The First Female Nurse in Islamic History
Who was she?

Story by Ummu Salim
Illustration by Nida
English Translation by Nandyka Yogamaya

رفيدة

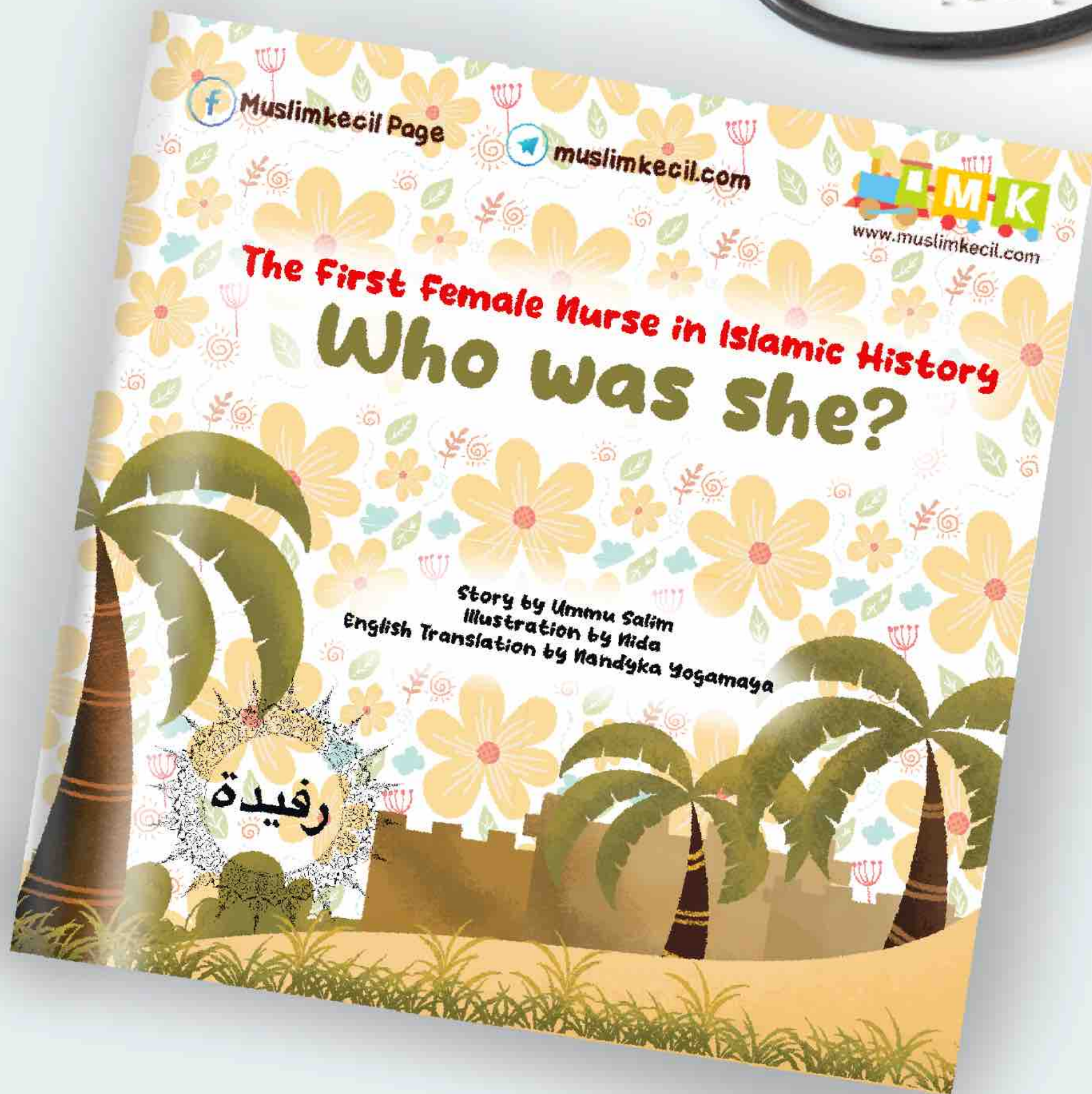# The First Female Nurse in Islamic History
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When you hear the word "nurse," what first comes to mind? Perhaps you think of a person wearing a uniformed while carrying medical equipment like thermometers or infusion devices? Or maybe you remember being given medicine by a nurse when you were in the hospital?

But who exactly is a nurse? Let's find out!
A nurse is a medical staff member in a hospital responsible for assisting and caring for patients or individuals who are sick.

During the time when Prophet Muhammad (peace be upon him) lived in the city of Madinah, there was a famous female nurse named Rufaidah Al-Anshariyah. One of the reasons why she was well-known was because of her willingness to help others in need of healthcare services. Whenever there were people of Madinah who fell ill, she would quickly come to aid and care for them until they recovered.

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One time, a companion of Prophet Muhammad (peace be upon him) named Sa'ad had an injury on his eyebrow caused by a weapon during warfare. Without any delay, Rufaidah Al-Anshariyah immediately treated and cared for Sa'ad.

She was not alone but accompanied by several other female companions who also helped in taking care of the sick. Aside from her role as a nurse, Rufaidah also enjoyed assisting and caring for children, helping orphans, and also supporting the poor.

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In addition to her nursing duties, Rufaidah was not hesitant to share her knowledge with her female companions at that time. May Allah bless her.

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Do you know, there is a Hadith of Prophet Muhammad (peace be upon him) that relates to this story, which states, "The best among you is the one who is most beneficial to others." Therefore, let's try our best to be kind and helpful to others, doing so with sincerity and purity of intention. May the righteous deeds we perform be recorded as good deeds in the sight of Allah. May Allah bless you all.