

NURSING SYLLABUS OF INSTRUCTION

Two alternative syllabuses are given below:

a) SIX-LECTURE PRESENTATION BASED UPON PART I OF THIS MANUAL.

This course will consist of a minimum of six sessions, normally of two hours each, one hour being devoted to theoretical work and demonstration, and one hour to practice. (This covers the training requirements of the National Hospital Service Reserve)

Session 1. Chapters 1,2,3 (pp.8-9) and Chapter 11.

Theory.

1. The nurse and her duties.
2. The sickroom-choice, ventilation, heating, lighting and cleaning.
3. Bed and bedding-choice and care.
4. Roller bandaging.

Practice.

1. Stripping and remarking an unoccupied bed.
2. Use of roller bandages-application of different turns.

Hand and forearm bandages.

(For demonstrations and practice of bandaging, a dressing should always be used.)

Session 2. Chapters 3 and 4.

Theory.

Lecture/ demonstration on care and comfort of the patient, including:

Bed-making and changing bottom sheets.

Positions used in nursing.

Aids to comfort in bed.

Bathing and prevention of bed-sores.

Care of mouth.

Care of hair.

Practice.

1. Making of occupied beds.
2. Preparation for all toilet treatments.
3. Filling and placing of hot-water bottles.
4. Roller bandages-elbow, fingers and thumb, shoulder.

Session 3. Chapter 5.

Theory.

1. Observation of the sick.
2. Giving bedpans.
3. Collection specimens of excreta.

Practice.

1. Reading thermometer and taking temperature, pulse and respiration.
2. Giving bedpans.
3. Changing bottom sheets.
4. Roller bandages-revision of all upper and lower limb bandages.

Session 4. Chapters 6 and 7.

Theory.

1. Infection-means of spread and prevention of spread.
2. Methods of disinfection.
3. Care and sterilization of equipment.
4. Treatment of simple wounds.

Practice.

1. Recognition of simple instruments and apparatus.
2. Special beds. Lifting of patients.
3. Roller bandages-capeline, ear, eye.

Session 5. Chapters 8 and 9.

Theory.

1. Diet requirements; preparation and serving of meals, feeding helpless patients; food values.
2. Administration of medicines; table of measurements; care of medicines.

Practice.

1. Preparation of meal trays.
2. Use of feeding cups.
3. Pouring out a dose of medicine.
4. Preparation of steam inhalations.
5. Bed-making practice.
6. Roller bandage-breast.

Session 6. Chapter 10.

Theory.

Special conditions and treatments.

1. Inflammation.
2. Local applications, cold and hot.
3. Enemata.
4. Radiation sickness.

Practice.

1. Preparation for- cold compress, ice-bag, medical fomentation, kaolin poultice, soup and water enema, saline enema.
2. Bed-making practice.
3. Roller bandage- stump and revision.
4. Revision and advice regarding oral and practical examination.

(b) TEN-LECTURE PRESENTATION BASED UPON PART I AND PART II OF THIS MANUAL.

This course will consist of a minimum of ten session normally of two hours each, one hour being devoted to theoretical work and demonstration, and one hour to practice.

Session 1. Chapter 1,2,3 (pp. 8-9) and Chapter 11.

Theory.

1. The nurse and her duties.
2. The sickroom-choice, ventilation, heating , lighting and cleaning.
3. Bed and bedding-choice and care.
4. Roller bandaging.

Practice.

1. Stripping and remaking an unoccupied bed.
2. Use of roller bandages-application of different turns.
Hand and forearm bandages. (for demonstrations and practice of bandaging a dressing should always be used.)

Session 2. Chapters 3 and 4.

Theory.

Lecture demonstration on care and comfort of patient, including:

Bed-making and changing bottom sheets.

Positions used in nursing.

Aids to comfort in bed.

Bathing and prevention of bed-sores.

Care of mouth.

Care of hair.

Practice.

1. Making of occupied beds.
2. Preparation for all toilet treatments.
3. Filling and placing of hot-water bottles.
4. Roller bandages-elbow.

Session 3. Chapter 5.

Theory.

1. Observation of the sick.
2. Giving of bedpans and collecting specimens of excreta.

Practice.

1. Reading thermometer and taking temperature, pulse and respiration.
2. Giving bedpans.
3. Changing bottom sheets.
4. Roller bandages- fingers and thumb, shoulders.

Session 4. Chapters 6 and 7.

Theory.

1. Infection, means of spread and prevention of spread.
2. Methods of disinfection.
3. Care and sterilization of equipment.
4. Treatment of simple wounds.

Practice.

1. Recognition of simple instruments and apparatus.
2. Special beds. Lifting of patients.
3. Roller bandages-revision of all upper and lower limb bandages.

Session 5. Chapter 8.

Theory.

1. Diet requirements and food values.
2. Preparation and serving of meals.
3. Feeding helpless patients.

Practice.

1. Preparation of meal trays.
2. Feeding patients.
3. Roller bandages-capeline, ear.
4. Bed-making practice.

Session 6. Chapter 9.

Theory.

Administration of medicines. Tables of measurement. Care and storage of medicines; methods or administration.

Practice.

1. Pouring out a dose of medicine.
2. Preparation of various inhalations.
3. Roller bandage-eye, breast.
4. Bed-making practice.

Session 7. Chapter 10.

Theory.

Special conditions and treatment.

1. Inflammation.
2. Local applications, cold and hot.
3. Enemata.
4. Radiation sickness.

Practice.

1. Preparation of –cold compress, ice-bag, medical fomentation, kaolin poultice.
2. Roller bandage-stump.
3. Bed-making practice.

Session 8. Chapter 12.

Theory.

Further observations.

Practice.

1. Charting.
2. Preparation for giving soup and water enema and saline enema.
3. Revision of roller bandages.
4. Bed-making practice.

Session 9. Chapter 13.

Theory.

Immunity and infectious diseases.

Practice.

1. Preparation of sickroom for isolation of infectious patient.
2. Use of protective gowns.
3. Revision of roller bandages and bed-making.

Session 10. Chapter 14.

Theory.

Care of the aged and long-term patient.

Practice.

1. Use of special positions and care in movement of helpless patients.
2. Removing and replacing gowns of helpless patients.
3. Getting patients up.
4. Revision of roller bandages and bed-making.

NOTE:

REQUIREMENTS FOR EXAMINATIONS

The requirements of the three Organizations for examinations are as follows:

St. John Ambulance Association

Initial examination..... Part I.

Advanced examination..... Part I and II and Chapters 19 and 20 of Part III.