

HAVING PUBLISHED in full the Report by the Standing Nursing Advisory Committee on the Position of the Enrolled Assistant Nurse within the National Health Service, made public in November, 1954, we think our readers may care to know the names of the members who served on that Committee. They are: Miss K. G. Douglas, S.R.N., S.C.M. (*Chairman*); The Hon. Sir Arthur J. P. Howard, K.B.E., C.V.O. (*Vice-Chairman*); G. A. E. Bartlett, Esq., S.R.N., R.M.N.; J. D. Benton, Esq., S.E.A.N.; P. H. Constable, Esq., M.A., F.H.A.; Miss N. B. Deane, M.B.E., S.R.N., S.C.M.; Miss E. M. Middlemist-Downer, S.R.N.; Miss M. M. Edwards, M.V.O., S.R.N., S.C.M.; A. Elliott, Esq., M.D., B.Ch., M.R.C.S., L.R.C.P., D.P.H.; Miss L. A. D. Evans, S.R.N., S.C.M.; *Miss L. I. Gale, S.R.N., R.S.C.N.; Miss F. G. Goodall, C.B.E., S.R.N.; Miss E. M. Hillier, S.R.N., S.C.M.; H. Joules, Esq., M.D., F.R.C.P.; Miss E. J. Merry, S.R.N., S.C.M.; W. G. Patterson, Esq., M.D., F.R.C.P., D.P.H.; *Miss I. G. Robertson, S.R.N., R.S.C.N.; †Miss C. Rowland, R.M.N., R.N.M.D.; Miss M. Smith, R.G.N., R.M.N.; Miss M. J. Smyth, S.R.N., S.C.M.; Miss A. E. A. Squibbs, S.R.N.; F. S. Stancliffe, Esq.; Miss J. E. Thomas, S.R.N., S.C.M., T.A.; Miss B. H. F. Townsend, S.R.N., S.C.M., H.V.Cert.; Mr. W. F. Lake (*Secretary*).

* Miss Robertson was appointed to the Committee in April, 1953, in succession to Miss Gale, whose term of Office had expired.

† Miss Rowland was appointed to the Committee in April, 1953, to fill an outstanding vacancy.

Mental Nursing.

By L. Goddard, S.R.N.

Switzerland.

IN SWITZERLAND, PROVISIONS and special methods of suitable occupations and treatment are not limited to the psychiatric hospitals. Since 1900 some of the patients have been boarded out in farmhouses, as in other countries, where it costs only the small sum of 2.50 francs for each patient, compared with the clinic cost of 7.00 francs.

Children also are boarded out, and there is a closer association between the patient and the doctor, and intense psychotherapy dealing with all complexes is, of course, given in the clinics, where special methods are used in dealing with occupational therapy also.

On admission to hospital the patients are certified and admitted on a doctor's certificate only. There are no formalities with the patient on entering, and every endeavour is made to give an early discharge.

The famous University in Zurich, built on the German model, has a clinic attached to it. This clinic is a state hospital constructed in the year 1870.

It is an acute hospital of 250 beds. The cases all stand a good chance of recovery, but there is a chronic unit of 1,200 beds for the incurable patients.

There is also a special ward for children in the hospital and an out-patient department for them.

For adults also, there is an out-patient department attached to the hospital, which manages 2,000 in one year.

Private patients are received there and the female nurses care for the male patients as well as the female. There are about 18 nurses to every 50 patients.

In the occupational therapy department there is one nurse to every four patients.

The medical staff consists of three "over" doctors and there are regular medical officers, six assistants for the clinic and four to six voluntary assistants.

Continued narcosis is used in acute cases. This was first introduced in Zurich in 1922 and the insulin treatment, as introduced by Sakel, and the cardiazol treatment, are used also, an innovation by Meduna in 1935.

Lectures are given to the university students and to clergymen, and instructions are given to the police, on how to handle cases of psychiatry.

In Berne, the capital, there is a clinic at the University, which is divided into three departments. One of them is a clinical station for university study and treatment for the acute mental cases. This is fairly large, being capable of accommodating 180 patients, all of them acute, who are admitted straight to the clinic from their homes, being allowed to stay as long as from two to three months.

The acute hospital, holding 180 beds, requires two nurses to every five patients, and the nursing staff must be attractive in appearance.

The medical staff consists of seven doctors and six assistants, 13 in all.

The wards are plainly furnished throughout, with no pictures on the walls. The rooms are nicely situated, but on hospital lines, and the gardens upon which the wards look out are nicely laid out.

There is also a sanatorium with pleasant and comfortable surroundings for the patients who are making good progress and there is a hospital unit for chronic cases.

Prolonged narcosis is rarely used in acute cases, but cases of the acutely hallucinated and negativistic type are given cardiazol and insulin. Continuous narcosis is given, and plays a useful part, in the chronic cases.

The manic-depressive cases are isolated. Plate glass is used extensively for the side rooms, which are comfortable, bright, and have colour scheme; green and blue for manics and yellow and orange for the melancholiacs.

Psycho-therapy is relied on in many cases and the patients, if suitable, are treated like normal people. The idea being that the patients needing encouragement are often convinced more easily and more effectively by assurance. One case, for instance, after several courses of insulin-therapy, showed no marked improvement; eventually, he was placed in a private ward, sent into the city and encouraged to attend concerts, etc., with excellent results.

Continuous baths are given in one form of treatment, and the patient kept there for as long as three days at a time.

Occupational therapy is carried out for adults and children. In the children's department, which is kept away from the hospital, there are gardens in which they grow their own vegetables and pharmaceutical plants; they attend school in the morning and work in the gardens in the afternoon, and gymnasium facilities are also provided. There is also a child's clinic and a child's guidance centre attached to this unit.

The progress of the patient is reviewed from time to time by a conference held subsequent to the examination of the patient's admission, and then again at the end of two or three months, when another conference is held.

Insulin therapy. Munsingen hospital is the one in which insulin-therapy is most extensively used in Switzerland. It is a state hospital holding 1,120 patients, one half female and the other half male, and it is there that results are claimed to be so favourable. This form of treatment has been in operation since 1935.

Many patients are boarded out and employed in farms in family care, and a physician visits them and inspects them every two or three months.

Most of the patients in the hospital are occupied, quite 75 per cent. of them, and one form of occupation is the making of cigars, for which they have a contract with a firm in the city.

The staff consists of 104 female and 104 male nurses.

Private mental hospitals, such as the Rockefeller Foundation has equipped, have special insulin rooms, and have a

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