

## (1) GENERAL TRAINING.

(a) The General Nursing Council permit nurses in training in complete general hospitals to be seconded to sanatoria for a period not exceeding three months.

(b) Schemes of affiliation may be arranged between general hospitals and special hospitals including sanatoria. Under these schemes a period of two years is spent at the special hospital in training for the preliminary State examination, which is passed before entry to the general hospital, where a further two years' training is undergone for admission to the final examination for the General Part of the Register.

(c) The Council are prepared to consider schemes submitted which afford comprehensive training, provided that they include not less than two years in a complete general training school.

## (2) FEVER TRAINING.

The Council permit nurses in training for admission to the Supplementary Part of the Register for Fever Nurses to spend a portion of the time (usually three to six months) in a sanatorium or in the tuberculosis wards attached to the fever hospital.

The Council are prepared to consider any proposals for combined training."

2. The Minister would be glad if Authorities of Hospitals where the student Nurses do not already undertake any part of their training in a tuberculosis institution would consider the desirability of making arrangements to this end on the lines indicated in the statement issued by the General Nursing Council.

3. The Minister has already invited the authorities of tuberculosis institutions equipped with facilities for training who have found difficulty in making arrangements on the lines suggested at the General Nursing Council, to communicate with this office giving an account of the difficulties they have met.

We hope the new Minister of Health will enforce the principle that there must be no compulsion in the system, and that student Nurses shall have freedom of action in this matter.

## (b) NURSING AUXILIARIES AND V.A.Ds. WHO BECOME STUDENT NURSES.

4. A suggestion has been made that Nursing Auxiliaries and V.A.Ds. who become student Nurses and who, prior to entering training, have had good hospital experience during the present war, might have some part of their period of training remitted.

5. This question has been considered by the General Nursing Council following representations from the National Advisory Council for the Recruitment and Distribution of Nurses of the Ministry of Labour and National Service. The General Nursing Council have stated that, in their view, it would be undesirable to shorten the length of training prescribed for student Nurses in the case of Nursing Auxiliaries and V.A.Ds. They have, however, suggested that the Authorities of general training schools in which the student Nurse's contract is of four years' duration might consider making some concession of time to suitable Auxiliaries and V.A.Ds. in the last year, after they have become State Registered; and the Minister would be grateful if the authorities concerned would give this suggestion their consideration.

## TEACHING THE DIABETIC CHILD.

By HELEN McCULLUM.

To-day we are to outline a teaching plan for Mary B., ten years of age, admitted with a diagnosis of diabetes mellitus. This patient is assigned to Miss M., who will be responsible for the greater part of the teaching, but since we are all interested in this problem it was chosen for this conference period.

This disease, as you know, is due to a lack or insufficient supply of insulin, produced by the islets of Langerhans in the pancreas, to utilise the carbohydrates in the body. Under ordinary circumstances the carbohydrates are used by the muscles for heat and energy, or stored in the liver as glycogen. Failure to utilise the sugar normally causes it to accumulate in the blood in great quantities. This is why Mary's blood sugar on admission was 296 mgms. per 100 cc. instead of being within the normal limits 80-120 mgms. per 100 cc. The blood carries the sugar to the kidneys, where a large amount is excreted in the urine; hence we find Mary's urinalysis showing a 4 plus sugar. This sugar irritates the kidneys and consequently has a diuretic action, so we understand why Mary for the past six weeks has suffered from frequency, or polyuria. The concentration of sugar in the blood increases thirst, which is known as polydypsia; this our patient also demonstrates. With failure to utilise the sugar there is an increase in appetite or polyphagia, combined with a noticeable loss in weight. Although Mary has eaten a great deal in the past six weeks, she has lost ten pounds in weight. Since the body is deprived of its main source of energy, we find that Mary during this period has been tiring easily. With consistent failure to utilise sugar, the body is unable to utilise fats. These accumulate in the bloodstream in the form of acetone bodies and also excreted by the kidneys. Mary's urine shows a 4 plus acetone. This accounts for the drowsiness of this patient on admission and the fact that she was in acidosis, but not unconscious.

To revert to our teaching plan—this child during her probable three weeks' stay in hospital must be taught to assume responsibility for herself. This is a disease she will have throughout her life, and only through her own efforts and our direction, combined with her parents' supervision, will she be able to maintain a normal healthy life. This life will be dependent on her respect for diet, insulin, exercise.

1. *Teach her to understand her disease.*—Compare her body, food and insulin with a fire, wood and a match. The fire will not burn without wood and the wood must be ignited by means of a match. Similarly the food will not burn in her body without insulin and, due to diabetes, her body is unable to produce its own insulin. We are able, however, to give her this substance by means of a syringe and needle, and then the food will burn. The wood fire may be interfered with by wind or rain. The fire in her body may also be interfered with by illness or overheating. Illness cannot always be avoided but overeating can. This insulin she receives is in carefully measured amounts to burn up a carefully measured amount of food.

2. *Diet.*—Explain to Mary that her food has all been carefully weighed, and that before she goes home we will

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