

in bed and kept warm and isolated. Plenty of fresh air is required. Attention is given to the care of the mouth, pressure points, and bowels, and to obtaining adequate sleep by sedatives, if necessary. Suitable fluid diet, such as milk and fresh fruit juice, tea and coffee, etc., whilst pyrexia is present. As the condition improves, light diet, leading to a liberal well-balanced one, is essential. A change of air for convalescence is ideal to complete the cure.

Influenza is an acute infection occurring chiefly in epidemic forms. It is due to a virus which usually attacks the respiratory tract, and the toxæmia resulting causes marked prostration and a lowering of the vitality, often with profound depression.

Symptoms.—The onset is sudden, with shivering and general malaise, sore throat, and pains and aches all over the body. The temperature is raised, the skin hot and dry, the tongue coated, and the output of urine is scanty and constipation is present. The larynx may be infected and hoarseness or loss of voice occur; if the bronchi are involved, bronchitis is present, and pneumonia is a fairly common complication. If the digestive system is infected, nausea, vomiting and diarrhoea with abdominal pains result.

Treatment.—The patient is isolated in bed. Sedatives such as Veganin or Aspirin or Dover's powder may be ordered to relieve the aches generally. Hot gargles and mouthwashes to keep the mouth moist and clean, and plenty of fluids are given to dilute and eliminate the toxins. The bowels are kept freely acting, and when the temperature has returned to normal, a liberal diet is necessary. Change of air, if only for a week-end, is advisable, and general tonics may be prescribed for a week or two after the illness.

Scabies is an infectious skin condition, due to the presence of a minute parasite, the itch mite or *acarus scabiei*. The female of the species burrows into the horny layer of the skin, where it lies in folds, e.g., between the fingers, at the wrists, the auxiliary folds, backs of the knees and elbows, and there she lays her eggs and secretes an irritating fluid. Intense itching prevents the patient from sleeping, and the general health is undermined, appetite diminished and general debility results.

Fortunately, there is a specific remedy in sulphur, and if the treatment is conscientiously carried out, cure is possible within three days. The patient is bathed in a sulphur solution, and he scrubs himself with soap and a soft brush between the fingers and wherever the infection is found. He is then freshly anointed with sulphur ointment and put into a warm clean bed. This treatment is carried out on three successive days and each time the patient is placed in clean sheets and a clean gown. When the cure is complete, the patient is dressed in clean clothes and all contaminated clothing and bedding is disinfected. Nowadays, benzyl benzoate is painted on very liberally, after a bath, and this one application should effect a cure.

Cellulitis is inflammation of the cellular tissue or the connective tissue lying beneath the skin and separating the skin from the muscles. The causative organisms may be streptococci, staphylococci or bacillus coli, and they may cause a general septicaemia. If the cellulitis is localised, profuse swelling results, and the

part is extremely painful and loss of function is inevitable. There may be rise of temperature and pulse rate, nausea, vomiting and a general malaise.

Treatment.—Absolute rest for the inflamed limb and sulphonamides in large and frequent doses in the early stages. The general health is maintained by giving plenty of fluids and a well balanced diet and keeping the bowels acting freely.

Gas Gangrene is a specific disease of muscle, following the infection of wounds, especially war wounds, by a bacillus known as *B. welchii*.

Symptoms.—The patient is extremely ill, with high temperature and rapid pulse. The wound is inflamed and suppuration quickly takes place. If prompt and efficacious treatment is not immediately forthcoming, the gangrene spreads at an alarming rate, and the patient quickly dies.

Treatment.—The patient is nursed in bed, and all strict isolation precautions are carried out. Injections of Anti-Gas Gangrene Serum are given, also Penicillin in very large doses, the dose commensurate with the toxæmia. If this is not successful, amputation of the affected limb may have to be resorted to. The incidence of Gas Gangrene has been very greatly cut down, by treating any dirty wound, by immediate operation. The wound is excised, all dead and infected material is cut away, including a good margin of tissue around. If a bone is broken, it is set.

The limb may be immobilised in plaster, and the patient is returned to bed. The usual attention is paid to all nursing details such as cleanliness, feeding and pressure points.

Anthrax is an acute infection due to Bacillus Anthracis. It is transmitted from infected animal hides, hair and wool. Farmers may become infected during the sheep-dipping processes or men at the docks who unload hides and wool may be victims. There are two types of Anthrax, the *internal* type, which affects the lungs and abdominal organs—which is nearly always fatal—and the *external* type, or the "Malignant Pustule." This begins as a tiny pimple surrounded by a large area of inflammation which quickly becomes covered with yellow blebs or blisters, over which a black scab is formed.

The patient becomes extremely ill and toxic, the temperature is raised and swinging, the pulse rapid and a livid cyanosis and dyspnoea occur.

Prompt Treatment by the injection of special Anti-Anthrax Serum, called *Sclavo's* serum, is vital, and these injections are continued in sufficiently large doses at regular intervals until the symptoms decline in severity and the temperature has settled at the normal line. Penicillin is injected in the early stages. Strict isolation is essential and the nurse attending the patient must protect herself by all the means in her power. The nursing treatment consists in controlling the delirium by the administration of sedatives and attending to the general hygiene of her patient, and by seeing that he receives suitable nourishment. Oxygen may have to be given to relieve the cyanosis; other symptoms are treated as they arise. Fluids may have to be given by the intravenous route. All linen must be placed in a deep pail of antiseptic solution and be thoroughly disinfected before being sent to the laundry.

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