

1937

Rex Hospital

School of Nursing



Raleigh, North Carolina

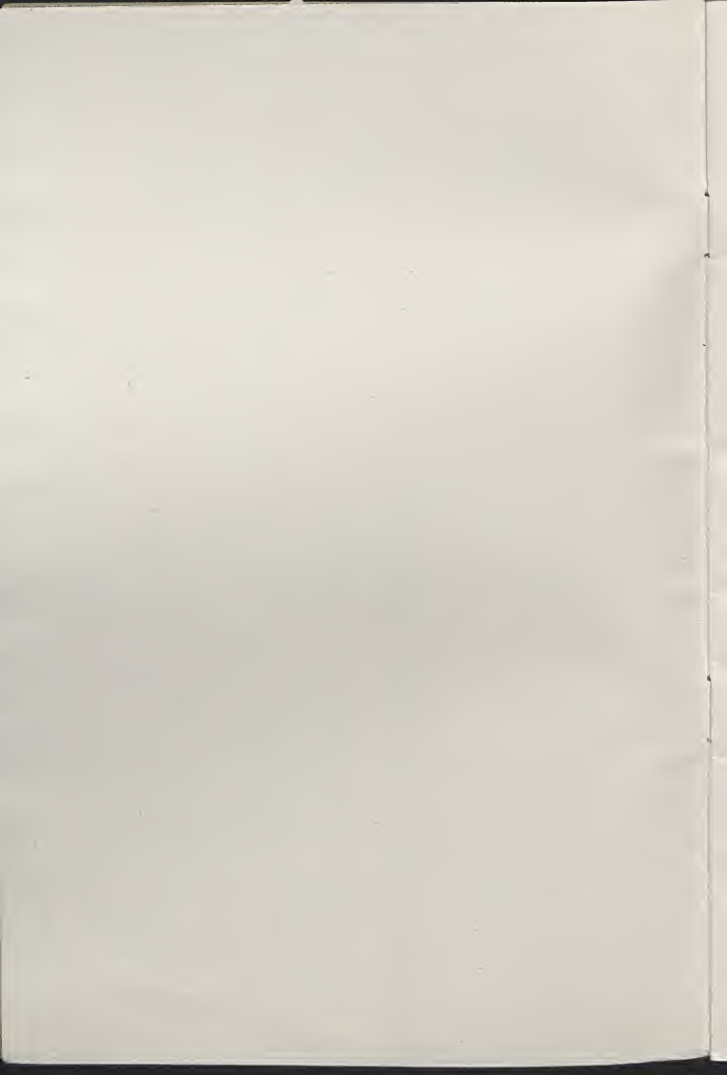


Rex Hospital

School of Nursing



Raleigh, North Carolina





REX HOSPITAL
UNDER CONSTRUCTION



GRADUATION CLASS OF 1936

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School of Nursing

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ROBERT J. RUARK, A.B., M.D.....	Gynecology
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	Communicable Diseases and Dermatology
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_____	Psychiatry
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MARY F. HEARN, P.T.....	Massage and Special Therapeutics
ELIZABETH MCCLELLAN, R.N.....	Educational Director
MARY K. ROBINSON, R.N.....	Pediatric Nursing
FRANCES POWELL, R.N.....	Operating Room Technique
MARION SMITH, B.S., R.N.....	Obstetrical Nursing
CELIA SWECKER, B.S.....	Dietetics

OFFICERS

Administration

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.....	Assistant Director of Nurses
ELIZABETH MCCLELLAN, R. N.....	Educational Director
ILA MAE CRUMP, R.N.....	Supervisor Out Patients Department
ELIZABETH PETERSON, R.N.....	Night Supervisor
JETTIE HAGWOOD, R.N.....	Assistant Night Supervisor
FRANCES POWELL, R.N.....	Operating Room Supervisor
VIRGINIA MCFARLINE, R.N.....	Supervisor Central Supply
MARY L. ROBINSON, R.N.....	Head Nurse Pediatric Ward
MARION SMITH, B.S., R.N.....	Head Nurse Obstetrical Ward
LILLIE R. ALDRIDGE, R.N.....	Head Nurse Medical and Surgical Ward
PAULINE JOHNSON, R.N.....	Head Nurse Women's Surgical Ward
BLONNIE TAYLOR, R.N.....	Head Nurse Medical and Surgical Ward
GEORGIE HOWIE, R.N.....	Head Nurse Men's Surgical Ward
EDNA KNIGHT, R.N.....	Anesthetist
NOVA DOWD, R.N.....	Assistant Anesthetist
GRACE AIRY, L.T.....	X-ray and Laboratory Technician
CELIA SWECKER, B.S.....	Dietician
ZONABELLE OGLE	Record Librarian
MARY ATKINSON	House Mother



REX HOSPITAL

In 1839 John Rex, a native of Pennsylvania and one of the earliest settlers of Raleigh, bequeathed his property for the establishment of a hospital "for the sick and afflicted poor of the City of Raleigh." Dating from 1839, Rex Hospital is the oldest incorporated hospital in North Carolina, and the first to have a School of Nursing.

SCHOOL OF NURSING

The Rex Hospital School of Nursing was opened in 1894. The school was established on an educational basis, and the students are given the advantage of progressive changes in nursing education. The aim throughout the three-year course is to give to the patient the best possible nursing care, and to the student nurse the kind of training that will prepare her for a profession with unlimited possibilities and deep human need.

The capacity of the hospital and the general out-patient department affords ample clinical material for the students, both as to the number and variety of cases. The student nurse has a rich and varied experience in medical, surgical, obstetrical, pediatric, psychopathic, laryngological, gynecological, ophthalmological, and orthopedic nursing. Instructions with practice are also given in the operating room, diet kitchen, and out-patient department.

The Rex Hospital School of Nursing is listed among the accredited schools for nurses in the United States. Graduates of this school are eligible for membership in all local and national organizations. They are also eligible for service in the American Red Cross and in the Army and Navy Corps.

LOCATION

The location of the Rex Hospital School of Nursing in the Capital City offers to the students educational and cultural opportunities that are not to be found in any

other city in the State. In addition to being the State's Capital, Raleigh is an educational center, as is shown by the number of schools and colleges located in its midst. The School of Nursing is situated on St. Mary's Street.

ADMISSION REQUIREMENTS

Graduation from an accredited four-year high school with credits in academic and science subjects, an average of 80 per cent in each of the four years, and a minimum age of 18 years are basic requirements for admission. The applicant must be in sound physical condition—all students are required to pass a physical examination upon admission to the school and yearly thereafter. Vaccinations against smallpox and typhoid-paratyphoid are to be administered before entrance.

A personal interview is required, and the applicant should be accompanied by her mother or some relative personally interested in her. Application forms may be obtained by writing directly to the Director of Nurses, Rex Hospital, Raleigh, North Carolina. Classes admitted in

LENGTH OF COURSE

The length of the course is three years. The first four months is the preliminary period in which the students are under careful supervision and direction to aid them in determining their general fitness for the nursing profession. This is a period of intensive study and adjustments. The major part of the time is spent in the classroom. The passing of examinations, the record of practical work, conduct both on and off duty, are the determining factors of a student's admission into the School of Nursing. Upon the completion of the preliminary period, the Director of Nurses makes the final decision as to acceptance into the school.

WITHDRAWALS

The Faculty reserves the right to recommend at any time the withdrawal of any student whose health, conduct, or work may make it seem inadvisable for her to remain in the School of Nursing. Preliminary students who have unsatisfactory records, or who are physically disqualified, may have their connection with the school terminated at any time during the preliminary period or at its close.

100⁰⁰ EXPENSES

A deposit of ~~eighty five~~ dollars (~~\$85.00~~) for textbooks, uniforms and breakage must be made on entrance.

If the student's connection with the school terminates at any time during the preliminary period and before she is accepted into the school, the following refunds will be made:

1. The unused amount of breakage fee.
2. Ten dollars on the books, which then become the property of the school.

No refunds will be made on the uniforms and they become the property of the school.

No refunds will be made after a student is accepted into the school.

At the beginning of the second year twenty dollars (\$20.00) must be paid for the books for the second and third year.

The Nurses' Home is adequately equipped with blankets and linens, making further equipment by the student unnecessary.

HEALTH SERVICE

Once each year students will be given a thorough physical examination, and records are kept of all physical findings. When ill, students are cared for in the hospital without charge, but must make up all time lost.

Students who are absent for more than one month through illness or leave of absence, will be readmitted the following year at a time at which the class or clinical schedule can be adjusted.

HOURS OF DUTY

VACATIONS

Students are on duty from 48 to 52 hours a week. They are given hours for their meals, classes, off-duty time, and one-half day each week. During the three years of training, approximately five to six months are spent on night duty. The periods are from four to six weeks, with one day off at the end of each period.

During vacations, epidemics, etc., it is sometimes necessary to adjust the schedule.

Each student is allowed two weeks vacation each year, and one or two days during the Christmas season. Absences other than this are not allowed except for extreme causes as in critical illnesses in immediate family. Students are not allowed to go home to nurse sick relatives.

Vacations are arranged by the Director of Nurses.

DISCIPLINE

The Director of Nurses shall have general charge of the discipline of all students.

EXAMINATION

Careful and complete records of class work, laboratory work, examinations, and the general deportment of all students are kept on file. A student's standing is based upon the general character of her work, her care of patients, her class standing, deportment, and the result of her examinations.

GRADUATION

To be eligible for the diploma of the school, a candidate for graduation must have satisfactorily completed the

prescribed course of study. She must also have satisfied the school authorities as to her personal fitness to assume the responsibilities of the nursing profession.

RELIGION

The school is nonsectarian. Each student is expected to attend the church of her choice, and opportunity is given for her to do so. Each morning the students meet for a short devotional service under the leadership of the House Mother.

NURSES' HOME

The Nurses' Home is under the supervision of a competent House Mother. A homelike atmosphere pervades, and every effort possible is made to provide a real home for the students during their off-duty hours.

PLAN OF INSTRUCTION

The course of instruction covers a period of three years, and is based on the curriculum for schools of nursing issued by the Educational Committee of the National League of Nursing Education.

Classroom instruction, as well as instruction on the wards, is under the direction of the Educational Director. The lecturers for the student nurses are selected from members of the hospital staff, each being a specialist in the field he teaches.

COURSE OF STUDY

ANATOMY AND PHYSIOLOGY

A study of the structure and functions of the human body, lectures, recitations and laboratory work covering essentials, illustrated by models, slides and gross specimens.

MICROBIOLOGY

Lectures, with special emphasis on methods of disinfection, factors of infection and immunity, and special bacteriology on the important infectious diseases.

CHEMISTRY

The aim of this course is for the application of chemistry to nutrition and for the simpler chemical diagnostic tests.

HYGIENE

A course to impress upon the student the importance of good health, both in her personal and professional life.

ELEMENTARY AND ADVANCED MATERIA MEDICA

This course is designed to acquaint the student with the metric and apothecary system of weights and measures; to afford practice in the calculation and preparation of solutions commonly used; and to familiarize the student with common drugs used as disinfectants and anti-septics.

NURSING ETHICS

To help the student meet the problems of the nursing profession and to make proper adjustments to her new environments.

HISTORY OF NURSING

A study of the origin and development of nursing from earliest ages to present time.

NURSING ARTS

This course is designed to give to the student a clear understanding of the fundamental principles underlying all nursing procedures. Hospital housekeeping and the nurse's responsibility for the hospital environment of the patients are emphasized.

ELEMENTS OF PATHOLOGY

This course is intended to help the student understand the more generally accepted causes of disease, the nature of some of the more common disease processes, and the meaning of terms used in describing pathological conditions. An effort is made to help the student cooperate intelligently with the physician and pathologist in the tests used and in the care of specimens.

NUTRITION AND COOKERY

Diet in Disease

The object of this course is to familiarize the students with the nutritive values of foods, and to enable them to arrange a balanced diet for well, sick, or convalescent patients. Attention is also given to the preparation of special diets as they relate to diseases and to the individual patients.

PSYCHOLOGY

In this course the fundamental principles underlying human conduct are presented, and the students are given practice in observing and interpreting human reactions. An effort is made to help the students make personal adjustments and to acquire self-mastery and poise.

BANDAGING

Instruction is given in the purpose and method of applying various bandages and binders.

MASSAGE

This is designated to cover a scientific course in medical massage, including corrective and remedial movements, sufficient to enable the nurse to add measures of physiotherapeutic value in the nursing care of the patient.

NURSING IN GENERAL MEDICAL DISEASES AND MEDICAL SPECIALTIES

The object of this course is to give to the student a practical understanding of the causes, symptoms, prevention and treatment of the more common medical diseases, and also the principles underlying the prevention, control, and special treatment of communicable diseases.

NURSING IN GENERAL SURGICAL DISEASES AND SURGICAL SPECIALTIES

A general knowledge of the principal surgical diseases is given the student, including their etiology, symptoms, preoperative, operative, and postoperative treatment. The principles of surgical technique, founded on a keen appreciation of bacteriology, constitute the basis for nursing in surgery.

PEDIATRIC NURSING AND INFANT FEEDING

The aim of this course is to teach the student the principles involved in the care of sick or well children, and to emphasize the nursing procedures peculiar to children's diseases. Special attention is given to the usual manifestations of diseases as well as preventive measures.

OBSTETRICAL NURSING

This course deals with the physiological and pathological aspects of pregnancy. The importance of adequate medical and nursing care of maternity patients from the beginning of pregnancy through the puerperium is emphasized.

PSYCHIATRIC NURSING

By lectures and ward demonstrations the students are taught that changes occur in the mental condition of physically ill patients. The relation existing between physical and mental life and physical and mental illness is also emphasized. The student nurse is taught to look

upon behavior as a symptom and to observe and differentiate behavior in her patients as she is taught to observe and differentiate cardinal physical signs.

NURSING IN DISEASES OF EYE, EAR, NOSE AND THROAT

This course gives to the nurse a knowledge of the proper care and treatment of the eye, ear, nose and throat, in both normal and abnormal conditions. Emphasis is placed upon the possibilities for preventive and educational work in this field.

EMERGENCY NURSING AND FIRST AID

The object of this course is to help the nurse adapt her skill and training to emergency situations, accidents of various kinds, and where equipment and facilities are limited. Quick thinking, adaptability and resourcefulness, as well as careful technique, are emphasized.

MODERN SOCIAL AND HEALTH PROBLEMS

In this course the nurse is given a historical background for the appreciation of modern public health and social work. The outstanding public health problems with their related social aspects are defined.

PROFESSIONAL ADJUSTMENTS OF THE GRADUATE NURSE

The student is introduced to the various branches of nursing work, their main problems, their possibilities, and their responsibilities. It is the aim of this study to give to the student a broader conception of her duties and responsibilities after graduation.

CURRICULUM

FIRST YEAR

First Semester:	Hours
Anatomy and Physiology.....	90
Micro-biology	30
Chemistry	45
Personal Hygiene	15
Elementary Materia Medica	20
Ethics of Nursing	15
History of Nursing.....	15
Principles and Practice of Nursing (Elementary).....	90
Principles and Practice of Nursing (Advanced).....	30
Second Semester:	
Pathology	15
Nutrition and Cookery.....	45
Diet in Disease.....	15
Psychology	30
Materia Medica	30

SECOND YEAR

First Semester:	
Nursing in General Medical Diseases.....	30
Nursing in General Surgical Diseases.....	30
Pediatric Nursing and Infant Feeding.....	30
Second Semester:	
Obstetrics	30
Nursing in Medical Specialties	30
Communicable Diseases	20
Dermatology	10
Nursing in Surgical Specialties.....	40
Orthopedics	10
Gynecology	10
Urology	10
Operating Room Technique.....	10

THIRD YEAR

First Semester:	
Psychiatric Nursing	30
Nursing in Diseases of Eye, Ear, Nose and Throat.....	15
Emergency Nursing	15
Second Semester:	
Modern Social and Health Movements.....	30
Professional Adjustments of the Graduate Nurse.....	30

NURSING AS A PROFESSION

Nursing of all professions is a human profession, and is national and international in its relations. Its function is the conservation and the restoration of health for the perpetuation of a happy and useful people. The future of nursing does not lie in its emulation of past precepts, but in its ability to carry out its great purpose and its function in promoting the welfare and happiness of human beings.

It is not possible to hold ideals of character and personality too high in the nursing profession, for to these young women is committed, from the beginning of life to its end, in the hours of helplessness, dependence, and need, the care of our nearest and dearest possessions—our loved ones and our friends. The nurse is in very truth her "brother's keeper." She knows his strength and his weakness; she shares his hopes and his fears; she feels his elations and his depressions; she listens to whispers from his innermost soul. Nursing shares in life's prosaic gloom, but it also shares in life's poetic beauty.

Nursing is a vocation of inspiring example, splendid traditions, endless opportunities, and deep human need. The nations of the world are sick physically, mentally, and socially. Nurses as well as the statesmen of our country have a definite part to play in bringing about health and happiness, upon which rest the peace, harmony, and security of the people of the world. It is no mean nor simple task which faces the medical and nursing professions. They have definite functions to perform that must not be lost sight of in this reconstruction and rehabilitation period, the greatest in our nation's history. Many and varied fields of activity are now open in administrative positions in the nursing profession which require a strong and sympathetic personality, high ideas, rare intelligence, and an understanding heart.

