



Florence Nightingale affectionately known as “The Lady with the Lamp” was born on 12th May 1820. This year, 2020, marks 200 years since the birth of Florence Nightingale and the World Health Organisation (WHO) has proclaimed this year as the ‘Year of the Nurse and Midwife’. This is the first worldwide celebration of

nursing and midwifery, WHO will be releasing statistics in their first-ever State of the World’s Nursing report.

Florence Nightingale is believed to be the founder of modern nursing, opening the first scientifically based nursing school in London in 1860. She was the first woman to be awarded the Order of Merit in 1907.

With the upcoming Professional Education Days and the ACORN conference in Sydney this year we have many great opportunities to learn, network, and grow as nursing professionals.

Some suggestions to celebrate the Year of the Nurse and Midwife at your workplace include:

- Shout Outs – Place a poster and sticky notes in the tea room and ask people to write a positive comment about a colleague
- Take a look at The Mindful Nurse Australia website for resources

Perioperative nurses provide vital health care and support and to continue this we must also care for ourselves.

