



BEDFORD COLLEGE  
FOR WOMEN

(UNIVERSITY OF LONDON)

REGENT'S PARK, N.W.1.

TRAINING FOR HEALTH VISITORS

SYLLABUS OF A ONE YEAR COURSE  
FOR QUALIFIED NURSES

arranged by

BEDFORD COLLEGE FOR WOMEN

(UNIVERSITY OF LONDON)

in conjunction with

THE COLLEGE OF NURSING.

JANUARY, 1930

TRAINING FOR HEALTH VISITORS

SYLLABUS OF A ONE YEAR COURSE  
FOR QUALIFIED NURSES

arranged by

BEDFORD COLLEGE FOR WOMEN  
(UNIVERSITY OF LONDON)

in conjunction with

THE COLLEGE OF NURSING.

# SYLLABUS OF A ONE YEAR COURSE FOR HEALTH VISITORS

---

## I. **Elementary Physiology and Structure of the Body.** *28 Lectures. 56 hours with practical.*

General anatomy. The blood and lymph and their circulation. Respiration. The processes of digestion and the special metabolism of protein, fat and carbohydrate. The functions of the kidney, the skin and the ductless glands. The maintenance of body temperature. Locomotion. The nervous system. Taste, smell, vision and hearing. The structure of the eye, ear, nose and throat, and the mechanism of speech. Reproduction. Physiology and development of the infant and young child as compared with the adult.

*Note.*—Four of these lectures are devoted to a Biological Introduction to Eugenics.

## II. **Hygiene and Public Health.** *37 Lectures.*

1. Introduction—How an Act of Parliament is made—description of byelaws and regulations—functions of the Ministry of Health, Board of Agriculture and Fisheries, Home Office, and the Board of Education; the administration of Counties, County Boroughs, Urban and Rural Districts.
2. Vital Statistics: their uses and their preparation.
3. Vital Statistics: their application.
4. Conditions of a healthy school. Various types of school buildings. Ventilation. Various means of warming and lighting (natural and artificial).
5. Planning and equipment. Classroom furniture. Drinking water supply. Cloakrooms. Ablution and sanitary arrangements. Dining room.

6. The medical inspection of school children. Objects and methods. Powers and duties of school medical officer. Following up cases.
7. Common ailments of school children and their prevention, including malnutrition, dental disease, defects of vision.
8. Common ailments continued: defects of hearing and speech; heart and lung disease.
9. School epidemiology, closure of classes, barrier charts, infectious disease of the eye, ringworm, scabies, impetigo.
10. Causation of disease, disease germs, carriers, droplet infection.
11. Immunity, natural and acquired, Schick and Dick testing.
12. Types of fevers, rashes, meaning of certain terms (*i.e.*, incubation, quarantine, etc.), contacts, return cases.
13. Measles and its sequelæ, mortality rate, whooping cough, German measles.
14. Scarlet fever (Dick testing in detail), mumps.
15. Diphtheria, the carrier problem, Schick testing in detail, with results.
16. Influenza, cerebro - spinal meningitis, encephalitis lethargica, epidemic poliomyelitis.
17. Smallpox and vaccination, chickenpox.
18. Enteric fever, inoculation results of, the carrier problem, dysentery, legislation as regards milk supplies in connection with typhoid and dysentery carriers.
- 19 and 20. Tuberculosis. Various forms. Sources of infection, contacts. Effects in infancy and childhood. Care and treatment of tuberculous mothers. Prevention and control of tuberculosis. Tuberculosis schemes. Dispensaries, domiciliary treatment, sanatoria, sanatorium schools and colonies, their relation to treatment and prevention. After care.
21. Isolation hospitals, various types, cubic space, staff.
22. Disinfection, disinfectants.
23. Disease vectors (house fly, lice, bugs, mosquitos, rats, etc.).



24. Diseases spread by disease vectors, disinfestation.
25. Building sites, orientation of houses, construction, foundations, walls, interior, causes of dampness.
26. House drainage, disposal of sewage and refuse, heating and lighting.
27. Housing and town planning schemes, slum areas, sanitary inspection of a house.
28. Properties and composition of atmospheric air, impurities in air, and sources of impurities, condition of air in different situations, effects of impurities.
29. Ventilation, amount of fresh air required, how calculated, cubic space, supply of fresh air and natural and artificial ventilation. Examination of sufficiency of ventilation, dangers of overcrowding, heat exhaustion, wet and dry bulb thermometer, Kata thermometer.
30. Food supplies, clean food, preservation of food.
31. Inspection of meat and parasitic diseases conveyed by meat, inspection of fish, eggs and other supplies. Legislation as applied to food in general including preservatives in food, etc.
32. Production of clean milk; dairies, cowsheds, etc.
33. Grades of milk, pasteurisation, dried milk, irradiated milk, diseases spread by milk.
34. Food poisoning.
35. Properties and composition of water, impurities in water, micro-organisms in water, different kinds of water, impurities due to source and storage, diseases spread by water.
36. Water supply, amount required daily, storage distribution, purification, domestic and municipal.
37. Industrial diseases and industrial welfare.

*NOTE.*—Throughout this course of lectures, Sanitary Law will be dealt with in its application to the various subjects.

### **Personal Hygiene.**

*9 Lectures.*

1. The body in health; physical fitness standards; requirements for maintenance of physiological efficiency; metabolism.
2. Value of work and exercise; fatigue; rest and recovery; sleep.

3. Hygiene of the respiratory and circulatory systems. Physiological basis of resuscitation measures. Fresh air and ventilation; comfort standards.
4. Hygiene of the mouth and ears. The excretory system; role of water in the body.
5. Hygiene of the skin; sweating; baths; clothing.
6. Illumination; care of the eyes. Sunlight and artificial radiations.
7. Physiological problems met with in industries; posture; workers' hours of labour; rest pauses; fatigue and efficiency.
- 8 and 9. The application of physiology to standards of physical fitness.

III. **Social Conditions and Social Problems.** 28 Lectures.  
**Sanitary Law and Government.**

Public Health administration. Maternity and Child Welfare Act. Tuberculosis Act. Mental Deficiency Acts. Children Act. Laws affecting Women and Children. Housing and Town Planning. Social Insurance. Pensions—Old Age, Widows and Orphans. Various forms of public assistance, voluntary and official organisations, The Poor Law Act, 1927. Local Government Act, 1929.

IV. **Industrial Conditions.** 10 Lectures.

Elementary Economics and Industrial Conditions. Unemployment. Trade Unionism. The Health of the Industrial Worker. Welfare Work and the special problems of Women in Industry. Factory Legislation.

V. **Public Health Nursing.** 15 Lectures.

This course deals with the equipment and preparation of the public health nurse; home nursing, demonstration of the aseptic care of the nurse's equipment, and health education in the home. The problem of the expectant mother is dealt with from the point of view of home visits, classes, clinics, the management of a confinement, and maternity nursing in the home. Communicable disease nursing in the home is demonstrated and tuberculosis welfare work.

The organisation and administration of a public health nursing service, municipal and voluntary, and the supervision of a public health staff are dealt with, including record-keeping, the use of records, filing and the preparation of reports.

School nursing is considered in its various aspects; its history and development; the school nurse in relation to the child's education; physical defects, their prevention, treatment and after care.

VI. **Maternity and Child Welfare.** 10 Lectures.

Deals with the subject matter as a continuation of the work already done in connection with Public Health Nursing and includes physiology of pregnancy and the physiological development of the foetus with the related hygiene. Normal lactation; restoration methods; the caloric and other dietetic needs of young infants. Composition of various milks, principles of artificial feeding and a suggested method of calculating the average quantity and ingredients necessary at different ages. Abnormal dietetic conditions. Abnormal conditions of development and some of the common diseases of infants and young children.

VII. **Psychology: General Outlines.** 25 Lectures.

This course considers mental life from the genetic standpoint. It sketches the native endowment of the individual and his mental development. It stresses his behaviour in relation to the social environment.

**Educational Psychology.** 14 Lectures.

In this course the principles of psychology are applied to the science of education from the point of view of the teacher and from that of the student. Methods of presenting subject matter are discussed, to find means of keeping interest and of stimulating independent thought and observation. The use of imagination is considered with respect to description, narrative and illustration. The laws of memory are applied to economical methods of learning and retaining matter, and the advantages of routine activities compared with their limitations. The importance of suggestion; imitation and sympathy affecting the influence of a teacher and the result of class work. Examinations as a test of knowledge are considered. Some conclusions derived from the experimental study of mental fatigue are dwelt upon.

The lectures are followed by practice lessons or health talks taken by individual members of the class (each lesson 30 minutes).

3. Hygiene of the respiratory and circulatory systems. Physiological basis of resuscitation measures. Fresh air and ventilation ; comfort standards.
4. Hygiene of the mouth and ears. The excretory system ; role of water in the body.
5. Hygiene of the skin ; sweating ; baths ; clothing.
6. Illumination ; care of the eyes. Sunlight and artificial radiations.
7. Physiological problems met with in industries ; posture ; workers' hours of labour ; rest pauses ; fatigue and efficiency.
- 8 and 9. The application of physiology to standards of physical fitness.

**III. Social Conditions and Social Problems.** 28 *Lectures.*  
**Sanitary Law and Government.**

Public Health administration. Maternity and Child Welfare Act. Tuberculosis Act. Mental Deficiency Acts. Children Act. Laws affecting Women and Children. Housing and Town Planning. Social Insurance. Pensions—Old Age, Widows and Orphans. Various forms of public assistance, voluntary and official organisations. The Poor Law Act, 1927. Local Government Act, 1929.

**IV. Industrial Conditions.** 10 *Lectures.*

Elementary Economics and Industrial Conditions. Unemployment. Trade Unionism. The Health of the Industrial Worker. Welfare Work and the special problems of Women in Industry. Factory Legislation.

**V. Public Health Nursing.** 15 *Lectures.*

This course deals with the equipment and preparation of the public health nurse ; home nursing, demonstration of the aseptic care of the nurse's equipment, and health education in the home. The problem of the expectant mother is dealt with from the point of view of home visits, classes, clinics, the management of a confinement, and maternity nursing in the home. Communicable disease nursing in the home is demonstrated and tuberculosis welfare work.

The organisation and administration of a public health nursing service, municipal and voluntary, and the supervision of a public health staff are dealt with, including record-keeping, the use of records, filing and the preparation of reports.



School nursing is considered in its various aspects; its history and development; the school nurse in relation to the child's education; physical defects, their prevention, treatment and after care.

## **VI. Maternity and Child Welfare.**

10 *Lectures.*

Deals with the subject matter as a continuation of the work already done in connection with Public Health Nursing and includes physiology of pregnancy and the physiological development of the foetus with the related hygiene. Normal lactation; restoration methods; the caloric and other dietetic needs of young infants. Composition of various milks, principles of artificial feeding and a suggested method of calculating the average quantity and ingredients necessary at different ages. Abnormal dietetic conditions. Abnormal conditions of development and some of the common diseases of infants and young children.

## **VII. Psychology : General Outlines.**

25 *Lectures.*

This course considers mental life from the genetic standpoint. It sketches the native endowment of the individual and his mental development. It stresses his behaviour in relation to the social environment.

## **Educational Psychology.**

14 *Lectures.*

In this course the principles of psychology are applied to the science of education from the point of view of the teacher and from that of the student. Methods of presenting subject matter are discussed, to find means of keeping interest and of stimulating independent thought and observation. The use of imagination is considered with respect to description, narrative and illustration. The laws of memory are applied to economical methods of learning and retaining matter, and the advantages of routine activities compared with their limitations. The importance of suggestion; imitation and sympathy affecting the influence of a teacher and the result of class work. Examinations as a test of knowledge are considered. Some conclusions derived from the experimental study of mental fatigue are dwelt upon.

The lectures are followed by practice lessons or health talks taken by individual members of the class (each lesson 30 minutes).



## VIII. Mental Disorders of Childhood.

10 Lectures.

1. Undesirable traits of behaviour, *e.g.*, tantrums, sleeplessness, stammering, lying, inattention, pernicketyness, dirty habits.
2. Mental defectiveness induced by disease or injury, with the correlated physical symptoms, *e.g.*, encephalitis lethargica, arrested development.
3. Functional disturbances, the physical and psychological symptoms:—
  - (a) Developmental, *e.g.*, over and under development, Masturbation, Premature Puberty.
  - (b) Pathological, *e.g.*, Chorea, Epilepsy,

## IX. Nutrition.

8 Lectures.

This course deals with the aims and methods of the study of nutrition, the composition of foods, their main and accessory constituents, with attention to the proteins, carbohydrates and fats, mineral salts and water. In the discussion on vitamins, fat soluble vitamins A and E and water soluble vitamins B and C are studied, and the calcifying Vitamin D in relation to the formation of the bones and teeth. Quantitative food requirements and methods for their calculation are considered. Ante-natal and child feeding, the feeding of the normal adult and modifications of the normal diet in diseased conditions will be dealt with.

## X. Venereal Diseases.

6 Lectures.

Various forms, signs and symptoms of Syphilis and Gonorrhœa. Effects on the individual and on the race. Relation to Maternity and Child Welfare. Still births. Ophthalmia neonatorum. Venereal disease schemes. Provisions for diagnosis and treatment, educational campaigns.

## PRACTICAL WORK.

13 weeks in all.

The students have eight weeks practical work before the term begins, the greater part of which is devoted to Child Welfare. Arrangements are made for instruction under a School Nurse in clinics for tuberculosis and venereal disease, and some opportunities are given for observing the work of the District Nurse. Opportunities for studying the work of social agencies is also afforded.