

It has been pointed out to the Committee by a medical man, who has been responsible for many years for the health of a large body of trained Nurses, who were doing private work, that 75 per cent. were suffering from constipation, from which they were free up to the time of their training. It was abundantly evident that this condition was due to two causes. Firstly, the insufficient time allowed after breakfast for using the w.c.'s, and, secondly, the small number of w.c.'s available. It is unnecessary to point out what a serious impediment to good health such a condition is.

- (4). How many W.C.'s are reserved for the exclusive use of the Nurses in the Hospital?
 (5). Are the W.C.'s completely divided from each other with open-air ventilation?

Returns show that the number at present supplied is quite inadequate. In many cases there are none at all. There should be on each floor a w.c. reserved for the exclusive use of the Nurses, and not to be used by the Medical Staff or the Patients. Patients must have no access to them, but they should be reasonably near the ward. The same w.c. would suffice for the Nurses of more than one Ward provided there are not more than 12 Nurses to use it.

All w.c.'s should be completely separated and have open-air ventilation.

V.—(1). Is there a room for Recreation?

- (2). Is there a Room provided for Rest where silence is enforced?
 (3). Are these Rooms private to the Nurses?
 (4). Are the Nurses allowed to introduce their Visitor Friends to these Rooms?
 (5). Are the Visiting Public allowed to view these Rooms?
 (7). Are the Weekly, Daily, and Nursing Papers supplied to the Reading Room or Nurses' Sitting Room?
 (8). Is the Nurses' Sitting Room supplied with an adequate number of Easy Chairs, Sofas, Footstools?

The replies show that the accommodation at present provided for Nurses under these headings is far from satisfactory.

There should be a recreation room provided with a reasonable number of daily and Nursing newspapers and volumes of light standard literature. In the rest room, where silence should be strictly enforced, there should be standard medical and nursing books of the more expensive kind. The Committee consider that Nurses should provide their own text books. There should be facilities for books in the Medical Library to be transferred to the rest room for the use of the Nurses.

In the larger Hospitals at least, provisions should be made for the Nurses to receive their visitor friends in a room other than those set apart for rest and recreation, and the public should not be admitted to the Nurses' recreation rooms except when unoccupied.

The recreation room should be provided with

an ample supply of lounge chairs, some with leg rests, and sofas.

- (6). Is there a General Library? Are the Books renewed at regular intervals?

Replies show that in the majority of the larger hospitals a library is provided and provision made for the renewal of books. These provisions should be made universal.

VI.—What facilities are there in the way of Indoor and Outdoor Recreation?

The Committee recommend that in all cases the recreation room should contain a piano and the floors be so arranged that dancing could take place. There should be a gramophone in the recreation room for dancing purposes alone, but not for general use.

Regarding outdoor recreation, the difficulty in large towns is almost insuperable, but certain suggestions of considerable value have been made to the Committee. Thus arrangements might be made with the local public baths for swimming, Badminton, &c. In country districts there should be no difficulty in arranging for tennis.

VII.—Is the Candidate medically examined by a Member of the Staff (1) before being admitted to the Hospital; and (2) again after the Trial Period?

All candidates should produce a certificate from their own doctor, the form of certificate to be provided by the hospital.

The nurse student should be examined by a member of the Honorary Staff on entering the Hospital, and again after the trial period before signing the agreement.

It should be a strict rule of each Hospital that the Sister of every ward report any ailment, however slight, and the nurse shall be placed under the care of an honorary member of the staff, or, failing him, the Resident Medical Officer. The Nurse student's word with regard to her own health should not be accepted, as undoubtedly she will be inclined to avoid anything which might result in her being taken off duty.

A periodical examination by the staff is not recommended.

VIII.—What arrangements are made for the Nurses to sit down while on duty?

A sufficient number of chairs should be provided for the nurse students to sit down while on duty when the work allows, and they should be encouraged to use them on such occasions.

IX.—(1). What is the Number of Hours during which Nurses are actually on Duty?

A considerable amount of difficulty was encountered in compiling the statistics of replies to this question, but certain facts appeared.

Suggested Day, for six days in the week, one day off being allowed weekly.

From 7.45 a.m. to 9 p.m.

Deduct 3½ hours for Off-duty time.

„ 20 minutes for morning lunch.

„ 45 „ „ dinner.

„ 30 „ „ tea.

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