

## OUR PRIZE COMPETITION.

### WHAT DO YOU UNDERSTAND BY THE FOLLOWING: QUARANTINE; SEGREGATION; BARRIER NURSING; BED ISOLATION?

We have pleasure in awarding the prize this month to Miss A. Newby, Plaistow Hospital, Samson Street, London, E.13.

#### PRIZE PAPER.

##### QUARANTINE.

The word Quarantine is derived from the French "quarantaine," meaning "forty," as forty days used to be the period for isolating sufferers from plague. It is now, however, the general term applied to the temporary isolation of individuals who have been in contact with an infectious disease. It is usually reckoned as one day longer than the longest incubation period for that disease. The term is also applied to houses, ships, hospitals, or wards, where a case of infection has occurred. Persons in quarantine are under strict medical supervision. Animals coming to this country from abroad have to undergo a period of quarantine before they are freely admitted.

##### SEGREGATION.

The term Segregation means the setting aside of hospital wards or rooms in private houses, where patients suffering from an infectious disease may be isolated and nursed. The segregation of patients was first proposed by Dr. Murchison. Previous to this, various infectious diseases were nursed together in badly ventilated and overcrowded wards. The death-rate of both patients and attendants was enormous, and hospitals were regarded as death-traps. With better ventilation, measured floor space and separate wards for each disease, matters rapidly improved until we have the well-appointed wards of the up-to-date fever hospitals.

##### BARRIER NURSING.

Barrier Nursing is carried out when a patient is admitted to hospital suffering from two infectious diseases, or contracts a second disease while in hospital. He should occupy a bed near the end of the ward, and the bed marked as barrier by having a piece of red cord stretched between two standards and placed at the bottom. At the side of the bed is a tripod holding a bowl of disinfectant, and the nurse carefully disinfects her hands before leaving the bedside. She wears a gown while in attendance. All things necessary for the patient's treatment are kept for his sole use. A thermometer, pulse glass, and pencil are attached to the chart-board, the thermometer held in a tiny vial containing disinfectant. A bed-pan is kept in disinfectant and carried to and from the ward covered by a lid. Any soiled linen is placed in the tank pail and immediately removed. Blankets and woollen articles are stoved before being washed. When the patient is discharged all bedding is stoved and every utensil used in his treatment carefully disinfected before being returned to the general stock. The bedstead, locker, standards and tripods are disinfected, also the immediate flooring and wall area.

##### BED ISOLATION.

Bed Isolation is practised in a ward where various infectious diseases are nursed in neighbouring beds. The beds are twelve feet apart and a window between each one is kept open top and bottom. A pulse glass,

thermometer, and pencil hangs at the head of each bed, also a gown which is worn while the patient is attended to, or while handling anything used by or for him. In his locker are his soap, diet cloth, powder, spray, ointment jar, bottle of methylated spirit, and the duster for dusting his bed, etc. No toys are allowed in bed-isolation, and each patient, when up, must stay in his own "area." Each patient is blanket bathed at night.

In the centre of the ward is a fountain worked by elbow levers, where the nurses carefully wash their hands in running water after touching any infected article.

Feeding utensils are boiled after use in a large sterilizer and then returned to the common stock. In the bathroom a very large sterilizer is kept going day and night, and every article of nursing which can be boiled is put in. A bath of disinfectant of a prescribed strength is always ready, and glass articles, mackintoshes, stethoscopes, etc., are immersed in it for an hour after use.

The centre of the ward and the spaces between each bed are regarded as non-infected areas. All soiled linen is immediately removed from the ward. Tank pails have elbow crooks attached to the lids. Flannels and woollens are stoved before being washed.

When a patient is discharged the whole area is stripped, the nurse putting such articles as cannot be boiled to soak, and sending the bedding, pillows and mattress to be stoved. She then puts on a clean gown and carefully disinfects the area as in barrier nursing, afterwards boiling her bowl and sending her gown to the laundry.

It has been recognised for some time past that diseases can be conveyed by nurses' hands, utensils, etc., to prevent this a high standard of surgical cleanliness is applied to everything that comes in contact with the patient. It is quite possible to successfully nurse such highly infectious diseases as chickenpox and measles at the same time and cross-infection should be looked upon as a disgrace.

#### QUESTION FOR NEXT MONTH.

How would you nurse a patient after removal of stone from the kidney from the post-operative to the convalescent period? To what points should your attention be specially directed during that period?

#### IN GRATITUDE AND APPRECIATION.

The Professional Union of Trained Nurses are organising a Carnival Dance, in aid of the Elizabeth Garrett Anderson Hospital Extension, Euston Road, London, N.W., and have been fortunate in securing the help of Mrs. Northwood, whose ability in making a success of such functions, both socially and financially, is well known. The dance will take place at the Marylebone Hall, Marylebone Road, N.W.1, near the Great Central Station, on Friday, February 15th, 1929.

The Professional Union of Trained Nurses is organising the dance both in support of the Hospital and also in gratitude and appreciation for the devoted nursing given to their late Founder and Hon. Secretary, Miss Maude MacCallum, by Miss G. R. Hale—then Matron of the Hospital—and the Nursing Staff, and the care of the Medical Staff, which did so much to render her pain and suffering less intolerable in her last illness.

Fancy dress and evening dress are optional, and tickets are 3s. 6d. each. Refreshments by the Plane Tree Tea Rooms. There will be prizes for the most original fancy dress.

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