

# Florence Nightingale: The Lady with the Lamp

Meet the hero who changed hospitals forever!

- Florence Nightingale was born in 1820. She felt she had a calling to help sick people by becoming a nurse.
- She travelled to a hospital in Scutari during the Crimean War to look after injured soldiers.
- At that time, hospitals were often dirty. Florence worked hard to make sure there was fresh air, clean water, and healthy food.
- At night, she carried a lamp while walking through the dark wards to check on the soldiers, earning her the nickname 'The Lady with the Lamp'.
- When she returned home, she started the first school to train nurses, teaching them how to care for patients safely.

*Did you know? Did you know? Florence Nightingale was very clever with numbers! She used math to show that keeping hospitals clean helped more soldiers get better, which changed how all hospitals are run today.*

**Key vocabulary:** Nurse · Hospital · Hygiene · Scutari · Lamp · Medicine