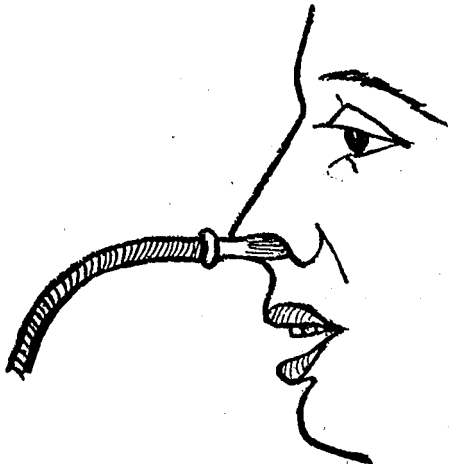


may have to undertake in regard to the nose, naso-pharynx, and throat.

For the application of fluids to the interior of the nose, sprays, atomisers, douches, or syringes are used. Sprays are worked by a handball, and are applied to the anterior nares or to the post nasal space. The former is more frequently used as, properly applied, it will reach the post-nasal space.

The following directions for applying the nasal spray are sufficiently practical to enable you to use it efficiently: (1) Warm the fluid in the bottle by holding the latter in hot water. (2) Make the patient hold the body slightly inclined over a basin. (3) Introduce the nozzle of the spray into the nostril, first into the one most obstructed, far enough to close it perfectly, holding the tube of the apparatus directly outward from the face without inclining it to one side downward. (4) See that the patient keeps the mouth well opened, breathing



POSITION OF NOZZLE OF SYRINGE WHEN GIVING A NASAL DOUCHE.

through it in a snoring manner, and avoiding all attempts at speaking, swallowing, or coughing. (5) Work the ball of the spray briskly, until the vapour appears at the opposite nostril. (6) Remove the nozzle of the spray from the patient's nose, and allow him to remove the superfluous fluid by gently blowing the nose. (7) Repeat the spraying through the opposite nostril.

For douching or syringing the nose, the following directions should be carefully observed: (1) Use an ordinary Higginson's enema syringe. (2) Make the solution at a comfortably warm temperature. (3) Seat the patient in front of a basin with the body (not the head) inclined over it. (4) Insert the nozzle of the syringe into the more obstructed nostril, pointing it straight backwards, as in the figure. (5) Tell the patient to breathe

coarsely through the open mouth, in a snoring fashion. (6) Compress the syringe as he breathes out, relaxing it as he breathes in; the solution will then run up one nostril and out by the opposite one. (7) When the solution has been used, direct the patient to gently blow the nose to get rid of the superfluous fluid.

If syringing is done upwards, towards the roof of the nose, you will cause severe headache, and the nose will not be properly cleansed. The patient's head must not be thrown too forwards or backwards, as there is danger of the fluid entering the frontal sinuses in the former or the Eustachian tube in the latter case.

The post nasal douche can be well given by means of a Higginson's syringe, with a metal Eustachian catheter attached. The end of the catheter is introduced behind the soft palate, the patient leaning the head very slightly forward, and keeping the mouth open. The douche should be used gently, and frequent pauses made to allow the patient to breathe.

Inhalations form a valuable method of locally treating diseases of the pharynx and larynx. They are best employed by means of a Maw's inhaler, or in an ordinary jug. The fluid should half fill the jug, and be at a temperature of about 140 degrees, not less. A folded towel should be arranged about its top in such a manner as to be adapted to the patient's nose and mouth.

The inhalation should last about ten minutes, the patient taking one breath of fresh air to every three or four of the vapour.

In painting the throat, brushes should be discarded as septic and inefficient. A pledget of cotton wool firmly held in catch-forceps should be dipped into the paints and carried rapidly through the open mouth to the back of the throat, which should be quickly and thoroughly swabbed.

In my next lecture I shall consider the duties of the nurse in regard to operations on the ear.

ULSTER BRANCH, IRISH NURSES' ASSOCIATION.

The following lectures have been arranged in connection with the above Association in the Club-room, 16, Crane's Buildings, Wellington Place, Belfast. *Thursday, Feb. 20th*: "The Heart," by Professor Lindsay, M.D., 6.30 p.m. *Wednesday, Feb. 26th*: "The Royal National Pension Fund for Nurses," Mr. L. H. M. Dick, 7.15 p.m. *Wednesday, March 11th*: "Charity Organisation," Miss Orger, 7.15 p.m. *Wednesday, April 8th*: "The Functions of the Skin," Dr. Waugh, 7.15 p.m.

[previous page](#)

[next page](#)