

**PRACTICAL LESSONS IN
NURSING. THE NURSING
AND CARE OF THE
NERVOUS AND THE INSANE**

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Practical Lessons in Nursing. The Nursing and Care of the Nervous and the Insane by Charles K. Mills

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CHARLES K. MILLS

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PRACTICAL LESSONS IN NURSING.

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THE

NURSING AND CARE

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NERVOUS AND THE INSANE.

BY

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PREFACE.

THE contents of this little book are the substance of a course of lectures delivered first at the *Training School for Nurses of the Philadelphia Hospital*, and subsequently at the *Woman's Hospital Training School for Nurses*, of Philadelphia. While books upon nursing are numerous, and a few valuable, no work devoted especially to the nervous and the insane had, so far as I know, appeared prior to the delivery of these lectures. Within a year or eighteen months, however, several books upon the care of the insane have appeared in England and in this country; but none on the nursing of patients suffering from either functional or organic nervous trouble, not forms of insanity. I have, therefore, felt that this little book might fill a want and serve a purpose. In no class of cases is it more important for a nurse, care-taker, or companion to have good principles of action and clear notions of practice, than among patients suffering from nervous or mental affections. Many of these unfortunates require prolonged and elaborate treatment, much of which necessarily must be carried out in the absence of the physician. I have frequently been asked by nurses where they could obtain, in compact form, some information as to the care of such patients, and also as to the use of

massage, electricity, bathing, etc., by nurses. Many books upon electricity and massage have been published, but these are either too voluminous, containing too much scientific or theoretical matter, or they are not adapted to the comprehension and purposes of nurses. They are nearly all, especially the works upon electricity, books for physicians. Some books upon nursing contain suggestions or directions as to apoplexy, drunkenness, hysteria, epileptic seizures, etc.; but it will be found, on comparing these works with the present volume, that considerable additions have been made.

1909 CHESTNUT STREET, PHILADELPHIA.

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THE NURSING AND CARE
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CHAPTER I.

Qualities and Qualifications of a Good Nurse for Nervous Patients
—General Management of Hysteria—Hysterical Seizures—Epileptic Seizures—General Management of Epileptics—Forms of Insensibility—Cases of Chronic Organic Nervous Disease—Sleeplessness—Delirium—Diet—The Alcohol, Opium, or other Narcotic Habit.

THE nursing and care of the nervous and the insane call for special training in a high degree; and yet it is difficult to systematize and formally set forth instructions and regulations for such nursing. In fever, surgical, obstetrical, and other forms of nursing, much of the training has reference to instruments, dressings, temperature records, etc., to things which can be seen, handled, and illustrated. In the training of those destined to care for the nervous and the insane, a certain amount of instruction as to machinery and manual procedures must be given; but much of the teaching, from the very nature of the cases, must have reference to the