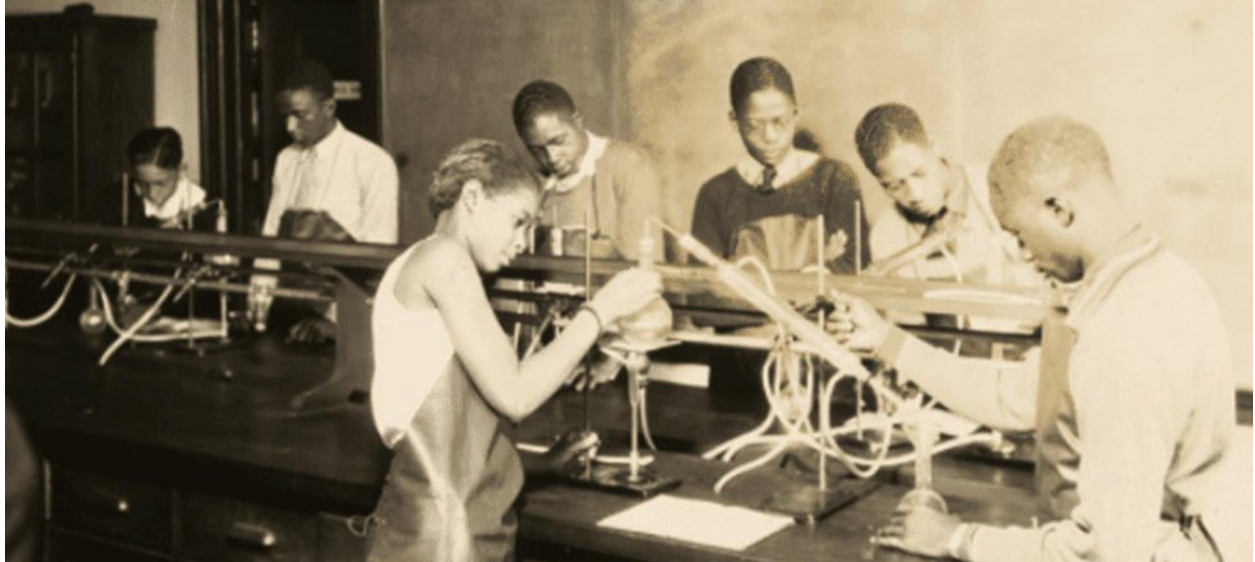


Facebook Themed Content: Black History Month for Healthcare Training



Post 1 (theme overview)

February is Black History Month, a time of year when we celebrate the history and achievements of Black Americans while acknowledging the adversity they have overcome in the pursuit of equality.

For generations, Black women have left an unmistakable mark on the medical field. This month, take some time to discover the contributions of women like Mary Eliza Mahoney, the first African-American to study and work as a professionally-trained nurse; or Hazel Johnson-Brown, who was not only the first Black chief of the United States Army Nurse Corps, but the first Black female general in US Army history.

History is here to teach and inspire us. If there is a Black medical professional who has influenced your journey, tell us about it in the comments!

Post 2 (Harriet Tubman)

Most of us are familiar with American Abolitionist Harriet Tubman; however, you may not know that she was also a skilled nurse!

Tubman had a remarkable talent for extracting medicine from roots and herbs, which she used to heal soldiers in a Washington, DC hospital during the Civil War. She received no pay or pension for her services, which were never acknowledged by the US government.

After the war, Tubman was appointed matron of a hospital in Virginia. Years later, she opened her home to care for the elderly—a lifelong dream. In 1908, the Harriet Tubman Home for the Elderly was completed. Tubman herself oversaw the patients' care until her death in 1913.

For nearly 70 years, Harriet Tubman heroically dedicated her life to the care of the most vulnerable. Her inspiring example will never be forgotten!

Post 3 (Adah Belle Thoms)

Adah Belle Thoms was a highly influential African-American nurse, educator, administrator, and activist in the early 20th century. Beginning as a school teacher in Virginia, she moved to New York and began studying nursing at Women's Infirmary and School of Therapeutic Massage. In 1900, she graduated as the only Black woman in a class of thirty. She continued her studies at the Lincoln Hospital and Home School of Nursing, a school for Black women, and was appointed acting director in 1906. Although she served in this position until 1923, racist policies prevented her from ever receiving the full title of director.

Her primary focus was on securing full integration for Black women in the nursing profession. She helped organize the National Association of Colored Graduate Nurses and hosted the first meeting in 1907. The group pursued nursing education programs, employment opportunities, and equal pay for Black nurses. The organization was active until 1950 and successfully integrated the United States Armed Forces and the American Nurses Association.

In one remarkable moment, Thoms was introduced to President Harding. She presented the president and First Lady with a basket of roses and declared that

2000 Black nurses were ready to serve their country in World War I. Ultimately, her efforts lobbying for the rights of African American women to serve in the military led to the creation of the United States Army Nurse Corps.

Adah Belle Thoms never gave up the fight for equality. When the American Nurses Association Hall of Fame was established in 1976, she was among the first nurses inducted. Today, Thoms is remembered as one of nursing's greatest leaders.

Post 4 (Mary Seacole)

We've all heard of Florence Nightingale, who organized care for wounded soldiers during the Crimean War (1853-56). At the time, there was another woman whose reputation across Britain rivaled Nightingale's: Mary Seacole. Sadly, until recently, she was relegated to obscurity, her amazing medical work forgotten.

Seacole was born in Jamaica in 1805. Her mother practiced traditional Jamaican medicine, teaching young Mary. She traveled extensively, gaining proficiency in treating cholera and yellow fever. She was widely praised as her knowledge saved the lives of the infected—including her own.

Citing decades of experience treating soldiers, Seacole pleaded with officials to let her help in Crimea, where the nursing system had collapsed. She was denied for her skin color, but went anyway. She became known to the soldiers as "Mother Seacole," bravely treating her "sons" even on the front lines, under fire. She was hailed in the press as a hero of her time, but after the war, England forgot Mary Seacole. We should not make the same mistake.