

Nurse Wazir Begum	...	Prize for best model exhibited by nurses from this hospital.
„ Edwardes	...	Dr. Young's prize for the nurse with the best health during training.
„ Kaman	...	Sister Rollo's prize for neatness of room and person.
„ Mott	...	Prize presented by Miss Burt for general helpfulness.
Badminton Cup	...	Nurse Lamoss.
Runner up	...	„ Magi Khan.
Dispensers Prizes:	...	Dispensing pupil Buck.
		„ „ Shinde.

*Certificates to:**Midwifery:*

S.N. G. Uddin.

S.N. Osmond.

Final Examination:

Nurse Wasniker.

Nurse E. Williams.

„ I. Fungfat.

„ R. Gardner.

„ C. Henderson.

„ M. Fungfat.

„ S. Brave.

„ C. Fisch.

„ N. Williams.

„ A. Brave.

„ L. Edwardes.

THE CENTRAL TRAINING SCHOOL OF FINLAND

By Miss Khershed Nowroji, winner of the Florence Nightingale Scholarship for 1937. K.C.M. Hospital, Bombay.

Finland has a unique system of Nursing Education. All recognized training is undertaken by three distinct bodies, namely the state, the city or municipality, and the Deaconesses. The preliminary training course is centralized *i.e.*, the state, the city and the Deaconesses each have a central preliminary training school where all the candidates recruited first go for a period of four months, after which they are distributed to their various hospitals for practical experience. The education is uniform in all of the three centres and the curriculum followed is the one laid down by the State Board of Health.

There are three such central Preliminary Schools belonging to the state in the whole of Finland and they are at Helsingfors, Turki and Viipuri. I had the good fortune of visiting the central P.T.S. at Helsingfors of which Miss Pohjala an 'old International' was in charge.

Candidates were selected by the individual school boards but the preliminary school board made the final decision regarding their acceptance. The Hospitals and Nursing Schools were under separate management of committees, and having budgets of their own were not responsible to one another.

Students were recruited twice a year in January and in August for a period of four months. There were fifty-eight students and they were all accommodated within the school. Elementary education was the minimum requirement by the state, but Miss Pohjalo told us that practically all the nurses admitted had full secondary education and about a third were matriculated. They had many more applicants than they could cope with, and so were always able to select the best. Before being taken on they all had to be examined by the school doctor and certified as physically fit. Chests were X-rayed; Tuberculin, and Diell and Schiell tests were done as well as vaccination against small-pox. Students paid 2000 marks—about £4.10.0 for the 4 months, also paid for their Medical Examination and X-ray, and bought all their own text books.

The teaching staff consisted of doctors from the University who lectured in special subjects besides three full time nurse instructors and one dietitian.

The Curriculum included

Anatomy and Physiology	38 hours	
Bacteriology	15 hours	(2 hrs. lab.)
Chemistry	30 hours	(5 hrs. lab.)
Elementary Pathology	10 hours	(2 hrs. lab.)
Massage	15 hours	
Occupational Therapy	10 hours	
Personal Hygiene	15 hours	
Nutrition and Dietetics	75 hours	(25 hours theory)
General Nursing	120 hours	
<i>i.e.</i> 28 lectures in elementary Nursing		
32	"	Demonstration classes and Materia Medica
60	lectures	in practical Nursing
Bandaging	22 hours	
Psychology	20 hours	
Ethics and History of Nursing	25 hours	
Physical Culture and Gymnastics	16 hours	(1 hr. a week)

Students were divided into 3 groups for their practical work. Instruction for laboratory work in Pathology and Bacteriology was given by one of the nurse instructors. Hygiene lectures correlated with Anatomy and Physiology as far as possible and I thought this a very good plan. 50 hours of practical lessons in diets were given by the dietitian while in the school as hospitals were not equipped with special diet kitchens.

Much importance was attached to the value of occupational therapy. It included 2 hours of theory in which the meaning and need of this work was stressed. The other six hours were devoted to the preparation of articles from inexpensive materials.

During the last six weeks the students were taken to the Women's Hospital in small groups to gradually acquaint them with hospital work. They got only six hours in all as there was not sufficient scope in the vicinity but they hoped the new medical centre would be available for students when it is opened.

Examinations were given in all subjects at the end of the preliminary course. If they failed in one subject they were permitted to take a re-examination during their first month in hospital. There were no compulsory study periods. Students had every Sunday off and had to be in by 10 p.m. Their working day averaged 7 hours.

Comprehensive records were kept of each student in loose-leaf files school education, previous experience, language, father's name and occupation, age etc. on one leaf. Over-leaf report on her Preliminary Training period, her general ability and character and results of the tests.

All criticisms and reports were shown to the students.

A separate health record was also kept. These records were transferred to the Central Training Schools, when the students moved after their Preliminary Training Course. The training schools organized the rest of the student nurses' practical and theoretical experience in the different hospitals as required.

The Helsinhti School of Nursing

There are eight Training Schools in Finland belonging to the state only. When the students completed their four months in the Preliminary Training School they are transferred to one of these schools. These schools undertake purely the education of the nurse and are quite independent of the State Hospitals although they have an agreement of affiliation with them.

The school I visited was known as the Helsinhti School of Nursing the Director of which had also control of the Central Preliminary Training School. There were 260 students in residence at that time. They were taken in twice a year, in December and in May. The students were housed in the school and went to their various hospitals from there every morning. I say various hospitals as they were sent to different hospitals for their special training *e.g.*, as for Children's Training, Gynaecological, Mental, Tuberculosis etc. The training period was for 2 years and 8 months in all, inclusive of 2 months vacation but exclusive of the Preliminary Training period.

During the first 8 months following the P.T.S. students were given practical experience in Medical and Surgical Nursing in the University Hospitals. During this period 15 lectures in Medical Diseases by a doctor and 10 lectures in Medical Nursing by the matron while in the medical wards and like wise in the Surgical Diseases and Surgical Nursing while in the Surgical wards for 4 months.

They were also given 15 lectures in Materia Medica and the action of drugs during this period by a doctor.

At the end of the 1st year they have a month's vacation after which they are taken off the hospitals for a month's theoretical block. During this month they get most of the Doctors' lectures for the rest of their training.

They include—

Children's Diseases	...	...	13 hours
Gynaecology and Maternity	...	...	11 "
Mental Diseases	...	...	12 "
Dermatology	...	...	5 "

Eye	...	...	5 hours
Ear, Nose and Throat	...	...	5 "
Contagious Diseases	...	...	5 "
Care of Infants and Healthy Babies	...	...	17 "

(by Nurse Instructor)

The Doctors take groups of 40 students and the lectures are repeated twice a year.

The Matrons of special hospitals repeat lectures in their individual services every month so that students going to special hospitals get lectures in the nursing of special diseases from their respective matrons.

These include lectures in

Children's Nursing	...	...	10 hours
Gynaecology and Maternity	...	...	10 "
Mental Nursing	...	...	10 "
Dermatology	...	...	4 "
Eye	...	...	4 "
Ear, Nose and Throat	...	...	4 "
Tuberculosis	...	...	4 "

Lectures in Nursing thus correlated with the practical experience which was distributed as follows.

Medical	...	...	4 Months
Surgical, Operating, Room and Orthopaedics	...	...	6 "
Pediatrics	...	...	3 "
Maternity	...	...	1 Month
Gynaecology	...	...	1 "
Mental	...	...	1 "
Dermatology	...	...	1 "
Ear, Nose, and Throat	...	...	1 "
Tuberculosis	...	...	1 "
Contagious Diseases	...	...	1 "

All the students do not get the opportunity of an out-patient experience. During the last six months they are allowed to specialize in any particular branch they may wish and this may be in public-health, medical, surgical, or mental nursing, X-ray, Laboratory or Operating-room work.

They have a 48 hour week including classes, 1 full day off a week and a 2 month's vacation during the 3 years.

They have 2 months night duty during the 3 years usually 2—3 weeks at a time, during which period they do not attend lectures.

The case assignment method is used on the wards and in some departments the case study method.

Students pay 50 marks (7 sh.) per month and supply their own uniforms.

P.S. If there are any questions to be answered or any points to be made clear, I should be most pleased to do so through the columns of this journal.