

OBSTETRIC NURSING.

— BY OBSTETRICA, M.R.B.N.A. —

PART I.—MATERNAL.

CHAPTER IX.—LESIONS.

VESICO OR RECTO VAGINAL FISTULA.

(Continued from page 124.)

At their completion, this Course of Lectures will be published as one of the Series of "Nursing Record Text Books and Manuals."

INFLAMMATION of the veins of the leg (crural phlebitis) hinders convalescence; the circulation must be maintained by sustaining food, which with warmth and rest will aid absorption. A dull sort of congestive headache is sometimes complained of, and susceptibility to cold, a feeling of chilliness. Stimulants had better not be given unless under medical direction, but a cup of coffee in lieu of the afternoon tea seems to relieve these symptoms. As a cup of coffee is a useful stimulant during some phases of convalescence, a Nurse should know how to make it well. The coffee should be made from *freshly* ground berries; the best are the cheapest, and the Mocha coffee should be used. Before grinding, the coffee should be dried before the fire until quite crisp, then put at once into the mill—a small hand-mill is the best when we only have to make one cup of coffee at a time. A tablespoonful of ground coffee is sufficient for a cup. A small cafetière, sometimes called a percolator, must be used to make it. Coffee should *never be boiled*. The cafetière consists of two separate parts of equal size: the upper one, in which we make the coffee, has two strainers, one *fine*, fixed at the bottom, the other *coarser* and movable, to fit at the top; also a tin disc the size of the lower strainer, with a slender stem long enough to form a convenient handle to lift it on and off; a good deal goes to this contrivance, as you will see. The lower part of the cafetière receives the coffee when it is made; it has a spout, to which is attached by a fine chain a tin cap to fit over it; this should be put on at first, and kept on till the coffee is ready to pour out, its object being to keep in the aroma. Put the two parts of the percolator together, pass some hot water through it to make it hot, pour that out, put in the ground coffee into the copper part of the cafetière, *over* the disc that covers the fine sieve at the bottom of it. I emphasise this because servants and others are addicted to putting the ground

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coffee under the disc, and thereby spoiling our coffee by making it thick. Fix the upper strainer in its place, and pour through it gently as much boiling water as will fill the upper part of the percolator; then at once put on the lid, stand the percolator on the hob or before the fire to keep the coffee hot whilst it runs through. My Nursing readers can see by this homely description that the three points to aim at in making coffee are—1st, to preserve the aroma; 2nd, to make it clear; 3rd, to serve it hot. There are countless contrivances for making coffee, but the one I have brought before you is simple, practicable, and reliable, and a Nurse can make it herself at any time it is required, and hence the best for our portion of work; we do not often require coffee for our patients, but when we do it should be of first-rate quality and well made, and under these conditions it is a serviceable and delicious stimulant. Coffee may be served with milk or without. In the second case it is called *café noir*, to which *liqueur* or brandy can be added; in the first, *café au lait*—the milk should be made hot, or cream may be preferred instead.

Hæmorrhoids.—This painful affection is one of the pressure troubles of the latter months of pregnancy, and though relieved by delivery, is often aggravated by the straining efforts of labour; the mucous coat of the bowel becomes irritated and strangulated, protruding beyond and around the anus, becoming swollen, tender, and inflamed, to the great misery and discomfort of the sufferer, which we must do our best to alleviate. We have first to protect the pile from the irritating effects of the vaginal discharge; to subdue the inflammation and swelling; to soothe the pain; and as soon as possible reduce what we may almost call the rectal hernia.

There are innumerable remedies for these conditions, and the choice of them rests in medical hands; but I will just bring before my Nursing readers the simple measures that I have found to be efficacious and comforting to my patients.

To protect the pile, take a tablespoonful of the very *best* linseed-meal, and make a *small* poultice (you can stir in a little bit of cold cream, or half-a-teaspoonful of olive oil), enclosing and *covering* it with a piece of old, soft clean muslin, or soft fine net; we do not wish the meal to touch the surfaces. The lady must lie on her left side close to the edge of the bed; the pile must be bathed with a weak solution of Condy's fluid (warm), and mopped dry with a soft napkin, and plentifully smeared with vaseline. The poultice, or

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