

# Assessment of the Educational Effectiveness of Applying Nightingale's Concept of "Disease" to Promote a Reflection of Life Style for Nursing Students



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- **Purpose:** To assess the educational effectiveness of applying Nightingale's concept of "Disease" to promote a "Reflection on life" for nursing students.
- **Participants:** 102 fourth year nursing students who attended the class titled "Medical and Nursing Information" and agreed to be enrolled in this study.

**Method:** Students keyed in their fundamental daily living information using software which was developed based on the Nightingale's concept of "Disease". This was done for a minimum 2 week period of their daily lives which included sleeping, meals, exercise, etc.

**Data Analysis:** Four criteria to analyze the records of students exist:

**A:** Able to make concrete plans for changing the pattern of daily lives to improve health conditions.

**B:** Able to identify the relationship between their life styles and their health conditions.

**C:** Able to grasp the facts which are related to their specific health conditions.

**D:** Facts were not sufficient to identify their health conditions from the record of their daily lives.

# Definition of Disease by Florence Nightingale

All disease, at some period or other of its course is more or less a reparative process, not necessarily accompanied with suffering: an effort of nature to remedy a process of poisoning or of decay, which has taken place weeks, months, sometimes years beforehand, unnoticed,..."

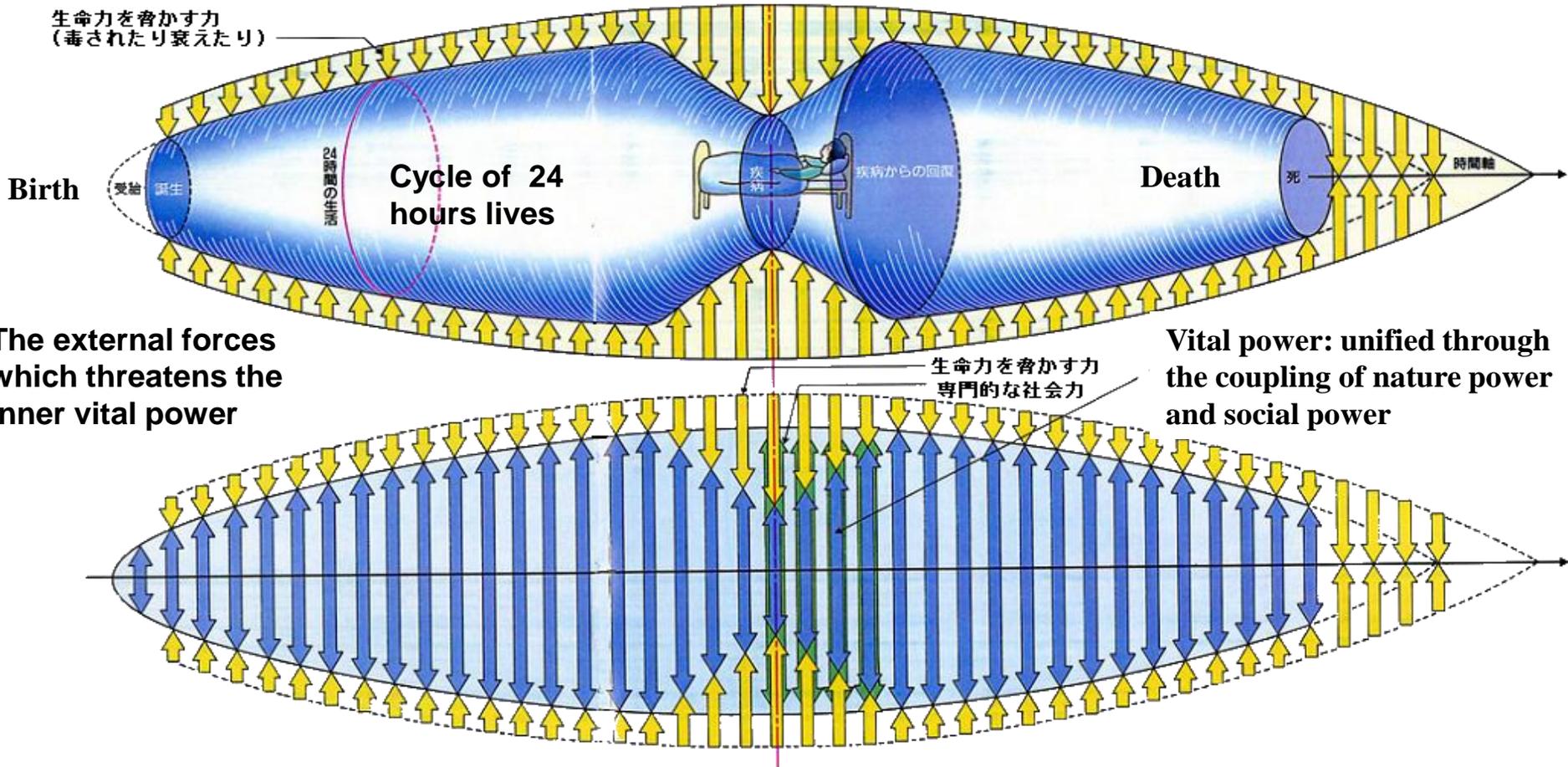
(Notes on Nursing: What It Is and What It Is Not, 1860)

# Definition of Disease by Florence Nightingale

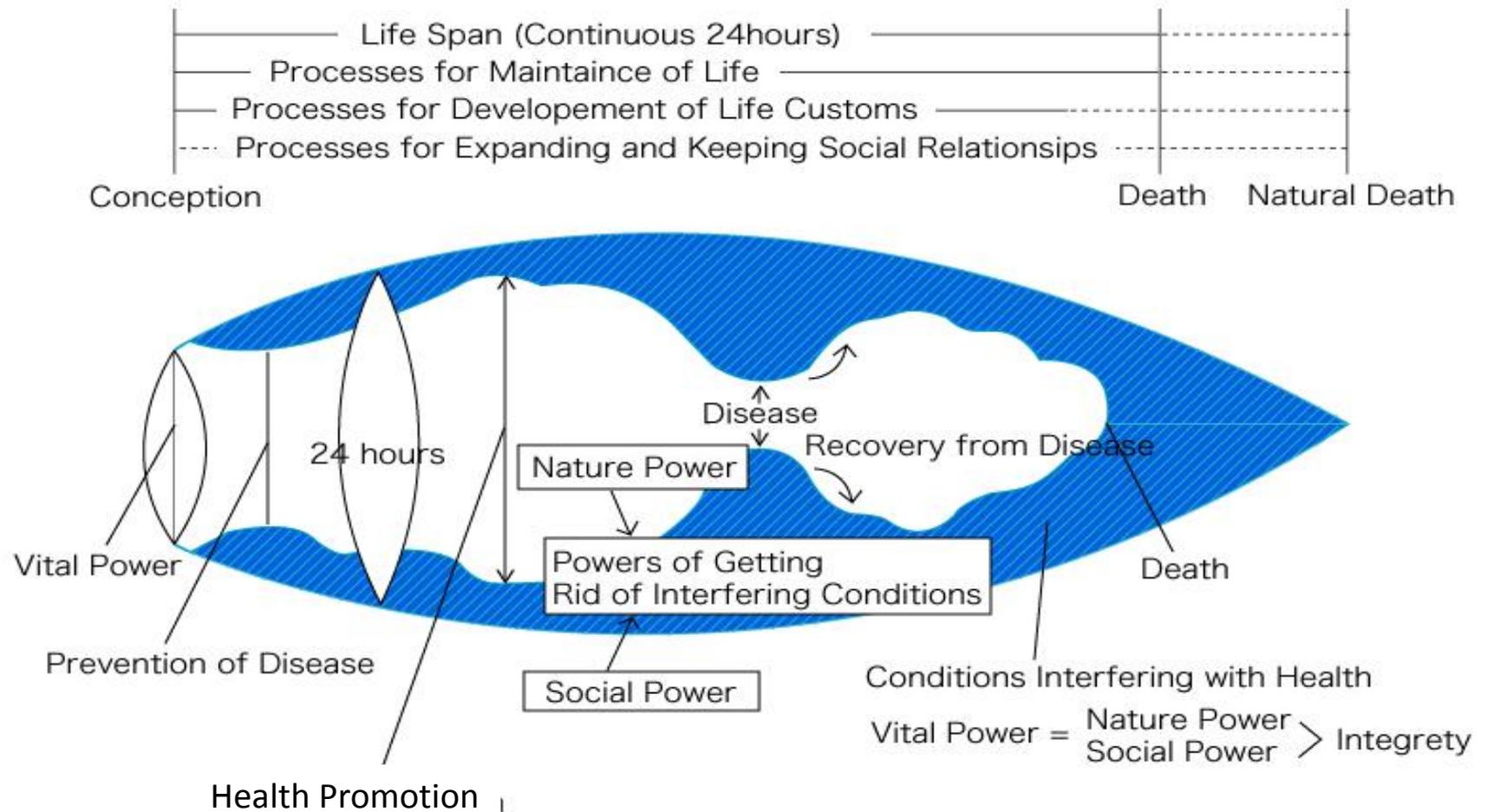
“The reparative process which Nature has instituted, and which we call disease, has been hindered by some want of knowledge or attention, in one or in all of these things and pain, suffering, or interruption of the whole process sets in”

(Notes on Nursing: What It Is and What It Is Not ,1860 )

# The Model of Disease and Reparative Process Created by H.USUI



# Life and Health of Human Beings



# The Software for Describing the holistic picture in time serially which constitute one's life Cycle

看護過程 受持患者全体像 - Windows Internet Explorer

http://192.168.24.4:8080/nursing/caselist.do

ファイル(E) 編集(E) 表示(V) お気に入り(A) ツール(I) ヘルプ(H)

x 変換 選択

x bing

お気に入り 時刻表検索 Scientific Sessions NHK クローズアップ現... 日本学術振興会科学研究... 薬品検索 ログイン | 大容量ファイ... おすすめサイト Web スライス ギャラ...

看護過程 受持患者全体像

ページ(P) セーフティ(S)

社会関係

からだ

祖母が入院

習い事の前に友達とお菓子を買って食べる(英会話、水泳、ピアノ)

家族入力

社会人入学の学生生活

3か月に1回の歯科検診

海外に語学留学2回

地元のマラソン大会に参加

特徴入力

対象 20歳一般

あと少しで卒業だな  
今何をしておくべきかな  
何とかしたいけど、何ともならないのかな  
不安  
でも進まなくちゃ

歯列矯正

虫歯についての悩み

病名入力

リテーナーの装着

血圧 104/62 mmHg

身長 158.0 cm 体重 52.0 kg

年齢 23 歳 性別 女性

年月日(基準日) 2000/06/20

※2004年1月13日なら2004/01/13と入力してください

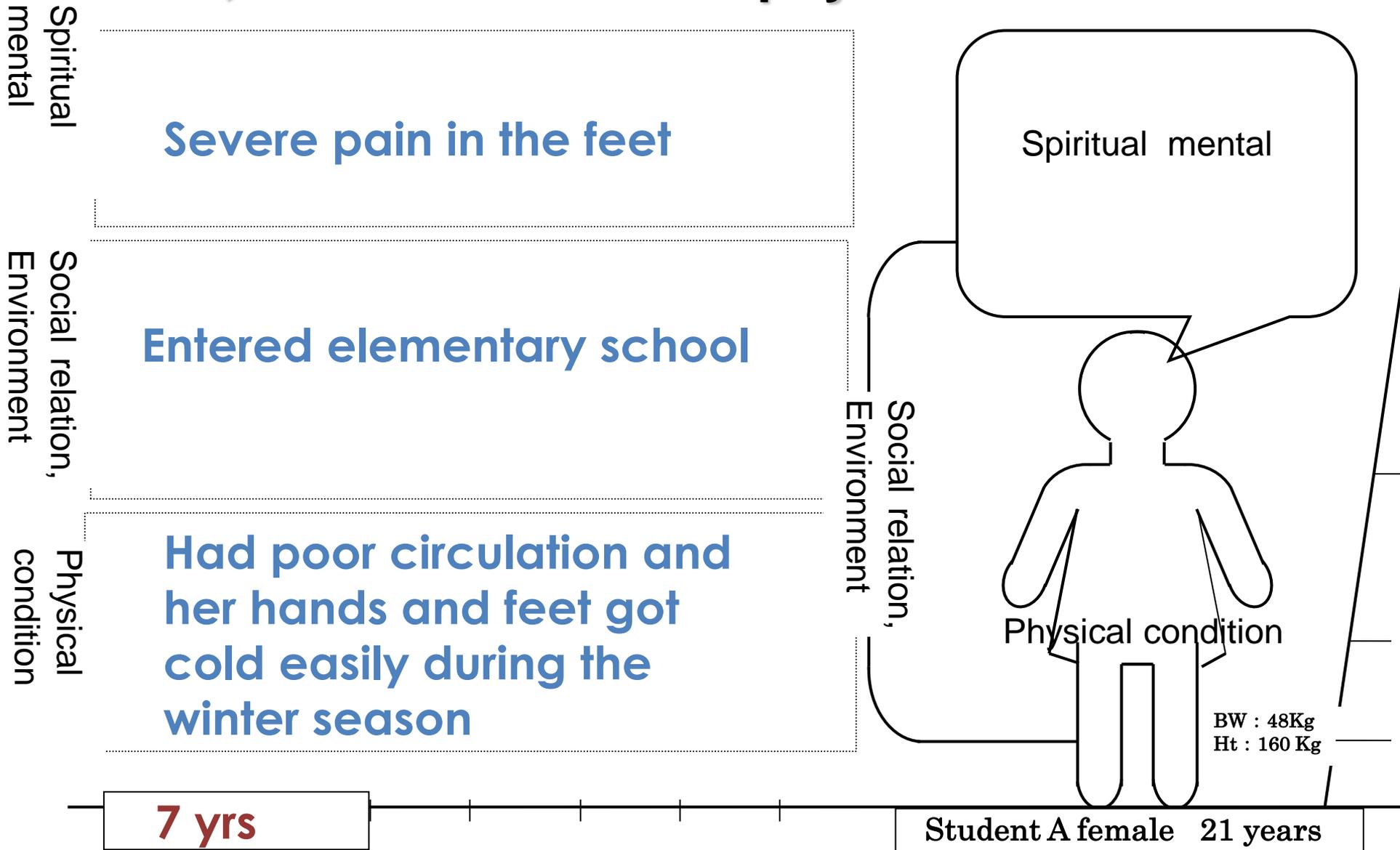
6歳 8歳

副除 副除

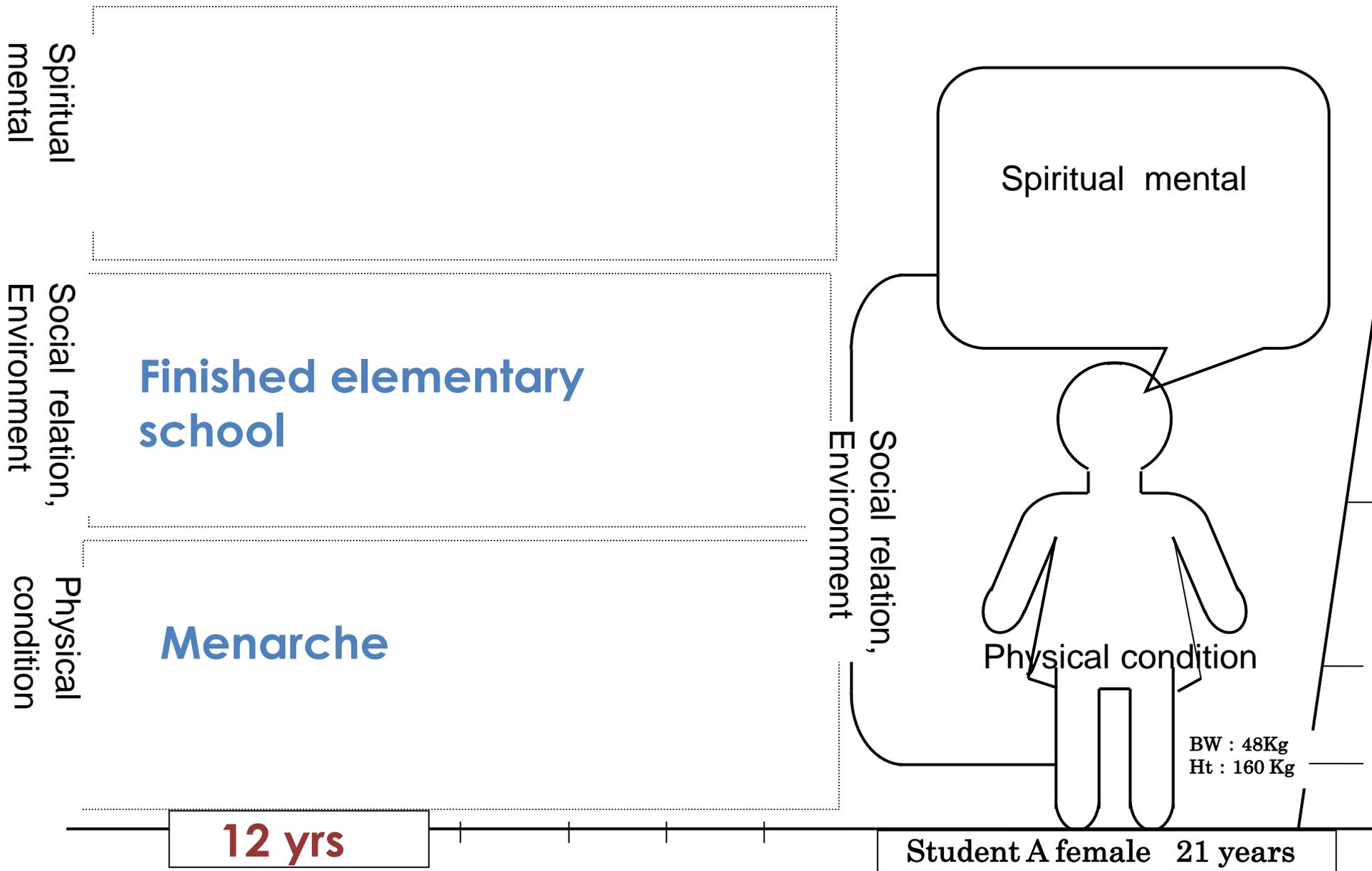
新規

ローカルイントラネット | 保護モード: 無効 90%

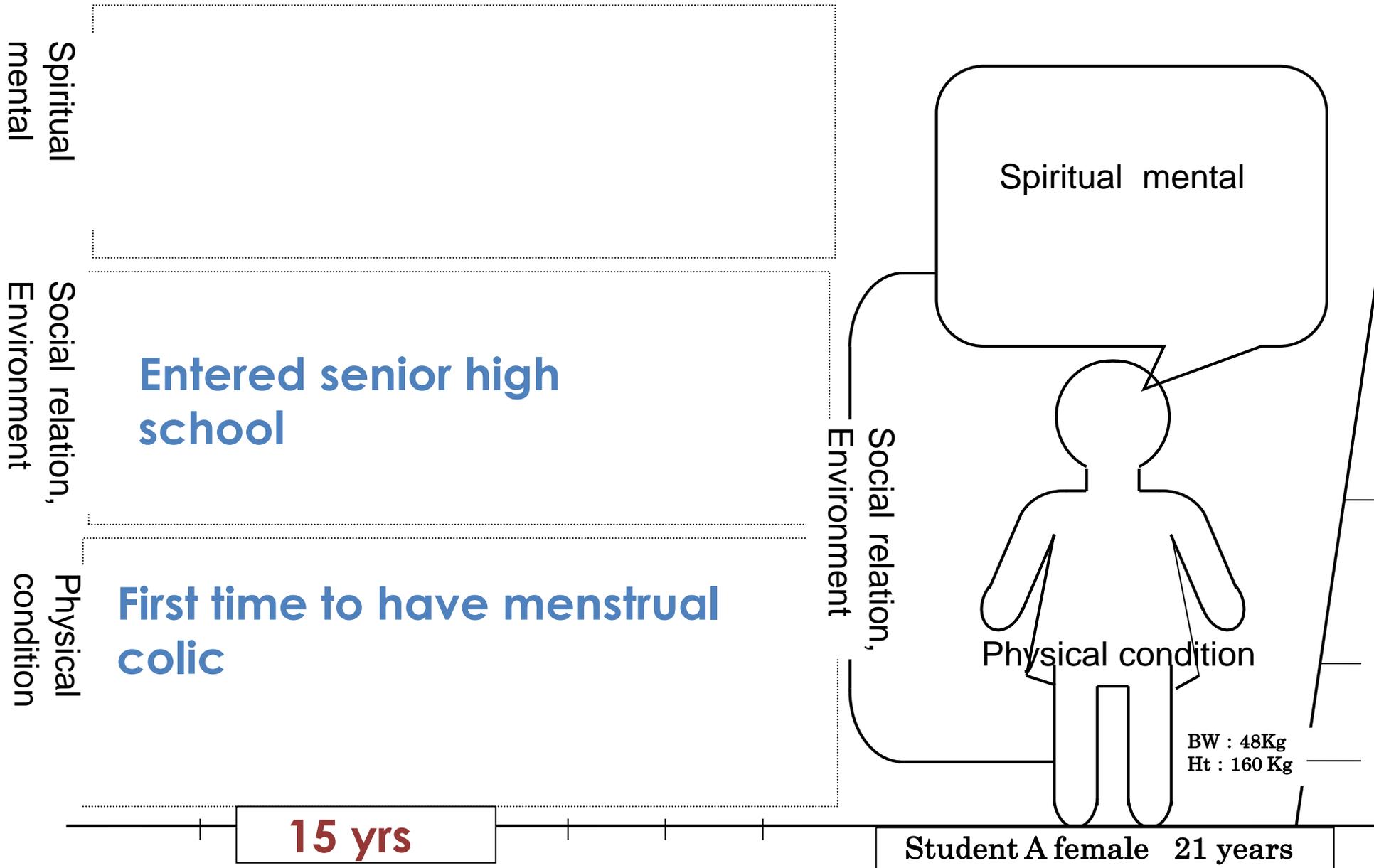
# Model of holistic picture: for describing the Important events of life processes from spiritual/mental, social relation and physical dimensions



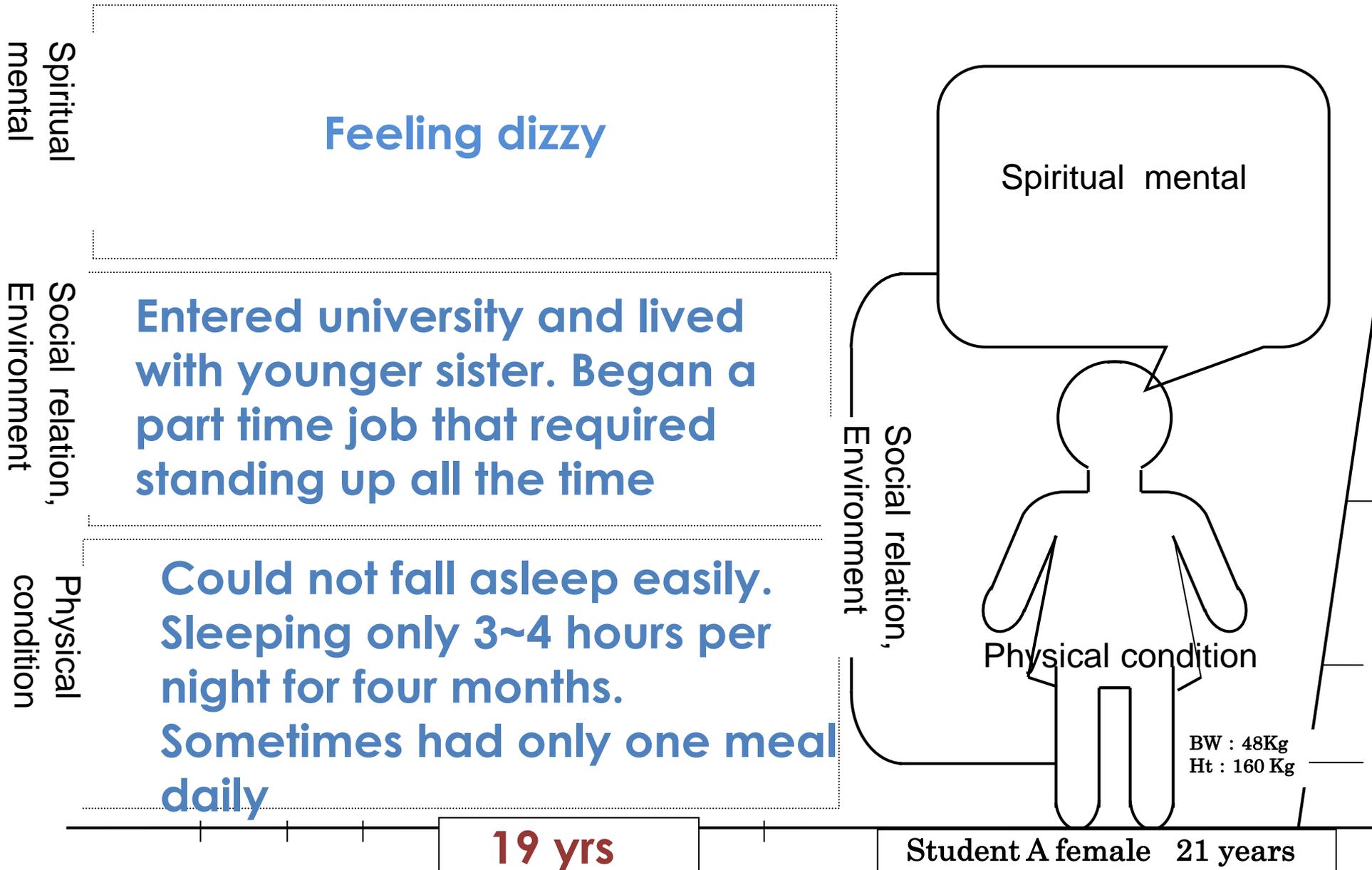
# Model of Holistic picture



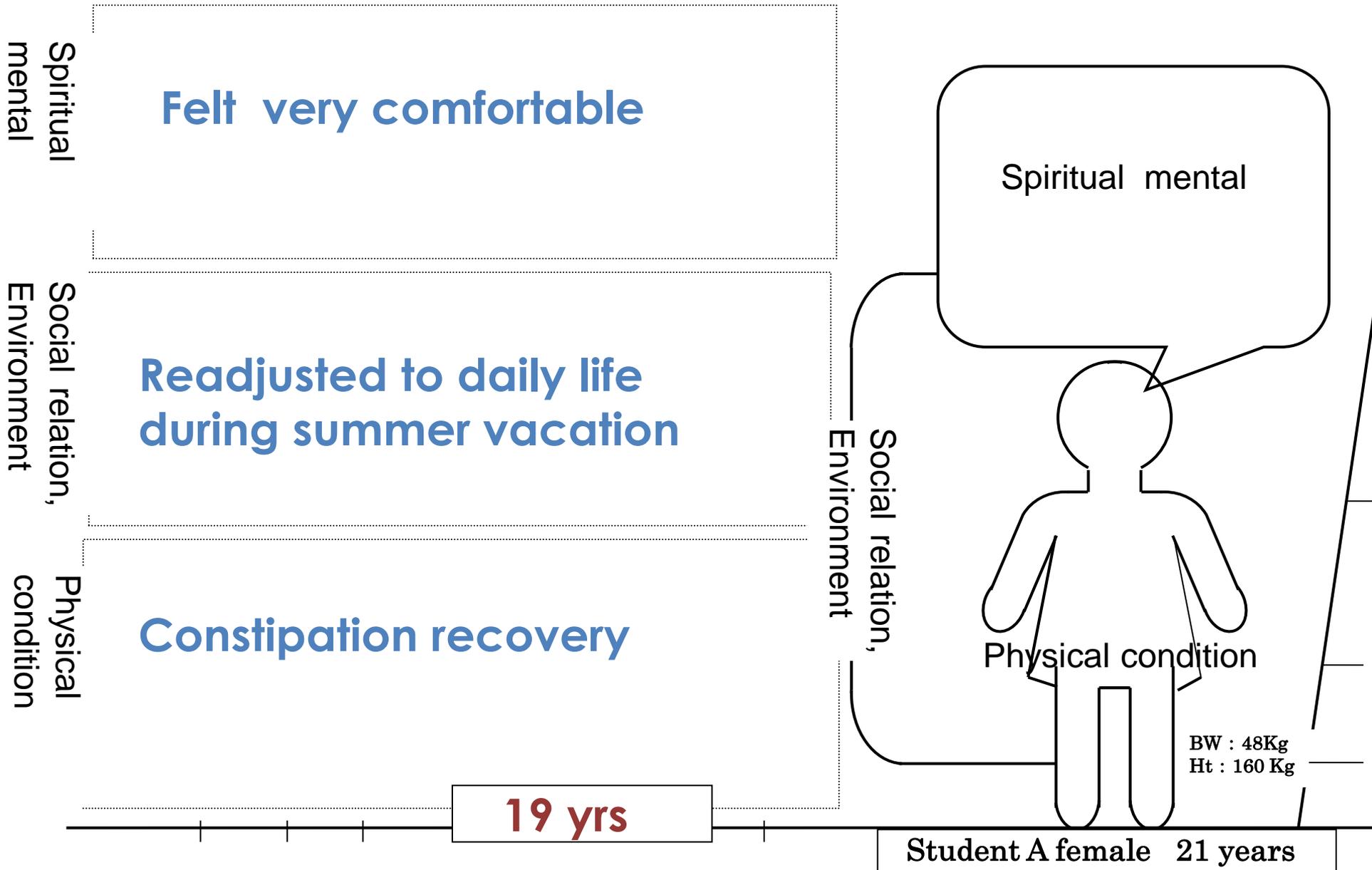
# Model of Holistic picture



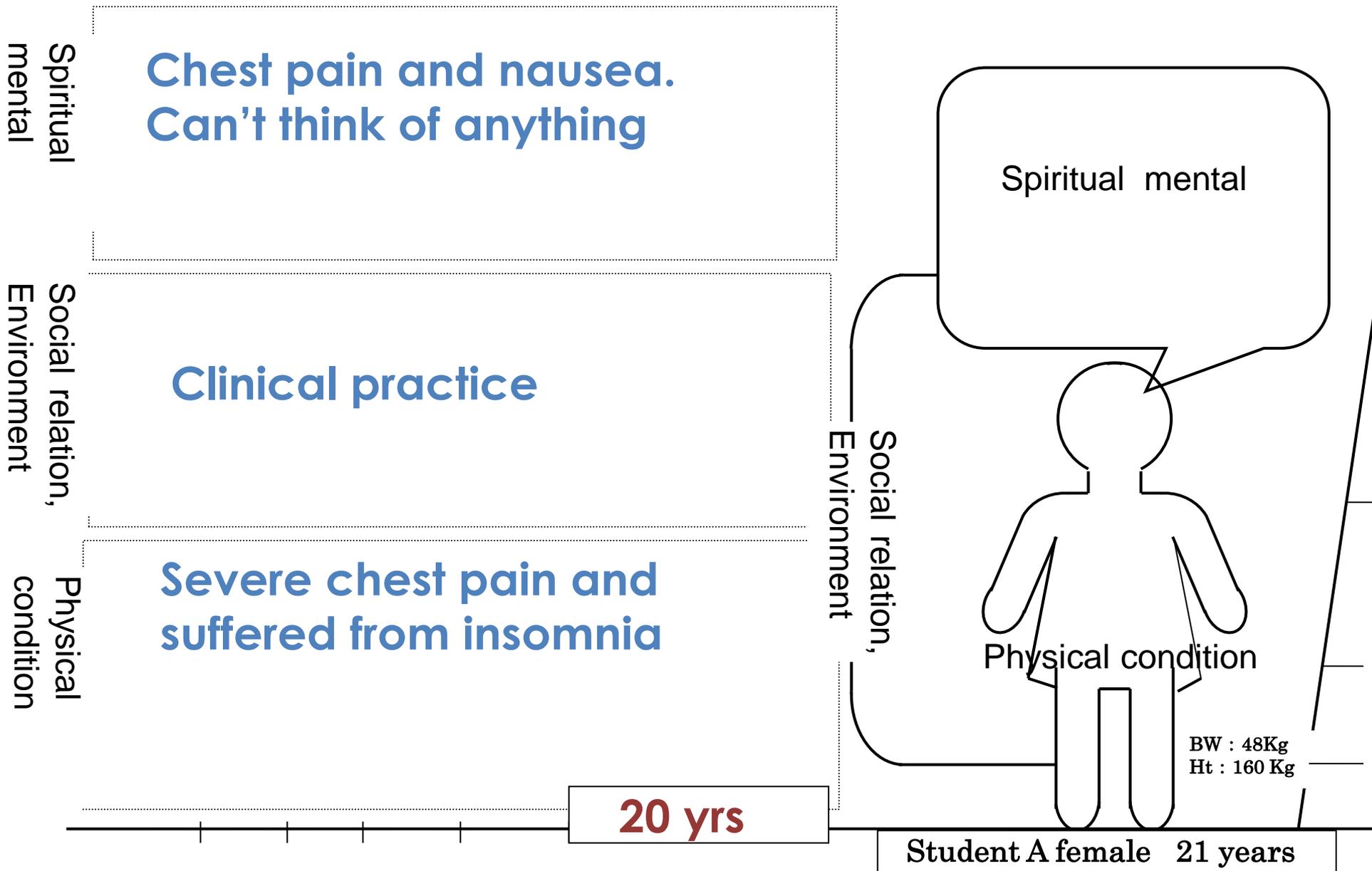
# Model of Holistic picture



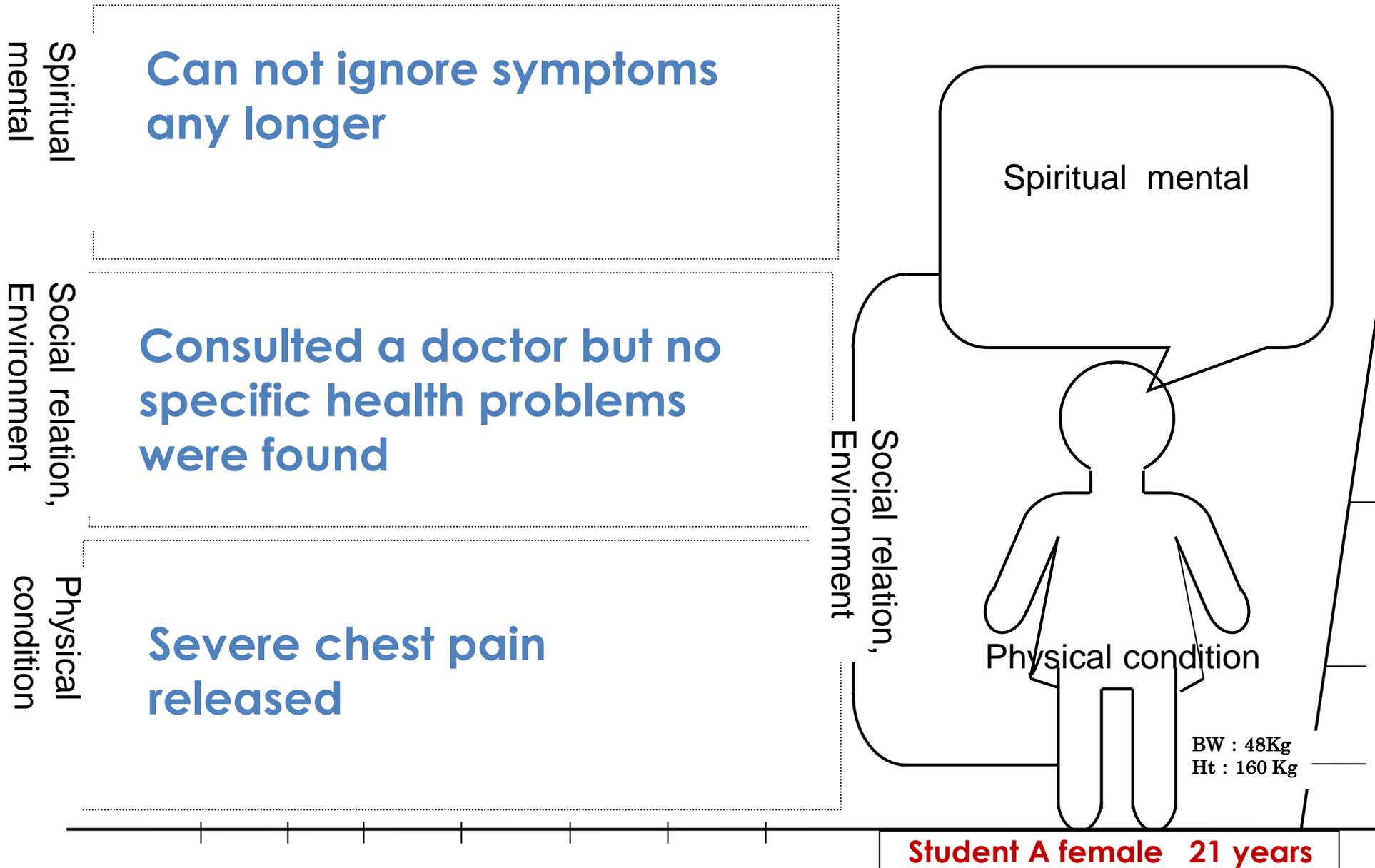
# Model of Holistic picture



# Model of Holistic picture



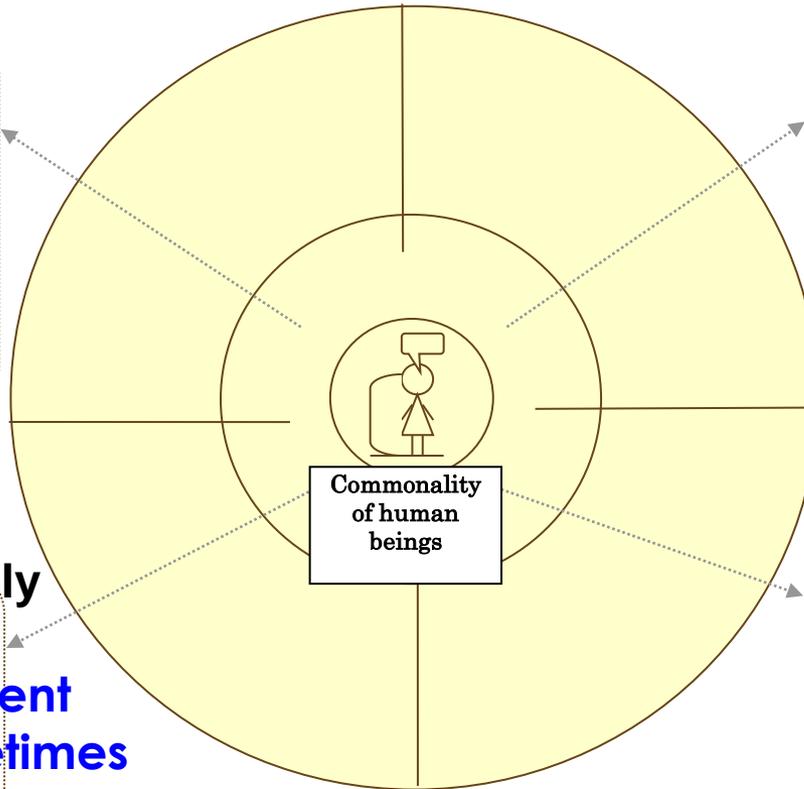
# Model of Holistic picture



# The Concrete Model of Student A

**Process of Poisoning and/or Decay and Present Health Condition:** Health condition is under the influence of environmental changes. Daily lives need to be adjusted delicately.

**Characteristics of Daily Life History:** Doing live management independently. Sometimes skipped meals. However, cooked meals at home and tried to adjust daily lives. Now the meals have become regular.



**Health Disorder:** Endocrine and sympathetic nervous systems could not function well.

**Life Stage and General Health Condition In This Age:** Independent from parents and increase in social life. Physical function is almost the best stage of the life cycle.

# The reflection described by Student A

- It is time to be independent from parents to learn life management. However, the vital power (physical function) is at the best stage of life cycle. Since I could not manage my daily life well due to environmental changes, I suffered from symptoms such as cold hands, feet, constipation, menstrual colic and so on.
- Therefore, reflecting on my daily life and making strategies to improve my life style is the first priority.

# Conclusion: Reassess the value of Nightingale's definition of "Disease"

- All disease, at some period or other of its course is more or less a **reparative process**, ...
- "The reparative process which **Nature has instituted**, and which we call **disease**, ...

The point directed by Nightingale is the natural healing power rather than health disorder referred commonly.