

do the dressings a nurse may leave without sufficient practice.) (7) A regular rota so that a nurse does not leave as trained without training in all departments."

The need for special training in administrative work is also emphasised.

In our view, co-operation between the secondary schools for girls and the nurse-training schools would be most beneficial.

### OUR PRIZE COMPETITION.

DESCRIBE THE SYMPTOMS OF A SEVERE CASE OF INFLUENZA. SUGGEST PROPER NURSING TO BE EMPLOYED IN SUCH A CASE. STATE THE PERIOD OF INCUBATION AND THE PERIOD OF ISOLATION. WHAT COMPLICATIONS MAY OCCUR IN THE COURSE OF THE DISEASE?

We have pleasure in awarding the prize this week to Miss Henrietta Bullard, 1st London General Hospital, Camberwell, S.W.

#### PRIZE PAPER.

Influenza is an acute, infectious disease, characterized by extraordinary rapidity, and usually attacks the mucous membrane of the respiratory tract, but it may also attack the digestive tract; mixed infection is most common, involving organisms of various types.

The *symptoms* of a severe case of influenza usually come on quite suddenly and develop rapidly; there is shivering and chilliness, high temperature, increased pulse rate and respirations, skin hot, tongue dirty, severe pain at back of eyeballs, and general aching of limbs, back, and chest, anorexia and great depression are marked; depression is sometimes the most difficult symptom to overcome, and any drugs used for pyrexia only tend to increase this, and the patient may develop melancholia and suicidal tendencies. If gastro-enteritis occurs, abdominal pain, vomiting, and diarrhoea accompany other symptoms. After the symptoms have developed, in bad cases the patient frequently passes into a coma resembling typhoid state, or respiratory troubles arise.

*Nursing Treatment.*—Prolonged and absolute rest in bed in a light, bright, well-ventilated room, everything being made as cheerful as possible. Artificial heat must be applied, during attacks of chilliness especially, all hot-water bottles being well covered.

Sponging may be performed during hyperpyrexia, as it may not only reduce temperature, but give sleep. Drugs, such as aspirin, sod. sal., and quinine, may be given for pyrexia, but they increase depression and lessen strength of patient.

Perspiration will be profuse at decrease of temperature, and patient must be carefully rubbed down with a warm towel (some people sponge as well), and all damp clothing, blankets removed, and warm and dry things put on; place hot blanket next patient and hot-water bottle to feet, and give hot drinks.

Milk diet, beef juice, &c., must be given during first stage to build up strength which is so rapidly lost, and such other fluids, &c., may be added as can be taken by patient.

Great prostration will require stimulation. Hypodermic injections of strychnine or alcohol given by mouth will probably be ordered.

When respiratory system is much affected, expectorants must be given, poultices may be necessary to chest, inhalations and gargles.

Aperients, such as calomel gr. iv, followed by magnesia sulphate  $\zeta$ i, should be given as necessary.

Incubation of influenza is usually about 1-4 days; the onset being sudden, infection spreads usually before diagnosis, so that the period of isolation is varied, but about ten days is sufficient in an ordinary case, or even less.

The complications of influenza are many and varied, as the Pfeiffer bacillus attacks the mucous membrane, and its toxins the nervous system; heart disease, pneumonia, gastro-enteritis, colitis, bronchitis, laryngitis, melancholia, neuritis, and other nervous diseases frequently supervene.

#### HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss C. G. Cheatley, Miss Dora Vine, Miss Etta Trevethan, Miss J. Robinson, Miss P. M. Thomson, Miss O'Brien.

Miss Dora Vine writes:—The intense weakness, the dread of exertion, the importance of trifles, are only to be understood by those who have been through the mill. The nervous irritability cannot be understood by the relations as a rule, and the strain of trying to be normal and talking to visitors is often the cause of the sad results of an apparently slight attack of this disease. This is why nursing is so important. The nurse must be one who will bear with her patient's moods without letting him feel that he is being "put up with." Especially must she know the value of sleep, and let anything go rather than disturb natural sleep, which is of supreme importance.

#### QUESTION FOR NEXT WEEK.

How would you prepare for giving a Hypodermic Injection? State what a hypodermic tray should contain.

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