

OUR PRIZE COMPETITION.

IN WHAT CASES MAY PROFUSE SWEATING OCCUR AS A PROMINENT SYMPTOM? WHAT ARE THE CAUSES OF THIS SWEATING, AND WHAT IS ITS SPECIAL NURSING?

We have pleasure in awarding the prize this week to Mrs. G. Forth-Scott, 231, Ladbroke Grove, London, W.

PRIZE PAPER.

Sweating is a definite feature of several diseases, and in convalescence patients frequently sweat profusely owing to weakness.

In Tuberculosis, sweating is almost always present during one part of the twenty-four hours. The most usual time for the perspiration to come on is at night, but it may occur at other times. When one lung or the glands on one side of the body only are affected, the sweating will be frequently more noticeable on the diseased side.

In Rheumatism a profuse and somewhat acid perspiration occurs. The patient will break out into heavy sweats and soak the clothing with perspiration.

In Influenza, during one stage, a heavy sweat is the rule; usually the fever diminishes after this.

In Pneumonia, sweating occurs at the crisis.

In Rickets, (*Rachitis*), sweating is profuse all round the head and neck.

In Malaria, at the close of the feverish stage, it is common for the patient to break into a profuse perspiration.

In practically all cases of sweating which occur during the course of a disease, the cause is the same: an effort to eliminate toxins from the body, to aid the kidneys in elimination of the waste products produced in excess during illness, and to regulate the temperature of the body by evaporating moisture from the skin.

The nursing care should be directed to making the patient warm, dry and comfortable as soon as the "sweat" is over. An extra blanket should be given in the malarial case. Blankets to sleep in for the rheumatic, with woollen or flannel next the skin if possible.

In all cases sponge patient with warm water and place in warm, dry clothes. Take care to avoid a chill, but give plenty of air; give a nice warm drink such as "Ovaltine" or China tea. Avoid exciting the patient or letting him exert himself; these "sweats" are very weakening, and the patient must rest and take in extra fluid to replace that lost in perspiration.

Certain drugs, e.g., nitre, camphor, and pilocarpine increase or induce sweating.

Other forms of sweating are as follows:—

Menidrosis, a bloody perspiration connected with the menstrual flow.

Miliaria, or prickly heat, which is caused by sweat remaining in the sweat glands instead of coming away freely.

Osmidrosis, or unpleasant perspiration.

A skin rash of small pimples is called *Sudamina*, from *sudor* = sweat.

This paper does not contain 500 words, but apparently the question has not attracted the interest of our readers, as no other paper worthy of the prize has been sent in.

QUESTION FOR NEXT WEEK.

How would you prevent foot-drop, acute thirst, constipation and vomiting after an operation?

THE PSYCHOLOGY OF NURSING.

Messrs. G. P. Putnam's Sons, 24, Bedford Street, Strand, W.C., have recently published a book on "The Psychology of Nursing," by Aileen Cleveland Higgins (Mrs. John Archibald Sinclair), A.B.R.N., dealing exhaustively with a subject which is, to nurses in this country at least, an almost unexplored territory. Yet the Committee on Education of the National League of Nursing Education in the United States of America has recommended that Psychology shall be included in the first year of a nurse's study, and we agree with the opinion of the author, expressed in her foreword, that "the time will come, inevitably, when all training schools of high standing will include the subject in the course of study, and, as a result, the power of nursing will increase immeasurably. A large proportion of nurses' blunders occur because they do not possess a working knowledge of psychology. Psychology should not be considered as a subject which *may* be included in the nursing curriculum, but as *one which cannot be omitted.*" We hope in the near future to review this most interesting and important book, which must rank as a nursing classic and should be included in the library of every Nurses' Home.

LECTURES.

The Autumn Session of Lectures on Tuberculosis to trained nurses, health visitors, and social workers, organised by the Hospital for Consumption and Diseases of the Chest, Brompton, will be held on Tuesdays and Fridays, commencing on October 4th at 8 p.m., and ending on November 29th. From the Syllabus to hand the course promises to be most instructive. Fee for Course, £1 1s.; Single Lecture, 2s.; for Course with Demonstration and Examination, £2 2s.

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