

## OUR PRIZE COMPETITION.

### DESCRIBE YOUR METHOD OF DISINFECTING AFTER AN INFECTIOUS CASE IN A PRIVATE HOUSE— (a) THE PATIENT'S ROOM; (b) YOURSELF.

We have pleasure in awarding the prize this week to Miss Isolen M. Moore, Registered Nurses' Society, 431, Oxford Street, London, W. 1.

#### PRIZE PAPER.

(a) To disinfect a room after an infectious case the following method may be adopted.

After the patient has vacated the room all cheap books, toys, and valueless clothing should be burnt in the bedroom grate. Bedding, blankets, and eiderdowns should be rolled up in a dust sheet and sent to be stoved. If there is no stoving room in the district, then they must be spread out over the bed and chairs in the bedroom while it is being fumigated. All drawers or wardrobes containing clothing should be opened.

Washable articles, such as sheets, towels, or cotton garments can be soaked in lysol 1 per cent., and afterwards boiled for ten minutes before being sent to the laundry.

Crockery should be washed and put into lysol 2 per cent.; eating and drinking utensils kept separate from toilet crockery, and sterilised by boiling.

The carpet, if not previously removed, should be rolled up loosely and left in the room. Window curtains, ornaments, and all superfluous furniture ought to have been removed before the occupation of the room, but if they have not been taken out, then they must be left until after fumigation.

The fire is extinguished, and the fireplace and windows sealed over.

The cleanest and one of the best disinfectants is formalin, and this can be procured in a very convenient form in a McDougall's vapour lamp. This should be lighted and placed on a tin in the middle of the room, the door hermetically sealed, and the room left so for twenty-four hours.

After that it should be thoroughly aired by opening doors and windows.

Where it is impossible to have the bedding, &c., stoved, it is always wise to have mattresses and pillows recovered.

The carpet, after being put out into the sun for some hours, should be sent to be cleaned.

The bedroom can now be spring cleaned, and, if possible, re-papered.

(b) To render myself free from infection and to prevent the infecting of others I should take

a bath containing sufficient permanganate of potash to make it a pale pink, and wash my hair in hot soapy water to which a little lysol was added.

For the hands the best and most efficient disinfectant is scrubbing with soap and water, and afterwards steeping in carbolic 1-40.

The nails should always be kept cut short when nursing infectious cases.

For the mouth and throat frequent gargling is very necessary, and for this Listerine—an excellent disinfectant—and Formamint tablets slowly dissolved in the mouth are most useful preventives.

All clothing worn in the patient's room must be laundered before being worn again. If a dressing-gown or soft slippers were worn in the patient's room, these should be stoved.

Before going to another case the nurse must go into quarantine for the prescribed time.

#### HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss E. Tipton, Miss James, Miss F. Barnes, Miss B. O'Connor.

#### QUESTION FOR NEXT WEEK.

Describe the nursing care of a case of double pneumonia.

## "DR. WISE ON INFLUENZA."

Under the auspices of Sir Auckland Geddes, President of the Local Government Board, a kinematograph film has, says the *Lancet*, been prepared by Mr. Jos. Best, B.Sc., on 'influenza. The film, which takes about 15 minutes to show, is entitled "Dr. Wise on Influenza." The doctor on the screen lectures to the audience on the precautions to be adopted by a person suffering from influenza, in the patient's own interest, as well as the interest of those he comes in contact with. The exhortations of the doctor are emphasised by the kinematograph pictures in a popular vein, designed with the intention of leaving a marked impression on the audience. The film is prefaced by an appeal from Sir Auckland Geddes to the public to assist the health officials by adopting the precautions indicated. The Board have a certain number of copies of the film, which they are prepared to lend to medical officers of health for exhibition purposes. Application for the loan of a film should be addressed to the Medical Officer of the Board.

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