

# NZFCNA Newsletter

June 2010

Page 1



## Contents:

Page 1:

- ❖ Florence Nightingale

Page 2:

- ❖ International Year of the Nurse

Page 3:

- ❖ Regional Reports
- ❖ Westberg Symposium

Page 4:

- ❖ Book Reviews

Page 5

- ❖ NZCCSS
- ❖ Conference
- ❖ Contacts
- ❖ Prayer Points

## 2010: International Year of the Nurse.

*100 years since the death of Florence Nightingale; 1820 - 1910*

Florence Nightingale was born in Florence, Italy. Her parents were upper class, wealthy and influential as well as being very religious. At seventeen she felt herself to be called by God to some unnamed great cause and at the age of twenty-five told her parents she wanted to become a nurse. Her parents were totally opposed to the idea as nursing was associated with working class women. In 1851 Florence's father gave her permission to train as a nurse.

Florence, now thirty-one, went to Kaiserwerth, Germany where she studied to become a nurse at the Institute of Protestant Deaconesses. Two years later she was appointed resident lady superintendent of a hospital for invalid women in Harley Street, London. There she made some revolutionary innovations. "She demanded, and got, a system of dumb waiters that enabled food to be sent directly to every floor, so that nurses did not exhaust themselves carting trays up numerous flights of stairs. She also invented and had installed a system of call bells which a patient could ring from his bed and the bell would sound in the corridor. "Without a system of this kind," she wrote, "a nurse is converted to a pair of legs."

A year later, during the Crimean War she was sent in charge of 38 women nurses to the army barrack hospital in Scutari, Turkey. The doctors and military men scorned her presence, the conditions were horrific and the organization of the hospital was non-existent. She was armed with her certainty that this was God's work for her, her indefatigable commitment to work and a resolve to enforce change.

Florence is described as the "lady with the lamp"- the image described by the soldiers as they remember her moving amongst them late at night, stopping to check how they were. Her sharp learning curve during two years working in Scutari gave her the basis for the books she subsequently wrote including one for nurses which is still used today "Notes on Nursing" HOLD UP and one on hospitals which became a foundation for changes in hospital design and organisation.

Returning to England, she shunned the publicity surrounding her – indeed used an assumed name and walked to her parent's home from the railway station to avoid any fuss. The huge amount of money raised for her work by public donation was used to initiate a training school in St Thomas' hospital and her views were even ascertained about the rebuilding of that famous institution. She went to seek the support of reforms in the care of the soldiers and their families from Queen Victoria and Prince Albert who had followed her work with interest.

She fought for the implementation of a Royal Commission to improve the health of the British Army. The report of the commission was based on the research and statistical analysis she had done. It included the arguments she gave for the changes she saw necessary. Her work continued into her 80's as she continued to write, research and advise.

Throughout all this striving for improvements in physical health Florence was continually challenged to define her own beliefs and she wrote of her thinking in her journals as well as in works she offered for publication. She believed that God had called her to be his handmaiden. An expression of how she viewed nursing is summarised in the pledge given by Nightingale for new nurses and is still relevant to those of us who feel God's call or vocation to this work today – as Faith Community Nurses do:

She was a woman of her time. She believed in God to such an extent that she gave over her whole life of commitment to Him. She never sought fame but was wise enough to use her connections and knowledge. She was autocratic and a workaholic but she cared deeply about people.

In 1907, 3 years before her death, and aged 87 she received the Order of Merit. She was the first woman to be so commended. Propped up on pillows she murmured in response "Too kind, too kind."

Florence Nightingale died on 13<sup>th</sup> August, 1910.



*A lamp used by Florence Nightingale*



## 2010 INTERNATIONAL YEAR OF THE NURSE: A CELEBRATION

2010 IYNurse, in recognition of the United Nations Millennium Development Goals (MDGs), seeks to recognize the contributions of nurses globally and to engage nurses in the promotion of world health.

2010 is also the Centennial Year of the death of modern nursing's founder — Florence Nightingale (1820-1910). To celebrate this historic milestone, the 2010 IYNurse is planned as a sustained public awareness initiative to actively involve the world's nurses — estimated to be more than 15 million — in a celebration of commitment to bring health to their communities worldwide.

[www.2010iynurse.net](http://www.2010iynurse.net)

Check this site for celebrations and activities happening worldwide

### The College of Nurses Aotearoa:

invites all nurses to join in a special event being launched on Nurses Day to celebrate the International Year of the Nurse and to honour Florence Nightingale (1820-1910), the founder of modern nursing, on the centenary of her death.

#### Nursing100

Show-casing the profession of nursing and its enduringly valuable contribution in New Zealand. An innovative and positive event - promoting nursing and recognising nurses.

#### Gifting 100 minutes

Nurses are invited to participate by entering details of a gift of 100 minutes they have made to promote nursing as a fantastic career or provide a nursing service (within their current scope of practice [www.nursingcouncil.org.nz](http://www.nursingcouncil.org.nz)). All nurses are welcome to participate.

#### Recognition

In return, if the nurse chooses and submits a 100 word reflection, a professional PDRP portfolio certificate is provided. The College of Nurses Aotearoa wishes to share your fascinating and inspiring stories to meet the objectives of Nursing100 to promote nursing and recognise nurses.

For more information see <http://www.nursing100.org.nz/>

#### Hot off the Press

Advance copies of the newly released book

*"Freed to Care, Proud to Nurse: 100 years of the New Zealand Nurses Organisation "* are available for purchase

More information about this book:

[http://www.nzno.org.nz/services/resources/centennial\\_publication](http://www.nzno.org.nz/services/resources/centennial_publication)

To order a copy of this book, email:

[publications@nzno.org.nz](mailto:publications@nzno.org.nz)

## Regional Reports

### Auckland

The Auckland Regional Faith Community Meeting was held at Selwyn Village on 20 March 2010. We had a good attendance with 8 attending and 10 apologies received. The meeting opened with prayer, and then a short time was spent introducing ourselves to the group. Kris Telfer introduced the photo and story competition flyer and the upcoming conference flyer. She talked and distributed journal articles about Inpatient care and Spiritual Nursing. Elizabeth Niven talked about Faith Community Nurse members being able to borrow books from St John's College (Kinder Library), and also talked about accessing journal articles through the library databases. Isabel introduced a variety of books that she had borrowed from the Kinder Library to show to the group. Isabel is to talk with Judith Bright, Librarian at Kinder Library about the possibility of having a Regional Meeting at the Library. Mesepa Channing and Christina Tapu, gave us an interesting and informative powerpoint presentation on their experiences nursing in Samoa in the aftermath of the Tsunami. We had discussion about the NZFCA Basic Introductory Course Modules with Elizabeth Niven explaining the process of completing these modules to us. We also had discussion about membership fees; Isabel has sent those attending website details regarding membership. The meeting closed with meditation, prayer and morning tea. Next meeting is a 'quiet day' on 26 June 2010 at Selwyn Village.



*Filled with compassion,  
Jesus reached out his hand  
and touched the man.  
"I am willing," he said.  
"Be clean!"  
Immediately the leprosy left  
him and he was cured.*

Mark 1:41-42

### Hawkes Bay / Manawatu Region

Nicola Curtis is coordinating the meetings, which are proving to be valuable to all those involved in FCN in the Manawatu region.

### Bay of Plenty

Dot Finlay, after many years of patiently waiting for the opportunity, is commencing as a FCN in Holy Trinity Tauranga. The church has a large congregation, about 400 members, of whom a significant number are health professionals. Dot expects to be almost full time and was able to obtain her practising certificate on the basis of FCN.

### Canterbury

A recent meeting was attended by eight nurses. Everyone introduced themselves and gave an update on their practice. The Bishop of Canterbury is supportive of Faith Community Nursing within region. There is an opportunity to present Faith Community Nursing at a Clergy retreat in April. A suggestion was made to use CD Health Board calendar within the Faith Community Nurse role. Diane Webster has made herself available to review individual nurses' set up of practice.



## 2010 WESTBERG SYMPOSIUM - USA

A Westberg Symposium to remember.

24th Annual Westberg Symposium,  
"Thriving in a Changing World,"  
to be held September 17-19, 2010  
at the Embassy Suites and Convention Center in  
St. Charles, Missouri

## Book Reviews:

### **“Who will I be when I Die?”** by Christine Bryden



Christine was diagnosed with Alzheimer's at the age of 46 when she was holding down a high-powered job in the Australian Government. In the early part of the book she describes her symptoms and the multitude of tests that she went through before diagnosis, she then talks about what it is like to live with the disease and her spiritual journey. Christine had become a Christian only a few years before her diagnosis.

One of the difficult things for those living with Alzheimer's is that they look 'normal' and others cannot see what is happening, Christine describes it as being 'totally foggy in my head, and everything takes lots of effort and control'.

Some tips that I have taken from this book to remember when I meet someone with Alzheimer's.

The person may appear very well and be able to talk to you so that you wouldn't know anything is wrong, but this would be incredibly tiring for them and would take significant time to recover once you had gone.

“After a social chat with you when I might have seemed so incredibly well and so mentally focussed, after you have gone I might sink back exhausted, monosyllabic, wrung out and empty of all showmanship. It might take me at least a few hours lying down with my eyes closed to recover.”  
It all very well to offer help but how are they going to remember to ask for help? I will have to remember to be proactive.

In prayer Christine gets “muddled and vague”, she finds the Prayer Book daily service a way of keeping focussed in her time with God.

The Alzheimer's patient's close family will notice subtle changes, but who will notice them in those who live alone, they may just retreat from social situations as they become too difficult for them.

Patients with dementia may suffer from overload of stimuli; “The reason for the blank stare in many Alzheimer's patients is that they may well be exposed to too much stimulus, so there would be little point, and indeed it may be quite counterproductive, to try to ‘jolly them out of it’ by more stimulus either visual or sound.”

Christine understands how Alzheimer's patients could get violent by being hurried along by others because they cannot get the words out quickly enough to make their wishes known.

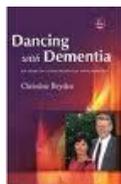
The appendix is an explanation of what Alzheimer's is and how it affects people. There is a good description of the symptoms experienced and what it means in the day-to-day life of the sufferer.

I found this to be a helpful book to get more of an understanding of something that I am coming across more and more.

*Helen Vaughan*

### **“Dancing with Dementia”**

by Christine Bryden;  
a follow up book to  
“Who will I be when I Die?”



This second book begins with Christine feeling much improved. It was three years after her diagnosis and she had commenced part time study for a theology degree. The previous spring her congregation had prayed for her as she had been experiencing hallucinations, however, as well as prayer for ending of the hallucinations someone had prayed for healing. Her symptoms improved and she was able to resume some of her previous activities. Later this same year Christine married Paul; she had experienced desperate loneliness the previous year and had prayed for relief from it.

Three years after her diagnosis Christine “came out” with dementia. This happened after her first book was published. However, she then encountered more difficulties; people questioned her diagnosis, as they could not believe that if someone was able to speak in public they could have dementia.

Christine then began the next stage of her life with dementia. As she presented at conferences, the

professionals involved with the care of patients with Alzheimer's realised they needed to listen to the patients, even though they had dementia their lives weren't over.

Over the next few months Christine was instrumental in getting a support organisation for those with dementia off the ground, Dementia Advocacy and Support Network International (DASNI). Then followed travels around the world as she spoke at conferences. Thanks to Paul, she was able to do this, although each speech left her exhausted.

The second half of the book gives a thorough description of what it is like to be living with dementia. At the end of the book Christine answers the question that she posed as the title of her first book “Who will I be when I die” by saying that she knows that she is choosing an attitude of dancing with dementia, she is choosing to live positively with dementia and, above all, Christine knows that “her spiritual relationship with God through Jesus strengthened as an important source of her identity.”

*Helen Vaughan*



## NEW ZEALAND COUNCIL OF CHRISTIAN SOCIAL SERVICES

### UPDATED WEBSITE LAUNCHED

Interested in social justice and promoting a fair go for all?

Want up to date information on New Zealand's social policies and effective social service practices?

Want to be challenged with thoughtful ideas for improving equality for all New Zealanders?

### VISIT

[www.justiceandcompassion.org.nz](http://www.justiceandcompassion.org.nz)

Regular Policy Watch reports are available on the NZCCSS website.

Recent examples

- ❖ *Vulnerability Report*
- ❖ *Grassroots Voices report*
- ❖ *Working Together We Can Respond to Dementia: future directions for services*

Add this site to your favourites and check updates easily.

*NZFCNA Conference in September, for more information see website or email [admin.faithnursing@xtra.co.nz](mailto:admin.faithnursing@xtra.co.nz)*

**Please pray for:**

- † *The members of the Board as they support FCN's around NZ*
- † *The Conference team as they plan and organise this year's conference.*
- † *FCN's and those considering this ministry around NZ, especially Dorothy Finlay as she begins in Tauranga.*

NEW ZEALAND FAITH COMMUNITY NURSES ASSOCIATION  
presents:  
CONFERENCE 2010

### Managing Life's Transitions in a Faith Community 'Lost in Transition'

*Kia Kaha! "Be strong and courageous ... for the Lord your God will be with you wherever you go" Joshua 1:9*



3-4<sup>th</sup> September  
Salvation Army Central City  
92 Vivian St  
Wellington

*This conference will provide an opportunity to:*

- *Expand and share your knowledge of supporting others through both difficult and joyous transitions of life.*
- *Learn more about the ministry of Faith Community Nursing.*
- *Network and fellowship with other Christian nurses.*
- *Take time out with God for reflection and worship.*

Supported by the Anglican Church of Aotearoa, New Zealand and Polynesia

[www.faithnursing.co.nz](http://www.faithnursing.co.nz)  
[admin.faithnursing@xtra.co.nz](mailto:admin.faithnursing@xtra.co.nz)

## Contacts

**National Coordinator:**

Diane Webster

Po Box 64

Kaiapoi 7644

[admin.faithnursing@xtra.co.nz](mailto:admin.faithnursing@xtra.co.nz)

**Editor:**

Kris Telfer

[ktelfer@xtra.co.nz](mailto:ktelfer@xtra.co.nz)

**Website:**

[www.faithnursing.co.nz](http://www.faithnursing.co.nz)

