

nursing, which will give the broader conception of her duties and responsibilities, which is as essential to the nurse in the home or the hospital as to the nurse in the public health field.

The basic period of training makes specialisation alone in any line impossible, but the emphasis placed throughout the course on the human and social side of the nurses' work, and the constant incorporation of the ideas of health protection and health teaching into the study of disease, and the nursing care of the sick, lay a firm and intelligent foundation upon which to base subsequent specialisation in any form of nursing work."

The Skidmore College opened a school of nursing in 1922 and since that time the programme has progressed rapidly in its plan "to prepare young women to do nursing of professional calibre."

In 1937, the National League of Nursing Education published the Second Revision of the Curriculum Guide for Schools of Nursing. Quoting from the Guide: "It has long been contended by those who are concerned chiefly in increasing the supply of 'bedside' nurses that the basic course should deal with sick nursing only and that all preventative and social aspects of nursing should be considered as belonging to the specialised field of public health nursing, and relegated to a period of post-graduate training."

Quoting from the same Guide:—

"If the main aim of nursing is to help the patient to regain and maintain health, or as Miss Nightingale states it, 'to help the patient to live,' and if in certain cases activities such as cleaning the room, bathing the patient, taking temperatures, and serving diets, can be carried on by a non-professional person in such a way as to achieve these results satisfactorily, such duties should be assigned to those who can do them at the lowest cost commensurate with good results. It takes a professionally qualified person, however, to make such decisions and to assume responsibility for the co-ordination of all these workers. This person should be able to perform every activity herself, in order to properly supervise and teach those who assist in the nursing care of patients. Therefore, so far as the education of professional nurses is concerned, they must in any case know all the activities thoroughly and in addition, be able to analyse nursing situations, know what type of nursing activities are required, plan and carry out a well co-ordinated programme of nursing care (with or without assistants) and evaluate results."

Miss Ziegler then told the assembly of the courses of study in the basic professional curriculum at Vanderbilt University, with which she was most familiar. Quoting from her paper: "The courses are built upon the assumption that every individual has the right to be born healthy—normal—in mind and body, and every person—the nurse, the doctor, the nutritionist, the social worker, the teacher . . . in fact, whoever contacts the individual has responsibility to contribute to his growth and development by teaching him *Conservation of Health, Prevention of Disease, and Care of the Sick*, if sickness cannot be prevented. The prime purpose of this health cycle is *Rehabilitation Back to Normal*. After all, this is nothing more than the philosophy of *the Golden Rule*."

Miss Ziegler stated that the students were chosen for their potential qualities to teach and demonstrate healthful living. They must produce evidence of a minimum of two years of general education in an approved college or University, before admission. The professional curriculum covers a period of 36 months during which time the students read the biological, social, health and curative aspects of nursing, in the classrooms and laboratories of the Schools of Nursing and of Medicine, in the O.P.D. and the hospital wards. Later in the course they study and receive the theory of the Practice of Nursing; also in gynaecology, obstetric, pediatric and psychiatric nursing. They also receive instruction in a nursery school and kindergarten.

Their practical bedside experience is given in conjunction with their O.P.D. experience in the different branches.

Thursday Afternoon, May 15th, 1947.

Miss Elizabeth Colburn (of Eire) was presiding, and she introduced the speaker, Miss Cudron Arentz, of Norway. The subject of her address was: "Social Workers and Public Health Nurses." MISS ARENTZ dealt extensively on conditions prevailing in Norway, and of how the Norwegian Women's Public Health Association was built up from small beginnings, in 1896, to become a most important organisation of 190,000 members. This Association had its own training schools for nurses, so also had another private organisation—the National Tuberculosis Association.

Norway's health-insurance law has proved of tremendous help in improving the health of the people.

She said that because medical attention is free of charge, "People are more inclined to consult a doctor," and in so doing, "the progress of the disease may be terminated at an early stage."

Within five years Norway plans to have the country divided into health districts which will allow one public health nurse per 3,000 population.

She said that tuberculosis, cancer, and rheumatic fever caused the greatest health menace in Norway, "but that compulsory examination for tuberculosis will, we hope, control this disease within a short time."

Miss Arentz said that public health nurses in her country are required to have some practice in social work, as well as the three years' course in nursing, before they take the specialised public health training.

She also told us that in January (1947) the State established a school in a teaching centre just outside Oslo where students of public health will have both theoretical and practical education.

"This enterprise is welcomed," she declared, "by all Norwegian nurses, who can now look forward to uniform development of public health work over the entire country."

In conclusion, Miss Arentz said: "A public health nurse and a social worker must always be of the highest standard through her work; she will be associated with people in all walks of life as an apostle of hygiene, and with the knowledge of her profession may be able to instruct and assist at all times. At the same time, she will remain the warm-hearted adviser who, with insight and knowledge, can find a solution of many problems which otherwise might appear difficult." G. M. H.

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