

FOR HOME NURSING CLASSES

Cold air is not always fresh air, and coldness is not a sign that the room does not need airing. The best test for good air is that the room should not feel close or smell stuffy when one enters it.

FURNITURE

There is a good deal of truth in the saying that the best bed for a patient is his own bed. Any other bed may disturb a patient and make him feel that he is indeed very ill. A suitable bed is more comfortable for the patient and easier for the nurse. A single bed is the best and it is easier to nurse a patient in a high bed. The bed can be raised on bricks or blocks of wood slightly hollowed in the top to keep the legs from slipping. The bed should be easy of access from both sides and placed so that the light from the window will not annoy the patient.

Place the bureau or dresser so that the patient cannot see his reflection in the mirror, and have a small table at the head of the bed. This table should not have a polished top if another table is available, as the polished surface will mark easily unless it is well covered. The bedside table should not be littered with bottles, glasses and other reminders of illness. Keep all such things out of sight until it is time to use them. A screen is useful to shield the patient from a draught or too bright a light. Hang the room thermometer on the wall away from the open window and the stove. The temperature of the room should be kept between 65 and 70 degrees. The chairs should not be rockers. Rocking chairs are noisy and the motion is very disturbing to a sick person. One or two rugs on the bare floor and a waste basket complete the equipment.

CLEANING

The sick room should be kept clean at all times but no dust should be stirred while the room is being cleaned. Cover the broom with a cloth which has been oiled or moistened; better still, use a dustless mop. Be careful not to bump the bed with the broom while sweeping. Dust cloths should be moistened also. Tidiness adds to the comfort of the patient but making the room tidy should be done in such a way as not to annoy him.