

The Committee suggests what is practically an eight-hour day. They are in some doubt as to whether the time should not be even less having regard to the intensive character of the work. During her time on duty a Nurse is, owing to the nature of her work, constantly on the alert, and the strain on her attention is consequently never relaxed.

Where meal times fall within the off-duty times the off-duty time should be correspondingly extended.

- (2). What are their Off-Duty Hours?
- (3). Are the Off-Duty Hours so arranged that the Nurses can be certain of them save under exceptional circumstances?
- (4). How often do they have a half-day off and how often a whole day?

The Committee recommend that there should be one whole day off-duty each week and three and a half hours off-duty daily.

Replies to No. 3 show that under existing arrangements, nurses can be certain of having their full amount of time off-duty some time during the day. All off-duty times should be scheduled and posted in a prominent place, and strictly adhered to. In cases of emergency, any alteration should be referred to the Matron.

- (5). How many months does a newly-joined Nurse have to work before taking a Holiday?

The Committee suggest that the Nurse student should work six months before taking a holiday, as by that time her calibre will be ascertained.

- (6). How many weeks' Holiday does each Nurse have a year?

The Committee recommend that 14 days be given at the end of six months, and 14 days at the end of 12 months. One month to be given in the second year, and one month in the third year.

- X—(1). Is there a special Sick Room for the Nurses when ill?

The Committee recommend that there should be a sick room set apart for Nurse students for isolation purposes, and there should be a small ward or wards set apart in the Hospital, each capable of holding at least three beds. Surgical operations should be conducted and looked after in a large ward for the sake of the nurse.

- (2).—What is the percentage of sickness amongst the Nurses, excluding epidemics? For example :—What is the average of days off per Nurse on account of sickness?
- (3). What is the average of breakdowns in the :—1st year, 2nd year, 3rd year.
- (4).—What are the most common causes of sickness?

The replies received obviously do not give a true impression of the actual percentage of sickness among students. In fact their general effect is rather to confuse the issue than to give any clear account of the actual facts. One of the largest Hospitals, which alone among those replying to Question (2) appears to have kept a careful record of sickness among the Nurse students,

shows that one in every 15 nurses is always off duty owing to ailment.

The replies taken together show that the alleged percentage of sickness falls far below that which is taken by Insurance Societies as a general rate to be expected amongst healthy women of corresponding age. The Committee consider it to be of the highest importance that every institution should keep careful records of any absence from duty among the Nurse students in case of illness.

Fifty-three per cent. of the larger Hospitals from which replies were given to other questions have not replied to Question (3). This is in itself a significant fact. Twenty-seven per cent. have replied that there are no breakdowns, and about 20 per cent. have given certain particulars, which, so far as they go, show that breakdowns are twice as many in the first year as in the second, and distinctly more numerous in the second than in the third year. Those who break down frequently leave Hospital altogether, so that the third-year group may be taken to represent the very strongest of those who entered a Hospital for training.

The replies from the smaller Hospitals are of even less value.

The Committee find a concensus of opinion that the number of breakdowns occurring among Nurse students is much higher than it should be having regard to the standard of health enjoyed by most entrants. This of itself points to the need of drastic revision of the present conditions under which students now work.

#### NIGHT NURSES.

- 1.—(1). What is the Sleeping Accommodation for Nurses on Night Duty?
- (2). Is it in a quiet quarter immune from adventitious noises such as those caused by Nurses on Day Duty?

The Committee consider it of the first importance that a separate room always be provided for a Nurse who is on night duty, and that such a room be situated where it is free as far as possible from all noise.

The figures given above show that an attempt is made to satisfy these conditions in a substantial number of Institutions that have furnished replies.

- II.—What is the number of Bedrooms for Nurses on Night Duty?

- III.—(1). What arrangements are made for relieving Night Nurses for Meals?

Replies show that generally speaking arrangement for giving relief to night nurses in order to enable them to obtain meals are insufficient.

- (2). What time are the Nurses allowed out of the Wards for Meals?

The Committee recommend that night nurses should be allowed half-an-hour once during the night for a meal.

- (3). Does the time allowed include the Preparation and the Washing-up of the Meal?

- IV.—How often do the Night Nurses have a night off duty; and when they have one for how long a period may she be absent from the Hospital?

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