

this will not last. In the meantime, however, nurses who want to take up any branch of Public Health Nursing must not rely solely upon their hospital certificate; they must qualify for one or more of the certificates granted by the Royal Sanitary Institute. By doing so, they would find favour in the eyes of the Minister of Health, who, having piloted our Registration Act through Parliament, would probably give preferential treatment to "registered nurses," plus other qualifications.

In our opinion, when Nursing education been defined, a State examination passed, and the Certificate registered by the General Nursing Council, it is not improbable that hygiene, sanitation and midwifery will be included in the curriculum and "Registered Nurse" come to be recognised as an all-round trained and efficient practitioner—with a knowledge of preventive, as well as curative, nursing.

OUR PRIZE COMPETITION.

WHAT ARE THE PRINCIPAL DRUGS TAKEN BY DRUG ADDICTS? WHAT PRECAUTIONS WOULD YOU TAKE IN REGARD TO SUCH PATIENTS, AND WHAT ARE THE NURSING POINTS IN CARING FOR THEM?

We have pleasure in awarding the prize this week to Miss M. A. Jacomb Hood, Barden House, Tunbridge Wells.

PRIZE PAPER.

The principal drugs taken by those with the "drug habit" are morphia, bromides, laudanum, opium, chloral, cocaine, æther, sulphonal, veronal, trional; and aspirin may be included, as it is taken so extensively as to be mentioned as a drug to be avoided. In the treatment of these cases, the first point to be considered is the removal, if possible, of the cause for which the drug was first prescribed, and a complete change of air and surroundings arranged, if possible. It is an essential point that the nurse in charge of the case should be one with whom the patient has interests in common; and one who has a strong and attractive personality is more likely to be able to help the patient to obtain the desired control over his craving. She must ascertain how the drug is procured, and find out if the patient has a stock in his possession, secreted in the house or about his person. If the drug has been ordered for insomnia, find out in what air the patient has had the most refreshing sleep—in bracing or relaxing air, in country or town, inland or by the sea. If insomnia persists, the medical man may order paraldehyde. Massage is helpful to almost any drug maniac, and restores tone to the system. The morning

treatment may include resistive movements as soon as the masseuse has control over her patient; if given at night, the massage must be soothing, to induce sleep. Plenty of fresh air is desirable, and the patient interested in some outdoor occupation, such as gardening, botany, sketching, photography, care being taken that the patient does not get overtired or bored. The same applies to indoor occupation for both sexes. These cases rarely amuse themselves with reading, but if they can be induced to occupy themselves with needlework, knitting, netting, cutting out or making up, jig-saws, rug-making, &c., they often appreciate being read aloud to for hours at a time. Sometimes they can be persuaded to take up music in some form, probably studied in school days. Plenty of good and varied food, digestible and served in an appetizing manner, is most essential. If morphia or bromides have been taken, there is often a craving also for stimulants, in which case good coffee may be given for breakfast and after lunch, but avoided later in the day, when plenty of milk, lemonade, barley water, soda water, &c., should be taken. The howels must be kept well open, and plenty of raw and cooked fruit given in preference to any aperient, when once a daily action has been established. The patient should have a hot blanket bath daily until he is well enough to take a bath. When the drug habit has been indulged in largely, the patient usually becomes indifferent to his personal appearance, and takes no pride in wearing suitable, or even clean, garments. The nurse must endeavour to stimulate the patient to take interest in his or her clothes, and if well enough, must persuade them to meet their friends and as soon as possible lead a normal life, giving up all drugs and any invalid habits. Care must be taken to give no drugs whatever, unless ordered by a medical man, and the patient should never see the prescriptions. The greatest watchfulness must be exercised with all drug cases, but as unobtrusively as possible, as they should never get the impression, whether rightly or wrongly, that they are not trusted.

HONOURABLE MENTION.

The following competitors receive honourable mention: Miss Mary Green, Miss Jane Watson, and Miss Susan Lambert.

QUESTION FOR NEXT WEEK.

Mention any two surgical conditions which may follow infectious diseases. Describe fully one of them. If an operation should be necessary, describe in detail how you would prepare the patient.

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