

Bedford College / Macdonald-Buchanan School of Nursing

B.Sc. in Nursing Studies

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ACTIVITIES OF DAILY LIVING

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## Introduction

During the first year the nursing practice component of the course will consist of 2½ days per week which will be spent in appropriate areas within the North East District of the Kensington, Chelsea and Westminster Area Health Authority. The particular model chosen for the study of nursing is that of Virginia Henderson which is based on the activities of daily living, and highlights the principles of function sustaining physiological and psychological health.

The major objectives for this first year are that students will begin to develop critical powers of observation, together with the ability to make accurate verbal and written descriptions. In order to aid development of these skills a series of papers has been devised covering all the activities of daily living. These papers comprise a series of questions designed to introduce students to some detailed and wider aspects of nursing practice; a set of selected practical activities which will aid understanding of some of the issues involved, and a list of suggested reading providing an introduction to each activity. A general reading list is also included. All the books and articles listed may be obtained from the libraries at Bedford College, Middlesex Hospital School of Nursing and the Royal College of Nursing.

Recommended Book List

- Clarke J.M. and Hockey L. (1979) Research for Nursing  
Aylesbury HM + M Publishers
- Hunt J.M. and Marks-Maran D.J. (1980) Nursing Care Plans: The Nursing  
Process at Work  
Aylesbury HM + M Publishers
- Kratz C.R. (Ed) (1979) The Nursing Process  
London Balliere Tindall
- Luckmann J and Sorenson K.C. (1980) Medical-Surgical Nursing  
Philadelphia W.B. Saunders
- Nightingale F. (1952) Notes on Nursing  
London Duckworth
- Riehl J.P. and Roy C. (1974) Conceptual Models for Nursing Practice  
New York Appleton Century Crofts
- Roper M., Logan W.W., and Tierney A.J. (1980) The Elements of Nursing  
Edinburgh Churchill Livingstone
- Skeet M. (1980) Notes on Nursing: Science and Art  
London Churchill Livingstone
- Sorenson K.C. and Luckmann J. (1979) Basic Nursing  
Philadelphia W.B. Saunders
- Yura H. and Walsh M. (1973) The Nursing Process  
New York Appleton Century Crofts

Health Model

Questions

How may the various models of nursing available contribute to individualised patient care?

What problems may be encountered when using particular models of nursing?

Practical Activities

Summarise and be able to discuss the various models of nursing chosen.

Develop a chart to show the developmental aspects of living from conception to old age.

Suggested Reading

Clarke M. (1978) Planning Nursing Care: recent / past / present and future  
Nursing Times Vol. 74 no.5 February 16 pp 17 - 20

Henderson V. (1978) The Concept of Nursing

Journal of Advanced Nursing 3 (2) March 2: 113 - 130

McLaren M. (1977) Come on, Jiminy Cricket

Nursing Times (4) September 15: 1433 - 1435

Marks-Maran D. (1978) Patient allocation v task allocation in relation to the Nursing Process

Nursing Times 74 (10) March 9: 413 - 416

Nursing Times Reprint 1978 Rediscovering the Patient

Macmillan Journals. London

Riehl J.P. and Roy C. (1974) Conceptual Models for Nursing Practice

New York Appleton Century Crofts

## Maintaining a Safe Environment

### Questions

What factors are involved in creating a safe environment at home, in the street and in hospital?

What may result from failure to ensure a safe environment?

What do morbidity and mortality statistics show which give pointers to the need for change?

### Practical Activities

1. Investigate and compile a dossier on the potential or actual hazards to be found in a home, the street, a ward and the hospital in general.
2. Meet the Security and Fire Officers in the hospital, and the Nursing Officer - Infection Control, to discuss all aspects of safety.
3. Visit C.S.S.D. and Occupational Health Departments.
4. Examine the work of the Health & Safety Committee of the North East District.
5. Examine four different pieces of equipment and identify potential hazards.

### Suggested Reading

Bishop T (1978) Drugs and the Elderly; a breeding ground for mishaps  
Nursing Mirror 147 (21) November 23: 49 - 50

Burman S and Genn H (Eds) (1977) Accidents in the Home  
London Groom Helm

Central Statistical Office (1980) Social Trends N 10 London HMSO

Health & Safety at Work Act (1974) London HMSO

Health & Safety Executive (1980) Health and Safety Statistics 1977  
London HMSO

Hunt J. (1974) The Teaching and practice of surgical dressings in three hospitals

London Royal College of Nursing

International Labour Office (1977) Employment and conditions of work and life of nursing personnel. Geneva ILO

Jackson R.H. (Ed) (1977) Children, the Environment and Accidents  
London Pitman Medical

Lowbury E.J.L., Ayliffe G.A.J, Geddes A.M., Williams J.D., (1975)  
Control of Hospital Infection London Chapman and Hall

Morton D. (1978) Equipment Fit for Purpose Nursing Times July 6  
Vol 74 no.19 Occasional Papers pp 73 - 76

Nursing Issue on Saving Lives Nursing no. 14 June 1980  
pp 586 - 628

Office of Population Censuses and Surveys (1980) Population and  
Health Statistics in England and Wales London

RCN 1978 Acquired infection in the NHS and its prevention A suggested  
code of safe practice for occupational health and NHS staff. London Royal  
College of Nursing,

WHO Chronicle 1976 Prevention of road traffic accidents. WHO  
Chronicle 30: 303 - 313

## Communication

### Questions

Why do examples of failure in communication occur comparatively frequently in nursing literature?

What are the perceived and actual problems relating to communicating with sick people?

What effects may an inability to communicate have on the individual concerned?

### Practical Activities

1. Examine in depth one half-hour period of communication with several colleagues.
2. Carry out a 'conversation' in silence with a colleague and subsequently describe what happens.
3. Visit a person who has difficulty in communicating and be able to describe this in detail.
4. Visit the Speech Therapy Department.
5. Examine the existing aids available and use an appropriate one to help a person with a communication difficulty.
6. Listen to a patient for a period of time and find out as much about him as possible.

### Suggested Reading

Altschul A. (1972) Patient-Nurse Interaction

Edinburgh Churchill Livingstone

Argyle M. (1978) The Psychology of Interpersonal Behaviour

Harmondsworth Penguin

Ashworth P. (1980) Care to Communicate

London Royal College of Nursing

Cartwright A. (1964) Human Relations and Hospital Care

London Routledge and Kegan Paul

Clark J.M. (1981) Communication in Nursing

Nursing Times January 1 vol. 77 no. 1 pp 12 - 18

Faulkner A. (1981) Aye, There's the Rub Nursing Times

February 19 vol. 77 no. 8 pp 332 - 336

- Hayward J. (1975) Information - a prescription against Pain  
London Royal College of Nursing
- LeLean S. (1973) Ready for Report Nurse?  
London Royal College of Nursing
- Morris D. (1977) Manwatching London Jonathan Cape
- Stockwell F. (1972) The Unpopular Patient London  
Royal College of Nursing
- Yearwood - Grazette H. S. (1978) An Anatomy of Communication  
Nursing Times vol. 74 no. 41 October 12 pp 1672 - 1679

Breathing

Questions

What is the purpose of breathing?

What physiological changes may occur where a person has breathing difficulties?

What psychological problems may be present due to this difficulty and how may these affect the individual?

What are the major causes of lung disease today worldwide and how may their incidence be reduced?

Practical Activities

1. Observe the breathing patterns of colleagues and a well/sick baby, child, adolescent and adult
  - at rest
  - during a period of stress
  - after exercise
2. Discuss with a person who has difficulty in breathing the effects this has upon them.
3. Examine the patients TPR charts to see recorded respiration rates.
4. Visit respiratory function laboratory

Suggested Reading

Coady T.J. and Bennett A. (1978)	<u>Technology in Nursing</u>	Respiratory
Function	1. Oxygen Administration Nursing Times 74	26.1.'78 Scan 1 - 4
	2. Lung Volume Measurement " "	23.2.'78 " 5 - 8
	3. Gas Transfer & Blood Gases " "	23.3.'78 " 9 - 12
	4. Monitoring Artificial Ventilation " "	27.4.'78 " 13 - 16
	5. Respiratory Failure " "	25.5.'78 " 17 - 20
	6. Nebulisers & Inhalation Therapy " "	29.6.'78 " 21 - 24
	7. Differential Lung Function Studies " "	27.7.'78 " 25 - 28
	8. Clinical Aspects of Inhalation Therapy " "	28.9.'78 " 29 - 32
	9. The Clinical Use of Test Results " "	26.10.'78 " 33 - 36
	10. Challenge Testing " "	30.11.'78 " 37 - 40
	11. Research " "	21/28.12.'78 " 41 - 44

De Moerloose J. (1977) Legislative action to combat smoking around the world WHO Chronicle 31: 362 - 372

Nursing Issue on Breathing Part I Nursing no.6  
September 1979 pp 249 - 291

Nursing Issue on Breathing Part II Nursing no.7  
November 1979 pp 293 - 340

Topics in Clinical Nursing (1980) Breathing and Breathlessness  
(6 articles) Topics in Clinical Nursing 2 (3) October pp 1 - 89

## Eating and Drinking

### Questions

What social, emotional, cultural and physical factors govern how and what we eat?

How can we ensure that people with limited incomes receive an adequate diet?

What specific diseases are related to diet, dietary habits and how prevalent are they?

### Practical Activities

1. Keep a detailed record of own dietary and fluid intake for a period of 2 weeks. Compare this with colleagues records.
2. Cost out a one weeks menu supplying all the nutrition factors necessary for a) an elderly British lady and b) a pregnant Asian lady.
3. Visit catering manager, dietetic department, occupational therapy department and hospital kitchens.
4. Discuss with a patient the changes which have occurred in dietary habits since admission to hospital.
5. Feed a colleague with food and fluids.

### Suggested Reading

Department of Health and Social Security (1978) Eating for Health  
London HMSO

Department of Health and Social Security (1976) Prevention and Health:  
everybody's business. HMSO London

Hamilton-Smith S.(1972) Nil by Mouth? London Royal College of  
Nursing

Jones D.C. (1977) Food for Thought London Royal College of Nursing

MacLeod S. (1981) The Art of Starvation London Virago

Ministry of Agriculture, Fisheries and Food (1976) Manual of nutrition  
HMSO London

Nursing Issue on Fluids in Balance Nursing no.13 May 1980 pp 542 - 584

Nursing Issue on Nutrition and Health Nursing no.11 March 1980  
pp 461 - 504

Nursing Issue on Nutrition in Illness Nursing no.12 April 1980  
pp 505 - 540

Townsend P (1979) Poverty in the United Kingdom Harmondsworth  
Penguin

## Eliminating

### Questions

What may happen to the body when there is malfunctioning of the organs of elimination?

What factors determine the process elimination?

How and why may a persons admission to hospital affect the process of elimination?

How widespread is the use of laxatives amongst your family and friends?

What data is required in order to make an assessment of a person's bowel and kidney status?

### Practical Activities

1. Keep a record of own patterns of elimination for a period of one week. Compare with colleagues record.
2. Discuss with four patients any changes in habit they have experienced since being hospitalised.
3. Investigate the aids available which may help in the process of elimination.
4. List the 'over the counter' laxatives available in a chemists shop and summarise the advantages claimed by the manufacturers. Examine a selection of magazines to see how much advertising of these products is carried out.
5. Ask each patient in your ward on one shift what, if any, laxatives they normally take.

### Suggested Reading

Foulkes B. (1978) Stoma Care Nursing Mirror Supplement 146 (23)

June 8

Gibson J.A., Wilson D.M. (1976) The Diarrhoeas Nursing Mirror 143 (22) November 25: i -iv (Nursing Care Supplement)

Isaacs B. (Ed) Incontinence Birmingham Smith & Nephew - Southalls Ltd

Mandelstam D. (1977) Incontinence London Heinemann Health Books for the Disabled Living Foundation

Mandelstam D. Incontinence and its management

London Groom Helm

Nursing Issue on Faecal Elimination Nursing no.17 September 1980

pp 717 - 760

Nursing Issue on Urinary Elimination Nursing no. 18 October 1980  
pp 761 - 804

Swaffield L. (1979) Living with a Stoma Nursing Times Community  
Outlook 75 (10) March 8: 66 - 76

Tierney A.J. (1973) Toilet Training Nursing Times 69 (51/52)  
December 20/27: 1740 - 1745

Wilson D. (1981) Changing the Body Image Nursing Mirror vol.152  
no.14 April 2 pp 38 - 40

Wright L. (1974) Bowel function in hospital patients The study  
of nursing care project reports. Series 1 no. 4 London Royal College  
of Nursing

## Personal Cleansing and Dressing

### Questions

What effects may imposed routines have on personal habits?

For what reasons do people in hospital spend much of their stay in night clothes?

What part do clothes play in the self-image of an individual?

What 'signals' do clothes give to others?

### Practical Activities

1. Establish from one's family and friends their personal habits relating to cleanliness.
2. Visit a variety of shops to examine price range, design, ease of care of a range of clothes for 2 people of your choice.
3. Examine the provision of hospital clothing at a) Middlesex Hospital and b) Athlone House. Discuss the problems associated with this provision with the sewing room, laundry, Ward Sisters and patients.
4. Examine the special types of clothing and aids to dressing which are available for handicapped people.

### Suggested Reading

Campling J. (1979) Better Lives for Disabled Women London Virago

Clark M.O., Barbanel J.C., Jordan M.M. Nicol S.M. (1978)

Pressure sores Nursing Times 74 (9) March 2: 363 - 366

Hale G. (Ed) (1979) The Source Book for the Disabled London  
Imprint Books

Howarth H. (1977) Mouth Care Procedures for the very ill

Nursing Times 73 (10): 354 - 355

Hunt J.M. (1974) The teaching and practice of surgical dressings  
in three hospitals London Royal College of Nursing

Norton D., McLaren R., Exton-Smith A. (1975) An Investigation of Geriatric Nursing problems in Hospital Edinburgh Churchill Livingstone

Norton D. (1975) Research and the problem of pressure sores.

Nursing Mirror 140 (7) February 13 : 65 - 67

Nursing Times June 28 vol. 75 no.25 pp 1087 - 1088

July 5 vol. 75 no.26 pp 1128 - 1132

Taylor L.J. (1978) An evaluation of hand washing techniques

Nursing Times 74 (2) January 12: 54 -55 and 74 (3) January 19: 108 - 110

Woodbine A. (1979) A Review of the Problem 1. Factors

contributing to the formation and exacerbation of pressure sores. 2. A survey in Macclesfield

## Controlling Body Temperature

### Questions

What physiological effects occur when the body temperature rises or falls to any considerable degree?

What do research findings show which necessitate changes in nursing practice and what cost implication might there be?

How can hypothermia be prevented a) in the elderly and b) in babies?

### Practical Activities

1. Record own and colleagues temperature orally twice daily for 2 weeks using a) a clinical thermometer and b) an electronic thermometer (where available). Compare readings taken with different types of thermometers.
2. Find out the reasons for the 'ritual' of temperature taking in hospital.
3. Take and record the temperatures of selected patients on your ward.
4. Examine the temperature charts on your ward and link your observations with knowledge of the patient's illness.

### Suggested Reading

- Blake J. (1975) Accidental hypothermia in fit young adults. Nursing Mirror 141 (8) August 21: 46 - 49
- Brislen W., Smart G.I., Collins A.M. (1976) Assessment of a single-use clinical thermometer Nursing Times 72 (6) February 12: 235 - 2237
- Ketefiam (1975) Application of Selected Research Findings into Nursing Practice: a pilot study. Nursing Research 24 (2) pp 89 - 92
- Millard P.H. (1977) Hypothermia in the elderly. Nursing Mirror 145 (18) November 3: 23 - 25
- Moorat D.S. (1976) The Cost of Taking Temperatures: Nursing Times 72 (20) pp 767 - 770
- Nichols G.A., Ruskin M.M., Glor B.A.K., and Kelly W.H. (1966) Oral Axillary, and Rectal temperature determinations and relationships Nursing Research 15 (4) pp 307 - 310
- Nichols G.A., and Kucha D.H., (1972) Taking Adult Temperatures: Oral Measurements American Journal of Nursing 72 pp 1091 - 1092

Sims-Williams A.J. (1976) Temperature taking with glass thermometers : a review. Journal of Advanced Nursing 1 November: 481 - 493

## Mobilising

### Questions

What factors may cause a lessened degree of mobility?

What may be the effects of this?

How do changes in body image affect peoples' wellbeing?

What aids are available to help those with problems of mobility?

### Practical Activities

1. Study carefully how one's colleagues sit, stand and walk
2. Observe some patients on the ward in order to determine what difficulties they are experiencing
3. Examine the beds, chairs and other ward equipment in order to detect possible design faults
4. Visit the physiotherapy department
5. Devise a teaching programme to show correct lifting techniques
6. Visit the Disabled Living Foundation to see types of equipment available to promote mobility

### Suggested Reading

Anwar M. (1978) The mechanics of walking; putting your best foot forward. Nursing Mirror 147 (22) November 30: 36 - 39

Central Office of Information 131 (1975) Care of Disabled People in Britain  
HMSO London

Chartered Society of Physiotherapy (1975) Handling the Handicapped  
Woodhead-Faulkner Cambridge

Consumers' Association (1976) Coping with Disablement Consumers'  
Association (Whitch) London

Director-General WHO 1976 Disability, prevention and rehabilitation  
WHO Chronicle 30 (8): 324 - 328

Fallon B. (1975) So You're Paralysed London Spinal Injuries  
Association

Hale S. (1978) Source Book for the Disabled London Imprint Books

Norton D. (1970) By Accident or Design? Edinburgh Churchill  
Livingstone

Nursing Issue on Activity and Movement Nursing no.3 June(1979)  
pp 109 - 152

Nursing Issue on Activity and Trauma Nursing no.4 July(1979)  
pp 153 - 200

Office of Health Economics (1977) Physical impairment; social  
handicap OHE London

Royal College of Nursing (1979) Avoiding Low Back Injuries among  
Nurses London Royal College of Nursing

Spinal Injuries Association (1980) People with Spinal Injuries -  
treatment and care London Spinal Injuries Association

Working and Playing

Questions

What part does work play in peoples' lives?

What type of changes may occur as a result of illness and what effects may ensue?

How may the effects of unemployment be seen in the causation of disease?

Practical Activities

1. Discuss the exact nature of work with members of your family and friends
2. Elicit from 2 patients the exact nature of their work
3. Elicit from 2 different patients all aspects of their recreational activities
4. Visit the Occupational Therapy Department and see a patient assessment
5. Examine the role of the Disablement Resettlement Officer

Suggested Reading

5

- Gossop M. 1978 Drug dependence: 1. The pattern of drug abuse. Nursing Times 74 (24) June 15: 996 - 998 2. Treatment and nursing care. Nursing Times 74 (25) June 22: 1060 - 1061
- Hill I. 1978 The psychological impact of unemployment New Society 43 (798) January 19: 118 - 120
- Latimer E. 1978 Play is everybody's business in the childrens' ward Nursing Mirror 147 (11) September 14: 21 - 24
- Nightingale F. 1952 (Reprint) Notes on Nursing Duckworth London
- Potter D 1974 Art Therapy for the handicapped Nursing Mirror 138 (6) April 26: 55 - 57
- Speakman J. 1975 Hospital visitors - a curse or a blessing Nursing Times 71 (7) February 13: 274 - 275
- Wilcox F. 1974 Boredom in long-stay hospitals Nursing Mirror 139 (18) October 31: 71 - 72

## Expressing Sexuality

### Questions

What effects may a dissatisfying sex life have on an individual?

How may a nurse's attitude towards sex influence the way she handles patients?

What are the relative merits of the various contraceptives available?

What effects may hospitalisation have on a person's sexual relationships?

### Practical Activities

1. Discuss all aspects of sexuality with one's colleagues
2. Discuss with parents the importance of their sexual relationships
3. Find out the extent to which and how sex education is given in a selected school
4. Discuss with one patient the problems experienced because of hospitalisation

### Suggested Reading

- Billington R 1977 Sexual self-image and physical disability Midwife, Health Visitor and Community Nurse 13 (2) February: 46 - 49
- Castledine G. (1981) Is there Sex after Death Nursing Mirror vol. 152 no. 14 p12
- Fong R 1978 Sexual abnormalities (1. Harmless variations) Nursing Times 74 (24) June 15: 1015 - 1016
- Fong R. 1978 Sexual abnormalities (2. Dangerous variations) Nursing Times 74 (2) June 22: 1062 - 1063
- Hogan R.N. (1980) Human Sexuality: A Nursing Perspective New York Appleton Century Crofts
- Holdsworth A.V., Daines B. 1978 Sex problems in marriage Nursing Mirror 147 (3) July 20: 23 - 25
- Jourard S.M. 1966 An exploratory study of body accessibility. British Journal of Social and Clinical Psychology 5: 221 - 231

National Council for One Parent Families Joint Working Party on  
Pregnant Schoolgirl Mothers (1979) Pregnant at School National  
Council for One Parent Families

Perkins E.R. (1978) Is your journey really necessary? (Leverhulme  
Health Education Project, Occasional Paper no.8) Nottingham (University  
of Nottingham)

Puksta N.S. (1977) All about sex...after a coronary American Journal  
of Nursing 77 (4) April: 602 - 605

Stanford D. (1977) All about sex. After middle age American Journal  
of Nursing 77 (4) April: 608 - 611

Stewart W.R.F. (1975) Sex and the physically handicapped National  
Fund for Research into Crippling Diseases UK

Stewart W.F.R. (1976) A symposium on sexual problems of the disabled  
Nursing Mirror 142 (5) February 5: 47 - 59

Woods M.F. (1979) Human Sexuality in Health and Illness St Louis  
Mosby

## Sleeping and Resting

### Questions

What effects may changes in sleep pattern have for a person who is a) healthy and b) sick?

What could be done to minimise disturbances to people in hospital?

What are the dangers associated with taking sleeping pills on a long-term basis ?

### Practical Activities

1. Establish the sleeping patterns of one's colleagues and family and examine the perceived and actual problems which result.
2. Observe a group of patients at night and compare their sleeping patterns with those normally experienced at home.
3. Observe the time span and frequency of rest periods of 2 people during a shift on the ward.

### Suggested Reading

Bentley S., Murphy F., Dudley H. (1977) Perceived noise in surgical wards and an intensive care area : an objective analysis British Medical Journal 2 : pp 1503-1506

Hilton B.A. (1976) Quantity and quality of patients' sleep and sleep disturbing factors in a respiratory intensive care unit Journal of Advanced Nursing 1 pp 453 - 468

Murphy F., Bentley S., Dudley H.A.F. (1977) Sleep deprivation in patients undergoing operation : a factor in the stress of surgery British Medical Journal 2 : pp 1521 - 1522

Norris C.M. (1975) Restlessness: a nursing phenomenon in search of a meaning Nursing Outlook 23: 103 - 107

Nursing Issue on Sleep and Comfort Nursing no.20 December 1980  
pp 849 - 892

Oswald I. (1976) Why do we sleep? Nursing Mirror 143 (2)

July 8: 70 - 71

Oswald I. (1971) The biological clock and shift work Nursing Times:

67 September 30: 1207 - 1208

Whitfield S. (1975) Noise on the ward at night Nursing Times 71 (11)

March 13: 408 - 412

## Dying

### Questions

What are your own thoughts about death and dying?

Why are many people afraid of dying and what can be done to help?

What are the major causes of death in the U.K.?

What are the social and religious customs surrounding death?

How can nurses be enabled to care more adequately for the dying and their families?

### Practical Activities

1. Discuss with one's family and friends their attitudes toward death.
2. Meet a friend or colleague who has been bereaved and establish how they coped with their loss.
3. Meet the hospital chaplains to discuss their role in the care of dying people
4. Visit a local hospice to examine their philosophies of care
5. Ask some nurses how they reacted to the death of a patient

### Suggested Reading

Bond J. and Bond S. (1980) A Taboo of our Times Nursing Mirror 150 13.3.1980 pp 23 - 26

Bluebond-Langer M. (1978) The Private Worlds of Dying Children Princeton Princeton University Press

Cartwright A., Hockey L., Anderson J.L. 1973 Life before Death Routledge and Kegan Paul London

Chaney P.S. (Ed.) (1976) Dealing with Death and Dying Nursing 77 Skill Book Series Jenkintown Pa. Intermed Communications

Gyulay J.A. 1975 The forgotten grievers American Journal of Nursing 75 9 (September): 1476 - 1479

Kubler-Ross E. (1969) On Death and Dying Macmillan New York

Marris P. (1974) Loss and Change London Routledge and Kegan Paul

Morgan H.G. (1979) Death Wishes? Chichester John Wiley

Nuttall D. 1977 Attitudes to dying and the bereaved Nursing Times 73 (41)  
October 13: 1605 - 1607

Office of Health Economics (1981) Suicide and Deliberate Self-harm  
no.69 London Office of Health Economics

Randall N. (1975) Life after Death London Corgi

Reed D. (1977) Anna Harmondsworth Penguin

Schiff H.S. (1979) The Bereaved Parent London Souvenir Press

Smith K. (1978) Help for the Bereaved London Duckworth

Standing Medical Advisory Committee (1980) Terminal Care Chairman  
Professor E. Wilke London HMSO

Tunbridge Wells Health District and The Care Foundation (1980)  
Hospice at Home Kent and Sussex Hospice Project