

## Notes on Practical Nursing.

NURSES' ORDER OF WARD WORK,  
King's College Hospital.  
(Continued from page 415.)

## SICK COOKERY.

## BEEF TEA.

To one pound of beef, one pint or less, of cold water; remove all skin, fat and gristle, cut it the right way of the grain of the meat, into cubes the size of dice, and place it in a stone jar with a lid, which must stand in a saucepan of cold water over a slow fire, and when boiling, water never to go below the line of meat in the jar, boiling water to be added from time to time; or, the jar may be placed in the oven to cook. To cook from four to five hours; then strain and take off any scum that may rise with clean thin paper or spoon.

## ARROWROOT.

One to two teaspoonfuls of arrowroot to half-a-pint of boiling milk or water, the arrowroot to be mixed first with either a little cold milk or water, then the boiling milk or water poured quickly over it, then boil slowly for five minutes, stirring it during the time.

## GRUEL.

Mix one or two dessertspoonfuls of oatmeal very smoothly in a little cold water; add it gently to half-a-pint of water before it has come to boiling point; then let it boil gently, stirring it during the time. To cook for a quarter of an hour.

## BARLEY WATER.

Wash an ounce of pearl barley in cold water three or four times throwing away the water each time; then add a pint-and-a-half of water, a bit of lemon peel and a little sugar. Let it simmer, stirring it constantly till of a nice thickness, then strain.

## LEMONADE.

Rub rind off with a piece of lump sugar, cut lemons in half, squeeze juice over sugar through a strainer, add a very little cold water, then pieces of ice. Can also be made with boiling water, cutting lemons in slices, and strained.

## EGGS.

Boil for three minutes in boiling water.

## POTATOES.

In boiling water, twenty to thirty minutes.

SILENT HOUR.—Daily from 2 p.m. to 3 p.m. there shall be a silent hour observed, unless the Visiting Medical Staff be in the Wards; the object of this rule being to ensure some quiet and rest for those Patients seriously ill.

SOILED LINEN.—All faecal matter to be removed from linen before being put down the shoots; each article to be thrown down separately.

STEAM KETTLES.—Steam kettles to be refilled every four hours by Probationer of each Ward, or by No. 3 Probationer, at 10 a.m., 2 p.m. and 6 p.m.; at 10 p.m., 2 a.m. and 6 a.m.

STIMULANTS.—Stimulants to be given by the Ward Sister or the Staff Nurse, Probationers only when instructed to do so.

STORE HOURS.—The Store hours are from 7 to 10.30 a.m., 1 to 2.30 p.m., 5.30 to 8 p.m.

SURGICAL DRESSINGS.—Surgical dressings to be undertaken in each Ward by the Probationer, the Staff Nurse supervising and assisting when necessary. Set by 10 a.m. and by 2 p.m. and at such other hours as required.

TEMPERATURES.—Temperatures to be taken and charted by Ward Sister or Staff Nurse; Probationers only when instructed to do so. Morning temperatures, 5.30 or 8 a.m. (preferably at 8 a.m. Evening temperatures, 5 p.m. Four-hourly temperatures, 10, 2, 6. (Or as otherwise ordered.)

TEST BOX, ETC.—Test box, conical or specimen glasses and test tubes to be cleaned by Probationers at a time arranged by the Ward Sister, care to be taken that litmus papers, microscopical slides and covers are always in readiness.

WARD TABLES.—Ward tables to be done by Probationer of each Ward:—Set by 9 a.m.: Cleared by 6.30 p.m.

WARD WORK.—The Staff Nurses are to assist as much as possible in the work of the Ward, and to help to teach the Probationers, taking pains to show them how the work should be done.

Patients are not to do any Ward work, unless ordered to do so by the Medical Officer as a form of treatment.

Nurses are always to remember that the Wards are never to be left without a Nurse on guard, either by day or by night.

WASHING PATIENTS.—Night Nurses, after making beds, to wash Patients only if necessary.

Day Staff Nurse, after making beds, to wash Patients up to 9 a.m.

Nurses are not to begin washing Patients before 7 a.m. or 5.30 p.m., and such Patients are to have the tooth-comb used daily, unless otherwise arranged by the Ward Sister, and this to be done by the Nurse who washes the Patient. Convalescent Patients' heads to be examined weekly, or at the discretion of the Ward Sister.

Children, when washed in bed, are to be washed *inside* bed, and in a blanket, bed clothes being neatly turned down to foot of bed, every child to be bathed that can be bathed.

(To be continued.)

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