

Professional Review.

A QUIZ BOOK OF NURSING.

A most useful book for Teachers of Nurses as well as for their pupils is "A Quiz Book of Nursing," by Miss Amy Elizabeth Pope, Superintendent of the Insular School of Nursing, San Juan, Porto Rico, and Miss Thirza A. Pope, a Supervisor of Visiting Nurses in New York, which is published by G. P. Putnam's Sons, 24, Bedford Street, Strand, W.C., price 6s. net. The questions cover a wide range of subjects, and any pupil nurse who, in combination with practical training, intelligently masters its contents, will have a very useful knowledge of the things which it is necessary for her to know. In addition, it is a most handy book of reference, and the authors are to be congratulated on having compressed into so small a space so large an amount of information. This covers a wide range of subjects of a very practical nature. For instance, in regard to the restraint of patients, it is suggested that the following points should be emphasised by the instructor: "That when patients are inclined to be delirious restraint will often irritate them and so cause delirium; that delirium, by making the patient restless, will increase the strain on the heart, and thus lessen his chance of recovery." Special reference is also made to the following facts, "the symptoms of delirium tremens, and the rapidity with which the condition sometimes develops; how patients have been injured, and escaped from a ward because restraint was ineffectual; that when a patient is very restless even restraint that is perfectly applied can become either tightened or loosened, and that therefore all delirious patients must be constantly watched."

Then take the chapter on "Symptoms," in which the authors say, "Unless the first symptoms of an adverse change in a patient's condition are observed he may become so much worse that it will be impossible to save his life. Unless symptoms of over-dosing are recognised patients will be poisoned. By observing and reporting intelligently symptoms occurring in the course of disease, and those following the use of drugs, nurses can often assist the doctor in forming a diagnosis in deciding how best to treat the patient, and in forming an opinion as to the value of the medicines used."

The chapter on the giving of medicines, as well as that on *materia medica*, will be of great use to many nurses, for instruction on these questions is often very scanty. (We wonder how many nurses could give off hand a definition differentiating between *materia medica* and therapeutics.)

The chapter on "Disease" is very valuable, as it gives in concise form the symptoms of, and nursing in, the more common diseases. Thus, in regard to malaria, we read that the cause is the *plasmodium malarie*, a unicellular animal. After entering the blood the malarial organisms make their way into the red blood-cells; each one takes possession of a different corpuscle. Here they grow, and as they become larger they separate, forming spores. These spores, at regular intervals, break out of the corpuscles into the blood, where they remain for a short time and then enter other red blood-

corpuscles. It is when the spores break loose that the chill occurs. The special particulars to consider in nursing malaria are to apply external heat during the chill, to do everything possible to ensure comfort and coolness during the subsequent high temperature; to screen the patient *carefully* with a mosquito net in order to avoid the infection of others."

In the chapter, "Special Senior Quizzes," the duties of a head nurse, private nursing, and methods of teaching nursing, are considered. Amongst the talents a nurse must cultivate if she wishes to be successful as a head nurse the following are enumerated:—"To understand people; tact; to be able to reprove without causing anger; dignity; a keen observation; sense of order; a good memory. Concerning private nurses we read that the most frequent complaints made against them are: "Their unwillingness to take certain cases, even in emergencies; not being ready to respond to calls after they have notified the registry or doctors that they are; extravagance in their use of bed linen and supplies; unwillingness to do anything that they do not consider 'a nurse's duty.'"

An instance given of furniture often spoiled by nurses is the table by the patient's bedside. This can be avoided "by covering it and putting a smooth pad under the cover; if the table is a costly one the danger of its being spoiled by medicines, hot trays, etc., should be explained, and a less valuable one asked for."

Concerning teachers, we read that amongst the things a teacher must know are "her subject or subjects, the principles of pedagogics, the capabilities and characteristics of her pupils." It is specially important that one teaching nurses should be interested in her work because "without interest it is impossible to put sufficient enthusiasm and force into a lesson to rivet the attention of the pupils and thus bring their retentive faculty into play, and as nurses, more often than not, come to class tired, and thus unprepared to concentrate their attention, they are very dependent on the magnetic influence of the teacher."

Hygiene and Bacteriology and Food are other matters dealt with in the same practical way.

The concluding chapters are on visiting nursing, hospital planning, construction, and equipment, and hospital book-keeping and statistics. Concerning the purpose of visiting nursing, Miss Margaret A. Bewley, R.N., gives the following definition: "Visiting nursing is the care of the needy sick in their own homes, and should include instructing them in the laws of hygiene and sanitation, and rooting out and destroying the unwholesome conditions which cause the spread of disease. The visiting nurses' function is threefold; they are nurses, teachers, and inspectors; their skill and training are not used for their patients alone; they must teach other members of the family, and report to the proper authorities every condition that menaces public health; their duty is to the community, as well as to the individual."

The interesting topics dealt with are by no means exhausted in this brief review. The book is one which should have a place in all nurses' libraries.

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