

## Matrons in Council.

### WHAT IS A TRAINED NURSE?

IS A PRELIMINARY EXAMINATION ADVISABLE; IF SO, IN WHAT SUBJECTS?

ST. BARTHOLOMEW'S HOSPITAL.

Questions and Answers on Practical Nursing.

(Continued from page 33.)



No. 5.—Describe how a *Bed* should be made up for the following *fractures*:—*Leg, Femur, and Clavicle*; also for the following operations:—*Ovariectomy, Lithotomy, Ruptured Perineum, and Hernia.*

*For simple fracture of leg*, prepare a bed with fracture frame, and a *well-stitched mattress*, pillows for the head, a macintosh and draw-sheet, a pillow upon which to rest the fractured limb in a raised position; covered sand-bags are to be placed on either side of the fractured limb, to keep it immovable, and a cradle is to be placed over it, to prevent pressure from the bed-clothes.

*For fracture of Femur*.—Fracture frame and mattress, covered by a *full-sized macintosh sheet* and moveable macintosh and draw-sheet, *no pillow* for head, sand-bags from hip to heel, and cradles: the foot of the bed should be raised on blocks and an apparatus for extension in readiness, which is used to prevent shortening of the limb.

*Fracture of Clavicle*.—If the fracture be sufficiently severe to necessitate the patient remaining in bed, all that is required is that it should be *flat and firm*, as the use of the collar bone is to keep the shoulders back; when broken, the shoulder of the injured side falls forward; the object of *treatment*, therefore, must be to keep back the shoulder by *artificial* means, which is done by bandaging until the bone has recovered its solidity.

*Ovariectomy*.—For this operation a chain-bed is required—a mattress covered by long macintosh, also a movable macintosh and a draw-sheet, a pillow to support the knees, thereby preventing any strain on the abdominal muscles; a blanket should be placed over patient, and the upper covering supported by a cradle; the upper bed-clothes, which should be very light and *warm*, should be folded *across* the bed, crossing over for a few inches in the middle, to save all unnecessary exposure of the patient when examining the wound or dressing.

*Lithotomy*.—To make a bed for this operation, some surgeons prefer a regular lithotomy mattress, with aperture in the centre, placing a basin directly underneath it, make bed as for ovariectomy, adding a pillow under buttocks. It is more comfortable for the patient to prepare the bed as for abdominal section, placing beneath him a large square pad of wood-wool tissue or other absorbent material, and constantly changing the pad, so as to keep the patient as dry as possible. These pads should be made from 18 to 24 inches square, and well warmed before being placed in position.

*Ruptured Perineum*.—Make the bed up as if for an ovariectomy, with the exception of placing the upper bed-clothes length ways, instead of across the bed, and tie the patient's knees together to prevent movement.

*For Hernia*, make the bed up according to directions for ovariectomy.

No. 6.—Name the proper *diets* for patients suffering with the following diseases: Typhoid and Typhus Fever, Diabetes, Gastric Ulcer, Rheumatism, and after an operation for *Hernia*.

*Diet for Typhoid Fever*.—*Cold, strained liquid food*, given often in small quantities from two to three ounces in the hour; adding to this stimulants. Milk, milk and lime water, distilled water, whey, beef-tea, beef and mutton essence, ice and brandy. Some cases are partly fed by enemata.

*Typhus Fever*.—As the waste of tissue is very rapid in this fever, the vital force must be husbanded at once, with ample nourishment in a concentrated form. Milk, beef-tea, beef and mutton essence, eggs, arrowroot, light puddings, and stimulants; for stimulants in fever act as tonics as well as food.

*Diabetes*.—The dietetic treatment of diabetes is of more importance than the medicinal, the chief precaution being the avoidance of whatever (either sugar of any kind, or vegetable matter) is capable of being converted into grape or fermentable sugar. Bread made from bran—bread prepared mainly from the gluten of flour, biscuits and rusks, made from ground almond powder to which eggs are added; if ordinary bread is used it ought to be *well toasted*. Meat, eggs, green vegetables, and butter may be taken; also *skimmed milk* and brandy.

*Gastric Ulcer*.—No *solid food* is permissible, but *cold liquids* only, which are to be administered often, and in very small quantities, sometimes by spoonful only; *peptonized milk* and beef-tea. Milk, beef-tea, beef and mutton essence, whey, lime-water, and ice.

Light solid food must be given *very gradually*, when patient ceases to suffer pain in digesting food. Enemata are sometimes prescribed in these cases.

*Rheumatism*.—In *acute rheumatism*, the diet must be reduced to a very *low* scale, anything like alcoholic stimuli or animal preparations, being strictly forbidden.

The patient must be kept on a diet of farinaceous slops alone, such as milk, arrowroot, light puddings without eggs, and weak tea, followed as the pain decreases with bread, fish, &c.

*Beef-tea* is injurious to patients suffering with rheumatism; this fact is not always recognised.

[This treatment is now questioned by some eminent physicians, and the "Salisbury system" prescribes an ample supply of animal food.—Ed.]

*Hernia*.—After an operation for hernia, the patient should have nothing but *ice* for twenty-four hours. For eight days or longer no solid food should be given, but milk, beef-tea, &c. Then a course of *light and nourishing* food, such as bread, fish, &c., should be permitted, *after* the bowel has been relieved by a purgative enemata of two ounces; and nutritive suppositories are sometimes ordered every alternate two hours.

QUESTION NO. 3, What should constitute an efficient preliminary education, and how should it be obtained? will, we hope, be answered by our readers in next week's issue.

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