

selves against unhealthy suggestion coming from their patients. It was possible for a nervous patient of strong personality to thoroughly wear out a nurse. Consequently the latter must brace up her mind against adverse suggestions, not only psychically but physically, by utilising her rest time to its utmost, getting plenty of sleep, fresh air, exercise, and healthy mental recreation when off duty.

Massage Work in Large Hospitals.*

By MISS L. V. HAUGHTON.
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Massage in large hospitals is a subject which gives one great scope; there are such different ways of organising and carrying out the work of a massage department to meet the increasing needs of modern treatment.

Judging from the advertisements in the nursing papers, and from what one hears, many institutions are reorganising their special departments of this kind, while others are for the first time establishing a massage section. Within the last ten years great strides have been made towards a more efficient method of adequately dealing with the very large numbers of cases which annually pass through the wards and the out-patient departments of general hospitals, which might derive benefit from treatment by careful massage and remedial exercises. There is no doubt that the modern medical man quite realises the fact that a large proportion of the patients treated in a general hospital benefit enormously by massage and exercises properly carried out, the question to-day is, how is this need met.

The Swedish schools and the Incorporated Society of Trained Masseuses are doing their part in turning out properly trained and qualified people to undertake the work, of whom many ought to be well suited for work in hospital. As most of you know, within the last few years the Incorporated Society has enlarged its scope by holding an examination in Swedish remedial work, candidates for which must already hold the massage certificate of the Society. The candidates are examined by women who have trained in Sweden. In one essential hospital work differs from private practice for it is an essential that the head of a massage department in a charitable institution should be an experienced teacher, and, if possible, hold a massage teacher's certificate, in addition to

* Read at the Nursing and Midwifery Conference, London, 1911.

one qualifying her as a masseuse, and competent to do remedial work. The massage department of a hospital is an excellent training school for the teaching of massage. Every week it is possible to see almost every variety of physical weakness or deformity. In the wards may be found neurasthenia, paralysis, recent fracture, early cases of spinal curvature, chorea, neuritis, thrombosis, talipes, and like deformities, constipation, and sciatica, etc. In the out-patient department one gets writers' cramp, torticollis, minor fractures, sprains, dislocations, stiff joints, chronic rheumatism, curvature, knock-knee, etc., etc., and it would be very expensive for a hospital to pay a sufficient number of highly-qualified masseuses to deal with all these cases. Well supervised, much of the work can be undertaken by pupils, and the expense of working a thoroughly efficient massage department reduced to a minimum.

Some hospitals hand over the entire department of massage to an established school, thus saving much trouble in organisation and management; but the ideal is to have the school worked by the hospital, giving one's own nurses the opportunity of taking a definite and efficient course of instruction, thus fitting them better for their work in the world, and supplementing the numbers by outside pupils. Want of space for the necessary class-rooms and sleeping accommodation prevents many hospitals from adopting this scheme at present, but one may safely prophesy that in time the massage school will become as much part of the organisation of the modern general hospital as the nursing school, or in many instances the midwifery school is at present. The number of qualified masseuses necessary for the working of such a department would depend on the number of patients sent up for treatment and the number of pupils instructed. The patients would, of course, primarily be under the care of a medical man, who would see them at intervals.

The first systematic teacher of massage at Guy's Hospital was Miss Molony, a sister at the Hospital, who taught in the year 1888, and was one of the founders of the Incorporated Society of Trained Masseuses in 1894. Since that year we have been very closely associated with the Society, and have sent varying numbers of candidates up for each of its examinations, instruction being generally given by Sisters working in the hospital, but from time to time also by other members of the Incorporated Society. The work grows continually, larger numbers of cases are rubbed weekly in the actino-therapeutic department alone, where the Sister in Charge and many of the

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