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**GENERAL NURSING
COUNCIL
FOR
ENGLAND & WALES**

**Syllabus of Subjects for Exam-
ination for the Certificate of
FEVER NURSING**

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General Nursing Council for England and Wales

SYLLABUS

OF

SUBJECTS for EXAMINATION

FOR THE CERTIFICATE OF

FEVER NURSING

PREFACE

The Examinations for admission to the Register consist of
(a) the Preliminary Examination and (b) the Final Examination :—

Preliminary Examination.

The Preliminary Examination must be taken by all nurses whether training for the General or for any other Part of the Register. This Examination is in two Parts. Part I (Sections I and II of this Syllabus) :—Elementary Anatomy and Physiology, Personal and Communal Health. Part II (Sections III—V) :—First Aid, Bacteriology and Principles of Asepsis, Principles and Practice of Nursing, with the exception of that part of the Section Principles and Practice of Nursing relating to Human Behaviour in Illness (see footnote, page 10).

Part I may be taken :—

- (a) before entry to a Training School, on completion of an approved Course of Instruction as prescribed in the Rules, or
- (b) after entry to a Training School on completion of not less than six months' training, or
- (c) together with Part II.

Part II may be taken at any time after completion of not less than one year's training, provided that Part I has been passed, or is taken at the same time.

Final Examination.

For the Fever Part of the Register the Final Examination includes the remaining subjects of this Syllabus (Sections VII—X) :—Principles and Practice of Nursing (continued), Therapeutics, Pædiatrics, Infectious Diseases, their Treatment and Nursing Care, and those items included in the Student Nurse's Record of Practical Instruction and Experience.

A candidate presenting herself for the Final Examination may be questioned on the subjects contained in any Section of the Syllabus (Preliminary and Final).

This Examination may be taken at any time after the completion of the prescribed years of training, provided that the Preliminary Examination has been already passed.

PRELIMINARY EXAMINATION

Part I

I. ELEMENTARY ANATOMY AND PHYSIOLOGY II. PERSONAL AND COMMUNAL HEALTH

I. Elementary Anatomy and Physiology

The Human Body.

The body as an organised and integrated whole.
The nature of protoplasm.
The cell as a unit, differentiation of structure in relation to function, formation of tissues, organs, and systems.
Growth and repair.

The Skeleton.

Structure and properties of bone and cartilage.
General view of the skeletal framework, and the body cavities.

The Skull

Bones of the cranium and face in relation to the structure of the orbit, nose, mouth, ear and base of the skull.
Position of the air-sinuses and their openings.
Teeth, temporary and permanent.

Spinal column and thorax

The vertebral column as a whole.
Structure of the individual vertebrae, characteristic variations in the different regions of the column.
The general structure of the thoracic framework, and its functions.

Shoulder girdle and upper limb

General arrangement of the shoulder girdle.
The bones of the upper limb.

Pelvic girdle and lower limb

General arrangement of the pelvic girdle and pelvic cavity.
The bones of the lower limb.

PRELIMINARY EXAMINATION—PART I

Joints.

General structure of the different types of joints.
The principal joints of the limbs, trunk and head and their movements.
The arches of the foot.

Muscles.

Structure and characteristics of the various forms of contractile tissue.
Muscle contraction, tone and fatigue.
Names, positions and action of principal groups of the skeletal muscles with particular reference to the respiratory muscles, the musculature of the abdominal walls and pelvic floor.

The Blood and Circulation.

Blood cells, their origin and functions.
Constituents of the blood plasma and their functions.
Blood volume, lymph and tissue fluid.
Coagulation.
Blood groups.
Heart, position, structure and function.
The cardiac cycle.
Regulation of the heart rate.
The pulse.
Blood pressure.
Blood vessels and their structural differences.
The circulation of the blood.
Lymph flow; the lymphatic vessels and glands.
Spleen, position, structure and function.

The Respiratory System.

Position, structure and function of the respiratory passages and lungs.
Physiology, mechanism and control of respiration.
Voice and speech.

Nutrition.

The nutritional requirements of the body.
Proteins, fats, carbohydrates, mineral salts, vitamins; their proportion in common articles of diet such as milk, eggs, meat, fish, cereals, fruit and vegetables.
Composition and comparison of human milk and cows' milk; dried and evaporated milk.
Value of foods in body building and production of energy; the protective foods and their special value.

The Abdominal Cavity.

Boundaries and contents: the peritoneum.

II. Personal and Communal Health

Introduction. The importance of mental and physical health to the individual, the family and the community. General survey of the Health Services of the country. The individual as a citizen.

Personal Health. Nutrition and its relation to health. Posture, exercise, recreation. Rest and sleep, fatigue. Habit formation. General cleanliness of body. Choice and cleanliness of clothing and footwear. Parasites and vermin—preventive measures and disinfection.

Domiciliary and Communal Health. **Food** Care of food and milk in the home and hospital. Control of purity and quality; designations of milk. Diseases spread by milk and other foods.

Housing in relation to health Minimum requirements for health. Overcrowding. Care of the home. Household pests and vermin.

Ventilation, Heating and Lighting Composition of air; temperature, pressure, humidity and impurities. Principles of ventilation—natural and mechanical. Methods of heating. Transmission of heat. Natural and artificial lighting. Sources of light.

Water supply Chemical and physical properties of water. Requirements of the individual and the community. Sources of supply. Purification and methods of distribution. Contamination and water-borne diseases.

Sanitation Disposal of refuse from house and hospital. Disposal of excreta. Conservancy and water-carriage systems. Principles of large-scale sewage treatment. Diseases associated with unsatisfactory sanitation.

The Alimentary System. Position, structure and function of the alimentary canal and accessory organs. Digestion: muscular activity in the alimentary canal; enzymes and their action; chemical changes during digestion. Stimulation of secretory and motor activity. Absorption of digested food and water. Formation of faeces, defaecation.

Metabolism. General metabolism, the energy requirements of the body. Unit of measurement: relative requirements for men, women and children. Basal metabolism; metabolism of carbohydrates, fats and proteins. Production of body heat and regulation of body temperature.

Skin. Structure and functions of the skin and its appendages.

Urinary System. Structure and functions of the kidneys, ureters, bladder and urethra. Composition and formation of urine. Micturition. Water balance.

Endocrine Organs. Hormones and their properties. Position and function of the pituitary, thyroid, parathyroid and suprarenal glands. The internal secretions of the pancreas, the ovaries and the testes. Inter-relation of the endocrine organs.

The Nervous System. Nerve tissue and its properties. The meninges: cerebro-spinal fluid. Position, structure and functions of the brain and spinal cord. Receptors, sensory and motor neurones. Reflex action: conditional reflexes. Control of voluntary movement and posture. Functions of autonomic nervous system; outline of para-sympathetic and sympathetic system. Special senses. The eye and vision. The ear and hearing. Touch, taste and smell.

The Reproductive Systems. Position, structure and function of the male and female reproductive organs. The menstrual cycle. Reproduction. The mammary glands and physiology of lactation.

Prevention of infection

Nature, sources and modes of transmission.
Resistance of healthy body to diseases ; immunity.
Control of epidemics.
Methods of disinfection.
Relationship between the prevention and the cure of disease.
The responsibilities of the local health authorities ;
domiciliary care.
The special responsibilities of the Public Health Nurse.

Part II

III. FIRST AID

IV. BACTERIOLOGY AND PRINCIPLES OF ASEPSIS

V. PRINCIPLES AND PRACTICE OF NURSING

VI. THEORY AND PRACTICE OF INVALID COOKERY

III. First Aid

Aims of First Aid treatment. General principles and rules to be observed.

Improvisation of equipment and utilisation of available material.

Haemorrhage :—arterial, venous and capillary, external and internal ; effects of loss of blood, arrest of bleeding ; principal pressure points.

Shock :—symptoms ; methods of resuscitation.

Asphyxia :—causes ; methods of resuscitation.

Loss of consciousness.

Fits and convulsions.

Fractures, dislocations, and sprains.

Wounds and contusions.

Burns and scalds.

Poisoning :—symptoms ; indications of type of poison ; general principles of treatment.

Methods of moving and carrying the injured.

Use of triangular and roller bandages and splints in First Aid treatment.

IV. Bacteriology and Principles of Asepsis

Micro-organisms :— distribution, properties, structure, characteristics and requirements for growth.
Micro-organisms in relation to disease.
Sources and modes of spread of infection.
Tissue changes in response to infection.
Resistance to infection ; immunity ; susceptibility tests.
Prevention of spread of infection, cross infection.
Principles and application of asepsis and antiseptics.
Principles and practice of disinfection and sterilisation.
(See also Section V (iii), (iv) and (v).)

V. Principles and Practice of Nursing

(i) Introduction

Short outline of nursing tradition and history.
Standards of ethical conduct ; hospital etiquette.
The nurse's place in the hospital team.
The nurse as a health teacher.
The hospital as a unit : the various departments and their functions.
Links with the local health services ; domiciliary care.

(ii) Psychology applied to Nursing

The basis of mental health. Security in the mother-child relationship, security in the family situation : love, consistency, discipline and freedom, recognition and praise.
Mother and child. Beginnings of capacity to form human relationships, suckling, mothering, weaning, toilet training, effects of separation from mother, rejection and over-protection.

Relationship with father and family. Arrival of new children, jealousy, sibling-rivalry, rivalry and identification with parents.

The school age child. Social development, intellectual growth and limitations.

Puberty and adolescence. Physical and emotional changes, growth of social and occupational interests, sexual reorientation, awkwardness, shyness, moodiness, reticence and waywardness, relationship to parents, from dependence to independence.

The Development of Human Behaviour in the Family and Society.

PRELIMINARY EXAMINATION—PART I II

The young adult. Industrial and community relationships, courtship, marriage and its adjustments, parenthood and its problems.

The period of middle age. Physiological changes and decline in physical capacity, departure of children, problems of readjustment and development of fresh interests.

The period of old age. Further decline in physical capacity, decline in mental capacity and narrowing of interests, retirement and status loss, family problems, bereavement and adjustment.

*Human Behaviour in Illness.

Effects of hospitalisation on the patient. Severance of relationship with family, work and community; strangeness of new surroundings, need for information; effects on family, social, domestic, and economic difficulties, guilt feelings, reaction to the hospital.

The nurse-patient relationship. The reactivation of childish patterns of behaviour in the patient; dependence changing to independence with recovery.

Reactions to illness. Apathy, anxiety, depression, euphoria, regression, dependency, irascibility, defiance, hostility, "scapegoating", and paranoid feelings.

The effects of emotional states on physical states and functions: e.g., sleep, skin, muscles, heart, lungs, bladder, alimentary system.

Convalescence and rehabilitation. Abandonment of dependency; psychological rewards and penalties associated with recovery of function and return to family, industrial and community life.

(iii) Ward management

Ventilation, heating, lighting.

Daily care and use of equipment; economy.

Methods of cleaning.

Care of kitchen and ward annexes.

Care of furniture.

Care and choice of bedding, linen, blankets, waterproofs and accessories.

Methods of cleaning utensils, baths, lavatories, crockery and mackintoshes.

Disinfection and disposal of soiled linen and dressings.

Care of clinical and other thermometers.

*N.B.—This section may be taken at any period during the training.

PRELIMINARY EXAMINATION—PART II

(iv) General care of the patient. Nursing treatment

General Care of the Patient.

Reception and admission: care of patient's clothing and valuables.

Bathing in bed and in bathroom; bathing of infants and children.

Care and cleaning of mouth and teeth, of head and hair, hands and feet.

Treatment of louse-infested head and body.

Bed and cot making with modification in method required in special conditions.

Use of air and water pillows, hot water bottles, electric pads, blankets and cradles.

Methods of lifting and moving patient.

Prevention and treatment of pressure sores; care of incontinent patients.

Taking and charting temperature, pulse and respiration.

Preparing and serving meals; feeding helpless patients; feeding of infants and children.

Giving and removing bedpans and urinals.

Observation of urine, faeces, sputum and vomit; collection of specimens.

Disposal and/or disinfection of urine, faeces, sputum and vomit.

Measuring and charting fluid intake and output.

Observations to be made on patient's condition; giving and receiving reports on the general nursing care of patients.

Giving of Medicines.

Weights and measures (Imperial, Apothecaries and Metric systems).

The common abbreviations used in prescribing drugs.

Rules for administering medicines by mouth.

Technique of administration of hypodermic injection.

Rules for storage of medicines and poisons.

Treatment.

Inhalations; steam kettle, inhaler.

Administration of oxygen.

Administration of evacuant enemata and suppositories.

Passing a flatus tube.

Administration of fluid by rectum.

Preparation of patients before and care of patients after anaesthesia.

PRELIMINARY EXAMINATION—PART II

(v) Surgical Technique

Application of surgical aseptic technique.
Cleansing and sterilisation of instruments and bowls.
Preparation of lotions.
Technique of simple surgical dressings.
Methods of disposal of soiled dressings.

(vi) Bandaging

Making and application of roller, triangular and special bandages and binders.

VI. Theory and Practice of Invalid Cookery

Methods of cooking.
Planning menus and serving ward meals.
Practical cookery : soups, vegetables, eggs, fish and meat dishes.
Milk beverages and puddings.
Proprietary foods.

N.B.—Section VI may be taken at any period during the training. If a satisfactory course of theory and practice of cookery has been taken prior to entry to the Training School this may be credited.

FINAL EXAMINATION

VII. PRINCIPLES AND PRACTICE OF NURSING *continued.*

VIII. THERAPEUTICS

1. Rest
2. Dietetics
3. Pharmacology
4. Physiotherapy

IX. PAEDIATRICS

X. INFECTIOUS DISEASES, THEIR TREATMENT AND NURSING CARE

VII. Principles and Practice of Nursing— *continued.*

Nursing Procedures.
Positions used in nursing care.
Administration of drugs by mouth, rectum and parenteral routes.
Preparation for intravenous injection of drugs.
Administration of oxygen and carbon dioxide.
Artificial feeding.
Preparation and administration of enemas of various types.
Catheterisation.
Treatment of the eye, ear, nose, mouth and throat.
Principles and methods of treatment by :—
local applications ;
lavage, irrigation and douching ;
baths, sponging and packs ;
postural drainage and suction.
Taking and recording blood pressure.
Last Offices.

Clinical Procedures.
Preparation and care of patient and preparation of apparatus for examination of :—
eye, ear, nose, mouth, and throat ; respiratory, alimentary, urinary and genital tracts ; neurological examination.

FINAL EXAMINATION

Diagnostic procedures including :—

X-ray examinations ; examination of body fluids, cerebro-spinal fluid and blood ; gastric aspiration.

Collection of specimens for bacteriological and pathological examination.

Blood transfusion.

Infusion of fluids.

Lumbar puncture.

Venepuncture and venesection.

Aspirating the pleural cavity.

Air induction and refill in lung collapse therapy.

Urine testing.

VIII. Therapeutics

1. Rest

General rest of the mind and body. Importance of environment. Physiological rest of the affected organ.

2. Dietetics

Normal diet.

Ordering of ward meals.

Modification of the normal diet in the treatment of disease.

Infant feeding :—breast feeding, artificial feeding and the preparation of the food.

Weaning, dietary needs of the growing child.

3. Pharmacology

Dangerous Drugs Act.

Regulations under the Pharmacy and Poisons Act.

Pharmacopoeial preparations.

Terms and abbreviations used in prescriptions.

Relationships of mass and volume in Imperial, Apothecaries and Metric systems.

Percentage solutions.

(See also Preliminary Syllabus, Section V (iv).)

Use and dosage of drugs in common use included in the following groups :—

Purgatives, antacids, carminatives, emetics, anthelmintics and anti-diarrhoeal substances.

FINAL EXAMINATION

Cardiovascular drugs.

Expectorants, respiratory stimulants and analeptics.

Anaesthetics, hypnotics, analgesics, convulsants, anti-convulsants.

Drugs acting on the autonomic nervous system.

Diuretics, urinary antiseptics.

Germicides, anti-biotic and chemotherapeutic substances.

Immunising agents, sera, vaccines.

Anti-rheumatic drugs.

Vitamin preparations.

Signs of idiosyncrasy, cumulative action, poisoning and intolerance.

4. Physiotherapy

Principles of treatment by massage, exercise and heat.

IX. Paediatrics

Development of the normal child.

Variations from the normal.

Observation and handling of infants and children.

Feeding of infants and children in health and disease.

(See also Section VIII (2)).

X. Infectious Diseases, their Treatment and Nursing Care

Brief historical survey of epidemiology and the care of patients suffering from infectious diseases.

Communal health and preventive medicine.

The personnel and work of a Health Department.

The general features of infectious diseases :—

the nature of infective agents ; sources of infection and modes of transmission ; incubation and quarantine periods ; results of infection ; prodromal symptoms ; local lesions ; course of fevers ; diagnostic tests ; sensitivity tests ; immunity, natural and artificial.

FINAL EXAMINATION

Prevention of spread of infection :—

notification ; observation and surveillance of contacts ; isolation, single room, cubicle and barrier nursing ; nursing in the home ; transport of infectious patients ; disinfection of clothing, bedding, bed, furniture, utensils, fomites, wards and rooms ; control of cross infection ; management of carriers ; safe handling of food.

Study of the diseases and conditions mentioned below should include :—

1. Cause. Mode of transmission and route of entry.
2. Symptoms and signs.
3. Normal course of the disease ; signs of onset of complications.
4. Observations and records to be made by the nurse.
5. Treatment and nursing care.
6. Preventive measures applied to the individual and to the community.
7. The social aspects, including where appropriate :— importance of occupation, recreation and a planned convalescence ; advice given to patient on leaving hospital ; follow up and after care ; resettlement in suitable work.

The common cold and other febrile respiratory infections ; influenza ; the pneumonias.

Acute laryngeal infections, including acute laryngotracheal bronchitis.

Acute tonsillitis ; scarlet fever ; erysipelas ; puerperal pyrexia ; pemphigus ; impetigo.

Herpes, simplex and zoster ; chicken-pox ; smallpox ; measles ; rubella ; mumps ; glandular fever (infectious mononucleosis).

Whooping cough.

Tuberculosis, respiratory and non-respiratory.

Diphtheria.

Tetanus.

Anthrax.

Vincent's angina.

FINAL EXAMINATION

Acute infections of the nervous system, including :—

poliomyelitis ; meningococcal infection ; acute encephalitis ; acute meningitis of bacterial, viral and leptospiral origin and infective polyneuritis.

The enteric group of fevers, typhoid and paratyphoid ; dysentery ; food infections and poisoning ; gastro-enteritis of infants, young children and adults.

Infective hepatitis and other infectious forms of jaundice. Brucellosis, undulant and abortus fevers.

Venereal diseases ; vulvo-vaginitis in children.

Acute conjunctival infections ; ophthalmia neonatorum.

Common parasitic infestations, including pediculosis, scabies, trichiniasis, and threadworms.

Miscellaneous epidemic diseases, e.g. epidemic myalgia, Bornholme's disease ; epidemic nausea and vomiting ;

Stevens-Johnson syndrome ; erythema multiforme and other notifiable and non-notifiable diseases of epidemic prevalence.

Surgical procedures applicable in the treatment of infectious diseases, including tracheostomy and intubation.

N.B.—If confirmation can be submitted by the Head of the Nurse Training School that Sections VII, VIII and IX have been covered in whole, or in part, by lectures and classes attended by the student nurse during a previous course of training for the General Register or the Special part of the Register for Sick Children's Nurses, these class hours may be credited, but attention is drawn to page 3 of the Preface where it is stated that a candidate presenting herself for the Final Examination may be questioned on the subjects contained in any Section of the Syllabus (Preliminary and Final).