

## INTERNATIONAL COUNCIL OF NURSES' GRAND COUNCIL.

### THE BULGARIAN NURSES' ASSOCIATION REPORT.

President: Miss Nevena Sendova.

The period under review 1929-1933, has been marked by the following events in the history of nursing in Bulgaria:

1. The Bulgarian Nurses' Association has held four regular Annual Meetings since 1929. These meetings were made as valuable as possible for the nurses.

The Association has organised refresher courses in connection with each Annual Meeting, to which graduate nurses from the provincial hospitals were invited. The State Health Department approved the programme and agreed to pay the travelling and living expenses of the nurses attending the course.

2. Throughout the past four years the magazine *Sestra*, the official publication of the Association, has continued to provide valuable and detailed information regarding hygiene and the care of the sick. It has steadily increased its circulation, and is published regularly every month.

3. The outstanding event of the period under review is the final decision of the State Health Department to raise the standard of nurses in Bulgaria by placing them in a higher category in the salary scale, which for the present is the same as that of the midwives.

4. Under the auspices of the Educational Committee of our Association, two demonstrations were given in Sofia—one on the care of typhoid patients in the home and the other on the care of the sick. Four public lectures were also delivered on behalf of the same committee.

5. The Bulgarian Nurses' Association held a memorial service in honour of Miss Helen Scott Hay, the organiser of modern nursing in Bulgaria, in the Evangelical Church in Sofia on December 18th, 1932.

6. Miss D. Nikodimova was appointed by our Association to represent the Bulgarian nurses at the Florence Nightingale Memorial Week in London. On her return she gave us a detailed report and brought our Association a brick from Miss Nightingale's home.\*

7. The public health nurses in Bulgaria, 33 in number, have organised a section; henceforth they will be enrolled under it in the National Association.

Studies have been undertaken by special committees on the following questions:—

1. A set of standards for an official registry or a community nursing bureau to meet the needs of the community.

2. The question of the Invalid Nurses' Home, which is now under the Bulgarian Red Cross Society.

3. The provision of a pension for nurses at the age of 50, or upon earlier retirement after 20 years of service, during which period they have had membership in the fund.

4. The establishing of a nurses' rest home in the neighbourhood of Sofia or elsewhere in Bulgaria.

5. Draft rules and regulations concerning the duties of the nurses in the hospitals and their living conditions. These regulations have been circulated among the superintendents of hospitals in Bulgaria and have been brought to the attention of the Director of the State Health Department. We hope that very soon the responsible authorities will take into consideration our wish for the provision of better working conditions.

6. The creation of the post of nurse-inspector at the State Health Department, whose duty it will be to help raise the standards of nursing in Bulgaria and guide the nurses in promoting their interest and enhancing the quality of their work.

During the last four years the Bulgarian Nurses' Association has striven to further the progress of the profession, to afford opportunities for closer contacts between the members of the Association and to promote common interests.

\* Presented to the Bulgarian Nurses' Association by the National Council of Nurses of Great Britain, 1932.

## PROFESSIONAL REVIEW.

### CHRONIC NASAL SINUSITIS AND ITS RELATION TO GENERAL MEDICINE.†

When this book by Dr. Patrick Watson-Williams, Hon. Consulting Surgeon in Diseases of the Ear, Nose and Throat, at the Royal Infirmary, Bristol, late Lecturer on Oto-Rhino-Laryngology in the University of Bristol, Hon. Member of the Laryngological Society of Vienna, etc., appeared in 1930, realising its importance and interest we gave space to an extensive review, and are not surprised that a second edition has so soon been called for owing to the rapid exhaustion of the first. The book is beautifully printed, and its 122 illustrations which elucidate the text so clearly are excellently produced.

The book, the author tells us, is mainly concerned with a brief account of the pathogenesis of the systemic toxæmias and secondary infections of chronic nasal sinusitis. It was undertaken largely in response to numerous inquiries by colleagues for a complete account of the author's exploratory-suction technique in diagnosis of nasal sinusitis and intranasal operative methods in its treatment.

"Chronic sinusitis and systemic sepsis, we are told, is a far more complete and comprehensive subject of investigation than such a title betokens, for in addition to a consideration of the local disease, our essential purpose is to emphasise the influence of chronic sepsis in the nasal sinuses as a prolific source of diseases involving almost every region of the body and which we shall find comprise quite a large proportion of the daily practice of the general physician and surgeon."

The regional complications that may be secondary to nasal sinusitis are reviewed and we are told "it is well to remind ourselves again that almost every one of these complications may be the legacy of any other 'focal infection' wheresoever located. For the source of the legacy—so seldom declared by the form it takes—one seeks first the most usual sites, while unforgetful of remote contingencies. Secondary septic manifestations in young children are obviously more commonly derived from nasoro-oral sources than teeth; in their mothers, the teeth or genito-urinary tract furnish more sources than tonsils; secondary intra-ocular sepsis, while sometimes derived from the gall-bladder, comes far more frequently from the teeth, tonsils, or nasal sinuses.

"A large group of cases occur in which the influence of chronic sepsis on the central and peripheral nervous system is attributable to simple toxæmia, and these are constantly encountered in general and medical practice."

#### The Central Nervous System.

#### THE INFLUENCE OF FOCAL SEPSIS ON MIND AND CHARACTER IN THE MILD FORMS.

"It seems desirable," the author tells us, "to consider first the mental symptoms because in the milder form (loss of concentration or poor memory or periodic depression) they are far and away the most common characteristic manifestation of focal sepsis, and indeed rarely altogether absent... That toxæmia from oro-nasal sepsis, in the form of septic tonsils and adenoids or dental sepsis, may cause neurasthenic or mental disturbance is common knowledge.

"It may appear superfluous even to recite the well-known and innumerable complications from adenoids and tonsil sepsis, though in these commonplace affections we have the best known example, and perhaps the most fruitful source of focal sepsis, affording a key to the understanding of the whole problem. Yet how slowly we

† Bristol: John Wright & Sons, Ltd., Stonebridge House, Colston Avenue. London: Simpkin, Marshall, Ltd. 15s. net.

[previous page](#)

[next page](#)