



*In Florence Nightingale's Footsteps—*  
Individual to Global: Nurses and the  
UN 17 Sustainable Development Goals (SDGs)

**Barbara Dossey, PhD, RN, FAAN**

Co-Director, Nightingale Initiative for Global Health  
Co-Founder, International Nurse Coach Association &  
Integrative Nurse Coach Academy

**Deva-Marie Beck, PhD, RN**

Co-Director, Nightingale Initiative for Global Health

**Nightingale 2020-2021 Virtual Symposium**  
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# Objectives

1. Explore Florence Nightingale's legacy of caring and healing for 21st-century nursing and healthcare — local to global.
2. Discuss nurses' role as concerned citizens with integration of the UN 17 Sustainable Development Goals (SDGs).





# Why Nightingale? Why Now?



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.








In the 1870s,  
Florence Nightingale  
pondered what  
nursing could be in future.







We are the ones  
she envisioned!







## Reflect

For yourself?

What are you hoping for?

What would your desired outcome be?

For our world?

What do our current challenges mean?

What will our successes feel like?







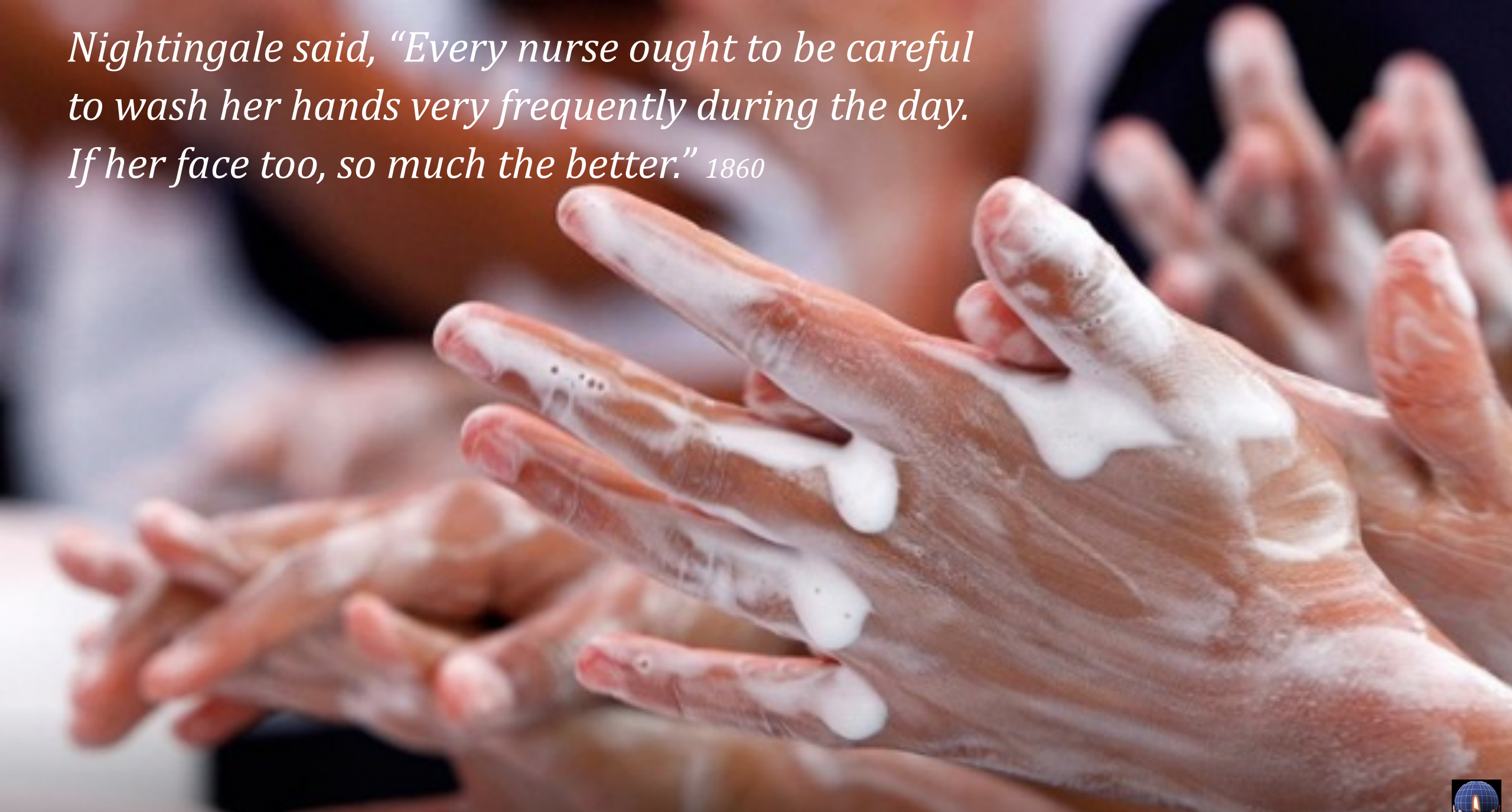
The global  
COVID crisis  
has given  
us renewed  
understanding.



We are all in  
this together!



*Nightingale said, "Every nurse ought to be careful to wash her hands very frequently during the day. If her face too, so much the better." 1860*





We now have effective vaccines and are challenged to vaccinate people worldwide.





We — especially  
nurses and frontline  
workers — are  
severely stressed!







We are challenged to understand,  
explore, and heal from our suffering.





# We are 'Wounded Healers'

Ones who must deal with her/his personal wounds as she/he attends wounds of others — physical, mental, emotional, social, spiritual, cultural, and environmental experiences.

Dossey, B. M. (2020). Theory of Integral Nursing. In Helming, M. B., Shields, D. A., Avino, K.M., & Rosa, W. (Eds.), *Dossey & Keegan's Holistic Nursing: A Handbook for Practice*. Burlington, MA: Jones & Bartlett Learning.



Image source: Used with permission Cynthia Stibolt Smith, Santa Fe, NM Copy Barbara Dossey.







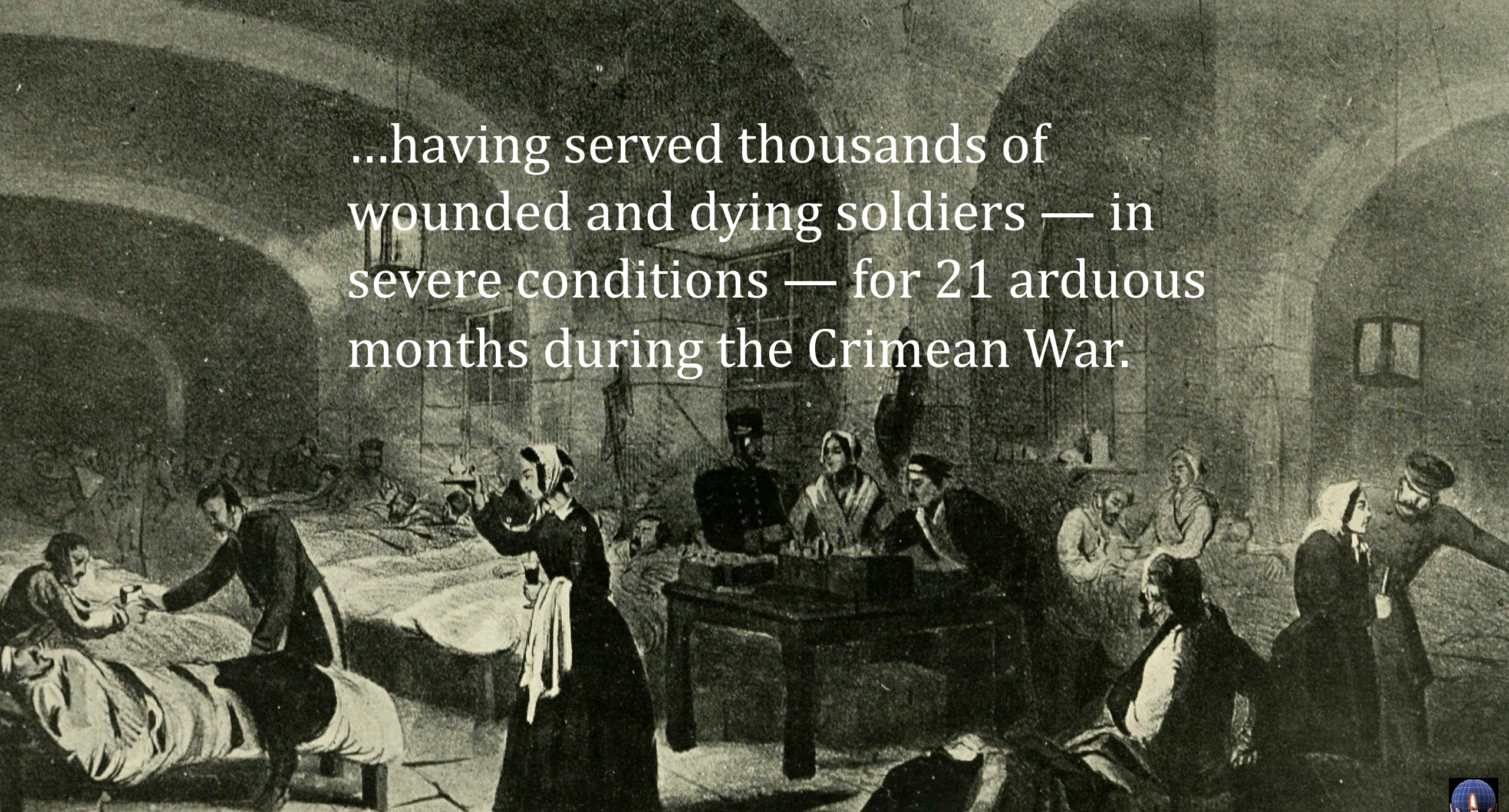
Florence Nightingale was  
also a 'wounded healer'...

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.





...having served thousands of wounded and dying soldiers — in severe conditions — for 21 arduous months during the Crimean War.







For decades thereafter, she suffered from Crimean fever — today known as brucellosis — (contracted by ingesting contaminated goat's milk)





She suffered severe chronic fevers & palpitations with back & hip pain for decades after her time in Turkey.

Image sources: <https://www.medicalnewstoday.com/articles/brucellosis#definition> / <https://unsplash.com/photos/RVWopXvxMxE> from Ekaterina Kuznetsova & <https://www.howardluksmd.com/a-common-cause-of-hip-pain/>







She said, *“I wish I could ask my friend Dr. James Paget —*

*[an English surgeon considered one of the founders of scientific medical pathology]*

*— to cut off my left hindquarter”.* 1855



What does this mean  
for us in our time?



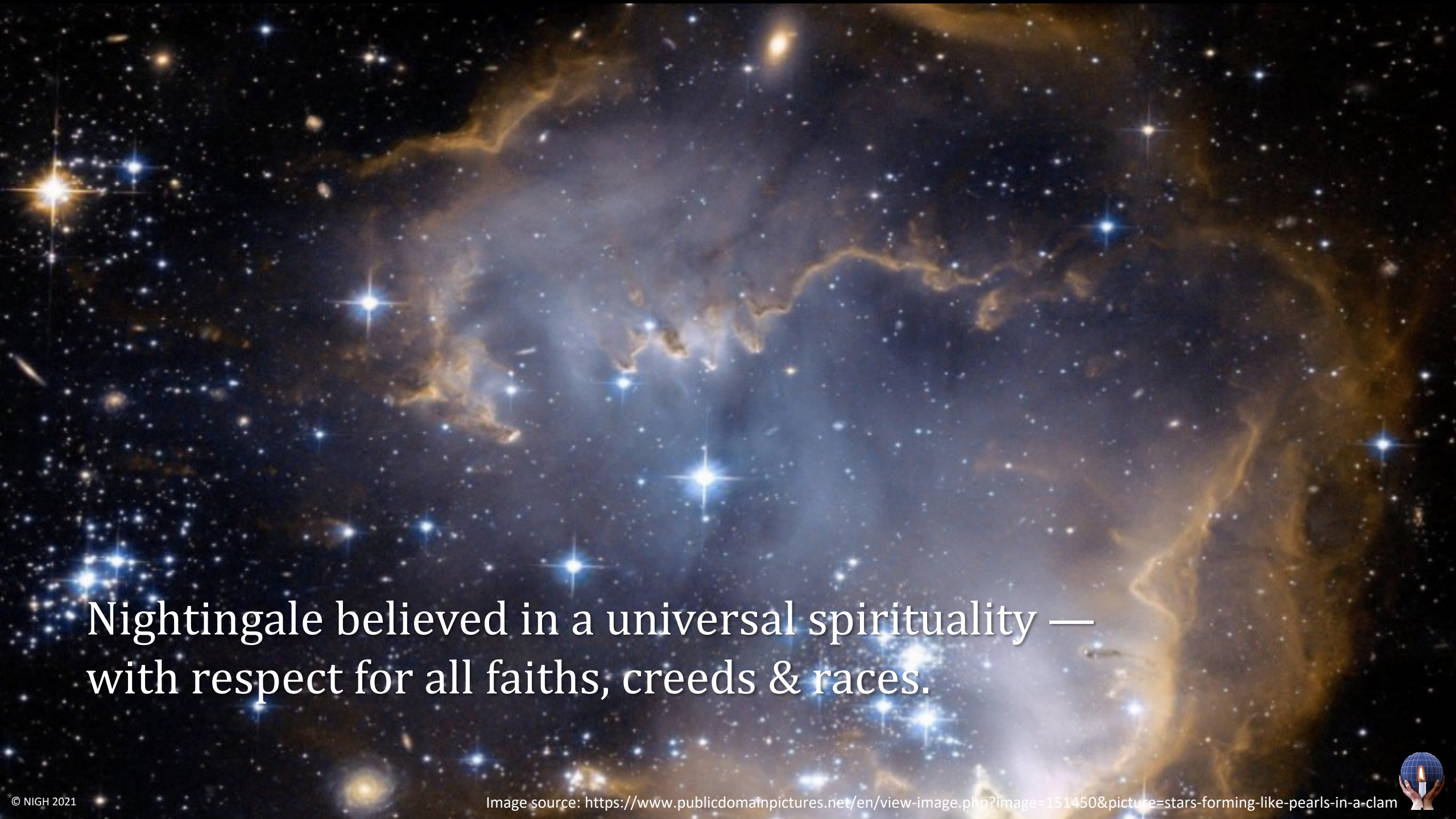


# Nightingale's 'authentic center' —

- relied on her own spiritual belief and commitments
- her work of service flowed through her and out in service to others
- grounded in a 'center that held'





A deep space photograph showing a dense field of stars. A large, irregular nebula is visible, with a central region of bright blue and white light, and surrounding filaments of orange and yellow. The background is a dark, star-filled sky.

Nightingale believed in a universal spirituality —  
with respect for all faiths, creeds & races.







*She said, "We must continually ask ourselves, "Who am I, in my utmost soul? What am I, the inner woman [or man], called 'I'? That is the question." 1888*







Nightingale's challenges during the Crimean War were similar to the stresses nurses are enduring now.

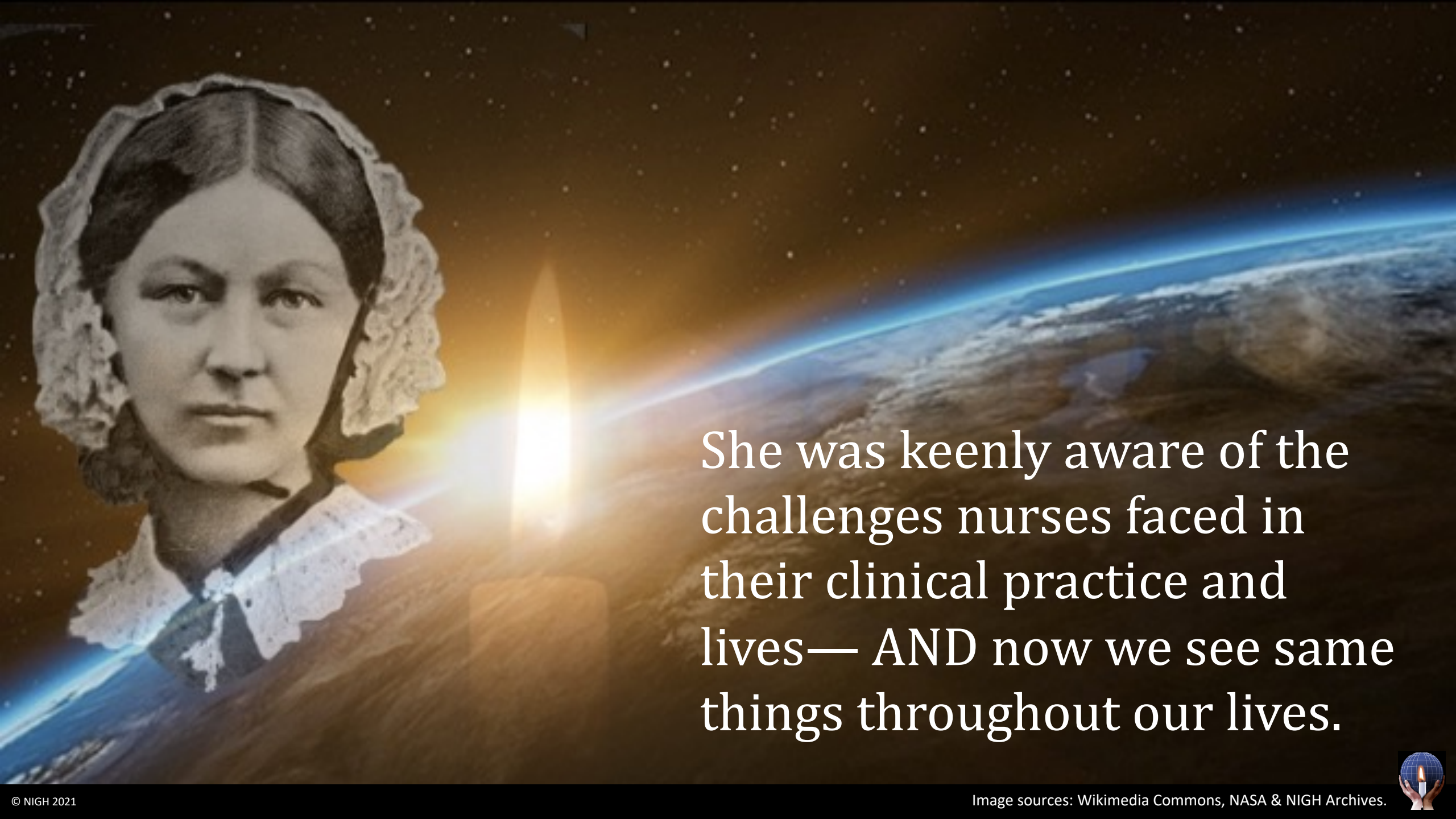




Nightingale's Crimean Fever  
chronic symptoms similar to  
the now-reported 'long haul'  
COVID symptoms.



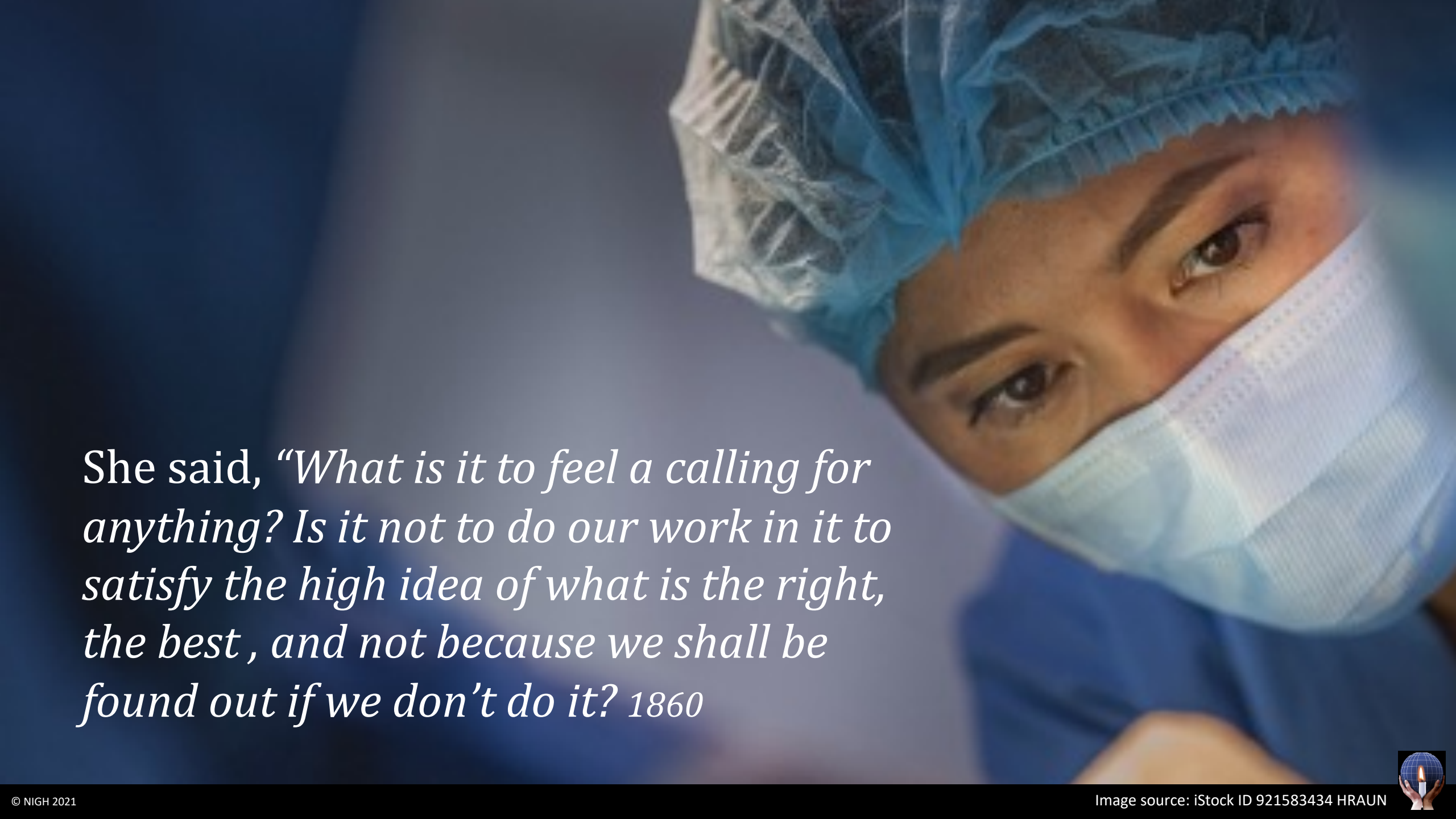




She was keenly aware of the challenges nurses faced in their clinical practice and lives— AND now we see same things throughout our lives.







*She said, “What is it to feel a calling for anything? Is it not to do our work in it to satisfy the high idea of what is the right, the best, and not because we shall be found out if we don’t do it? 1860*



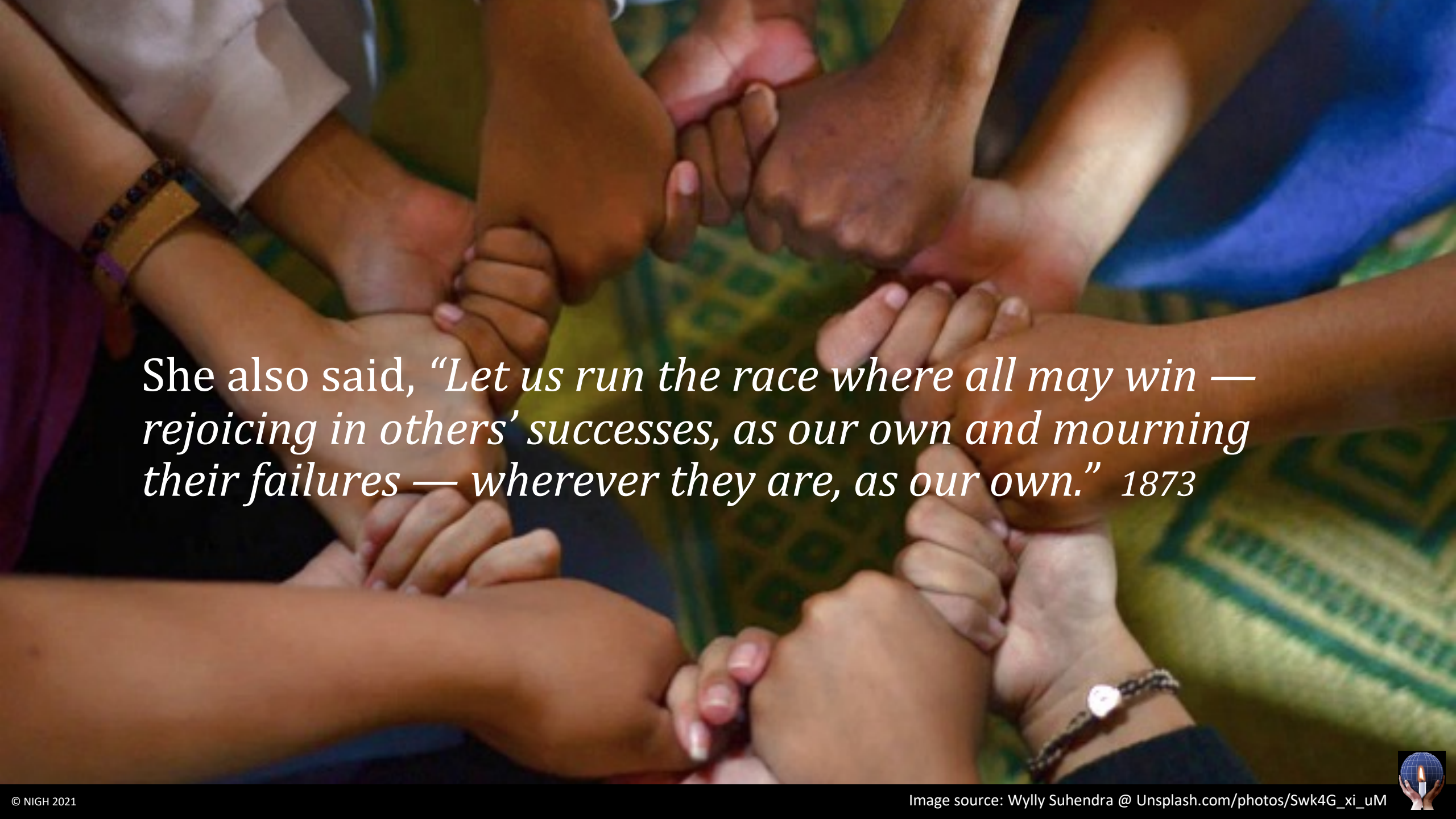


*“This is the ‘enthusiasm’ which everyone — from a shoemaker to a sculptor — must have in order to do his calling properly.*

*Now the nurse has not to do with shoes or with marble, but with living human beings.” 1860*







*She also said, “Let us run the race where all may win — rejoicing in others’ successes, as our own and mourning their failures — wherever they are, as our own.” 1873*





**A NURSE  
is 4  
LiFE  
NOT  
JUST 4  
COViD-19**







**HEALTH for ALL —**

a nice idea or  
a critical goal?

**HEALTH—**

a global commons  
a bridge across boundaries  
a highway to world peace.







# Imagine!

The *estimated* 27 million nurses & midwives working with many healthcare professionals and concerned citizens currently active across the world —





We nurses  
serve what  
is needed at the  
'micro' level of  
global health.





But nurses are seemingly far-removed from 'macro' global & health policy concerns.





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



How do we bridge this gap?







Nightingale worked on complex global problems & challenges —







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






A photograph of a body of water reflecting a forest and buildings. The water is clear and blue, with a dense green forest reflected in the lower half. In the upper half, the reflection of a building with a red roof and other structures is visible. The text is overlaid on the water.

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







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





Royal British  
Commission Chicago  
Exposition, 1893

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**WOMAN'S MISSION**

A SERIES OF CONGRESS  
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PHILANTHROPIC WORK OF  
WOMEN BY EMINENT  
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COMPANY

In the 1890s, Nightingale wrote her last major essay '*Sick-Nursing & Health-Nursing*' — included in this book.







To this end, Nightingale worked — for more than four decades — on the **‘upstream’** issues that determine health — problems that make people sick in the first place and — solutions that can make or keep people healthy.

Image source: Three-Quarter length Image 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.





— anticipating global advocacy for issues now framed as the strategic United Nations 17 Sustainable Development Goals (SDGs).





# HEALTH IN THE SDG ERA



These 17 SDGs are aimed to make a major impact on the health of our world by 2030.





**3** GOOD HEALTH  
AND WELL-BEING





‘Health’ is the central  
common thread running  
through all 17 SDGs —  
all pointing directly back  
to the work Nightingale had  
achieved in her time.





1 NO  
POVERTY



Nightingale often stressed the effects of poverty and a lack of proper housing and clothing on health, particularly for children.





2 ZERO  
HUNGER



Nightingale worked during the 1860s to reform the Liverpool Workhouse Infirmary where 1,200 impoverished and hungry people were crowded into unsafe, unsanitary conditions. Because of this effort — and at Nightingale's urging — the entire British workhouse system was reformed.





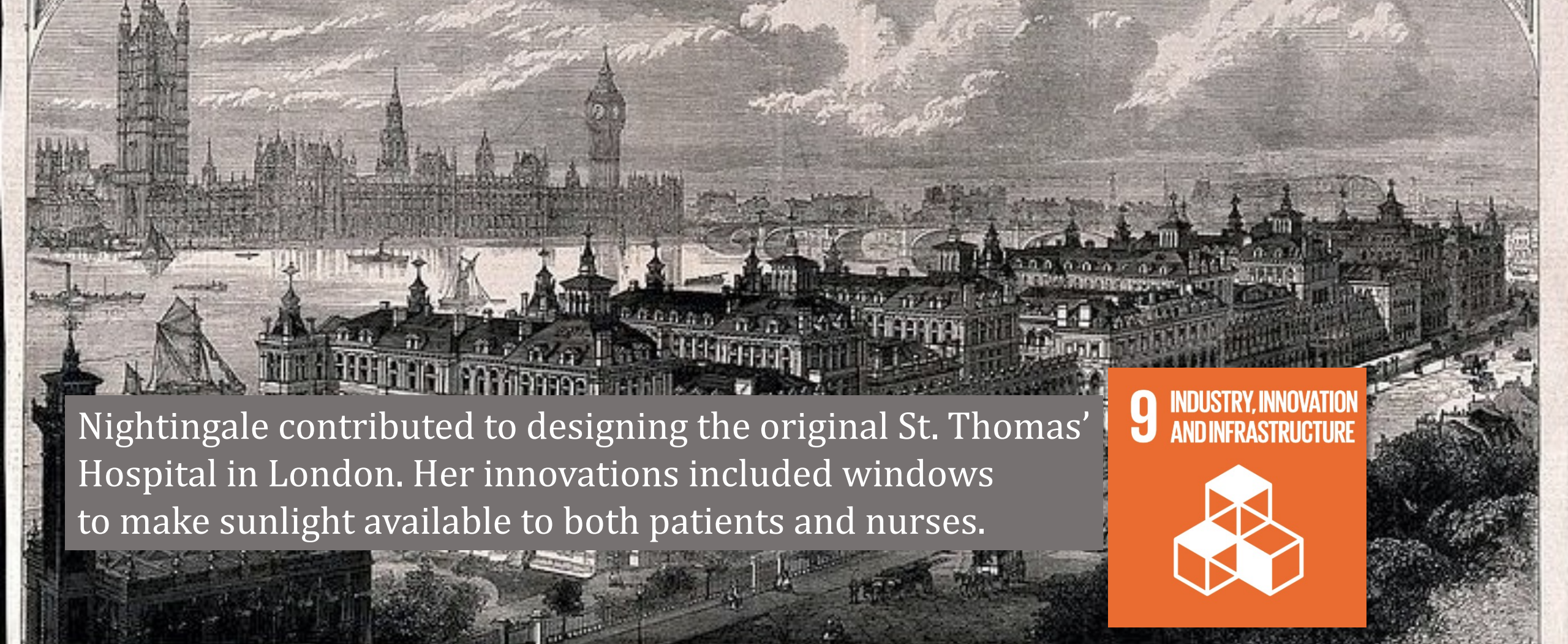
## 8 DECENT WORK AND ECONOMIC GROWTH



Nightingale consistently called for improved working conditions for nurses, including good pensions, sound living situations during training, hospitals designed to save nurses' energy and facilitate better patient care, and such benefits as a one-month annual holiday.







Nightingale contributed to designing the original St. Thomas' Hospital in London. Her innovations included windows to make sunlight available to both patients and nurses.

**9** INDUSTRY, INNOVATION  
AND INFRASTRUCTURE



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. / SDG Logo from UN.org







Nightingale was concerned with inequalities arising from cultural intolerance. She valued various spiritual beliefs and stressed that all the world's great cultures, races and religions should be respected and studied as *“one continuous thread of interest to all these pearls.”*

*paraphrased in Cook, 1913*



11 SUSTAINABLE CITIES  
AND COMMUNITIES



Nightingale said, *“The health of the unity  
is the health of the community.  
Unless you have the health of the unity, you  
have no community health.” 1893*







12 RESPONSIBLE CONSUMPTION AND PRODUCTION



Nightingale prioritized policies that sustain health over those designed only to increase wealth. She wrote, *“People should remember that health is their only capital.”* 1893





Working for decades on health in India, Nightingale understood that deforestation was associated with both drought and excessive rainfall that resulted in floods.

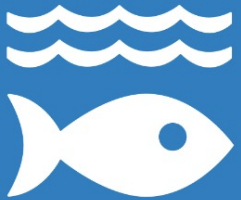
*Nightingale wrote. "We are so stupid, so like children: we go on cutting down wood without replacing it. . . . Tree planting would do much both to bring rainfall and to arrest floods." 1870*





Nightingale took many ocean voyages and remarked about her love for the sea. *“When I was a child, I remember reading that Sir Isaac Newton said in his last hours: ‘I seem to myself like a child who has been playing with a few pebbles on the sea-shore, leaving unsearched all the wonders of the great ocean beyond.’”* 1872

14 LIFE  
BELOW WATER





From the 1850s to the 1880s, Nightingale worked with leaders throughout India to address the health of the Indian population, stressing that it was deforestation that caused losses of tillable soil and food supplies during monsoon storms.

15 LIFE ON LAND





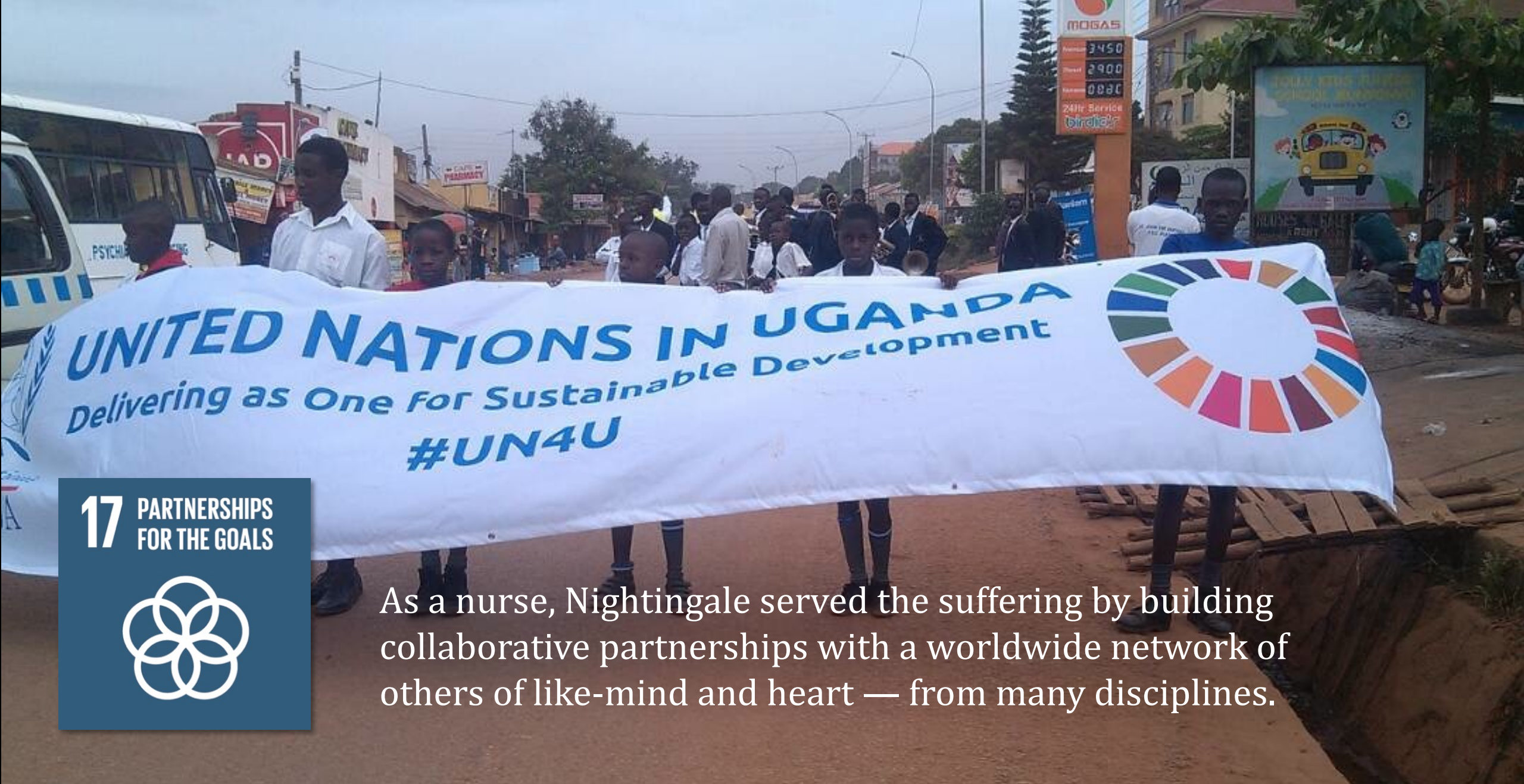
Building upon her own service to soldiers during the Crimean War — and for many years thereafter — Nightingale was keenly aware of what was needed to promote peace.

With this experience and knowledge, she was asked to contribute (anonymously) to the British government's official text submitted to the 1st Geneva Convention — later leading directly to the League of Nations and the United Nations.

**16** PEACE, JUSTICE AND STRONG INSTITUTIONS







**17 PARTNERSHIPS FOR THE GOALS**



As a nurse, Nightingale served the suffering by building collaborative partnerships with a worldwide network of others of like-mind and heart — from many disciplines.







The UN 17 SDGs clearly relate to nurses & concerned citizens themselves — as they work to achieve these today — at grassroots levels, everywhere.





To inform, engage and empower the world's estimated 27 million nurses and concerned citizens to participate in public advocacy — locally, nationally, globally.





Nightingale Initiative for Global Health (NIGH)

*Nightingale  
Declaration  
for a Healthy World*

*in many languages*

@ [www.nighvision.net](http://www.nighvision.net)







“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.







...We declare our willingness to unite in programs 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.







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: Cedric Fautleroy @

<https://www.pexels.com/photo/photo-of-woman-wearing-protective-goggles-and-mask-4270088/>





NIGH's mission—  
is to mobilize  
public opinion and  
humanity's concern  
to achieve all UN 17 SDGs.





In keeping with our commitments to the *Nightingale Declaration*, we are inviting nurses, student nurses — and other stakeholders from across the world — to submit stories about achieving the United Nations 17 Sustainable Development Goals (SDGs).



Learn more about submitting your story here:  
[www.NIGHvision.net/story-guidelines.html](http://www.NIGHvision.net/story-guidelines.html)





# Addressing Stigma Against Persons Who Use Drugs:

An Upstream Approach to Meet Sustainable Development Goals

by Sadaf Ayam & Harsharan Bhangu

York University / HH/NURS Course 4546 \*\*\*



7 of the 17 UN SDG Logos from UN.org / Stigma against addiction from Dufton, 2012, used with attribution.



***Purpose: To illustrate, how stigma related to substance abuse influences SDG #3 on an individual, family, community, and global level and how the upstream approach taken by everyone will help alleviate the global health challenge.***

Substance abuse is a serious public health problem that impacts society on multiple levels. The stigma related to substance use has resulted in **discriminatory policies** which deny the person who uses drugs from accessing numerous rights and opportunities. Stigma can lead a person to hide their drug use and avoid getting help because they are afraid of the judgment of others and imprisonment, depending on their geographic location. The several sustainable development goals that will be impacted by addressing drug abuse on a global scale are: SDG #1—End poverty in all its form everywhere; SDG #2—End hunger, achieve food security and improved nutrition and promote sustainable agriculture; SDG #3—Improve overall health and wellbeing; SDG #5—Gender Equality; SDG #15—Life on land; SDG #16—Peace, justice and strong institutions and SDG #17—Partnerships for the goals — all social and environmental health determinants. Ultimately, substance abuse is a **cumulative**





# 'INVENTION' FOR RURAL INDIAN MOTHERS' HEALTH

By Dr. Sonali Suryakant Sangrulkar

HOD of Community Health Nursing Department

K. J. Somaiya College of Nursing

Mumbai, Maharashtra, India

We have reached an important landmark crossroads—the closing of one millennium and the beginning of another. Over the centuries, the average length of human life has increased with improvements in the living conditions.

In India, maternal health trends are drawing more and more attention of the government and the public. According to the World Health Organization (WHO), India has made ground-breaking progress in reducing the maternal mortality ratio (MMR) by 77%, from 556 per 100 000 live births in 1990 to 130 per 100 000 live births in 2016. This puts the India on track to achieve the Sustainable Development Goal (SDG) target of an MMR below 70 by 2030. Family support and care providers





# Introducing 'Nightingale Declaration' Language Versions

- 
- \* English Nightingale Declaration
  - \* Russian Nightingale Declaration
  - \* French Nightingale Declaration
  - \* Arabic Nightingale Declaration
  - \* Chinese Nightingale Declaration
  - \* Korean Nightingale Declaration
  - \* Spanish Nightingale Declaration
  - \* Portuguese Nightingale Declaration
  - \* Kiswahili Nightingale Declaration

**Nine Posted Versions  
including all official  
UN Languages**

*“We the nurses & concerned citizens of the global community hereby dedicate ourselves to achieve a healthy world.”*





# Korean version of the 'Nightingale Declaration for A Healthy World.'

## 건강한 세상을 위한 나이팅게일 선언

“우리는, 지구촌 공동체를 위한 간호사 이자 시민으로서, 건강한 세상을 이루는데 헌신한다.

우리는 행동계획에 따라 적극적으로 협력하고, 정보와 해결 방안을 공유하며, 지역사회, 국가, 전 세계 모든 인류의 건강을 증진시킬 것을 선언한다.

더 나아가 우리는 이를 성취 가능하고 필연적인 목표로 세우고자, 개인적으로 실천하며 우리 지역과 국가의 공공 정책을 수행할 것을 다짐한다. 오늘 우리는 이를 자신의 삶에서, 우리 국가의 삶에서, 그리고 전 세계의 삶에서 시작하는 바이다.”

with  
appreciation  
to

NIGH's  
Korean Advisor  
Dr. Sue Kim  
Yonsei University  
Nursing Professor

+

Her language colleague  
Dr. Sung Hee Choi



Available @ [www.nighvision.net/korean-declaration.html](http://www.nighvision.net/korean-declaration.html)





# Mind Map of 'Nightingale Declaration' Language Versions Stories Strategies



**Proposed Indigenous language versions**

**Nine Posted Versions including all official UN Languages**

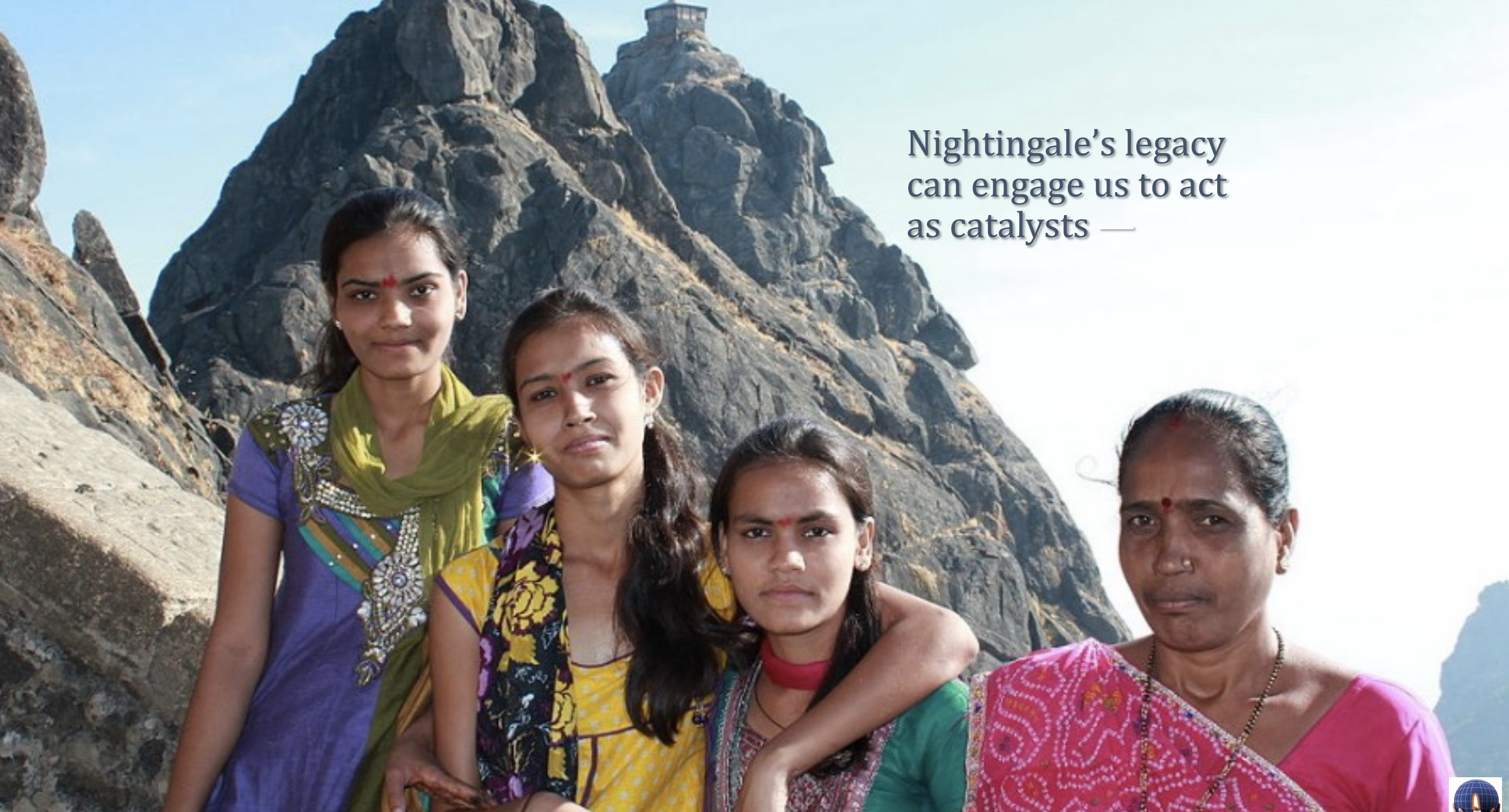
**Language Versions currently in preparation**

*“We the nurses & concerned citizens of the global community hereby dedicate ourselves to achieve a healthy world.”*





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







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







healing...





# leadership...







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





# Can we generate the vision?





# Courage?





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







Image Source: [Unsplash.com/photos/ufVCWjffH5Q](https://unsplash.com/photos/ufVCWjffH5Q) Elia Pelligrini







Nurses are on the  
vanguard of what  
humanity can  
— *and must* —  
become!







*Florence Nightingale* (age 87, 1907)  
Can we hear her voice that speaks to  
our mission of caring and healing?





Thank you!

Please visit us @  
[www.NIGHvision.net](http://www.NIGHvision.net)





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# Thank you!



<http://dosseydossey.com>

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