



NURSES THAT CREATE CHANGE

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ABSTRACT

Nursing and nurses are the part of change process, sometimes they affect the change and sometimes they are affected by the change. Either they participate in change process or they create the chance, react against alteration, they absolutely take their places in the change process. What actually important in nursing is that alteration to enable improvement in patient care services. Nurses will be carried out extremely valuable services in terms of health of others, as long as they change and improve their practices. In this compilation also those nurses who created changes both in the world and Turkey were dealt with.

Key words: Change, change process, nursing.

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INTRODUCTION

Since its existence, nursing is a professional occupation that sustains its development and improvement being influenced by communal, social and political advances. Nursing and nurses are the part of change process, sometimes they affect the change and sometimes they are affected by the change. Either they participate in change process or they create the chance, react against alteration, they absolutely take their places in the change process. Generally they mediate the alteration unwittingly. While they are seeking for the ways to organize their works, helping a family at home, teaching a diabetic patient to change his/her life style, carrying out a study related to quality and in every where they work in and in almost everything they do, they actively take place in change [1]. A resistance is experienced when a change occurs. One of the most important factors in preventing the resistance to change and acceptance of the alteration is that nurses themselves to decide the speed and the extent of alteration [2].

Alteration is the integral part of current nursing experience. Toffler advocates the following view; *“We are adrift with an extremely strong wind of change that knockdowns the organizations one by one, changes our value judgments and shakes our beliefs from the roots. Alteration is a process that affects our future profoundly*

and it is important to assess it not only in terms of history’s exaggerated perspective but also of individuals who experience and breath the change”[3]. What actually important in nursing is that alteration to enable improvement in patient care services. Nurses will be carried out extremely valuable services in terms of health of others, as long as they change and improve their practices [4]. In this compilation also those nurses who created changes both in the world and Turkey were dealt with.

Nurses that Made Alterations in the World

Dorothea Lynde Dix was born in Hampden, Maine in 1802. She fitted a number of careers into her long lasting life, such as teaching, authorship and nursing. Dix, who is a child neglected by her family, has started to live with her grandmother who had moved to Boston in 1814 and got rich. Throughout the period she lived together with her family she did not interest in school too much and preferred to be teacher which was one of the limited professions that women could do at that time. The books she wrote on this field have drawn great attention. As a result of her excessive commitment to teaching and extreme workload her seizures gradually increased and the physical disorders started to appear in 1836. For Dix who



experienced depressions a few times previously, this situation has created a mental breakup and she started to think about death [5-7]. She started to teach in a jail in 1841 and she was influenced by the situation of the mentally ill patients she encountered. She spent excessive effort to improve care standards of psychiatry patients and to open psychiatry hospitals. Dix, voluntarily engaged in the war when civil war started in America and served as a nurse supervisor. She interested in hiring of nurses, establishment of hospitals and first aid stations and in providing of training and management [5,8-10].

Despite she was not from nursing origin and her educationalist side outweighs, she demonstrated an alteration that can be created by a nurse, through running campaigns in order to provide care for psychiatry patients and open hospitals.

Mary Grant (later Mary Seacole) was born in Jamaica in 1805 when the majority of people were working in sugarcane fields as slaves. Mary's father was a Scottish soldier and her mother was an herbalist and she has gained her nursing skills by watching her mother. In the following periods she help her mother in providing care to elderly people and wounded British soldiers and she particularly she become specialized about the diseases such as cholera and yellow fever. Despite she voluntarily wanted to Crimean war, this request was rejected by both government and Florence Nightingale [5,11]. When her application was rejected she went to the front and opened up a pension where patients and wounded people could be accommodated and their care and rehabilitation be provided. During Crimean war, her gallantry and the compassion she demonstrated to soldiers as a nurse have been the topic on newspapers many times. 15 years after the war Florence Nightingale wrote that Mary Seacole has also performed good things during the war [12,13]. Mary Seacole is known as a Victorian age hero because of the courage she put forth during Crimean War (1853 – 1856) [11,14,15].

Seacole is a change making leader who lives under difficult conditions and demonstrates that the profession could be performed without making any discrimination about social statue and race. Although is accepted as one of the leaders of the nursing profession like Nightingale, when she died in 1881, a short dead article about her was issued on "The Times" journal and she was forgotten for about a century.

Lillian Wald (1867-1940), a nurse and social worker, was born in Rechester, New York as a child of a middle-class family. She is known with her influence on initiation of visiting nurse services in Wald, New York. At the beginning, after she has worked as a nurse at the orphanage, she volunteered to provide training in home courses where usually poor immigrant women were involved. In one of these courses a small child asked Wald to come their home to care for his mother; she provided care for the woman who had just given birth and living with dirty and bloody clothes at the very bad conditions

and made up her bed and cleaned the room. This event has changed both Wald's life and the health care and in fact, has become a turning point. Some times later Wald started providing care for ill patients and she dedicated her life to this goal. In 1893, Wald, together with Mary Brewster, has founded visiting nurse services in New York toward infant care, health training, disease prevention and treatment [5,7,11]. Along with being accepted as one of the founders of community health, at the same time she is the pioneer of occupational health nursing services. She believed that if diseases can be prevented among workers, also the production can be developed and started to provide nursing services to workers. Meanwhile, she made contributions to innovative nursing services by establishing fee payment system for nursing services according to everybody's income. She is one of the most recognized nurse leaders of 20th century who devised the concept of community health nursing and developed the field of application. Some of the programs developed by Lillian Wald (Henry Street Settlement and visiting nurse service in New York) today are still valid [5,7].

Margaret Higgins (later Margaret Sanger) was born in the state of New York, USA on 14 September 1879. She lived in an era, when women were expected to deliver as many children as possible, even though it causes women to get sick, get old and die earlier [11]. She completed her education, which she had discontinued to care for her mother, at the age of 22 and received a two-year nursing education at the Westchester County White Plains Hospital. Sanger started to work in New York City as a visiting nurse and provided service to mostly Italian and Jewish immigrant women. Meanwhile, she remembered her mother when she met women waiting for to undergo abortion for only 5 dollars, because they could not reach the birth control system [16-18]. The experiences that Sanger gained in her life and occupation have given her the strength she needs in helping women who experienced pregnancy-related poverty, diseases and deaths. She, as a nurse, focused on the subjects of sexuality and woman health and started to write her first articles about birth control in 1914. She founded The American Birth Control Association in 1921 and continued the presidency of this association until 1928. She has become the first president of International Family Planning Federation. She contributed to alteration of laws related to birth control; even after she retired she went on fund-raising for the development of birth control methods[18].

Helen Fairchild was born in Milton Pennsylvania on 21 November 1885 and graduated from Pennsylvania Hospital as a nurse in 1913. She become famous after her death with the letters she had written during World War I. Her doctor sibling has been influential for her being a nurse. After graduation she joined the nurse group of 63 from Pennsylvania Hospital going to war voluntarily. During war she provided service in France. It is thought that exposure to mustard gas during war might have



worsened Fairchild's condition, who had died as a result of hepatic complications. Despite her nursing career has lasted very short, with her letters and behaviors that reflected the spirit of nursing during war, she has become one of the nurses who created change [7,19].

Virginia Avenel Henderson was born in Kansas, Missouri on 30 November 1897 and graduated from Army School of Nursing located in Washington in 1921 and received the title of nurse. She is recognized as the first lady of nursing, the mother of today's modern nursing or the most important nurse of 20th century. Due to Henderson's extensive influence on the national and international nursing communities, her contribution to nursing is being compared with Florence Nightingale's. She received ICN's Christianne Reimann Prize which is considered the most prestigious prize of nursing [5,20].

Henderson is a productive author, a researcher and an instructor. Henderson et al. (1937) prepared the fundamental nursing curriculum at the national dimension that "deals with nursing diagnoses instead of medical diagnoses and contains a patient-centered education". Her greatest contribution to nursing profession is that revision of the fourth addition of Harmer's book called "Nursing Principles and Applications", subsequently she wrote the fifth addition of book. Book gained extensive acceptance by the nursing schools. Although Henderson is a retiree, she frequently visited nursing schools in 1990s. She advocated the humanistic and holistic care for patients, wrote one of the most correct definitions of nursing and developed the nursing research based on nursing knowledge [6,11,21].

Nurses that Create Change in Our Country

Esma Deniz has a special place in the history of Turkish nurses since she is a nurse who received university education. She was born in Kavala, Selanik in 1902. After her father's death she settled in Istanbul. Here, first she attended to Taşmektep and then to Çamlıca Girls' High School. According to her statement, one day on 1922 fall, she was passing by Çemberlitaş and she saw a sign over the gate of a garden saying "American Hospital and Nurse School" and entered in wonderingly. She took the first step into nursing profession to which she will dedicate all her life. She registered to the three-month trial period of the "American Hospital and Nurse School". Her family did not approve her selection [22-24].

After the nurses who we raised through practical training in courses during World War I, she graduated in 1924 as one of the first nurses in our country who received diploma by completing formal education. As soon as she graduated, she started to teach in "American Hospital and Nurse School" between 1924 and 1927. She received her undergraduate diploma from Columbia University Nursing Section in 1929. She did not content with this and she completed her postgraduate education on the field of "Child Development and Parent Education". She could speak English, French and Italian. She worked as an

interpreter and secretary in Institute of Public Hygiene, Ministry of Public Health and Welfare between 1936 and 1937. She started to teach in the first nursing school, "Hilal-i Ahmer Nurses' School". Upon declaration of World War II she left the American instructors and nurses school and she served as a manager (deputy general manager) between 1937 and 1945. She served in different positions as a teacher and manager. Finally, she retired in 1972 while she was an instructor in "Red Crescent Nursing School". Her works related to the profession which she dedicated her life continued. She was among the founders of "Turkish Nurses Association". Deniz set her hearth on nursing and she died on 21 July 1997. She is the first nurse having postgraduate degree. She played a pivotal role in organization of Turkish nurses and she offered innovations to the nursing education [22-24].

Perihan Velioglu was born in Istanbul on 26 September 1926 and after she graduated from Erenkoy Girls' High School she signed in Istanbul Law Faculty. Upon call of a friend attending to "Red Crescent Nursing School", she left the Law Faculty and passed to "Red Crescent Nursing School". After she graduated from this school in 1948 she continued her career as an instructor. Velioglu has created a change with her works and the struggles to develop the nursing profession in our country [22].

Fatma Bengisu graduated from "Admiral Bristol Nursing School" in 1930. She worked as a head nurse in "Private Burgazada Sanatorium", the first sanatorium in Istanbul, and as a nurse in "American Hospital". After she completed her internship in "Red Crescent Nursing School", she took an examination and passed. She worked in the private "Red Crescent Nursing School" as a nurse instructor and deputy manager. She also carried out the Directorship of Nursing Bureau in Ministry of Health and Welfare. She provided the Nursing History and Deontology Courses in Hacettepe University Higher School of Nursing in 1964. She carried out the presidency of the Turkish Nurses Association. She played a critical role in passing of the Nursing Law and also in establishment of Nursing Council in The Ministry of Health and Social Welfare. The Book of Nursing Technique had been taught in Nursing Collages in Turkey for a long time. Bengisu has laid the foundations of Turkish Nurses' political strength. She actively represented nurses during the stage of Law making. She played a role in organizing of nursing [22].

Eren Kum has graduated from "Red Crescent Nursing School" in 1948 and appointed as a nurse teacher. She worked in the internal diseases service of Bristol Royal Infirmary Hospital in England as a nurse. When she returned to Turkey in 1952 he worked in private "Red Crescent Nursing School" as a teacher. He received her baccalaureate diploma in 1958, subsequently he completed his postgraduate education in 1959 and doctorate in 1963. He carried out the charter membership of the "Florence Nightingale Higher School of Nursing". He worked in the



“Hacettepe University Higher School of Nursing” since its establishment and took over the directorate of the school in 1972. He has become the first professor nurse in Turkey. He was general manager of the “Turkish Nurses Association” between 1982 and 1986. He made important progress in recognition of the association through intensifying the cooperation with international organizations [25].

Esmeray Göğebakan, after she has graduated from “Erenköy Social Nurses School” in 1965, she started working in a private clinic as a head nurse. In 1977 she invented the stretcher with her own means that can fit into each car and provide comfort for patients. In the conditions of our country, this invention enabled safe transfer of patients in villages and counties lacking hospital and saved many lives [26]. Göğebakan has created alteration for the nursing profession in our country by showing how important the inventiveness and

creativity were in nursing profession.

Conclusions and Recommendations

Since Nightingale until today nursing profession has been through a number of processes by being affected from cultural, social, political and technological changes. During this process many nurse leader have made contributions to the development and change of nursing. Today, within the frame of changing health concept, nurses should be trained in a way that can put forth a change; they should perceive the meaning why individuals should change their life styles in order to stay healthy; humans should comprehend their physical, emotional and intellectual needs and the social circle and they should be flexible while trying to overcome all these. Therefore, nurses are recommended to try new roles and ways while providing care for patients.

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