

SPANISH INFLUENZA

S. O. S. Lectures Nos. 1 and 2, to Young Lady Volunteers

By Dr. Margaret Patterson, at the Parliament Buildings, Toronto, Tuesday, October 15, 1918

LECTURE NO. 1

General Preparation for Nursing at Home.

We are beginning this morning a very brief course of lectures. It is an absolute impossibility to make nurses or to give any complete idea of nursing in the course of three lectures, but I believe it is possible to give a sufficient foundation of the essentials of the sick room, the preparation and care of the bed and of the general observations of the sick patient that will be of great benefit to anyone who has the time and will to help in this emergency.

When you go home stand in front of your mirror with your clothes loosened and take a good deep breath and notice how your chest expands under normal conditions, and then you will readily recognize the abnormal.

If we were going to take care of a case in the city we would try to select a sick room that is conveniently situated and amply lighted. These classes almost never from the standpoint of the country home and woman than from the city home. I am sure that you are all people who know both, having been brought up in the country home, a thing for which I am always thankful, and of which I am sure you know the conditions in the city, and they will probably be good many from this class who will be called upon to render service in a country home.

I would ask you to select a room conveniently situated to the toilet and bath. These are conveniences which are not to be taken for granted. But select a room convenient to the toilet and bath. These are conveniences which are not to be taken for granted. But select a room conveniently situated to the toilet and bath. These are conveniences which are not to be taken for granted.

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What about the heart's action? Now that the lungs are in condition, the heart can tell the condition of the blood, the regularity with which it beats, whether there is full and normal, whether there is to be an

equal quantity of blood forced out by each beat. It is very important to understand the absolute necessity of having fresh air for the patient to breathe, so that there may be plenty of fresh air in the lungs. If there is practically every disease and very especially in this, and certainly in the pneumonia, to keep up the patient's vitality is the important thing, and fresh air is one of the essentials of that.

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preventing any draught from striking the patient. In doing this you must be very careful to tuck it under the mattress, because you do not there would be a little draught striking the patient.

Then you must isolate your patient. Isolation takes in quite a good deal, and it is not always very easy to carry out. Raise the patient away from the rest of the family and try to prevent the patient from coming into contact with anyone, except those who are on duty.

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infected. But do not pin your faith to disinfectants half as much as to fresh air and sunshine. Nevertheless, a disinfecting solution should always be used in the case of a patient before coming to the patient, it is pleasanter and safer for both the nurse and the patient. I intend to give you a list of some of the more prominent disinfecting solutions and to tell you how they can be easily and quickly prepared, but I shall not do so this morning. Never do any dry dusting, dusting or sweeping in the sick room. Instruct your patients to take the proper precautions not to scatter germs in the room both with their own sakes as well as your own and also for the sake of the general public.

You should wear a wash dress with a spot of carbolic acid on the collar for the patient. If you wish to wear a mask, do so. Be very careful in making a note of the patient's pulse, before you eat and before you do anything for yourself. If you have been near the patient always be thoroughly washed with soap and water. I think that one of the most frequent ways in which infection is carried by the nurse is by the hands of herself and you will be better able to take care of your patient and not contract the influenza yourself.

I think I will say a little bit about the keeping of a chart before we come to the actual care of the patient, because the keeping of a chart is a very important thing.

I have outlined a chart. We have the patient's name, the date, the pulse, the temperature, the respiration, urine, stool, treatment, medicine, nourishment, and remarks. The keeping of a chart is an important thing in nursing. You must keep a chart of the patient's condition and you must keep it in a safe place. The chart should be kept in a safe place, and you must keep it in a safe place.

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about the preparation of the room in which we were going to take care of our patient, and we emphasized the necessity of removing from the room everything that was not likely to be of use in the case of a patient. It is necessary for the convenience and for the general usefulness of the room, to have a bare floor, and a bare wall, and a bare ceiling. Never do any dry dusting, dusting or sweeping in the sick room. Instruct your patients to take the proper precautions not to scatter germs in the room both with their own sakes as well as your own and also for the sake of the general public.

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has a nice receivable as you can get. As soon as a solution of disinfectant in the bottle, and you are ready to use it. You should have a thermometer in that. You should have a thermometer in that. You should have a thermometer in that. You should have a thermometer in that.

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LECTURE NO. 2

The Bed Patient.

This afternoon we are going to take up the care of the bed patient. We said a good deal this morning

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