

OUR PRIZE COMPETITION.

DEFINE THROMBOSIS AND THE DETAILS OF NURSING REQUIRED.

We have pleasure in awarding the prize this week to Miss Catherine Wright, Dryden Road, Bush Hill Park, Enfield.

PRIZE PAPER.

"Thrombosis" is a term used to denote the presence of a "thrombus," or clot of blood which has coagulated, in a blood vessel, vein, or artery at a certain spot; frequently the veins of the legs are affected.

During life the blood has this power of coagulation in the course of its circulation through the system, and under certain morbid conditions this tendency is intensified, and persons suffering from cardiac affections or albuminuria are more easily affected owing to their lowered powers of resistance. A clot thus formed may be carried into the blood stream, arresting itself at the lungs or heart, and, blocking may cause sudden death.

Women are very apt to develop this condition, especially in pregnancy, when the enlargement of the womb with the growth of the foetus, causes unusual pressure and heaviness on the lower extremities, and in parturition when the placenta is expelled from the uterus suddenly, or in post-partem hæmorrhage, causing lowered powers of resistance.

In ordinary life thrombosis may be induced by long standing and fatigue, and where a thrombus has appeared, it is a necessity to send for the doctor, and in the meantime to rest in bed. When one of the lower limbs are affected there will be tenderness, with pain, slight swelling, and the thrombus may be seen, or felt by the hand. The less movement of the limb, the better. Wrap in cotton wool, loosely bandaged. Raise on an inclined plane or pillows; observe the best hygienic conditions, warmth, fresh air, light, nourishing food, avoidance of constipation, and the clothing arranged so that changing may be performed with as little disturbance as possible. The doctor will prescribe his own treatment, usually rest and an application to help absorption. Gradually the thrombus may absorb and clear away, but great care is required for some time to avoid conditions which may again aggravate the condition. Rest, with the limbs up, is important; fresh air and the non-existence of any tight clothing or pressure; a bandage, comfortably applied, is a great support.

In pregnancy an abdominal binder will relieve too great pressure on the lower limbs. Should thrombosis be feared, it is well for the pregnant mother to have the doctor's advice, to guard against complications which may arise at the time of parturition.

Should a thrombus appear, with a rise of temperature and a rigor, pain, and œdema of the whole leg, accompanied by heaviness and a lard-like appearance, the absorption of some septic matter is to be feared. Medical advice must be obtained immediately, the same procedure as for a simple thrombosis followed, and every antiseptic precaution carried out in every detail.

HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss Gladys M. Price, Miss D. Saddington, Miss D. Tayler, Miss E. O. Walford, Miss O. N. Balderstone, Miss E. M. Jinks, Miss A. M. Burns, and Mrs. M. Farthing.

Miss Olive N. Balderstone writes:—The diet should be liquid and nourishing. Milk is supposed by some authorities to increase the tendency to thrombosis, and should therefore not be given in large quantities.

The nurse must always be on the lookout for signs of pulmonary embolism—intense breathlessness, with rapid respirations, and increased pulse rate, faintness, and cyanosis. If this occur, and is not immediately fatal, the patient must sit up to get breath. Oxygen may afford relief, and a stimulant, such as brandy, $\frac{3}{4}$ ss., or a hypodermic injection of strychnine, grs. 1-60, may be ordered.

When the respiration improves, prop the patient up with pillows, and keep him quiet. If the breathing appears to have ceased, try artificial respiration.

Miss Gladys M. Price writes:—Femoral thrombosis is usually associated with septic infection of the uterus; the clot forms in the uterine sinuses, spreading from the veins in the pelvis to those of the thigh and leg, blocking the principal vessels by which the blood is returned to the body, most commonly the saphenus vein of the leg or the femoral vein of the thigh.

A paper from Townley's Hospital, near Bolton, has been received without coupon or name.

QUESTION FOR NEXT WEEK.

How would you bring up a baby which weighed 4 lbs. at its birth?

[previous page](#)

[next page](#)