**Name of student**

**Address**

**June 2nd 2023**

**Florence Nightingale,**

**The Nightingale Home and Training School for Nurses,**

**London.**

Dear Madam,

I am writing this letter to reflect on the impact that your teachings and lessons have had on me as a person and as a nursing professional. I am intrigued by your contribution to nursing and the impact that it has had on nursing over the years. Here are some of the positive impacts that your work has had on my role as a nursing professional:

I attribute the use of evidence-based practice to a positive impact on your work in my profession. Through the activities and dedication of your work, I learned the importance of evidence-based practice, such as the use of systematic data collection and its positive impact on patient care. For instance, after the Crimea War, you understood that the loss of life was high, and that was due to the lack of understanding of the major causes of such mortality. Through systematic data collection, it was possible to understand diseases as a major cause of mortality amongst the soldiers compared to those that died due to war-related wounds. With the knowledge gained, it was possible to make informed decisions to improve sanitation and thus increase the chances of survival amongst the soldiers and associated communities.

In the same way, I have used knowledge from your examples to make informed decisions in my profession. I ensure that every treatment decision and medical action is based on evidence, not opinion. I ensure that I have scientific proof of the proposed solution and the impacts, both positive and negative, of employing a solution.

However, some aspects of your legacy are poorly understood or discussed in pedagogy and, I would say, have influenced the growth and development of nursing. For instance, if asked, I would change my ideologies on race and ethnicity and ensure that the nursing profession is based more on equality and fairness other than a racial and colonial mentality. Your belief that the Aboriginals and native individuals and communities were inferior affected the treatments they received and also promoted colonialism in nursing. That has affected the field of nursing in that it has not grown as an independent science but as an extension of the doctor's profession. I have experienced the aspect of racism in practice, where nurses make assumptions about their clients due to their race or ethnicity. The stereotyping affects the medical decisions that are made for the patient and thus their overall satisfaction with the care provided.

Other than that, I appreciate all your other contributions to developing nursing. Learning about your contributions is a benefit to the profession. Based on the 'Notes on Nurses,' the concept of personal cleanliness is one that I will carry with me into the nursing profession. Teg's concept talks a lot about the care nurses should offer their patients and the levels of cleanliness they should maintain. The concept shows that the lack of cleanliness is similar to slowly poisoning the patient through the skin and is similar to feeding the patient poison orally, only that in the case of skin poisoning, it occurs slowly.

In conclusion, your work and learning about you benefit the nursing profession. It creates a notion of how nursing should provide guidance into the proper patient care and patient-centered and holistic care.

Yours truly,

Student.