

the formation of a clot, either in the artery or one of the larger veins, is a common cause of an attack of *Apoplexy*, as it is termed—the patient losing consciousness for a time, and afterwards power, or sensation, or both, in those parts of the body which are supplied with nerves from the affected portion of the brain—a fact which may be noted here, but which will be more clearly understood when the mechanism of the nervous system has been described. In the limbs, the blocking of an artery is followed, of course, by the obstruction of the flow of blood to the part supplied, and the effect, if permanent, will be to cause the death of that part, in consequence of the loss of the vitalising influence of the circulation. In these cases, then, a process which is known as *Gangrene* may occur, but the treatment of such cases usually devolves upon the surgeon, and does not therefore come under the notice of a Medical Nurse.

The occurrence of Varicose Veins is usually associated with long continued congestion of the affected parts. They are, for example, most commonly found in women who are compelled to stand for many hours during each day, and who therefore have a long-continued pressure upon their venous system. Then, especially if they are out of health, and if their heart is not acting as strongly as it should, the blood is not drawn up from their veins into the heart as easily as should be the case. In consequence of this, the veins of the leg and thigh, and even those of the abdomen and the back, may become over-distended, and after a certain time, this over-distension leads to an effort on the part of Nature to prevent the danger of rupture of the vessel; the walls of the vein become thicker, and the tube becomes rather more tortuous or winding than usual; and if the condition continues, the tense bluish swelling of the vessels becomes evident to the eye and the touch. The chief dangers of this condition are that, if it continues, it may lead to such pressure on the skin, over the vein, as to cause its ulceration, and then the rupture of the vessel wall. In these cases, hæmorrhage may occur suddenly and to an alarming extent. The wall of the thickened vein not being thin and loose, as in health, will not collapse as a healthy vein should do, and so the blood may continue to pour out unless active measures are immediately taken. Or a blow upon a varicose vein may cause its rupture and a similar profuse hæmorrhage. Presence of mind and immediate action are, in either case, necessary, if a patient's life is not to be endangered. And the treatment is very simple. Pressure on the bleeding spot, either by the finger or by a pad of lint, with a turn of bandage around it, will completely check the bleeding until medical aid can be obtained.

The New York City Training School for Nurses.

THE Curriculum of Education for Nurses in this well-organised institution is divided into three terms of from twenty to thirty weeks, and we feel sure that it will interest our readers to contrast its course with that arranged for Probationers in our leading Nurse Training Schools.

SCHOOL CURRICULUM.

First Term.—Twenty Weeks.

PRACTICAL NURSING.

- Lesson 1.—Beds.—Bed Making for Bed Patients; for Convalescents; To prepare a Bed for an Operation Patient; Fracture Beds; Mechanical Appliances for the Relief of Bed Patients; Head-rests; Pads; Lifting and Moving.
- Lesson 2.—Hygiene of the Sick-room and Ward.—Air; Ventilation; Methods of Ventilating; Sick-room Temperature; Disposal of Excreta; Soiled Dressing and Soiled Linen.
- Lesson 3.—Care of New Patients.—Treatment; What to Observe; Reporting to the Physician; Care of the Bed Patients; Frequency of Bathing; Care of the Teeth and Mouth; The Prevention and Treatment of Bed-sores; Care of Convalescents.
- Lesson 4.—Baths.—Classification; Temperature; Baths for Cleanliness; Tub-baths; Bed-baths; Foot-baths; Baths as Therapeutic Agents; Mustard-bath; Simple Hot Bath.
- Lesson 5.—Hot-Air, Steam or Vapour Baths; Salt-water Baths; Sponge-baths and Tub-baths in Typhoid Fever; The Cold Pack.
- Lesson 6.—Disinfectant Solutions.—The Preparation of Solutions.
- Lesson 7.—Bacteriological Notes.—Disinfection of Clothing, Rooms, Furniture, Wards, Excreta, Sputum and Vessels.
- Lesson 8.—Enemata.—Kinds; Methods of Preparation; Frequency and Mode of Administration; Care of Appliances; Douches; Catheterization.
- Lesson 9.—Temperature.
- Lesson 10.—Pulse.
- Lesson 11.—Respiration.—Care of the Thermometer; Charting and Recording Notes.
- Lesson 12.—External applications (general and local). Dry Heat; Hot-water Bags and Cans; Hot Bottles; Flannels; Salt-bags; Moist Heat; Fomentations; Poultices; Cold Applications; Ice Cold Water; Lotions.
- Lesson 13.—Counter-irritants.—Mustard Poultices (Plasters and Leaves); Turpentine; Iodine; Liniments; Cupping; Cantharides.
- Lesson 14.—The Cautery.
- Lesson 15.—Medicines.—Method of Administration; Dosage; Weights and Measures; Medicine-closets; Medicine Lists.
- Lesson 16.—Surgical Nursing.—Aseptic and Antiseptic Surgery; Preparation of Patients for Operations (capital and minor); Care of Patients after Operation; Inflammation; Wounds; Method of Healing; Surgical Rounds.
- Lesson 17.—Gynæcology.—General and Special Preparation of Patients for Examinations and Operations; Positions; Instruments and Dressings; Care after Abdominal Section and Minor Operations.

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