The contribution of nurses and midwives to global health

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Outline

• International Nurses Day and International Day of the Midwife – what has Florence Nightingale got to do with it?

• Global health – opportunities and challenges

• Global frameworks
  • Millennium Development Goals
  • Sustainable Development Goals

• Nurses responding to non-communicable disease

• Your contribution to global health
International Nurses Day (IND)
International Day of the Midwife (IDM)

• Celebrating and raising the profile of nursing and midwifery, and nurses and midwives worldwide
• Since 1965, International Council of Nurses led nurses worldwide in celebrating IND on 12th of May, birthday of Florence Nightingale.
• In 1992 International Confederation of Midwives introduced IDM on 5th May and in 2011 Virtual International Day of the Midwife
• US and Canada celebrate Nurses Week
Celebrations in UK

- Annual service at Westminster Abbey, London to commemorate Florence Nightingale’s life and celebrate the nursing profession.
- Service of remembrance at St Margaret's Church, East Wellow, Hampshire where Florence Nightingale was buried.
- Florence Nightingale Foundation events.
- RCN and RCM programmes of events.
- Local events in hospitals, schools of nursing and midwifery, health facilities.
ICN Themes

• 2015 - Nurses: A Force for Change: Care Effective, Cost Effective
• 2014 - Nurses: A Force for Change – A vital resource for health
• 2013 - Closing the Gap: Millennium Development Goals. 8, 7, 6, 5, 4, 3, 2, 1
• 2012 - Closing the Gap: From Evidence to Action
• 2011 - Closing the Gap: Increasing Access and Equity
• 2010 - Delivering Quality, Serving Communities: Nurses Leading Chronic Care
• 2009 - Delivering Quality, Serving Communities: Nurses Leading Care Innovations
• 2008 - Delivering Quality, Serving Communities Nurses Leading Primary Health Care
• 2007 - Positive practice environments: Quality workplaces=quality patient care
• 2006 - Safe staffing saves lives
• 2005 - Counterfeits Kills
• 2004 - Working with the poor; Against poverty
• 2003 - Nurses Fighting AIDS Stigma : Caring for all
ICM themes

• 2015: The World Needs Midwives Now More Than Ever – Midwives for a better tomorrow
• 2014: The World Needs Midwives Now More Than Ever – Changing the world one family at a time
• 2013: The World Needs Midwives Now More Than Ever – Midwives save lives
• 2012: The World Needs Midwives Now More Than Ever
• 2011: The first 5km of the long Walk to Durban in South
• 2010: The World Needs Midwives Now More Than Ever
• 2009: The World Needs Midwives More Than Ever
• 2008: Healthy Families – the Key to the Future
Florence Nightingale (1820-1910)

- Philosophical founder of modern secular nursing
- Concerned about basic human needs and all aspects of the environment (clean air, water, food, shelter)
- Educator, administrator, communicator, statistician, environmental activist
- Established models for nursing schools throughout the world
- Prototype model of care for soldiers Crimean War (1854-1856)
- Innovator for British Army medical reform including creating a statistical department and collaborating on first British Army medical school
- Revolutionised hospital data collection – first woman admitted to the Royal Statistical Society
- Achieved legislation reform on work houses and midwifery
- Wrote over 100 books and official army reports and 14,000 letters
Global health

- Global health is the health of populations—the health problems, issues, and concerns that transcend national boundaries, may be influenced by circumstances or experiences in other countries, and are best addressed by cooperative actions and solutions.

(Institute of Medicine)
Issues affecting global health

• Globalisation
  • Poverty - Ebola
  • Movement of people
  • Technology and access to information and services online
  • Trade
• Increasing healthcare costs and universal health coverage
• Ageing populations
• Non-communicable disease – major threat to health and social and economic development
• Higher public expectations
• Health literacy
Who sets the agenda?

- Multiple players including:
  - World Health Organization
  - World Bank
  - International Monetary Fund
  - Bill and Melinda Gates Foundation
  - World Trade Organization
  - International Labour Organization
Opportunities

• Step outside the nursing bubble
• Acknowledge and work with the inter-professional and collaborative nature of healthcare needs and health systems
• Contribute to strengthening health systems and attaining health goals through exchange of ideas and experiences across different regions of the world
Common challenges

- Critical shortages
- Inadequate skill mix
- Uneven geographical distribution - Canada has 92.9 nurses per 10,000 population and Chile has 1.4!
- 5 of the 49 low-income countries meet minimum threshold of 23 doctors, nurses, midwives per 10,000 pop. necessary to deliver essential maternal and child health services
Millennium Development Goals 2000-2105

- 8 Goals – 3 directly related to health
  - Reduce child mortality
  - Improve maternal health
  - Combat HIV/AIDS, malaria and other diseases

- How they impacted nursing and midwifery
  - Focus especially for midwives
  - Funding
  - Careers and work opportunities
Sustainable Development Goals (SDGs)

- To be announced at UN General Assembly in September 2015
- 17 Goals – 1 directly related to health “Ensure healthy lives and promote well-being for all at all ages”
- 9 targets – 3 related to MDGs; 3 on NCDs and injuries; 3 cross cutting or focused on systems
The NCD burden: global deaths

**1990**
- Communicable diseases: 9%
- Injuries: 34%
- NCDs: 57%

**2010**
- Communicable diseases: 10%
- Injuries: 25%
- NCDs: 65%

Why it matters

- NCDs are **not ‘diseases of affluence’** – they often fall hardest on those least able to afford it
- Many cases of NCD are **premature**, striking people of working age
  - There are 9 million deaths a year from NCDs in people aged under 60. In low- and middle-income countries, 29% of NCD deaths occur in the under-60s, compared to 13% in high-income countries
  - Early death and disability has serious economic repercussions for families and national economies
- **Funding** does not reflect the severity of the crisis

We can prevent much of the burden...

- Up to:
  - 80% of heart disease and stroke
  - 40% of some cancers
  - the majority of cases of type 2 diabetes
- can be prevented or delayed.

...so how can we prioritise health, not sickness?
C3 Collaborating for Health: Nurses addressing NCDs

- C3 Model
  - Self, family, community, patients, workplace, education of peers and trainers, advocacy
- Washington meeting
  - South Africa
  - ICN Malta
- Diaspora
  - Uganda
- Commonwealth Nurses and Midwives Federation
  - Presentations, workshops,
- Nursing student intervention study
- Nurses’ health
  - Workplace – US, Poland, Spain, Chile, Australia, NZ
  - Overweight and obesity
Nurses as global citizens

• Are aware of the wider world and have a sense of their own role as world citizens
• Respect and value diversity
• Have an understanding of how the world works economically, politically, socially, culturally, and technologically
• Are outraged by social injustice
• Participate in and contribute to the community at a range of levels from local to global
• Are willing to act to make the world a more sustainable place
• Take responsibility for their actions
Florence Nightingale (1820-1910)

• In 1880s she said it would 100-150 years before educated and experienced nurses would arrive to change the healthcare system!

• We must collaborate and communicate with others if we are to transform healthcare and carry her vision of social action to contribute to global health
Be active: Be present

- Online discussions
  - GHDonline [www.ghdonline.org](http://www.ghdonline.org)

- Social media @C3Nursing @C3Health

- Volunteering
  - Benefits to countries; sharing innovation; leadership development; international relationships
  - Turning the world upside down

- Lifelong learning
Nurses’ and midwives’ capacity to influence health begins with self care

Healthier nurses and midwives are more productive, more alert, and safer practitioners.

Harness the potential of nurses and midwives to serve as change agents for health through their own improved health behaviour.

Capitalise on the power of a positive “role model” to influence patients, families, colleagues, communities and society as a whole!
For us who nurse, our nursing is a thing which, unless we are making progress every year, every month, every week, take my word for it, we are going back...

Florence Nightingale
Thank You

C3 Collaborating for Health: www.c3health.org

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