

THE SYLLABUS FOR FIRST YEAR OF TRAINING.

The theoretical instruction given in the first year is to be regarded merely as an introduction to the work of the subsequent years, and the submitted scheme is intended to be treated in briefest outline. The amount of ground to be covered will show that the subject-matter can only be touched on.

Sections I., II., IV., V., and a brief outline of III., could be included in a Preliminary School Course where such existed.

I.	II.	III.	IV.	V.
Anatomy and Physiology.	Elementary Science including Hygiene, Sanitation, Bacteriology.	THEORETICAL and PRACTICAL NURSING.	Food Values and Invalid Cooking.	First Aid.
Structure of Tissues. Skeleton Bones.	Explanation of Terms. Personal Hygiene: clothing, care of feet and hands. Methods of Cleaning: care of ward furniture and ward offices.	Care of Patient—adult and child: washing, bathing; care of back; cleansing of mouth, teeth, hair. Bedmaking.	Classes of Foods. Feeding of Patients, illustrated by	Fractures.
Joints. Muscles. Viscera.	Composition of Air, Atmospheric Pressure, Heat. Warming and Ventilation of Ward.	Ethics of Nursing and Nursing History. Food and Feeding of Patients: adults, children, infants.	Demonstration and Practice.	Splints: their preparation.
Alimentary Canal. Digestion.	Water: effects of temperature. Hard and Soft Water. Impurities and Purification of Water.	Instruments, Dressing of Wounds, Lotions, Cleansing of Ward Utensils. Preparation of dressing table for various treatments.	Milk, Butter, Cheeses, &c.	Fractures and First Aid.
Absorption and Metabolism.	Imperial and Metric Systems. Conversion of Scales. Multiple and Fractional Doses. Percentage.	Nasal, Gastric and Rectal Lavage. Emetics. Rectal Examination.	Demonstration and Practice.	Bandaging.
Blood and its circulation. Lymph and its circulation.	Germ-life and Infection of the Body. Natural and Artificial Protection against Disease. Immunity.	Local Applications.	Eggs, Fish, Meat: fresh versus stale. Methods of cooking.	Hemorrhage. Pressure points. Pressure dressing.
Respiratory System.	Precautions against Infection. Preventive Measures against Tuberculosis.	Baths, Spongings and Packs for stimulation and reduction of temperature.	Demonstration and Practice.	Bandaging and special bandages.
Excretory System. Skin and Kidney.	Respiration: in health and disease. Infection: toxæmia, septicæmia.	Nursing of Respiratory Diseases. Special apparatus used in such cases. Observation and care of Sputum. Surgical complications.	Vegetables, Fruits, Predigested foods. Diets in Special Diseases.	Poisons: Antidotes. First Aid Care of Patient.
Reproductive System.	Micturition, Catheterization, Care of Catheters. Bladder Lavage. Nephritis.	Urine Testing. Hot Air Baths, Hot Packs for Diaphoresis.	Demonstration and Practice.	Burns: First Aid Care of Patient.
Nervous System.	Outline of Diseases of the Reproductive Tract, including Venereal Disease: their nature and management.	Gynaecological Nursing. Douching. Insertion of pessaries and plugs. Vaginal Examination. Special instruments.	Demonstration and Practice.	Fits. Faints.
Special Senses.	Communicable and Notifiable Diseases: their Complications.	Disinfectant precautions for, and Nursing of, Communicable Diseases. Surgical Complications and Treatment.	Farinaceous Foods. Alcoholic Beverages. Condiments.	Artificial Respiration.
	Sequelæ of Communicable Diseases: their disabling effects on community.	Nursing of Chronic Diseases. Palliative Surgical Treatment.	Demonstrations and Practice.	
		Operating Theatre Demonstration.		

N.B.—The Practical Nursing in every case illustrates and elaborates the concurrent lectures on Theoretical Nursing.

[previous page](#)

[next page](#)