine. Tokom Krimskog rata sa grupom medicinskih sestara bila je u Skadru, gde je primenom određenih preventivnih mera (čista odeća i postelja, odgovarajuća hrana, dovoljan



Figure 1. Florence Nightingale, photo by H. Lenthall, London, 1850 (CCA)
Source: https://whoswho.de/medien/wsw/florence_nightingale.jpg/

The first written texts about nursing care were found in the Hilandar Typikon of Saint Sava. Saint Sava established the first Serbian hospital for the treatment of monks in the monastery Hilandar in 1199 (4). According to the available texts, one may say that men were also engaged in the nursing care of patients, but their contribution was irrelevant, mainly due to the dominant influence of the movement of female nurses from the 19th century (5). There are some data that show that men had been nurses long before Florence Nightingale (5).

Available literature shows that both men and women chose the nursing profession for the same reasons. However, the ways of coming to this profession were different for men. Feminist sociologists pointed to the disproportionate number of men in the leading nursing positions and they thought that it could have negative repercussions for the profession itself (5). Reforms of Florence Nightingale contributed to the fact that education and training of male nurses were not recognized in England, and in most hospitals, only female nurses were recruited (6). After the Second World War, there came to the chronic lack of nurses due to the alternative working opportunities for

women and the growth of the general hospital sector. This brought to the formal acceptance of education and training of male medical technicians (6). Nowadays, although there came to an increase of men in this profession, they still remain in the minority (7,8).

The use of conceptual and theoretical frameworks of health care, when the education curriculum for nurses is created, is of key importance for the protection and maintenance of focus and clarity of the special contribution of nursing to the health care (9). The history of nursing is almost exclusively the history of female achievements, despite the fact that men worked as nurses in the fourth and the fifth century. This gives insight into the gender-related nature of nursing and the work of nurses in the patriarchal culture (10). Some studies show that the history of management of nursing was a lot more complex in England and numerous factors, which formed it throughout history, were not completely explained (11).

Florence Nightingale – the founder of modern nursing

She was born in Florence on May 12, 1820, and died in London on August 13, 1910. During

Svečano se obavezujem, pred Bogom i u prisustvu ovog skupa, da ću ceo svoj život provesti u moralnoj čistoti i da ću se odano baviti svojom profesijom.

Ja ću se uzdržavati od bilo kakvog nekontrolisanog postupka sa bolesnikom i neću svesno primeniti lek koji bi mogao štetiti.

Sve što je u mojoj moći učiniću da poboljšam nivo svoje profesije i držaću u tajnosti sve lične informacije koje doznajem prilikom obavljanja moga poziva.

Sa punom lojalnošću, do kraja ću pomagati lekaru u njegovom poslu oko bolesnog čoveka.

Slika 2. Zakletva Florens Najtingejl

prostor za svaki krevet i razmak između kreveta) uspeła da redukuje broj umrlih vojnika u ratu (sa 42,7% na 2,2%) (12-15). Nazvana je i „dama sa lampom“, jer je noću obilazila ranjenike i bolesnike sa svetiljkom u ruci (16).

Baveći se sestrinskim pozivom, Florens Najtingejl je zadužila čovečanstvo, jer je, pored bavljenja negom i organizacijom sanitetske službe, rodonačelnik statistike praveći grafikone u vidu pite (engl. *pie charts*). Tako je, posle Krimskog rada, ispitivala kakvi su sanitarni uslovi među britanskom vojskom na Istoku i da li mogu dovesti do katastrofalnih posledica na njihovo zdravlje, upravo onih koje je videla u Skadru (17). Zahvaljujući njoj i njenom izuzetnom poznavanju matematike i statistike, tadašnja engleska vlada je bila uverena da se smrtni slučajevi mogu sprečiti odgovarajućim preventivnim merama. Ogroman doprinos je dala i razvoju bolničke statistike, sa ciljem mogućeg rešavanja epidemija u bolnicama.

Poznata je kao prva moderna bolničarka, osnivač službe medicinskih sestara, a posle Krimskog rata (1856. godine) bila je dočekanā kao heroina. Iza sebe je ostavila preko 200 knjiga, kao i zakletvu medicinskim sestrama (Slika 2). Bila je reformator zdravstvene nege i promovisala je javno zdravlje. U cilju uvođenja profesionalnog sestrinstva u bolnice osnovala je školu za medicinske sestre u bolnici Svetog Tome u Londonu (1860. godine), a o svakoj polaznici škole se nesebično brinula. Obezbedila je se da u ambulancama popravnih domova obučene medicinske sestre brinu o zdravlju siromašnih, nazaposlenih, invalida, kao i drugih ugroženih kategorija društva. Njeni su prvi udžbenici vezani za negu, higijenu, pedijatriju

i ishranu: „Nega bolesnika“, „Nega deteta (za majke)“, „Nega deteta (za sestre)“, i „Higijena rada i ishrana“. Jedna od njenih najznačajnijih knjiga je „Beleške o sestrinstvu“, namenjena kako medicinskim sestrama, tako i ženama koje su se bavile negom u kući (3).

Florens Najtingejl je prva žena koja je dobila Orden vrline. Dala je ogroman doprinos i u razvoju epidemilologije i javnog zdravlja i bila je potpuno posvećena radu i istraživanju u mnogim poljima (16). Bila je među onima koji su smatrali da samo profesionalnom edukacijom sestrinstvo može da postane profesija (16). Njeni saveti su poslužili reformi sestrinske, kao i vojne službe, kako u Engleskoj, tako i u celom svetu (17).

Zaključak

Florens Najtingejl je profesiju medicinke sestre, zasnovanu na znanju i veštinama, učinila dostojanstvenom i vrednom poštovanja. Njene se metode i danas koriste, iako je od njenog rođenja prošlo čak dva veka. Čitav život zalagala se za napredak struke medicinskih sestara, kao i za prava žena. Kako je i sama govorila, napredak sestrinstva postoji isključivo ako se ono svakodnevno unapređuje.

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I solemnly pledge myself before God and in the presence of this assembly to pass my life in purity and to practice my profession faithfully.

I will abstain myself from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug.

I will do all in my power to maintain and elevate the standard of my profession and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my calling.

With loyalty will I aid the physician in his work, and as a missionary of health, I will dedicate myself to devoted service for human welfare.

Picture 2. Florence Nightingale Pledge

the Crimean war, she was with the group of nurses at Scutari, where with the application of certain preventive measures (clean clothes and beds, appropriate food, sufficient space for each bed and space between beds) she managed to reduce the number of soldiers who died in the war (from 42.7% to 2.2%) (12-15). She was given the name “the lady with the lamp”, because at night she walked among the beds, checking the wounded men and patients with the lamp in her hand (16).

Humankind is indebted to Florence Nightingale for her nursing work. She dealt with the nursing care and the organization of sanitary service, but she also made graphs, that is, pie charts, and therefore, she is the founder of statistics. After the Crimean War, she examined the conditions among the British soldiers in the East and whether they could have catastrophic consequences for their health, which she had seen at Scutari (17). Thanks to Florence Nightingale and her exceptional knowledge of mathematics and statistics, the British government was assured that deaths could be prevented by appropriate preventive measures. She made a huge contribution to the development of hospital statistics, aimed at solving the possible epidemics within them.

She is known as the first modern nurse, the founder of the service of nurses, and after the Crimean War (in 1856), she was welcomed as the heroine. She left behind more than 200 books and the pledge for nurses (Picture 2). She was the reformer of health care and she promoted public health. With the aim of introducing the professional nursery into

hospitals, she established the school for nurses at St. Thomas’ Hospital in London (in 1860), and she took care of all students unselfishly. She managed to provide trained nurses to take care of the poor, unemployed, disabled, and other endangered social categories in the ambulance offices of correction homes. The first course books of Florence Nightingale are related to care, hygiene, pediatrics, and nutrition: “Patient Health Care”, “Child Health Care (for mothers)”, “Child Health Care (for nurses)”, and “Hygiene of Work and Diet”. One of the most important books is “Notes on Nursing”. It was intended for nurses, as well as for women who dealt with health care at home (3).

Florence Nightingale was the first woman who got the Medal of virtues. She made a great contribution to the development of epidemiology and public health and she was completely devoted to work and research in many fields (16). She was among those, who thought that only with the professional education nursing could become the profession (16). Her advice was important for the reform of nursing and military service in England, and in the whole world, as well (17).

Conclusion

Florence Nightingale transformed nursing into a dignified and respectable profession, which was based on knowledge and skills. Her methods are used even today, although two hundred years have passed since her birth. All her life she strived for the development of the nursing profession and for women’s rights as well. As she used to say, the progress in nursing

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was possible only if this progress was made every day.

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