

protected by the interposition of cotton. Skin surfaces ought never to be bandaged in direct contact. Always interpose gauze or lint whenever possible. Leave some portion of the part distal to the bandage exposed whenever possible, in order that the circulation may be watched. In applying a simple circular bandage around a cylindrical part, place the initial extremity at right angles to the axis of the part."

We think that any pupil nurse who absorbs the instruction given in the foregoing paragraphs could give a very good account of her knowledge of the theory of bandaging in an examination.

Our first illustration shows a figure of 8 of the breasts (Kiwisch) described as follows:—

"After applying two or three turns of a suspensory of both breasts, cover the breasts by three or four spiral turns and then by three or four figure of 8 turns to compress the breasts, passing under the right breast, over the left breast, around the back, then over the right breast, under the left breast and around back. Repeat three or four times, ending the bandage by a circular turn across both breasts."

ELASTIC BANDAGES.

Dr. Eliason describes three types of elastic bandages:—

1. *Martin's Rubber Bandage.*

—A strip of rubber from 2 to 4 inches wide. No reverses are used and very little tension is applied. It is preferable to have a gauze or flannel bandage next the skin to absorb the moisture. The dressing should be kept free from all ointments, oils, ether, &c., which are harmful to rubber. The Martin's bandage should be removed at least once in 24 hours to allow it to dry out. It is secured by two tapes attached to one end.

2. *Elastic Webbing* is made of a rubber or elastic net work covered with a fabric of cotton

or silk. No gauze or flannel is needed next the skin. It possesses the distinct advantage of permitting evaporation of perspiration.

3. *Esmarch Tube or Tourniquet.*—A rubber strap 5 feet to 6 feet long, with a hook at one end and a chain at the other. Its chief use is as a means of preventing hæmorrhage from wounds in the extremities.

Elastic Fabric Bandage.—This is made entirely of cotton woven in a manner to allow stretching almost equal to that of rubber. It possesses all the advantages and qualities of a bandage inter-

woven with rubber, yet is lighter, more durable, permits evaporation, may be washed repeatedly, and has no odour. It is readily sterilized and can be kept indefinitely.

Unna's Dressing.—This is composed of layers of gauze bandage soaked in Unna's paste, which, when cold, has a gummy elasticity. The dressing is often used to give support to the lower leg, as in varicose conditions. Fenestra may be cut in the dressing to permit attention to underlying conditions, such as ulcers.

ADHESIVE DRESSINGS.

Adhesive plaster dressings are used chiefly for support, fixation, and compression in sprains, fractures, and chronic exudative conditions in tendons, bursae, &c. Precise directions are given as to their application.

The manner of the removal of adhesive from the skin is, it is explained, very important. The ends may be freed and the plaster drawn back upon itself, the skin being gently pressed down, away from the adhesive surface. "Another dry and more rapid method is to free an end and then with a quick jerk remove the plaster. This sometimes carries the outer layer of the skin with it."

Solutions such as ether, alcohol, benzine, gasoline and turpentine may also be used, applied to the under surface of the plaster with cotton or gauze.

Our illustration gives an excellent example of the strapping of a knee.

PLASTER OF PARIS OR GYPSUM BANDAGES.

Many probationers and junior nurses to whom the methods of preparation and application of plaster bandages are somewhat of an enigma would benefit by studying the lucid instruction given

by Dr. Eliason on this subject. To an expert the subject is rather a fascinating one, and the application of plaster can be brought to a high degree of perfection. It is not everyone who knows that a pinch of salt dissolved in the water in which plaster bandages are soaked will hasten their setting when applied. Vaseline may be rubbed into the operator's hands in the absence of gloves to prevent the plaster sticking to them. Discarded plaster in the basin should not be poured down the waste, as it will harden and close the drain pipe.



KNEE STRAPPING.

[previous page](#)

[next page](#)