

DR. SHEEN'S LECTURES ON NURSING.

THE following Syllabus of Lectures, delivered by Dr. Sheen at the Cardiff Infirmary, might, with much advantage, be widely imitated.

LECTURE I.—*Qualifications for Success as a Nurse.*—Quietness, Patience, Watchfulness, Method, Accuracy of Observation and Report, Gentleness, Firmness, Cheerfulness, Devotedness, A Sense of Duty. *Some Objectionable Types of Nurses.*—The Conceited Nurse, the Pretentious Nurse, the Meddlesome and Officious Nurse, the Lethargic Nurse, the Intemperate Nurse, the Unsympathising and Heartless Nurse, the Lazy Nurse. *Your Duties.*—To the Doctor, To the Patient, To the Staff Nurse, To yourselves and each other. *Perfection Consists in Attention to Little Things.*

LECTURE II.—*What you have to do for your Patients.*—*Ordinary Duties connected with the Sick.*—Bed Making—How to Change the Bed Clothes without Disturbing the Patient; Washing Patients, Changing the Patient's Clothes, Moving a Patient from one Bed to another, Undressing Patients, Feeding Patients, Administration of Medicines, Fomentations, Poultices, Blisters, Suppositories.

LECTURE III.—*Ordinary Duties (continued).*—Enemata: (1) To Empty the Bowel, (2) To give Medicines, (3) To give Nourishment; Leeches, Cupping—Dry and Wet, Liniments, Lotions, the Application of Heat and Cold, Steaming a Patient, Wet Sheet Packing, Sponging, Prevention and Treatment of Bed Sores, Passing the Catheter in Females, Cleaning Catheters, Irrigation, Collyria, Eye Douche, Nasal Douche, Inunction, Inhalation, Hypodermic Injection, Dressing of Wounds, Ulcers, Burns, &c., Dressing an Amputation Case, Description of Wounds, Description of Ulcers.

LECTURE IV.—*What you have to Observe.*—*Note Taking.*—Temperature—Temperature Drill, Pulse, Respiration, Skin, Appetite, Mental Condition, Countenance, Rigors, Posture, Cough and Expectorations, Effect of Medicines. *Bandages.*—Various kinds and how to make them—Roller Bandage, T-Bandage, Many-tailed Bandage, Plaster of Paris Bandage, Gum and Chalk Bandage, Triangular Bandage, Martin's India Rubber Bandage. *Strapping.*—Of Ulcers, Of Joints, Of Ribs, Scott's Dressing.

LECTURE V.—*Infection and Disinfection.*—Meaning of the Terms, General Remarks, Proceedings to be Adopted to Prevent Infectious Disease Spreading in a House: (1) During the Illness, (2) When the Patient has Recovered; (a) As to the Patient, (b) As to the Sick Room, (c) As to the Nurse; Antiseptics, Disinfectants.

The various kinds of each—Dry and Moist Heat, Carbolic Acid, Sulphurous Acid Gas, Condy's Fluid, Chlorine Gas, Corrosive Sublimate, Salufer, &c., What to do when a Person has Died from an Infectious Disease.

LECTURE VI.—*Operations.*—Preparing Patient, Preparing Patient's Bed, In Operation Room, During the Operation, After the Operation—Quiet, Food, Shock, Possible Bleeding, The Antiseptic Method. *Accidents.*—General Remarks, Supposed Fractures of different kinds, What to do. *Hæmorrhage.*—Different kinds, How to Control it—Tourniquets, Esmarch's Bandage and Tubing. *Varicose Veins.*—Bleeding from Nose—Epistaxis; Bleeding from Lungs—Hæmoptysis; Bleeding from Stomach—Hæmatemesis; Bleeding after Tooth Extraction; Fainting from Loss of Blood.

LECTURE VII.—*Feeding the Sick.*—Milk, Beef Tea (Errors Concerning), Stimulants, Tea and Coffee, Cocoa, Jellies, Butter-Milk, Peptonised Food, Your own Food and Drink, Too much Routine to be avoided in Feeding Patients.

LECTURE VIII.—*The Infectious Fevers.*—Period of Incubation, Period of Infection, Short Account of each Disease. General Remarks. Nursing in Special Cases.

FEVERS.	INCUBATION PERIOD.	INFECTIVE PERIOD.
Typhoid .. .. .	5 to 14 days ..	Till diarrhoea ceases.
Typhus .. .. .	7 to 14 days ..	Till Patient convalescent.
Scarlet .. .. .	2 to 5 days ..	Till completion of peeling: 1 to 2 months.
Measles .. .. .	12 days .. ..	1 month.
German ditto .. ..	14 to 21 days ..	To 2 weeks after disappearance of rash.
Diphtheria .. .. .	1 to 10 days ..	3 or 4 weeks, or more.
Small Pox .. .. .	14 days .. ..	Till all crusts detached: 3 to 4 weeks.
Chicken Pox .. .. .	13 days .. ..	Till all crusts detached.
Whooping Cough ..	4 to 14 days ..	2 months, or more.
Mumps .. .. .	8 to 21 days ..	To 2 weeks after disappearance of swelling.

*Points to attend to in Nursing Cases of Typhoid or Enteric Fever:* (1) Carefully reserve Patient's strength, (2) Give no solid food till ordered, (3) Feed day and night till fever at an end, (4) Don't allow Patient to get out of bed, (5) Watch for, and report, hæmorrhage from bowels, (6) Prevent bed sores, (7) Carefully record temperature.

*Re Infection:* (1) Disinfect bowel discharges, (2) Bury same in preference to throwing down closet, (3) Wash stains from the soiled sheets, &c., in disinfectant, and transfer to boiling water for five to ten minutes.

*Scarlet Fever:* (1) Strict isolation of Patient and self, and of things used by Patient, (2) Let Patient inhale steam of hot water from beginning to end of the feverish symptoms, (3) Patient not to leave his bed until permission given, (4) Oil Patient, as directed, from head to foot daily from a few days before peeling begins until it is finished; or (5) Wash him daily all over with disinfectant

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