

STUDENT NURSES PAGE

I have pleasure in announcing the names of successful Units who have won prizes for the best written Dairy for 1957.

First Prize is awarded to the unit of C.M.C. Hospital, Vellore, Madras State.

Second Prize is a tie and is awarded to the unit of E.T.C.M. Hospital, / Kolar, Mysore State and the unit of Lady Reading Health School, Delhi.

Third Prize is awarded to the unit of Holy Family Hospital, Patna, Bihar State.

Highly commended is the unit of Erskine Hospital, Madurai, Madras State.

To all these units we give our hearty congratulations.

I. DORABJI
SNA Secretary

How the Study of Psychology can help us do Better Nursing

by

Miss Uma P. Hirebet
(3rd Year Nursing Student, College of Nursing)

D. Psychology applied to nursing care in special conditions or services

3. Nursing sick children

The nursing of children under five years presents grave psychological problems. At this period the separation from mother or familiar adult, even for a few days, causes insecurity and severe psychological shock.

So the nurse must try to make up for the mother-deprivation by giving the child a feeling of being loved and secure. Try also to gain the confidence of the mother, so that the child senses it and gains confidence in you. Always be cheerful and tender, even if something unpleasant has happened just before you go to the ward.

A toy or some familiar object should be kept with the child so that it represents the home. Parents should always visit the child daily. If they cannot they should send word so that the child does not feel abandoned.

The child patient should be told the truth about painful treatments and nasty medicine. We can say: "This is not

nice, but it will cure you". Otherwise the child will distrust not only you, but all the nurses, and all the treatments.

4. Nursing elderly patients

The nursing of elderly patients also presents some psychological problems, especially if there are signs of senility and mental change.

People who are old and sick, may become suspicious and hostile. They forget where they have put things, and then believe that someone has stolen them. They forget that ward sister and doctor have visited them, and feel neglected. They may become over-possessive and dependent entirely on the nurse, or on the contrary, may take an unreasoning dislike for some fanciful neglect.

In such cases we should give them a feeling that we are sympathetic and understanding friends. No least sign of impatience or irritability should be shown.

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Bengal State Branch

Tentative Programme for the Year 1958

April Monday, 7th April	...	World Health Day Celebrations.
May Monday, 12th May	...	Florence Nightingale Day celebration by a Contributory Dinner and a Ball.
June Sunday, 15th June	...	Moonlight Picnic.
July Tuesday, 1st July	...	General Body Meeting with a talk from an International Speaker.
September Monday, 1st September	...	General Body Meeting (regarding selection of the delegates to the Golden Jubilee Conference).
November Saturday, 1st November	...	Garden Fete.
December Monday, 1st December	...	10-00 a.m. Annual Branch Meeting. 2-00 p.m. Symposium on "Different aspects of Prevention of Accidents".
Tuesday, 2nd	...	Symposium on "Nursing Care of Burns".
Wednesday, 3rd December	...	
Monday, 29th December	...	Inter-Hospital Sports.

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The best thing is to try to make them feel important and useful in the world. They have a habit of giving advice on all matters. Listen to it patiently and sympathetically. Give plenty of occupation and interest, so that they feel they are really contributing something worthwhile to the world.

E. Psychology applied to Discharging the Patient

When we have nursed our patient throughout his stay in hospital, it is important to see that the process of cure and rehabilitation is going to continue, until he is completely well. He must be equipped to deal more efficiently with his own health problems in future. Before he is discharged we must give him the health teaching he needs, we must prepare him to return to normal life and be interested in it again. We must start him on any special exercises or medicines, or diet and be sure he knows what to do. We must help him to know where he can get

further help if he needs it. Often we can help to get him referred to clinic or special agency.

When he leaves the Ward, he must be helped to the door and to transport, so that he feels like a parting guest. He feels that the hospital was a place of special care and comfort in his distress, where everyone was interested in his welfare, and where there are friends to help him always whenever need arises.

He no longer thinks of the hospital as a prison, but as his special home when he was sick and in grievous pain.

(Concluded)

Bibliography

Psychology Applied to Nursing by Averill and Kempf.

Psychology, Nurse and the Patient by Odum.

Nurse and Patient by Evelyn C. Pearce.

A Textbook of Psychology by Harriman and Skinner.

Psychology in Nursing by Cruze.

Nursing Times, June 16, 1957. P. 598. "Handling the Patient".