

PROPOSED WORK FOR PUBLIC HEALTH NURSING COURSE FOR  
INTERNATIONAL STUDENTS. 1921-22.  
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THEORETICAL.

I. Hygiene and Public Health: 2 hours per week or 60 lectures.

- a) Personal Hygiene: Importance of cleanliness-exercise-sleep etc.
- b) Community Hygiene: Water supply-sewerage-milk supply-housing-sanitation etc.
- c) School Hygiene: Physical conditions affecting health-indications of ill health and defects-effects of fatigue, employment etc. Recreation- care of defective, retarded, abnormal childred. Schoolroom sanitation.
- d) Hygiene of Special Senses: Eye-ear-nose-throat-structure machanism preservation-treatment dangers.
- e) Prevention of Communicable Disease: Micro organisms in relation to Disease: ~~Microorganisms~~ modes of attack- Resistance of body-Disinfection etc.
- f) Oral Hygiene: Importance of care of teeth.

II. Maternity, Infant and Child care.

- a) Principles and organisations of Child Welfare work. Growth and development of child, mentally and physically.
- b) Ante natal Hygiene: Causes of Mortality in infancy-Directions for maintenance of health
- c) Care of Mother and Infant: Symptoms of ill health, common infant ailments- treatment and care. Infant Psychology - general care of Infant, feeding, bathing, clothing etc.

III. Teaching of Hygiene.

- a) Theory and practice of education.
- b) Practice in teaching: health talks to mothers- teaching health habits to school childred.
- c) Value of Visual Education: graphic illustration of health facts publicity and exhibit methods.

IV. Food Values, Dietetics, Nutrition.

- a) Principles of Diet.
- b) Hospital Dietetics.

V. Elementary Bacteriology.

VI. Elementary Psychology.

VII. Elementary Economics and Social work.

- a) Social History.
- b) Social administration.
- c) Opportunities for studying social problems and investigating cases under supervision of trained social workers.

VIII. Supplementary Lectures.

- a) Tuberculosis.
- b) Venereal Disease.
- c) Industrial Problems.
- d) Infectious diseases etc.

PRACTICAL WORK.

- I. Attendance at Child Welfare Centres, day nurseries and ~~at~~ children's Hospitals (enabling students to study physical conditions of large numbers of infants and children, helping generally in all activities of clinic, such as weighing, filing, records and home visiting.)
- II. Attendance at a Tuberculosis Dispensary.
- III. Experience with District Nursing Associations in City and Rural District, in order to get some insight into practical bedside nursing work in the homes.
- IV. Experiences in the School Hygiene work- physical examination of children, home visiting, cleansing stations, schools for mentally and physically defective children.
- V. About 30 excursions to places of interest in connection with Hygiene and Public Health course.

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CLASSES IN PUBLIC HEALTH NURSING SUBJECTS.

(To be given or arranged by a representative of the League of Red Cross Societies with the approval and co-operation of the Principal of Bedford College )

2 hours per week.

1. History of Nursing.
2. Principles of Public Health Nursing.
3. Development of Health Visiting and Public Health Nursing in various countries.
4. The responsibilities and duties of the Public Health Nurses in relation to :-
  - Schools.
  - Factories.
  - Homes.
  - Hospitals.
  - Outpatient clinics and dispensaries.
  - General public health and sanitation.
5. Development, Organisation and Administration of :
  - a) Visiting or District Nursing.
  - b) Child Welfare Nursing.
  - c) Maternity and Infant Nursing.
  - d) Rural and Small Town Nursing.
  - e) Clinics and Health Centres.
    - Travelling.
    - Permanent.
  - f) Open air schools.
6. Vital statistics - use and value to public health nurse.
7. Records and Reports - value and method.
8. Ways and Methods of Teaching :-
  - a) Home care of sick.
  - b) First aid.
  - c) School Hygiene.
9. Supplementary Lectures :
  - a) Red Cross Activities.
  - b) Venereal Disease Nursing.
  - c) Tuberculosis Nursing.
  - d) Obstetrics etc.