

The practical handling of the affairs of the household, which lies always at the foundation of good nursing, should be sufficiently taught, and, lacking a separate building for the purpose, it is quite possible to appropriate from existing opportunities in the daily work of various departments of the hospital such material as will prepare the students in these fundamental branches.

In the study of foods there should be a series of classes, combined with the practical work, taking up first the chemistry of foods, and afterwards studying food values and diets in various diseases.

ANATOMY AND PHYSIOLOGY.

The courses in anatomy and physiology should be systematic and thorough as far as they go, and should consist of recitations and demonstrations, laboratory work, and lectures. An excellent method of teaching these subjects for our purposes, where every step of new knowledge depends so closely on some preceding step, is through a short term, covering a period of, say, twelve weeks, occupying, say, six hours weekly. A good working schedule for handling this subject in this way may be arranged thus:—

Recitations one and a-half hours once a week, lectures one hour once a week. The recitations follow the usual form, and are as valuable here when properly conducted as in the other subjects. In the laboratory work the student is brought into direct contact with the subject of her study, and handles tissues and specimens, makes crude dissections, and uses the microscope. By means of one lecture weekly the instructor explains such points as have presented special difficulties.

MATERIA MEDICA.

This subject may be taught entirely by means of recitations and a few class demonstrations, or it may be partially taught in the hospital pharmacy and the practical instruction obtained there supplemented by class teaching. In the pharmacy, a group of students (three to four) may be placed on duty, say two hours each morning for a period of four weeks. There they learn under instruction the preparation of all drugs in daily use in the hospital. They become familiar with various forms of drugs, learn their cost and the influences under which they deteriorate. They are taught accurate weighing and measuring, and careful handling. In a series of classes which should follow this practical work, instruction should be given concerning the methods of administering drugs, and the observations of their effects, also of poisons and their proper antidotes.

THE ELEMENTS OF NURSING.

This course of instruction would cover some such ground as is here outlined:—Beds and methods of bed-making; changing of linen, and moving and managing of helpless patients; the use of appliances for the relief of bed-patients.

The daily care of bed-patients and methods of bathing, tub and sweat baths, sponges and packs.

External application (hot and cold), the use of hot-water bags, fomentations, poultices, plasters, liniments, &c., ice and cold compresses.

Preparation for enemata, catheterisation, douches, irrigations, with instructions as to purpose and methods of administering. Methods of taking temperature, pulse and respiration of patients, of accuracy in keeping charts and other bedside records, taking notes and making reports.

The use and care of ward appliances and utensils, concluding with a series of classes in bandaging. Two hours weekly for twelve weeks would enable an instructor to cover this ground quite satisfactorily in a careful, even if rudimentary, way, so that on entering the ward the student is familiar to some degree with her surroundings, and may be safely entrusted to perform the simpler tasks, and to meet the less urgent requirements of her patients. The subject of hygiene is exceedingly important, and should be thoroughly and practically taught. It should deal with the proper air supply and temperature of sick-rooms, showing methods of ventilating and heating; with water supply, how contaminated, how purified; with disposal of excreta and other waste matter; methods of disinfection of rooms and clothing; of the general causes of disease and methods of prevention; and with the personal regimen which should govern a healthy life.

In a course of six or eight lectures or classes, including practical demonstrations, and supplemented by visits to buildings where various methods of heating, ventilating, &c., can be shown, the student can obtain a fair working knowledge of this subject, which will serve as a basis for future study in this direction. Emphasis has been already laid on the advantages which such a course of preparatory instruction offers over the usual method which permits the student to enter the hospital ward so unprepared that she becomes an unskilled and unintelligent performer of duties which are almost, if not quite, meaningless to her; so unprepared that for many months she profits little by the excellent opportunities which the ward offers.

By the general character of her work throughout the entire preparatory period, by practical tests at intervals and by means of written and oral examinations at its close, the ability of the student to proceed further can be readily determined, and the opportunity for careful observation and study of her personal characteristics during the more prolonged probationary period proves invaluable as an aid in deciding the question of personal fitness. The student so prepared and equipped by definite instruction in subjects directly fundamental may now enter the hospital wards and proceed at once with training in the actual care of the sick. On a previous page have been named the subjects in which she should receive careful, thorough, systematic instruction. I repeat that the standards for registra-

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