

OUR PRIZE COMPETITION.

WHAT PRECAUTIONS WOULD YOU TAKE IF NURSING A CASE OF SEPTIC PNEUMONIA FOLLOWING INFLUENZA?

We have pleasure in awarding the prize this week to Miss Maude Cullen, West Ham Hospital, Stratford.

PRIZE PAPER.

Nurses who are attendant on cases of septic pneumonia following influenza, should be most careful to minimise the risk of taking the disease, as well as of conveying it to others with whom they come in contact.

A mask may be worn over the nose and mouth, soaked in some non-poisonous disinfectant. Gargles must be frequently used. Plenty of fresh air is essential. Ill-ventilated rooms and crowds are to be avoided.

In nursing a case of this sort, the chief point to bear in mind is to isolate the patient whenever possible, and to try to prevent the spread of the sepsis by the disinfection of the mouth and nose. Permanganate of potash, in a saline solution, for gargling and sniffing up the nose, is useful, also tincture of iodine in boiling water, quantity $\frac{3}{i}$, to water O_i , is excellent as an inhalation, and preferable for children.

Another method which has been tried effectively is continuous inhalations of oxygen from a gas-bag which has a soft rubber nose-piece passing up into the nostril.

Numerous organisms are present in the nose and also may be found in the mucus membrane. Gargling should be frequently resorted to, especially if the person attacked is accustomed to breathing through the mouth. Teeth must be well brushed and kept scrupulously clean. If the patient is too ill to do it himself, then it must be done for him. The tongue and whole of the inside of the mouth and gums must be well swabbed with glycerine and borax, or peroxide of hydrogen (diluted), three or four times daily, if necessary, also especially before and after feeds. Precautions must be taken to guard against chills. The room must be well ventilated and kept at an even temperature of 65° Fahrenheit, or 70° Fahrenheit.

A steam kettle and tent have often proved of great benefit, if continued until the temperature is down to normal. This has been very effectual in some hospitals.

There is a vaccine now prepared which consists of the bacilli of (1) influenza, (2) streptococci, (3) pneumococci. It has disadvantages. It lowers the patient's resistance in taking the disease, certainly for some time after. It is

best to wait till the disease subsides, and then give several injections to prevent any further attacks.

The inoculations so far against the influenza bacilli have not proved very remedial. There has been in several instances next to no reaction, and the dose has been repeated two, or three, or four times without more effect. The ward or room wherein the patient is nursed should be thoroughly sprayed, or washed all over with some disinfectant daily, all feeding utensils duly marked and kept, and washed up separately. Everything possible must be done towards trying to avoid the spreading of this highly contagious disease.

It is in the nose and mouth chiefly where this bacilli thrives, therefore aseptic measures must be employed as thoroughly as possible.

HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss Lucy C. Cooper, Miss M. Brent, Miss J. Robinson.

QUESTION FOR NEXT WEEK.

What do you know of "mustard gas" burns and their treatment?

THE ROYAL RED CROSS.

On Saturday last the King decorated the following ladies with the Royal Red Cross:—

FIRST CLASS.

Matron Vida MacLean, New Zealand A.N.S.

SECOND CLASS.

C.N.S.: Sisters Winifred Binson, Jessie Reid and Ethel Robinson. V.A.D.: Mrs. Marjorie Monks. New Zealand A.N.S.: Sisters Mary Christmas, Jean Dodds, Rose Fanning, Matilda Fricker, Emily Nutsey, Alice Ingles, Florence Siddells, Mabel Wright and Carrie Young.

The King has awarded the Royal Red Cross to the undermentioned ladies of the Nursing Services in recognition of valuable services in connection with the war:—

FIRST CLASS.

Miss A. Bennet, Matron, Aust. A.N.S.; Miss A. E. Dowsley, Matron, Aust. A.N.S.; Miss T. J. Dunne, Matron, Aust. A.N.S.; Miss L. B. Dunwoodie, Lady Superintendent, Q.A.M.N.S.I.; Miss I. H. McNally, Senior N. Sister, Q.A.M.N.S.I.

SECOND CLASS.

Miss W. M. Aldridge, Acting Senior N. Sister, Q.A.M.N.S.I.; Miss E. B. Butler, Senior Sister Aust. A.N.S.; Miss E. Dalyell, Senior Sister, Aust. A.N.S.; Miss E. L. Horne, A. Matron, Aust. A.N.S.; Miss V. I. Lamb, Senior Nursing Sister, Q.A.M.N.S.I. Nursing Sister Florence Perdue, whose decoration was notified in our last issue, belonged to the Doughty Wylie Unit.

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