

The building naturally would not be of the same height throughout. At the one end would be the village Nurses and Midwives, and at the other the Midwives engaged solely in obstetric work. But the groundwork would be identical throughout, and the whole educational edifice being founded and built upon one settled plan, would, we confidently maintain, be both to the honour of Nursing and to the benefit of the public; and the elevation of one part would redound to the credit of the whole structure.

OBSTETRIC NURSING.

— BY OBSTETRICA, M.B.N.A. —

PART I.—MATERNAL.

NOW I mentioned in a former paper the proper position of the bedstead, which should, of course, stand free from the walls of the room. Now as to the bed. The lower blanket and sheet must be put on as usual, and see that they are well tucked in all round, and placed perfectly smooth; the bolster can be put in its place. Before putting on any more bed-clothes, you must prepare the bed for delivery, and in order to facilitate all that has or may have to be done during labour, it is an *undeviating rule* to prepare the *right side* of the bed for that purpose. This may seem to you a simple thing, but it is one of the most important Nursing arrangements in connection with the work that lies before you. We shall have to prepare two draw-sheets—one for delivery, and the other for afterwards. The piece of waterproof sheeting, which, as I said in a previous paper, should be from one and a-half to two yards long, must be cut in halves. The draw-sheet for delivery is placed towards the foot of the bed, and on the *right* side. First we fix the waterproof *over* the lower sheet and blanket, so that it can be readily moved afterwards. Have it spread smoothly over the sheet, and tucked in at the foot, and under the side of the bed as far as it goes—not merely under the mattress, but over all the bedding, so as to protect the sides from possible staining. Be sure to fix this waterproof firmly; remember, if that slips, all slips. Over this put an old sheet or counterpane, folded in as many thicknesses as its size admits of; it should almost cover the waterproof.

Some teachers of Obstetric Nursing instruct their Nurses to place the waterproof sheeting *under* the lower blanket, next to the bedding, and in one length along the side of the bed; but I prefer to have it divided and placed as I have described to you, for in my judgment, the less we

have of it, and the sooner we can dispense with it, the better in our portion of Nursing work.

Now prepare the upper draw-sheet. The second piece of waterproof sheeting should be placed at some distance from the bolster, so that the shoulders of the patient do *not* rest upon it; tuck it under the mattress only, and along the side of the bed. It should reach just above the hips, and not quite to the knees. Over this fold a piece of blanket, as thin and soft as possible, and in as many folds as you can. This is not to be fastened down in any way, as it will have to be removed soon after the patient is put to bed. Having completed these arrangements, you finish making up the bed. Let the top sheet be well tucked in along the *left* side of the bed and at the foot, and then carried up to the top of the bed, *over* the draw-sheet; and in putting on the blankets, you must be careful not to have too much folded over at the top. Nothing is more oppressive to a recently delivered woman than a weight of bed-clothes on her chest. Say there are two blankets. Place one well up to the head of the bed, and fold it over as far as it goes; then take the second blanket and carry it up just *below* the fold over of the first blanket, so that there are only two thicknesses of blanket turned over. Tuck the blankets under at the foot and along the *left* side of the bed. Then put on the quilt, carrying it up to the top of the fold of the first blanket; remember, this too is to be placed *single*, and what there is to spare in length to be turned over at the *foot* of the bed, the same as the second blanket. The top sheet is then turned over the quilt and blanket as usual.

Now the whole of the bed-clothes you have put on must be turned over from the *right* to the *left* side of the bed, longwise, taking care not to disarrange them, and having them placed perfectly smooth and straight, and leaving the whole of the right side of the bed perfectly free. You will see the benefit of these arrangements as we go on. The two pillows must be placed at the top of the lower draw-sheet, and over the folded back bed-clothes, crosswise to the bed. If there be an eider down quilt it must be carefully folded up, and placed on a chair towards the head on the *left* side of the bed, so as to be handy when wanted. Never have them on the bed during labour; they are apt to get stained, and are in the way. If there be any vallance to the bed, unfasten it at the foot, and turn it back half-way towards the bedstead, and on the *right* side. You might do the same with the vallance at the foot. Then place a piece of old carpet, or drugget, or ticking on the floor at the foot of the bed, well under it, and carry it *beyond* the lower draw-sheet; this will effectually protect the carpet from possible staining.

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