

was taken off as soon as the patient was out of bed.

Here is a condition rarely recognized, yet it is frequent, it causes great distress, and as a rule is easily cured. On examination, the abdominal wall will be found lax, the recti muscles widely separated, the liver, kidneys, stomach, and intestines sagging, often the uterus and appendages are prolapsed, and the perineum may be lacerated so that the vaginal walls also are prolapsed. An abdominal binder may be the only treatment necessary, but the lacerated perineum and prolapsed uterus require an operation. The point is, the tired, nervous mother needs care. Often a slight operation will transform an invalid into a strong, healthy woman.

What may seem to be little things of no consequence are often symptoms of serious trouble. It is the nurse's opportunity, more particularly the visiting nurse's opportunity, while in the home to recognize the possibility of some gynaecological trouble, and to influence the patient to seek medical advice.

MENTAL HEALTH.

The report of the Social Service Bureau at Bellevue and Allied Hospitals, New York, for the year 1912 is a very interesting record. The aim of the Bureau is to direct the activities of various Committees and Divisions formed to supplement the work done for patients in the Wards and Outpatient Department. The divisions include convalescent relief, child welfare, psychopathic, Jewish, tuberculosis.

The report of the Psychopathic and Alcoholic Division is specially interesting for, as we read, "the importance of social service in mental and nervous affections is so self evident as to scarcely merit comment. Mental health may be tersely defined as the ability of the individual to adjust himself to his environment. . . . In other words many nervous and some mental diseases might be termed essentially social diseases, that is social and environmental difficulties and misunderstandings are the most potent factors in the causation of such diseases. It naturally follows that the correction of these difficulties in the intimate life, as well as in the environment of the patient, is the most effective and logical method of attacking the problem. . . . The function of the social worker is to meet this need, namely to aid the physician in the analysis of his patient by obtaining correct information which is beyond his reach, and by carrying the treatment from the consultation room to the home of the patient."

POST-GRADUATE TRAINING FOR NURSES.*

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I propose to speak very briefly on the subject of post-graduate teaching—with which I do not include additional training such as fever nursing, nor special work such as midwifery, massage and electrical work, nor yet house-keeping and training in Matrons' duties; but simply courses of instruction for Nurses already qualified, who desire to refresh their knowledge of medical and surgical treatment, and to bring their Nursing practice up to the requirements of the day. The essential groundwork of the art of nursing, such as bed-making, washing and routine care of the sick, once learned, is learned for all time, and needs but constant practice to keep it perfect, and the same applies to the habits of punctuality, method, observation, and a skilful manner of handling patients, all of which are necessary qualities for a first-rate Nurse. It is not so, however, with details of medical and surgical treatment. Extraordinary advances and changes have taken place of late years, not only in surgery, but also in medicine. Much is heard of the marvellous improvements in Surgery which have followed the discoveries of Pasteur and Lister, but so many Nurses seem oblivious of the revolution which has also been taking place in the practice of medicine in consequence of these discoveries. Physicians are no longer content to treat the symptoms of disease, but set themselves to discover, and as far as possible remove, the cause of the disease. Medicine is becoming a more exact science than formerly it could be.

So rapid have been the advances in both surgical and medical knowledge that medical men have for some time past realized the advantage of post-graduate courses of instruction, and such are given now in several large centres. It stands to reason that a Nurse who is working by herself, away from the centres of progress, must also feel the necessity of "rubbing up" from time to time if she is to keep "up-to-date," and to extend her working days as long as possible. Indeed, from both Doctors and Nurses we frequently hear that an occasional "rubbing up" in Nursing practice is highly desirable. Only recently I heard a Surgeon remark that Nurses whom he had known as capable surgical Nurses in hospital,

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