

## FOR HOME NURSING CLASSES

cular effort. The rate is always faster in babies and young children, but in an adult a rate slower than 12 or faster than 40 should always be reported.

### GENERAL APPEARANCE

Any unusual expression of the face should be noted; whether it is drawn, pinched, anxious, excited or dull and stupid; also, whether the face is thin, swollen or puffy under the eyes. The condition and appearance of the skin are significant: the skin may be dry or moist and clammy, hot or cold; its colour, and the colour of the face especially, may be flushed or pale or slightly yellow or blue. A bluish tinge about the nose, tips of the fingers, or the feet should be specially noticed. Reddened or discoloured areas on any part of the body may be important, and also eruptions, rashes, swellings, or sores. It should be noticed whether the abdomen is normal or whether it is swollen and hard.

Strength or weakness is shown to some extent by the way the patient moves, and by his ability to walk, stand, sit, hold up his head, feed himself, or turn in bed without assistance. The position he habitually takes is sometimes important. In heart disease, for instance, he may be unable to lie down, in pleurisy he ordinarily lies on the diseased side, and during abdominal pain the knees are drawn up.

### PAIN

Pain is one of Nature's warnings that some part of the body machinery is out of order. The severity of the pain is something which only the patient can describe and often he does this inaccurately. One person will bear without a whimper a pain that will make another patient complain bitterly. Therefore, the nurse should make allowance for the type of person with whom she has to deal.

### CHILLS

Chills mean that something is wrong, often something serious. There is a difference between a real chill and a chilly feeling. With a real chill there is practically always a fever, even though the patient feels cold and is shivering. A nervous chill sometimes occurs after severe