

## PRACTICAL POINTS.

## WHAT A PROBATIONER SHOULD KNOW ABOUT PILLOWS.

The art of making a patient comfortable is one of the things which every probationer must learn if she is to become a successful nurse. The satisfactory arrangement of pillows is one phase of the "comfort" work which is wonderfully important to the patient. Very early in my training I learned from an old Scotch patient that a difference of one-quarter of an inch in the arrangement of the pillows with which she was surrounded seemed to make a tremendous difference in the degree of comfort she was able to obtain. I have always been glad for the lessons my dear old Scotch patient taught me about pillows.

First learn to adjust the pillows so as to support the shoulders evenly without tipping the head forward at an uncomfortable angle.

Learn to support the head with one hand while turning and freshening up a pillow. Whenever possible, have several small pillows of different shapes and sizes—one or two about 9 by 12 inches, and a small, soft pillow slightly smaller than these will be useful in many ways.

One of these small pillows placed between the ankles, when a patient is very emaciated, will not only increase comfort but help to prevent a bed-sore.

Every patient who has had an abdominal operation, and many who have not, can testify to the comfort derived from a firm pillow placed underneath the thighs to relieve the strain on the abdominal muscles.

Quite often it is restful to have a medium-sized pillow placed under the calf of the legs, thus relieving any pressure on the heels.

When a patient is very weak and ill, the tucking of a pillow firmly in at the back will help to support him in that position and increase the comfort.

When your patient is lying on the side, notice whether there is a gap at the neck, and adjust the pillow so as to fill the gap.

Be sure, in adjusting pillows, to support a patient who is sitting up in bed (or partially raised), that the "small of the back" is not left without support. This is one place where the small pillow is very useful.

When the patient is inclined to slip down in bed a small box or footstool at the foot of the bed, with a pillow between it and the feet, will help to prevent the slipping.

In adjusting the air-pillow, see that it is not blown up too hard, and that the metal valve is placed where it will not press against any part.

*C. Grace Rankin, "Australian Nurses' Journal."*

## NURSING ECHOES.

His Royal Highness the Prince of Wales is winning all hearts in Canada, and, to judge from the picture on page 173, the nurses have fallen victims to his charms wherever he smiles upon them.

*The Queen's Nurses' Magazine* invites Queen's Nurses to make suggestions as to how the Queen's Nurses' Benefit Fund is to be used, now that with gifts, and the £2,000 which the Council intend to add to it for the next three years, the capital will amount to about £18,000. Hitherto the interest has been used to give annual gratuities of £5 each to Queen's Nurses whose salaries did not reach £50, but now that all the Queen's Nurses are to receive £50 salary the Council have decided to use the money in some other way. It is no use contemplating pensions, as this would require a much larger sum of money.

There are two schemes proposed:—

Mr. Pennant suggests that the money should be used to supplement the benefit given under the National Insurance Act—to nurses incapacitated from work—so that they should receive 10s. instead of 7s. 6d. or 5s. a week.

Miss Rosalind Paget would like to see the interest of the money used to give bonuses to Queen's Nurses when they leave the institute after a long service. She thinks £50 assured to every Nurse after twenty-one years' service and who had received the long-service badge, would help in many ways. It might help to furnish a little home, or provide a good holiday free of anxiety, and time to look round before taking up other work.

What do Queen's Nurses say in the matter?

Many private Nurses are having an anxious time, but they must remember that this is the very slackest time of the year. Many people who can afford trained nurses are away from home. Doctors are on holiday, and happily health is good owing to the magnificent reign of King Sol. As autumn approaches, private nurses are always in greater demand. But—and there is a but—taxation and prices are high, taxation is burdensome, and there is no doubt the necessary rise in Nurses' fees will mean fewer nurses engaged, and for shorter terms of service. Many cases kept a nurse on for a month in past times, but with smaller banking accounts the family will take a hand in nursing sick relatives. Nurses engaged in daily nursing are doing well.

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