

The Hospital World.

T WAIKATO SANATORIUM, NEW ZEALAND

An interesting work is being carried on at the Waikato Sanatorium, Cambridge, New Zealand, of which Miss A. S. Rochfort is Matron, and which is a Government institution established by the Health Department under the direction of Dr. J. Malcolm Mason, D.P.H. Chief Health Officer, for the open air treatment and education of patients suffering from tuberculosis, and as part of the crusade against that disease in New Zealand. The Sanatorium proper consists of an administrative building, with a few cottages for the staff, and three "colonies" or groups of shelters, for the primary treatment and education of patients of both sexes.

Each colony is provided with an adequate equipment, and it is interesting to note that in this are included "emergency hæmorrhage kits" always in readiness, *i.e.*, hypodermic needles, morphia tablets $\frac{1}{2}$ gr., strychnia, etc., also nitrate of amyl capsules. One of these kits is always taken by the Sister in charge of a picnic or long walking expedition.

Each colony is in charge of a Sister who is a registered nurse, as is also the Night Superintendent. There are two day nurses and one night nurse, and a useful official is the night porter, who is on duty from 10 p.m. to 6.30 a.m. He fills hot water bottles, and carries them to the shelters, a heavy item, as many of them are quite a distance away from the hot water supply. He also carries the suppers of the male patients across to the colony, cleans the fire places, and keeps up a fire for the supply of the hot water, hot milk, etc., which may be required during the night.

It is the wish of the Department that each patient at Te Waikato shall not only be "rested, refreshed, and inspired with new life," but that he shall be the means of spreading the gospel of fresh air living upon his return home; and shall thus be, by his knowledge and example, an active factor in the prevention of the spread of tubercular disease. With this aim the Sisters and nurses work in hearty co-operation.

The duties of the Sisters are defined as including the *care of patients*, including disinfecting routine, training to fresh air life, the supervision of food and feeding, breathing exercises, etc.; the *care of the colony*, including the supervision of the cleanliness of the colony, shelters, beds, and all clothes and utensils. She must see that all handkerchiefs are burned, and sputum cups sterilised, that care is taken of the goods of the colony with a view to the

prevention of waste. She is also responsible for keeping the books (Report, Stimulant, Dispensary, Order of Stores, Laundry, and Particulars of Patients). *The Training of Nurses* naturally falls to the share of the Sister. She is required to instruct each probationer in the following duties: the taking and recording of temperatures, pulses, respiration, the administration of medicines, the application of poultices, fomentations, etc., emergency treatment of hæmorrhage and heart failure, asepsis, ventilation, and in the peptonising and preparation of foods. Further, in the making of beds, the nurse being taught to air and shake the bed-clothes away from herself, how to care for bed patients, and what precautions should be taken to prevent the spread of infection, etc.

It is found that the patients are happier when employed, and in the Plunket Colony the men have kept themselves usefully employed in attending to their shelters, keeping the paths, flower borders, and lawns in good order: and have materially assisted in removing the old fowl houses and erecting the new poultry houses and runs on modern lines. Over 400 birds, chiefly White Leghorns of good stock, were raised, the hatching being by natural mothers. All the work of raising, feeding, cleaning, etc., has been done by the patients and the excellent condition of the birds, and of the run generally, has been commented on very favourably by several poultry experts who have recently visited the Sanatorium. The poultry run is in the charge of one of the patients, Mr. W. J. Cook, who, from a small beginning two years ago, has now made the poultry raising for eggs and table fowls a paying concern by his knowledge and industry and unremitting attention. The expenditure on the poultry run during the past year amounted to £106 6s., while the receipts amounted to £196 3s. 10 $\frac{1}{2}$ d.

An interesting experiment, which is giving excellent results, is the establishment at Karare of a working colony for ex-patients in charge of a Sister, qualified in general nursing and Sanatorium work, at which selected male patients, who are housed in tents, plant out young trees, or do other open-air piece work for the Government Forestry Department. Dr. Mason considers it important that a Sister (Sister Urquhart) should be in charge of this camp to ensure that open-air life is maintained, that meals are regular, and food suitable, and that the general order and sanitation of the camp are good, that the men, who are keen to be earning once more after enforced rest, do not over-work, and that they are surrounded by a home atmosphere.

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