

31st August, 1932.

To the Sub-committee appointed at  
the Bloemfontein Conference.

In submitting this suggested curriculum for a lower grade training for Non-Europeans, may I first make these observations :

1. It applies to Non-European females only as
  - (a) except for mine hospitals there are probably no institutions available or desirous of training males.
  - (b) The sphere of Non-European females will be that of nursing, while males will devote their time to sanitation and other public health work, for which special training will be required not a lower grade of nurses' training.
2. It is designed for a class of probationers who while blessed with imitative faculties have no back ground educationally for more than the simplest of theoretical teaching.
3. It can be taught almost entirely in demonstration classes and on the wards.

#### PRACTICAL NURSING

##### 1. CLEANLINESS.

- A. Personal cleanliness
  - (1) Bathing - Teeth, body, feet, hair.
  - (2) Uniform and underclothing.
- B.
  - (1) Sick room.
  - (2) Sweeping.
  - (3) Dusting
  - (4) Cleaning of cupboards.
  - (5) Disinfection of beds and bedding.
  - (6) Dishes.
- C. Patient.
  - (1) Bathing - Body, mouth, head.
  - (2) Bed making.
  - (3) Changing of bed linen.
  - (4) Care of excreta - sputum, stools, urine.

##### 2. NURSING.

- A. Care of backs.
- B. Prevention and treatment of bed sores.
- C. Taking and charting of temperatures  
pulse  
respiration.
- D. Giving of enemas for evacuation of bowels.
- E. Procuring of specimens for laboratory examination
  - (1) sputum
  - (2) Urine
  - (3) Stool
  - (4) Blood for malaria
- F. Application of (1) Cold :
  - (a) Compresses
  - (b) Ice bags
  - (c) Evaporating lotions.(2) Heat :
  - (a) Fomentations
  - (b) Hot water bottles

- (c) Plasters.
  - (d) Poultices.
  - (e) Stupes.
  - (f) Dry heat.
- G. Feeding of patients.
- (1) Diets - Liquid.
    - Light.
    - Full diet.
  - (2) Manner of feeding helpless patients.
    - (a) spoon.
    - (b) feeding cup.
  - (3) Nutrient enema.
- H. Douches and tampons.

SECOND YEAR

1. HYGIENE.

- (a) Ventilation. Home - sick room.
- (b) Water - good and bad.
- (c) Food - pure and contaminated.
- (d) Disposal of excreta and drainage.
- (e) Extermination of
  - (1) Mosquitoes.
  - (2) Flies.
  - (3) Vermin,
  - (4) Parasites.
- (f) Methods of disinfection
  - (1) Room.
  - (2) Clothes.
  - (3) Bed clothes.
  - (4) Ward utensils - pen pans.  
urinal.  
sputum cups.  
dishes.
- (g) Prevention of spread of disease
  - (1) water borne,
  - (2) respiratory.

2. FIRST AID COURSE. St. John's.  
Practical - (stressed)  
Theoretical - (as desired).

ADVANCED NURSING

3. A. Asepsis.
  - (1) Hands.
  - (2) Preparation of patient's skin for operation.
  - (3) Sterilization - dressings,  
instruments.
- B. Antiseptics
  - (1) Preparation of antiseptic lotions.
  - (2) Use of antiseptics.
- C. Setting of simple dressing trays.
- D. Dressings - of wounds,  
burns,  
ulcers.
- E. Methods of assisting urination.
- F. Passing of catheters.
- G. Preparation for vaginal and rectal examination.
4. A. Diets.  
Demonstration cooking of
  - (a) soups.
  - (b) barley - rice water, etc.
  - (c) milk and egg drinks.
- B. Administration of medicine
  - (a) demonstration of simple rules.

- (b) Hypodermics.
- (c) Rectal salines and special enemata.

THIRD YEAR

5. Obstetrical. Practical.
- (a) Preparation of lying-in room.
  - (b) Preparation of patient for labour.
  - (c) Preparation of midwife for labour.
  - (d) Examination of abdomen.
    - (1) Examination of vagina.
    - (2) Examination for foetal heart, etc.
    - (3) Examination of mother's pulse, pains, etc.
  - (e) Delivery of normal case.
    - (2) Abnormal case
      - (a) breech.
      - (b) Persistent O.P.
  - (f) Nursing during puerperium
    - (1) Care of bowels.
    - (2) Diet.
    - (3) Swabbing.
    - (4) Breasts.
    - (5) Observation of abnormalities
      - (a) fundus.
      - (b) breasts.
      - (c) vaginal discharge.
      - (d) temperature.
  - (g) Care of baby
    - (1) eyes.
    - (2) Cord.
    - (3) Artificial respiration.
    - (4) Bathing.
    - (5) Clothing.
    - (6) Breast feeding.
    - (7) Artificial feeding, care of bottles, etc.
    - (8) Care of bowels.
    - (9) Care of urination.
    - (10) Observation of abnormalities in baby.

**Collection Number: AD1715**

**SOUTH AFRICAN INSTITUTE OF RACE RELATIONS (SAIRR), 1892-1974**

**PUBLISHER:**

*Collection Funder:- Atlantic Philanthropies Foundation*

*Publisher:- Historical Papers Research Archive*

*Location:- Johannesburg*

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