

circumstance. The convalescing typhoid, who surreptitiously, in the absence of a Nurse, received from his friends, and in his ignorance ate a slice of cake, or swallowed an orange pip, followed, a few hours later, by the acute abdominal pain, the sunken cheek, collapse, and death. The aortic aneurism, parched with thirst, who stretched out his arm to grasp the milk on his locker, who over-balanced, and in recovering his position, caused that fatal strain which brought on hæmorrhage and death. The pneumonia case, who, in his delirium, the day before the crisis, divested himself of jacket, poultice, and clothing, and was found seated on his locker, his feet, cold and blue, resting on the draughty floor; hurried back to bed, comforted, warmed, and watched, but to no avail. And so on.

We all know how irksome Special Nursing may become, under certain circumstances. The watching, week after week, on a case of tracheotomy, who ultimately leaves the Ward with the tube in his trachea, is sometimes impatiently designated "fadding"; but the woman who does not know how to "fad" over her patients, when necessary, has mistaken her vocation, and had better not attempt to excel in the Nursing of sick people, as she will fail signally.

The Staff Nurse will take the earliest opportunity, after receiving her instructions from the Sister, of studying the Report, Temperature, and Order books; thus imprinting on her mind, as clearly as possible, what has taken place during the day, and what will be required for the night, so that she can arrange her work accordingly, and apportion a certain share to the Probationer. If there are many poultices to be made, she will, after calculation, see that a sufficient amount of tow is prepared to last the night; she will also see that such draw-sheets as may have been provided for the necessary changes during the night are placed to air (as they should always be used warm) before the lobby fire, on the bars of which a guard should be put when linen is near.

Between the hours of 10 p.m. and 8 a.m., the Night Sister usually makes three rounds of inspection. It is at these times the duty of the Staff Nurse to accompany her round the Ward with a shaded candle or lamp, giving her a detailed report of every case from time to time. Under all circumstances of doubt or difficulty, it is the duty of the Night Nurse to consult the Night Sister, and thus to gain her help and advice, as in all matters of discipline, during their respective hours on duty, the Day and Night Sisters are responsible to the Matron; and it will be their duty at all times to give her a faithful report of matters concerning the department of which she is head, and concerning every detail of which the Committee expect her to be fully acquainted, that

they in their turn may be in a position to act with decision should an occasion arise. Perfect truth and simplicity should be most carefully cultivated by every Nurse. She will not then find herself in difficult and compromising positions, by attempting to hide circumstances which may at the time appear trivial to her, but of which, nevertheless, she knows it would be strictly honourable on her part to inform her superiors. Let each woman, whatever her grade, do her own duty faithfully and loyally, and never grasp or accept responsibility which does not belong to her position.

One of the Night Nurse's principal duties will be to *watch*, and to do this effectually she must be for ever on the alert, going softly (and it is on night duty that a Nurse learns to cultivate the firm and noiseless foot-fall, so necessary for her work) about her Ward at short intervals, keeping a vigilant eye on every serious case, and never absenting herself for any length of time in the Ward-kitchen or lobby. How many catastrophes have been avoided by this habit of watchfulness on the part of a trustworthy Nurse! I remember well, on one occasion, when a Probationer, having watched with great interest the Staff Nurse making a little tour of inspection with her shaded candle, from one end of the Ward to the other, when a slight sound at a bed which she had visited less than five minutes before, attracted her cultivated ear. It was the work of one minute for her to upturn the sheet, whisk off the bed-cradle, and *pounce* and, metaphorically speaking, *sit upon* the femoral artery; giving me at the same time her word of command, "to fly for the House Surgeon and Night Sister, as No. 4's stump was bleeding."

Having breakfasted at 8.30 p.m., it is necessary for Night Nurses to take food *twice* during the twelve hours on duty; to cater for these little meals successfully seems a matter of difficulty to many housekeepers. Night Nurses are generally provided weekly with a certain allowance of groceries, butter, &c., which they keep in tins; but very little more than an egg, or a slice of bacon, is, as a rule, given to them nightly for food during their hours on duty. This meagre fare might easily be varied with good cold meat, ham, home-made potted meat, cold pies, &c.; also a supply of rice, corn-flour, and oatmeal. About one a.m., when the vitality of the body is low, and the Nurse feels most weary, she should partake of a fair meal, with which she might drink tea or coffee, as a slight stimulant taken at that hour may keep her brisk and wakeful for the rest of the night. At five a.m., before beginning the active morning duties, I should advise her to take a soup-plate full of well-made porridge, with milk and sugar, a bowl of whole-meal bread and milk, or a

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