

Miss Amy Phipps writes:—The symptoms include subnormal temperature, often below 96° F. Also, she says: "Where the condition of shock is anticipated everything possible should be done to place the patient in a favourable condition to meet it; much depends upon the intelligent and prompt recognition of treatment of the first symptoms of shock. The amount of heat applied should not be sufficient to produce sweating."

Miss Musto says:—"If a patient has any religious tendencies, suggest before operation that he should leave all his fears and difficulties in the hands of a Higher Power. The anæsthetic should be given before the patient enters the theatre; to walk into the operating theatre and place himself on the table is a fruitful cause of shock."

Miss Croll remarks:—"Stimulant in the form of hot tea or coffee may be given unless where there is internal hæmorrhage, as under such circumstances stimulant would only aggravate the bleeding. Where there is internal hæmorrhage, and if it be located, cold cloths or an ice-bag placed over the part will help to arrest it. On temperament depends greatly how much the patient will be affected; thus it is often possible to lessen the risk by careful preparation. Calm the mind. Diet carefully—and cleanse the bowel."

Miss Cheatley writes on the giving of fluids: "Fluid can be given by itself or combined with stimulants. The most suitable fluid is normal saline solution—i.e., water containing a drachm of common salt to a pint—and it is most suitably administered by the rectum. A pint of saline fluid is warmed to a temperature of 100° F., and run into the rectum by means of a tube and funnel. The fluid is run in slowly, otherwise it will act as an enema and be returned. This injection may be repeated if necessary, and if the surgeon orders a stimulant, such as brandy, it may be mixed with the saline injection. Fluids may also be given by continuous subcutaneous infusion. The part usually chosen for the injection is the loose tissue on the inner side of the thighs, and the fluid is run in by syphonage. Intravenous infusion, or the injection of fluid directly into a vein, is another way of giving fluid. It is always done by the surgeon, and the nurse has only to get the apparatus ready. This consists of a sterilised cannula and two-way syringe with tubes, and six pints of normal saline fluid at a temperature of 115° F. The following instruments also should be sterilised: Scalpel, scissors, dissecting forceps, aneurysm needle, silk ligatures, and a bandage."

Miss Dodd suggests that "in extreme cases, continuous subcutaneous infusion of saline may be given best by a special Thermos apparatus. This keeps the fluid at whatever temperature desired, about 110° F., for a number of hours, regulates the flow drop by drop, and measures the quantity injected."

Miss Cooper reminds us "that hot mustard footbaths where practical, mustard leaves over the region of the heart, at the base of the brain, and over the abdomen are useful; so also massage of the limbs and body may be. Quiet and a subdued light should be maintained."

Miss Tatham says: "In shock due to burning by heat or chemicals, mental and physical causes combine. Fright will almost certainly be experienced, and the physical burn will damage the delicate nerve-centres. On the battlefield also the wounded frequently suffer from combined physical and mental shock, caused by the terrible scenes, the exhaustive excitement, and the disabling wound."

QUESTION FOR NEXT WEEK.

Why is milk an ideal food? Mention some ways in which it may be made more digestible.

INVALID KITCHENS.

The Invalid Kitchens of London were established four years ago to provide at a nominal cost nourishing food for persons suffering or emerging from illness who would otherwise be unable to procure it.

The necessities of the War have influenced the War Emergency Committee, of which Lord Devonport is chairman, to extend the usefulness of this institution, which owes much to the activities of Lady Muriel Paget, who is in attendance daily at headquarters. There are five kitchens in existence—at Southwark, Bermondsey, Hoxton, Stepney, and Victoria Docks. The committee is anxious to start twenty more kitchens throughout London, and Lady Muriel Paget and her co-workers appeal for contributions in money or in kind. Gifts of furniture, kitchen utensils, crockery, glass, and kitchen tables will be specially welcome. Persons in the country who can give a weekly supply of garden produce are asked to communicate with the honorary secretary at 32, Victoria Street, S.W.

NURSES RECALLED.

News comes as we go to press, that the British Red Cross Committee has sent a representative to Brussels, to give English nurses, not commandeered by the Germans, the option of returning to England.

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