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.
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)
“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

Cycle of 24 hours lives

The external forces which threatens the inner vital power

Vital power: unified through the coupling of nature power and social power
Life and Health of Human Beings

Life Span (Continuous 24 hours)
- Processes for Maintainance of Life
- Processes for Development of Life Customs
- Processes for Expanding and Keeping Social Relationships

Conception

Death Natural Death

24 hours

Vital Power
Prevention of Disease

Nature Power
Powers of Getting Rid of Interfering Conditions
Social Power

Conditions Interfering with Health
Vital Power = Nature Power + Social Power + Integrity

Health Promotion
The Software for Describing the holistic picture in time serially which constitute one’s life Cycle

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血圧 164/46 mmHg
身長 158.0 cm 体重 62.0 kg
年齢 29 歳 性別 女性
年月日（出生年月日）2000/08/10
※2000年1月15日なら2000/01/13と入力してく

20歳一般

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

- **Spiritual/mental**
  - Severe pain in the feet

- **Social relation, Environment**
  - Entered elementary school

- **Physical condition**
  - Had poor circulation and her hands and feet got cold easily during the winter season

**Student A**
- Female
- 21 years
- BW: 48 Kg
- Ht: 160 Kg

**7 yrs**
Model of Holistic picture

Spiritual

mental

Social
relation,

Environment

Finished elementary school

Menarche

Physical
condition

12 yrs

Spiritual mental

Student A female 21 years

Physical condition

BW: 48Kg
Ht: 160 Kg

12 yrs
Model of Holistic picture

- Spiritual
- Mental
- Social relation
- Environment

Entered senior high school

First time to have menstrual colic

Physical condition

Student A female 21 years

BW: 48Kg
Ht: 160 Kg
Model of Holistic picture

Feeling dizzy

Entered university and lived with younger sister. Began a part time job that required standing up all the time

Could not fall asleep easily. Sleeping only 3~4 hours per night for four months. Sometimes had only one meal daily

Physical condition

Student A female 21 years

Spiritual mental

Environment

Social relation

Physical condition

19 yrs

BW : 48Kg
Ht : 160 Kg
Model of Holistic picture

- Spiritual
- Mental
- Social relation
- Environment

Felt very comfortable

Readjusted to daily life during summer vacation

Constipation recovery

Physical condition

BW: 48Kg
Ht: 160 Kg

19 yrs

Student A female, 21 years
Model of Holistic picture

Spiritual

Chest pain and nausea.
Can’t think of anything

Mental

Social

Clinical practice

Relation

Environment

Physical

Severe chest pain and
suffered from insomnia

Physical condition

Student A female 21 years

BW: 48 Kg
Ht: 160 Kg

20 yrs
Can not ignore symptoms any longer

Consulted a doctor but no specific health problems were found

Severe chest pain released

Model of Holistic picture

- Spiritual mental
- Social relation, Environment
- Physical condition

BW: 48Kg
Ht: 160 Kg

Student A female 21 years
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.

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

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.

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.