

that no Nurse should rest content until she has fully met all the requirements of the case. In a Hospital, where time is often scanty, and when it takes a good half-hour to do all that is required for the one patient, it may seem hard to suggest this; but if a little rubbing, &c., forms part of the daily toilette, it will not add so much to the work, and it will certainly conduce to the general health of the body.

If a Nurse wishes to keep her patient in a manner creditable to herself, she will be most particular about the daily washing of the whole person; thus only will the dreaded bed-sore be avoided. It is quite possible to do this, and maintain the recumbent position, by rolling the patient first to the one side and then to the other, and so the whole back is exposed, and, at the same time, all crumbs, or rucks in the sheets, can be got rid of. The diseased limb should be steadied by a second person; but this is rarely necessary, except in the case of acute disease, or when there has been an operation. After an operation, however, the patient would not be moved at all, except by some one acting under the immediate direction of the Surgeon, and then the necessary washing would be done by the Nurse, and also needful dressing of the wound, so that once moving would suffice.

Before a Nurse commences her operations she would have all her preparations complete, and her patient placed on a washing blanket, with another at hand to cover the body whilst being washed. When handling the diseased limb, she would lay hold on it firmly with the left hand, making a little traction, and so keep it from being jarred, or being displaced; by so doing she would save her little patient from pain and fright; and then as soon as possible she would replace it as before, and finish her work at more leisure. In the case of a patient with dirty habits, or with some infirmity, the Nurse would find it necessary to wash the parts whenever he required attention, as the only means of keeping the child clean and wholesome, and the skin unbroken. The abscesses or wounds would require washing apart; and, until the time for that, they should be covered with a piece of clean rag, unless the dressing is an antiseptic one, when they would not be exposed until the dressings were ready. There is nothing so good for the child's skin as pure water and good soap; carbolic or other like substances in the water will make the skin harsh.

In arranging the bed for a surgical patient, the linen used should be large enough to tuck in well, and keep all firm, and a square of mackintosh under a draw-sheet be placed under the body; if there is a suppurating wound, or if the child is inattentive to its wants, a small square of mackintosh, with a napkin on it, will be found of much use, as it

can be removed with so little displacement of the patient. Some medical men disapprove of the use of mackintosh sheeting; but it is hard to know what can be substituted in the case of sick children. No Nurse, however vigilant, can guarantee all her children: the mere fact of the child being placed recumbent will in some cases so upset its habits that it will require training in the new position, and some patients are too young to be taught clean habits at first. In this respect the children of the poor are most deficient. It is no good to scold them; they simply do not understand what it is all about, never having been instructed in the ways of good society. The Nurse must be patient, and teach her little charge that what she is insisting on, is for his own comfort and health. Added to this, she will be regular in attending to him unsolicited, the first thing in the morning, after meals, before settling him for the night, and at a late hour in the night; by persisting in such a plan, the internal organs will be induced to act regularly, and perhaps troublesome constipation may be thus cured. Children are so much creatures of habit, that a Nurse with orderly ways will have little difficulty in getting them into order. If the children in a Hospital are dirty in their habits, the Nurses are to blame for it; and the untidy, lazy plan of using napkins, except in cases of real necessity, should be put down by the responsible authorities. Minute attention to these details, irksome and unpleasant though they be, will mark the conscientious, thorough Nurse, the one who takes a pride in her work; and in her hands the patients will thrive, when the sharp, clever Nurse, by overlooking these points, will miss an opportunity of showing her skill.

A child who is kept in the recumbent posture, and thus debarred from exercise, will generally become constipated in his habits, and this is a serious problem in the management of such cases, as the constipation may be confirmed. The first means used, will be diet, and this must be thoughtfully adapted to the requirements of the case. It stands to reason that a child kept absolutely quiet will not use up so much material as one in active life, so that the food, though nourishing and sufficient, need not be so rich or stimulating as for the child running about; the stomach should not be overloaded, as the digestion is carried on under less favourable circumstances, and the opportunities of using up the food are not so many. If, therefore, the excreting organs are sluggish, the blood and body will suffer. The diet needs to be varied, light, and wholesome, and with a liberal admixture of green food. It may be a necessity to resort to medicine; this will be given in accordance with medical direction, and, probably, sparingly, and as a last resort.

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