

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 exists.

I. Anatomy and Physiology.	II. Elementary Science, including Hygiene, Sanitation, Bacteriology.	III. THEORETICAL and PRACTICAL NURSING.	IV. Food Values and Invalid Cooking.	V. 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.	Ethics of Nursing and Nursing History. Food and Feeding of children and infants.	Classes of Foods. Feeding of Patients, illustrated by	Fractures.
Joints. Muscles. Viscera.	Composition of Air. Atmospheric Pressure. Heat. Warming and Ventilation of Ward.	Micro-organisms. Inflammation. Surgical Technique. Sterilization.	Demonstration and Practice.	Splints: their preparation.
Alimentary Canal. Digestion.	Water: effects of temperature. Hard and Soft Water. Impurities and Purification of Water.	Nasal, Gastric and Rectal Lavage. Enemata. Preparation for Rectal Examination.	Milk, Butter, Cheese, &c.	Fractures and First Aid.
Absorption and Metabolism.	Imperial and Metric Systems. Conversion of Scales. Multiple and Fractional Doses.	Local Applications.	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.	Baths, Spongings and Packs for stimulation and reduction of temperature.	Eggs, Fish, Meat: fresh versus state. Methods of cooking.	Hæmorrhage. Pressure points. Pressure dressing.
Respiratory System.	Precautions against Infection. Preventive Measures against Tuberculosis.	Nursing of Respiratory Diseases. Special apparatus used in such care. Observation and care of Sputum. Surgical complications.	Demonstration and Practice.	Bandaging and special bandages.
Excretory System. Skin and Kidney.	Drainage Systems. Disposal of Waste. Disinfection.	Urine Testing. Hot Air Baths. Hot Packs for Diaphoresis.	Vegetables, Fruits, Predigested foods. Diets in Special Diseases.	Poisons: Antidotes. First Aid Care of Patient.
Reproductive System.	Meaning of Public Health, Racial Disease, Ante-natal Care, Child Welfare.	Operating Theatre. Demonstration.	Demonstration and Practice.	Burns: First Aid Care of Patient.
Nervous System.	Communicable and Notifiable Diseases: their Complications.	Disinfectant precautions for, and Nursing of, Communicable Diseases. Surgical Complications and Treatment.	Farinaceous Foods. Proprietary preparations for infants: their value and dangers. Alcohol. Beverages. Condiments.	Fits. Faints.
Special Senses.	Sequelæ of Communicable Diseases: their disabling effects on community.	Nursing of Chronic Diseases. Palliative Surgical Treatment.	Demonstration and Practice.	Artificial Respiration.

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

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