

I HAVE much pleasure in stating that the successful candidate in the last, being the Twenty-third Post-Card Examination, which had for its subject, "Describe the Method of Administering a Cold Pack," is Nurse Turner, whose card appears below. It was a very close competition, no less than nine other candidates being selected for honourable mention.

S. G.

POST-CARD EXAMINATIONS.

WE are pleased to be able to announce that in the twenty-third of this series of examination questions,

"Describe the Method of Administering a Cold Pack,"

NURSE TURNER, whose card we reproduce, has secured the prize of a book or books of the value of five shillings :—

*"Nurse Turner" Royal Infirmary Hospital
-July 8th 1891- Liverpool*

The method of administering a "Cold Pack" is as follows—

Choose an open iron bedstead.

Place in convenient position, free from draughts—corner of the room if possible.

Then lay on the bed-head a waterproof mattress or ordinary mattress covered with a large mackintosh—

Over these four large blankets—

double-ends allowed to hang at the sides.

Next place the "patient" in bed.

Striped or clothed in thin flannel night-dress

turn him on his side. Then rip out a sheet dipped in cold water, fold in two, & place across the patient's back.

Similar method applied to the front of the body.

Over all this place the blankets which have been left hanging, & then add a quilt—the patient to be covered completely, with the exception of the face & head.

Allow him to remain in the "pack" until heavy perspiration sets in, then quickly remove to well-washed clean bed, wrap in blankets & dry with warm towels.

—Thos. & Sons' Liverpool.

The following have gained HONOURABLE MENTION :—

MISS EMILY SANDERSON, M.R.B.N.A. :—

A blanket is laid on the bed, and a sheet which has been previously dipped in cold water and well wrung out is placed upon it; the patient is closely enveloped in the sheet and then the blanket. More blankets are covered over him and he is kept there in a recumbent position for thirty or forty-five minutes, the duration being timed by the sedative effect produced. In a few minutes the pores of the skin are opened and blood fills the vessels of the skin.

MISS WINIFRED SCOTT :—

I should first cover the mattress with waterproof sheeting, then pass two binders across the bed, the ends hanging over the sides. A thick blanket over the mattress, then a sheet wrung out in cold water, on which the patient nude is put. The sheet is then folded over, and then well-tucked round the patient to cover him all over; then the blanket is drawn over the sheet, and tucked under the patient on either side. The Nurse then passes her hand under the feet, and tucks all in, and draws the binder over all to keep them in position.

NURSE FORD :—

Cover the bed with a sheet of waterproofing; on it lay three or more large blankets (not doubled). On these place the patient, lying on his side; then dip a sheet in iced water, wring it, fold three or four times, and apply along back; turn patient over, and apply another sheet, prepared as before, over the front of body; then turn over the blankets previously left overlapping; wrap patient in them, adding an extra blanket. Patient should remain in pack twenty, thirty, forty-five, or sixty minutes as ordered.

NURSE REDDOCH :—

To prepare for a cold pack, first place three or four blankets on a bed already protected with a mackintosh, and over these a sheet wrung out in cold water. Lay the patient on this and fold the sheet over him, tucking it in well on both sides, from the neck to the ankles, the feet not included. The blankets are then to be folded over him, one by one, in the same way, and the patient left in them from thirty minutes to three hours. Give plenty to drink, and keep the feet warm. Upon removal, dry off the patient quickly and wrap in a warm dry blanket for some hours. This treatment will render the skin moist, subdue restlessness and delirium, and reduce fever.

NURSE WATSON :—

A piece of waterproof sheeting laid across the bed and securely tied with binders hanging, a

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