

pads, cradles, and bed rests of all sorts adjusted, external heat applied to the feet. A good deal of time is given to turning and changing positions, special stress being laid upon the typhoid and abdominal surgical patients. Also teaching how such work may be done without jerking and bumping against the patient or the bed. It is often as good a lesson to show the wrong way and then the right. Long and short night gowns are put on and off the patient, and it is just here that very young nurses get their first sermon on undue exposure of the patient, a very large text which bears any amount of preaching upon through the whole of their training. This demonstration takes two full hours with an assistant to the teacher; everything should be ready to begin promptly and it will probably be only after some practice that it will be finished in two hours. I may say here that it is the most exhausting work for the teacher, who must be almost constantly speaking. She should have a schedule made out, to which her assistant may also refer, that the demonstrations may go on in proper order and no time wasted. These clinics do not take the place in any way of the regular lessons, lectures and ward teaching, but serve as a review. We require head nurses to attend one course a year.

We have eight demonstrations and give them three times a year, so that all pupils come before they are in the school any length of time. The second clinic is changing the patient from one bed to another, baths for cleanliness, combing hair, changing the bed with patient in it, sponging, packing, sprinkling and tubbing for temperature.

#### THIRD CLINIC.

##### *Local Applications.*

Poultices: Linseed, bran, corn-meal, bread, onion.

Fomentations and turpentine stupes.

Plasters: Belladonna, adhesive, mustard, spice.

Blisters: Cantharides, croton oil, chloroform, painting with iodine, cupping, ice bags and ice coil, cold compresses.

#### FOURTH CLINIC.

Enemata: Alcohol sweat, artificial respiration, gastric lavage, nutritive, laxative, sedative, stimulating, saline, colonic flushing.

#### FIFTH CLINIC.

Getting out medicines, measures, weights, &c., methods of administration, care of hypodermic syringe and needle.

Making solutions: Carbolic acid, bichlor. mercury, boric acid, normal salt, iodine, acetate aluminum, permanganate of potass, &c.

All about specimens of urine and sputum.

#### SIXTH CLINIC.

Fractures: Beds, splints, bandaging, positions, and handling.

Use skeletons and charts.

Shock: Application of external heat, friction, stimulation.

#### SEVENTH CLINIC.

Sterilisation: Hands, instruments, utensils, dressings.

Field of operation: Dressing simple surgical wound, making iodoform gauze.

#### EIGHTH CLINIC.

Care of gynæcological patients: Positions, local applications, vaginal douche, vesicle douche.

Preparation for gynæcological examinations and operations.

All of these subjects may be amplified to a great degree where there is time; they would do better to be divided into ten or eleven demonstrations. The success of this method, like all teaching, depends upon the interest aroused. Who has not heard, for instance, a dear good tiresome teacher describe the circulation of the blood in such a way that it is as interesting as directing one to go one block south and three blocks west and go on until one arrives at the starting place, whereas the story of the circulation is like a fairy tale, if it is properly told. Take, for instance, the vapour bath or alcohol sweat to a patient in uremic coma; nothing a nurse can do for a patient requires more intelligent nursing. It is not enough for her to know that the patient must sweat, but she should know why he needs to sweat, and to watch the effect upon him, why his skin burns so easily, what she may give him to aid the action of the skin, why each individual patient must be a law unto himself as to the length of time he is left in the sweat, why he may need to be taken out after a few minutes, and why she must guard against chilling. It may be made extremely interesting and impressive, or very tiresome and speedily forgotten.

It is a hobby of mine that a few minutes of time from each meeting for class should be devoted to the ethical side of nursing and these demonstrations not excepted.

## A Parting Gift.

A presentation is to be made on Tuesday, November 11th, to Miss Annie Hobbs, who for nearly three years held the post of Assistant to the Lady Superintendent of the Nurses' Co-operation, and who was a very popular officer.

Tea will be served at the Howard de Walden Nurses' Home from four to six for nurses on the staff who may be able to attend. No doubt there will be a large gathering if duty permits.

As we have already reported, Miss Hobbs is resigning her position at the Nurses' Co-operation to take the post of Matron at the Auxiliary Nurses' Society.

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