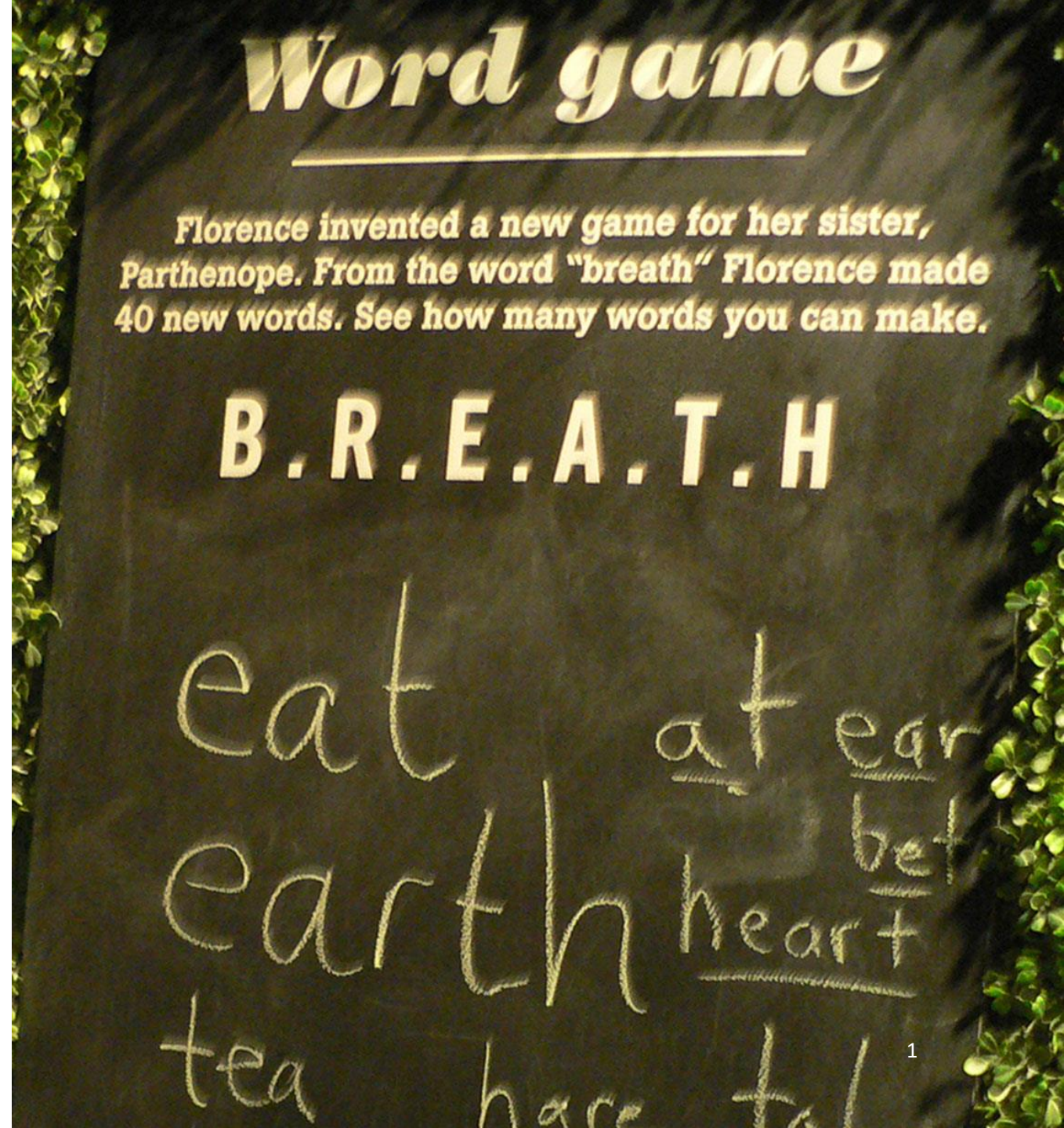


# From the word game B.R.E.A.T.H to T.R.E.E : branching out from the gilded cage

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# Florence Nightingale said ...

*Nature alone cures ...*

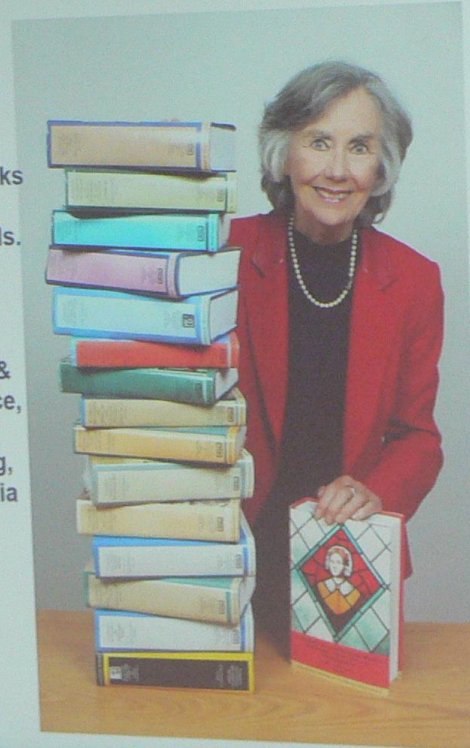
*What nursing has to do  
is to put the patient in the best condition  
for nature to act upon him.*

- Florence Nightingale (1820-1910)

Dr. Lynn McDonald presenting the *Collected Works of Florence Nightingale* @ the 4<sup>th</sup> CNMC, 2018

The Collected Works  
Of Florence  
Nightingale, 16 vols.  
2001-12

Nightingale's life &  
work, in war, peace,  
nursing, hospital  
reform, mentoring,  
public health, India  
environment



# Presentation Objectives:

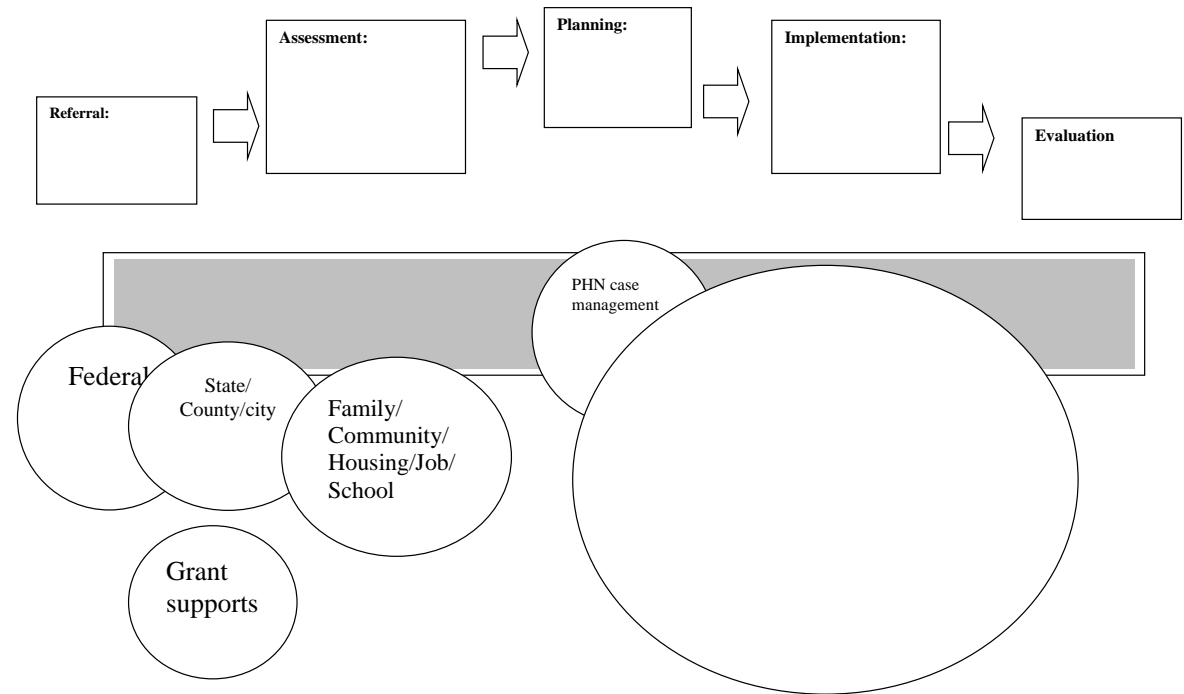
At the conclusion of this presentation, participants will be able to:

1. understand a role of PHN case management and tools: Edinburg Postnatal Depression Scale (EPDS), Ages & Stages Questionnaires (ASQs®)
2. define their own “*gilded cage*”
3. apply the practice of taking a “*breath*” to pause and construct narratives as if planting a “*tree*” which tells stories of inter-generational trauma.

Disclaimer:

All opinions and positions are solely those of the presenter.

The Practice of Public Health Nursing  
Case Management /EPSDT: Child Health Disability Prevention (CHDP)  
(Presented by Leong, Y. M. @APHN annual conference, 2017)







# Gilded cage

Definition: place or situation which is attractive but constraining (Wiktionary)

Nightingale recalled living in the “gilded cage” of her privileged childhood, the “luxurious prison” in which she determined that she would become a nurse.

Around the same time (1835), three Japanese sailors visited London after drifting away for one year in the Pacific Ocean.

One of them, Otokichi became a British citizen and changed his name to John Matthew Ottoson.

参考資料「にっぽん音吉漂流記」（春名徹著）





# Written words

“News of captives eventually reached John McLoughlin (1784-1857), chief factor of Fort Vancouver, then the headquarters of the Hudson’s Bay Company’s vast Columbia Department. ... Written alongside were what McLoughlin concluded were “Chinese characters,” leading him to assume the sailors were Chinese. ... Perhaps the strangest aspect of life at the fort for the three castaways was its polyracial, polyglot nature. Fort Vancouver in the 1830s was the most racially and ethnically diverse enclave on the West Coast.”

*Japanese Castaways of 1834: The Three Kichis*

By Cassandra Tate

posted 7/23/2009 HistoryLink.org Essay 9065

<https://www.nps.gov/articles/fovalrhbc.htm>



# Let's pause ...

To step aside from pressures for delivering measurable outcomes and meeting funding resource expectations,  
To reflect on how public health's upstream approach might be possible in restricted working environments;  
And to ensure children do not “fall off and drown in rivers”

I am a nurse midwife.  
I no longer catch babies, but I can still feel and hear them.  
Welcoming them to this planet.  
New plant may not find a perfect spot,  
but it will reach out for sun.  
“Life is not fair” screams in silence.  
Angry and fearful, as if we supposed to have all  
same weather.  
Knowing that I am only part of nature  
I can be with others.

Leong, Y.M. 2001 Digital art, to be born : <http://inochinoki.com/>  
The 5th CNMC, 2020 Yuko M. Leong RN, PHN, MS, PHCNS-BC



# Introducing art forms

Different forms of art can give inner strength for different individuals, transforming one emotion another, from helplessness and rage to acceptance and joy for achieving something new.

Leong, Y.M. 2000

“contracting” art work with black and white 24” x 18” construction paper

Scream/Tree





# T.R.E.E.

Inter-generational **T**rauma

Feathering down to the **R**iver

**E**MBEDDED,

For **E**ternal Life

Thought of quiet dismay and rays  
of hope ...

*down the middle of the great  
street of the city. On each side of  
the river stood the tree of life,  
bearing twelve crops of fruit,  
yielding its fruit every month.  
And the leaves of the tree are for  
the healing of the nations.*

*Revelation 22:2*

