

These diseases are sometimes normally met with in some particular country or town and are called *Endemic* (Gr. "En" among "dermos" the people).

Diseases often occur in large outbreaks where large numbers of people develop them at the same time. These are *Epidemic* diseases (Epi—Gr. upon). Rarely the outbreak is world wide and is known as *Pandemic* (Gr. Pan. all).

A "*Sporadic*" case or an isolated or single patient may have been infected from a spore, although there is always a parent case.

The following include some of the well known diseases:—

Measles.	Chicken Pox.	Typhoid Fever.
German Measles.	Small Pox.	Meningitis.
Scarlet Fever.	Whooping Cough.	Influenza.
Diphtheria.	Mumps.	

THE STAGES OF A SPECIFIC FEVER.

- (1) *Incubation*. The germs have invaded the tissues and are multiplying, but no sign of the disease is shown.
- (2) *Invasion*—the symptoms of the illness appear.
- (3) *Fastigium or Advance*. Where all symptoms increase in severity to their climax.
- (4) *Defervescence or Resolution* means a decline of the fever with the disappearance of the rash.
- (5) *Convalescence*. The period after the illness until the person is back to normal health and weight.
- (6) *Quarantine*. Period of isolation from general public after recovery.

PREVENTION OF THE SPREAD OF INFECTION ALONG GENERAL LINES.

- (1) Notification of the infection to the Medical Officer of Health.
- (2) Removal of the infected patient to an Isolation Hospital.
- (3) Isolation of contacts if possible.
- (4) Disinfection of house, furniture and bedding and also the personal belongings of the patient.

CARE DURING ILLNESS.

(1) The patient must be isolated. If at home, very little furniture is allowed in the room. Only one, or at most two, people must attend to the patient and they must also clean the room. Attendants must wear long-sleeved overalls which are removed on leaving the sick room.

All patient's utensils are to be kept separate and disinfected by the nurse after use and washed up by her. e.g. food, medicine, toilet and surgical utensils.

Patient's linen, towels etc. to go straight into a deep pail of disinfectant, which is brought to the bedside for the purpose. They are immersed and soaked for one hour before being wrung out and sent to the laundry. All excretions to be disinfected before being disposed of. Dressings, swabs and other valueless articles to be burnt.

The nurse must scrub her hands and arms always after attending on the patient and use frequent mouthwashes and gargles. She must eat well and not get run-down and get out into the open air as often as possible.

DISINFECTATION OF THE PATIENT AND ROOM after illness.

The patient strips and goes wrapped in a towel to the bathroom. The towel is put back into the sick room.

The patient has a "disinfectant bath," hair included and nails and ears receive special attention. The patient is dried on clean towels and he passes to a clean room where a clean outfit awaits him—he can then mix with others.

All toys, books, flannels and articles of little value are burnt. The fire is allowed to die out. Crockery is disinfected, and linen is put to soak. Count the blankets, pillows and mattresses and place them in a bag to be sent to the disinfecting station.

Open all drawers and cupboards and spread the contents over chairs and the room is then fumigated. Leave for 24 hours and it is then cleaned and redecorated ready for use.

Disinfection may be carried out by

- (1) Heat
- (2) Liquids
- (3) Gases.

(1) *Heat* includes *burning*, *boiling* (i.e. instruments, crockery and linen) and also *steaming* (i.e. mattresses, blankets, pillows, carpets) and *baking* (i.e. leather goods and furs and bound books).

(2) *Liquids*, include disinfectants such as Carbolic Acid or Lotion 1 in 20, Perchloride and Biniodide of Mercury (1 in 1,000—1-10,000) and Lysol and others.

(3) *Gases*, include Sulphur dioxide and Formic Aldehyde also Formalin gas and Chlorine gas.

Other well-known terms in connection with infection are:—

- (1) Immunity.
- (2) Susceptibility.

(1) *Immunity*, is the degree of protection against or the insusceptibility to an infectious disease, and it is due to protective agents called Antibodies.

There are three types:—

- (1) Natural
- (2) Acquired
- (3) Artificial
 - (a) Active
 - (b) Passive

(1) *Natural Immunity*, is that form of immunity conferred by nature in virtue of:—

- (a) Age (babies under 9 months do not get scarlet fever).
- (b) Race. (Orthodox Jews do not get Tuberculosis.)
- (c) Species. (Rats do not get Diphtheria nor the lower animals enteric.)

(2) *Acquired Immunity*, is that form of immunity acquired by passing through an infectious disease which usually leaves one immune to a second attack.

(3) *Artificial Active*. Immunity is that form of immunity which the tissues themselves elaborate in response to:—

- (a) Injections of Vaccines.
- (b) Injections of doses of toxins.

Artificial Passive. Immunity is that form of immunity administered by:—

- (a) Injections of anti-bacterial sera
- (b) Injections of antitoxins

these confer a passive immunity for a short period.

Susceptibility to a disease means that a person is in grave danger of contracting a disease when brought into contact with it.

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