DIRECTIONS FOR NURSE AND HOUSE PHYSICIAN, BURNSIDE LYING-IN HOSPITAL, TORONTO.

THE following directions have been prepared for the Burnside department of the Toronto General Hospital. They bear the initials of Dr. Adam Wright, which is sufficient guarantee of their excellence.—*Ed.* CANADA LANCET.

I. DIRECTIONS FOR NURSE.

Patient on Admission.

Have the patient undressed at once, and her cast-off clothing placed in a receptacle, from which it is to be taken for fumingation.

Let her then take a warm tub-bath, after which she is to be dressed in hospital clothing.

Then make a record of her pulse, temperature, and respiration.

Take pulse and temperature morning and evening while "waiting," and record everything abnormal.

Preparation After Onset of Labor.

Give soapsuds enema.

Give warm bath.

Let patient then put on a nightgown and remain in bed until examined.

Prepare delivery room and table.

Have at hand sterile towels, gauze sponges, absorbent cotton balls, thread for cord, three basins for solutions of sterile water, mercury bichloride, and lysol or cresoline, scissors, and two clamps.

Place small portable table near bed and operator.

Further Preparation of External Genitalia.

After patient is placed on operating table:

Put Kelly's pad under buttocks.

Cut short all hair at sides of vulva, and all hairs above long enough to reach the vulva.

Give a vaginal douche of green soapsuds at about 110 degs. F.

Scrub the lower abdomen, pubes, vulva, perineum, buttocks and thighs, using green soap; then wash with warm sterile water, then with bichloride solution.

During the scrubbing process, wash from before backwards, *i.e.*, towards the anus.

Then place a bichloride guard over the vulva.

If labor is advancing too rapidly to allow all these procedures, omit the douche, but, if possible, cut short the hairs at side of vulva, and wash vulva and adjacent parts.

Then remove the Kelly pad, and place under back, buttocks, and thighs a fresh sterilized draw-sheet, and an absorbent gauze pad under the buttocks.

In prolonged labor give a second rectal enema in twelve hours after the first.

If there is any operative interference, wash the external genitalia again, and put on the Snively stocking-drawers.

The patient's legs are then to be held or fastened with leg-straps, as directed by the operator.

Catheterize only when directed by the obstetrician, the house physician, or head nurse.

Management of Patient After Labor.

Wash the external parts first with warm sterile water, then with bichloride solution, then cover with bichloride pad retained in place by T-bandage, or fastened to binder when applied.

Change vulvar pad as often as necessary, *i.e.*, before it becomes saturated with blood, sometimes every hour, for a few hours; after one day, every four to eight hours for a week.

When changing pads, wash the parts with a bichloride solution for seven days, and with soap-water after seven days.

Give a cathartic on the evening of the day after labor.

Note the height of the fundus uteri, and keep the daily involution line.

Prop up on pillows the head and shoulders for a few minutes, twelve hours after labor, and afterwards three times a day for seven days. Allow patient to sit up and void urine on and after second day, if she desires, unless there has been a perineorrhaphy, in which case the nurse will be instructed by the attending obstetrician. Allow her to sit up in bed on and after the fifth day, if she desires. Do not allow her to get out of bed earlier than the tenth day, and not then if the fundus is still above the pubes, unless by order of attending obstetrician.

Eclampsia Before, During, or After Labor.

Remove false teeth, if present.

Prevent patient from injuring herself; use several pillows as buffers.

Prevent her from biting her tongue, by covering an ordinary clothes-pin or large spoon handle with gauze, and holding it between the teeth during convulsion.

Darken room if possible, and keep the patient very quiet.

If there is much blood or mucous in mouth and throat, turn patient on her side, with head in a position to allow liquids to run out of the mouth.

Hæmorrhage Before or During Labor.

Keep patient absolutely quiet; elevate the foot of the bed.

The New-Born Babe.

Weigh the baby at once, anoint with albolene, examine the cord for bleeding, the head for meningocele, etc., the back for spina bifida, etc., the limbs for talipes and other deformities, the whole body for birth-marks, etc., notice if babe turns blue, and examine for imperforate anus.

Bathe the babe as soon as convenient, and thereafter every day; apply dry dressing with boric acid over cord, remove this dressing and apply a new one after each bath.

If babe weighs less than five pounds, anoint with albolene and wrap in flannel or cotton wool, or both, taking care to keep it very warm until ordered by the attending obstetrician to wash and dress it.

Let babe nurse every six hours during first day, every four hours during second day, and every two hours for twenty minutes during third day and thereafter, except at night, when he should nurse at half-past ten, half-past four, and in morning, half-past eight.

Take the temperature twice every day.

Weigh baby before each daily bath.

II. Directions for Medical Attendants.

Directions for House Physician.

Examine each patient on day of admission, especially as to condition of heart, lungs, and kidneys, and also general health and record.

If there is any nasal or vaginal discharge, have a bacteriological examination made, and record the results.

Examine by abdominal palpation for position and presentation; also make external measurements by pelvimeter; record results as to both palpation and pelvimetry.

Examine specimen of urine furnished by nurse on day after admission, and every seventh day thereafter up to time of labor, and daily if there is headache, nausea, anasarca, or any other abnormal condition.

Preparation of Attending Obstetrician and Resident Physician.

Cut the nails short; wash hands and arms in hot water, using green soap and nail-brush; cleanse well under and around nails; rinse in sterile water and then in a one per cent. solution of lysol or cresoline. Keep one of these solutions in a sterile basin on the small table beside the operator, and rinse hands from time to time. Put on operating-gown. The attending obstetrician may, and the intern must, wear rubber gloves in making vaginal examinations, which shall be as few as possible.

Management of Patient in Latter Part of Labor.

Let the patient lie on her left side during the last expulsive pains, and let her turn on her back while the child is being expelled, or immediately after its delivery.

Keep one hand on fundus, press gently or irritate slightly with finger-tips, without using force.

After separation and passage into vagina, or after thirty minutes, endeavor to express placenta by pressure on fundus.

If placenta is retained, send for attending obstetrician, but in case of emergency, such as serious hæmorrhage, introduce gloved hand and extract.

In all other cases of retained placenta, place a bichloride guard over vulva, and wait until an attending obstetrician arrives, but at the same time watch for hæmorrhage.

Tie cord after pulsation has nearly ceased, or in five minutes.

Examine placenta carefully, measure and weigh.

Report all injuries and tears of the soft parts to an attending obstetrician, who shall treat or instruct as to treatment.

Management of Patient After Labor.

See that directions for the nurses are properly carried out.

See that patient gets a cathartic on the evening of the day after labor.

Watch carefully the uterus for involution.

Keep patient in bed not less than nine full days.

Direction for Cases of Emergency.

Eclampsia.

Use mouth-wedge at once.

Give hypodermic of morphine at once, half-grain, also another hypodermic, quarter-grain, in half an hour, and a third hypodermic in one hour if convulsions are not controlled in the meantime.

See that patient is kept very quiet, and protected from cold and drafts.

If the patient becomes conscious, give calomel, 3 grains, as soon as possible, and magnesium sulphate, 2 drachms, every half-hour.

If not effectual within two hours, order, 1, 2, 3 enema (Epsom salts one ounce, glycerine two ounces, water three ounces), and also continue salts by the mouth until bowels are well moved.

After bowels are evacuated, administer high enema of salt solution, one pint every hour until three pints are injected, or use colon irrigation, if directed by attending obstetrician.

Apply hot packs on kidneys.

Hæmorrhage Before or During Labor.

Keep patient absolutely quiet.

Elevate foot of bed.

Give hypodermic of morphine, quarter-grain.

Repeat hypodermic of morphine, half-grain, in fifteen to thirty minutes if necessary.

Give adrenalin 1-1000 solution, M. 10 by mouth or M. 5 hypodermically. If serious bleeding continues, and membranes are unruptured, plug the vagina, keep pressure over fundus uteri, and give three salt solution enemata, one pint each, at intervals of one hour.

Hæmorrhage After Labor.

Massage fundus uteri so as to express clots.

If uterus cannot be well contracted, and hæmorrhage is alarming, introduce the gloved hand into uterus, clear out clots, and irritate uterine walls with finger-tips, and massage externally.

If the uterus is well contracted, and serious hæmorrhage continues, look for bleeding points in lacerations of perineum, vulva, pelvic floor, other parts of vagina, and cervix.

Use of Forceps.

No house physician shall use the forceps without the permission of an attending obstetrician.

Do not apply the forceps until the cervix, vagina, vulva, and perineum are dilated and softened.

After dilatation, apply the forceps within three hours in primiparæ, and within two hours in multiparæ, if nature has not completed delivery.

In using traction on handle attached to traction-rods, pull intermittently, and if considerable force is required, occupy not less than twenty to thirty minutes in delivering the head, taking the time from a watch or clock.

As soon as the head commences to press on the pelvic floor, remove leg-holder and allow extension of the thighs, etc., allow legs and thighs to hang over the end of the labor-table.

The Use of Anæsthetics.

No house physician shall administer an anæsthetic without the permission of an attending obstetrician.

In all serious operations, and in all operations on patients in a serious condition from disease or other cause, an official anæsthetist shall administer the anæsthetic.

The term "attending obstetrician" refers to the individual members of the visiting Burnside staff, and to all physicians who have charge of patients in the private wards.

All obstetricians in charge of private patients are requested to observe these rules:—

Examine every male child on the seventh day after birth, to ascertain the condition of the prepuce. If found adherent, "strip" the glans, and secure, if possible, a prepuce freely movable. If this cannot be done after using the prepuce-forceps, and a probe or director, report to an attending obstetrician, who shall see that circumcision is done if required.

During labor and the puerperium, record, or let nurse record, as far as possible, the following:—Length of first stage, length of second stage, lengh of time before expulsive pressure is used over the fundus of the uterus, length of time of such pressure, total length of third stage, time of washing of vulva, time of application of abdominal binder, time of putting patient in bed, time of first weighing baby, time of first washing baby.

In forceps delivery, record when forceps are applied, when head is extracted, when body is expelled or extracted.

In all other operative procedures record length of time of operation.

Remarks.

When Solon gave laws to the Athenians, he was asked, "Are these the best laws you can frame?" He answered, "No; but they are the best laws that the Athenians can keep."

We have endeavored to profit by Solon's wisdom, and have tried not to frame rules that are too elaborate. The tenure of office of our nurses and house physicians is very short, and the frequent changes make the training of the staff somewhat difficult. We find that a printed set of rules, which are to a large extent similar to those used in other maternities, especially in the United States, is very serviceable in many respects. We have made our rules simple, and we hope they will prove useful for our young graduates.

We have considered for several years that it is difficult or impossible to keep the Kelly pad perfectly sterile, and we use it only to a limited extent. We therefore remove the Kelly pad after preparing the patient for labor, and place under the patient a clean draw-sheet and an absorbent gauze pad.

For many years we used no vaginal douche before or after labor in normal cases. Recently, however, we commenced the administration of the antepartal douche, as was the custom years ago in the Burnside. We do not use a douche of any kind after labor, unless there is some special indication for it.

Our rule as to the vulvar pad after labor is to change it as *often as necessary*, instead of every four or six hours, as was once our custom. Our aim is to change the pad before it has become saturated

with blood, *i.e.*, before the bed-clothing has become soiled. Frequently changes, sometimes every hour, are generally required during the first twenty-four hours after the completion of labor.

We administer a cathartic earlier than we did a few years ago, with benefit, we think, to our patients. The height of the fundus is noted daily, and the involution line has been carefully kept on our ordinary charts for the last six years, according to the custom of Queen Charlotte's Hospital, London, England. The head and shoulders are propped up on pillows for a few minutes three times a day, to favor free vaginal drainage.

In cleansing the hands of the obstetrician, and the genitalia and adjacent parts of the patient, we have discarded alcohol, for two reasons, Its use involves considerable expense and some inconvenience, especially for the general practitioner who does not, as a rule, carry alcohol in his obstetrical satchel. So far as our observations show, we get along as well without it.

As to antiseptics, we still use the bichloride of mercury to a large extent. We have used lysol for some years, and are now using cresoline to a limited extent. Professor Amyot, of Toronto University, conducted a series of experiments for us last winter, and found that the germicidal powers of lysol and cresoline were strong. They are both commercial preparations, somewhat similar in nature, being saponified cresol mixtures.

In fixing a time limit after the Dublin fashion, we do not mean that in all cases the operator should wait for two or three hours after complete dilatation before applying the forceps, but we do mean that he should never wait longer.

Our chief aim in making rules as to certain time records is to secure uniformity in methods of procedure. For instance, we don't want a muscular and strenuous house physician to pull the head over the pelvic floor and through the vulva in five minutes. We don't want him to guess as to time, but use his watch, or the clock on the wall beside him, so as to know what progress he is making in a given time. —*A. H. W.*