

PUBLIC HEALTH NURSING

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Public Health Nursing

Public Health Nursing is the oldest branch of nursing in the world. The word nursing itself is derived from the Latin "nutrio" meaning to nourish. Since the infant, child, young adolescent must have a nourishing diet, adequate care and supervision to reach strong healthy, happy adulthood, we find that mothers were the first Public Health nurses. From this we might expect to find maternity or child welfare as the basis of preventive nursing. Instead, we find the old law of Mutual aid asserting and the foundation is laid on the visiting of the poor and sick poor. We are able now, to trace the slow progress of public health nursing thru the years, often-times almost completely submerged, by ignorance and superstition, up to the present day program.

Thru Biblical records we find instances of isolation technique, sanitation, and visiting of the poor and sick. The earliest visiting was done usually by individuals connected with some religious order.

Back as far as the time of Plautus we find remnants of our modern thinking. In Rome during its rather liberal than generous period of thinking it has been recorded that he said "He does the beggar no service ~~service~~ who gives him meat and drink, for what he gives is lost and the life of the poor is prolonged to his own misery." Our outlook is not so barbaric, but never the less we stress the constructive social side of the problem.

In order to understand better the development of public health nursing of our own country, it is well to turn toward our mother country, England. Let us briefly scan her nursing history. Her early days reveal only very crude, palliative measures and visiting of the poor. No techniques were used because they were not known. No trained nurses were employed, for there were none. Huge epidemics of small pox, typhoid, fever and the white plague swept thru the crowded population. Often the doctor, nurse or attendant, died from ^{the} some disease of a patient. Things indeed were in terrible state.

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brought them close together. Each family or community cared for their sick. Often the "born nurse" of the community would be the doctor, nurse, or midwife. Good common sense, superstition and magic poltices were her accoutrement. About this time the quakers were outstanding in their friendly visiting of the poor and sick.

With the exception of two early charities, The Ladies Benev- Society of Charlston and the Nursing Society of Philedelphia, we find no organized visiting nursing until 1877. ~~It was also~~ about this time ~~that~~ the value of a well trained nurse was also recognized. Perhaps England's progress in nursing or the Civil War had something to do with this. The first visiting nursing association was the New York City Mission, The women's board recognized the value of a nurse to visit the sick while the missonaries went forth to care for their spiritual needs. Miss Frances Root a graduate of the first class at Bellvue Hospital was chosen for the new work. Her nursing, a palliative type, was based on religion with a hygienic principle "Cleanliness is next to Godliness." rather than "Sanitation for health". She gave little instruction in regards to healthy living but she did teach the members of ^{her} families ~~of her patients~~ the rudimentary care of the sick.

Closely following this missonary nursing was the Society for Ethical Culture of New York, 1878. This society may be accredited with the f first really modern principles of public health nursing in America. Dr. Felix Adöler did much to get this group started. For the first time we find ^{visiting} nurses working under the direction of a doctor. Miss Effie Benidect also a graduate of Bellvue Hospital was the first nurse. A little later three more nurses were added to the staff. These nurses gave much material relief, but they also took note of the sur- ~~roundings~~ ^{and} circumstances and tried to to change the situations by removing social difficulties. They also gave instruction ⁱⁿ as hygenic living and did infant welfare work. This marks the first ^{the} nursing done by kindly well met untrained individuals from that of the sound scientifically trained nurse.

We will briefly note the District Nursing Association

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established in Boston and Philidelphia in 1886. Three years later Chicago followed suite. After Miss Walde splendid efford with Henry Street Settlement, 1893, in New York City, there was a rapid increase in public health nursing. By 1890 there were ~~tw~~ twenty-one associations, most of which employed only one nurse. Three years later the number jumped to thirty-five. The ten largest associations with number of nurses are as follows:

Association	No. of nurses
Boston.....	9
Brooklyn.....	1
Buffalo.....	3
Chicago.....	8
Denver.....	1
Ethical society, N.Y.....	3
Kansas City.....	2
New Bedford.....	1
N.Y. Misson.....	10
Philidelphia.....	7

By 1905 there were 171 associations employing 445 nurses. From this time on the work grew by leaps and bounds. By 1921 there were over 11,000 public health nurses doing some ~~phaze~~ of nursing and in 1924, three thousand associations had organized.

Portland Oregon took part in this rapid advancement along with the other ^{cities} ~~states~~. In 1902 the V.N.A. started on a small scales. Mrs Stephan Wise gave her home as a headquarters for the association. Mrs Lucy Morgan was the first nurse. The purpose of the organization was to give nursing care to the indigent and teach them the principles of cleanliness. It was financed by annual memberships of three dollars. In 1906 the association had its first Tuberculosis patient. The staff was increased, in 1910, to four nurses, two on general service, one on T.B. service and

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grants us our certificate."

"Did you ever have any bad luck with any of your cases."

"No, I never had a bit of trouble with a single one of them. If the nurse is always careful and uses plenty of anesthetic like carbolic acid or lysol she won't have any difficulty. Then too, I always use the bulb every morning. It makes the patient feel better and gets rid of lots of cramps and gas." But I don't do much nursing any more. You see I'm pretty nervous now and it is just too hard when you are so sympathetic with the patient when she has her pains."

Maternity Center is doing much to improve the obstetrics of this country. It includes prenatal, maternity and post natal service. As yet we have far to go in comparison with that of other countries. The following table will show our place in relations to other countries

No of mothers that die per 1000 babies.

Denmark...2.6	Norway...3.2	New York City...5.3
Italy...2.6	Czechoslovakia...3.4	Australia....5.3
Japan...2.7	England, Wales...4.1	Northern Ireland...5.6
New Netherlands...2.9	New Zealand...4.2	Canada ...5.7
Uruguay...3.0	Switzerland...4.4	Chile....5.8
Finland...3.2	Germany.....4.9	Belgium...6.1
Hungary...3.2	Irish Free State...4.9	Scotland...6.4
U.S. Birth Area...6.6	Maternity Center...2.4	

In 1926 the birth area included thirty-five states ^{with} Dist. of Columbia. There were 8,856,968 babies born alive and 70,716 dead in this same year. Maternity Center brings ^{ought} the death rate of babies down 60% in the last twenty years.

Recently we find another type of Public health nursing developing. It is Industrial nursing. We do find mentioned in Dicken's "American Notes" what was probably our first industrial hospital., in 1842. Nurses first entered this field in about 1895. It has not been until the last decade that the Public Health Nurse has found much of a place in this phase. At the present time a New Multnomah

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and collecting of morbidity statistics. Approximately sixty nurses in public health work are employed by the U.S. Indian Bureau.

A great impetus to public health nursing has been war. The Spanish American War has had considerable influence on Cuba, Porto Rico and the Philippines. Many of the soldiers lost their lives from malaria, yellow fever and other epidemics. After the war, studies of these fevers were made. Groups of men and women volunteered for the experiments. In this way the true source of infection could be traced. Among the three that lost their lives was Clara Louise Maas.

With the World War we find its influence reaching many countries. Naturally a great ^{ex}change of ideas took place. The American nurses were very out standing at this time. When the American soldiers were drafted for over seas duty, she had not only the wounded boys to care for but also sanitation and disease. Many latent T.B. cases broke down under the strenuous camp life. Then too many of the soldiers had venereal infections. Much of disease control may be credited to the nurse in public health.

At home the nurse was just as busy. After England's difficulties in regards to infant welfare, the United States were forewarned, and prepared clinics, milk stations to cope with the broken home ^{situations}. Public health was developed rapidly thru the country with the nurse as the outstanding figure. We might also add that industrial nursing was in the foreground too for the first time. In all, the nurses left behind had just as an important piece of work to do as those over seas.

England and America were much better prepared to carry out this type of nursing than most of the other countries. Then too the horror and destruction meant home for them other countries. ~~America did not stand work in it~~

America did out standing work in France and Italy in the public health field. There was much to do in organizing the nursing forces. The American Red cross sponsored the work done in France. ~~It was not a foundation~~

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How to develop a public health nursing program.

What relations public health nursing and its programs have to other professional groups.

What the preparation of a public health nurse should be.

How to analyze costs.

How to keep records and statistics.

How to secure publicity.

There is also a department for field problems alone.

The N.O.P.H.N. sponsors studies as to post graduate work, standards and the like.

In addition to such information as cited above the organization publishes a monthly magazine, "The Public Health Nurse" This publication keeps its subscribers in touch with the latest public health developments.

Both the American Public Health Association and the National Organization of Public Health Nursing are members of the National Health Council. This council establishes contacts between other health groups such as the National Heart Association, National Tuberculosis Association, American Child Health Association. Together these organizations furnish a library from which books, pamphlets, and other materials are loaned.

We can not leave organizations without saying a few words about the American Red Cross. A great deal of its time and money is spent in organizing public health nursing services. In 1928, five hundred sixty-eight services were sponsored alone or jointly with other agencies by Red Cross chapters.

We find 1,800 ^{Nurses} in hospital and field service for the U.S. Veteran Bureau. The chief work is carried on in home supervision of T.B., Psychoneurotic, general and surgical cases which are not in need of hospitalization. The U.S. Public Health Service also employ about 370 nurses for special public health investigations. Most of these are along the lines of trachoma, child health

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Miss Harriet Leete was placed in charge. She gathered a large number of ladies together and gave them training for four to eight months. These women were known as ^{perminent} visitors. Thru careful adjustment to the great demand a/foundation for public Health nursing was laid in France.

More outstanding was the work done in Italy. The American Red Cross appointed a commission to aid this country. with Miss Mary Gardner as director. The wide spread of influenza ~~and~~ gave the nurses an easy entrance to these strange Italian homes. It would have been a much more simple thing to place the nurses from the United States into positions until their withdrawal at the end of the war. than to train new nurses. But miss Gardner foresaw an opportunity to build for permanency. Instead she placed only enough of the prepared women in positions to hold them and begin development. She then arranged for three organizations thru Italy to have courses in Public health nursing. Miss Elnora Thomson was placed in charge of the three schools. The students were very enthusiastic and found positions as soon as they were equiped to do the work.

War was a horrible thing. It seemed to be the exact antithesis of a nurses teaching. After the War, ^{long} a period of reconstruction and adjustment began. Waves of sickness and ~~disases~~ swept over the world. Influenza and the Oriental plague took huge tolls. Because children and adults were undernourished and overworked, Tuberculosis increases ⁰ amazingly. Studies of these conditions followed and public health was established more firmly than ever before. The Red Cross Societies in many nations naturally did much during the reconstruction period.

At this point we notice a ¹ more unified understanding between countries. So many had been envolved and so many had the same problems. Thru England, United States and other european countries the Red Cross established Public health centers. In order to do this thoroly, the Red Cross societies joined together into a new alignment known as the League of Red Cross Societies. This League

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In 1920 chose King's College, London as their center. Miss Alice Fitzgerald was placed in charge of the first group of nurses. These nurses received training in teaching and organization of public health nursing. Later this center was transferred to Bedford College with University of London connections.

Thus we see a decided development period thru the world from 1914 to 1920. There was much in the way of exchanging of ideas. Our nurses came back with broader view points. The others too were using new ideas. We find that nursing is definitely an international thing.

Since most of the other countries are falling step, it well that we mention Russia at this time. This nation is at the present moment, meeting many questioning national eyes. Her whole scheme is one of a preventive nature. Mental hygiene and all of its many phases are being carefully considered and carried out. Her government is as yet on trial. Whether coercion and unstable family life is the solution to her problem will remain to be seen. Who knows? Maybe Russia will establish an entirely new standard of public health.

Thus we see ~~that~~ in almost every country that the modern trend is Public health ~~nursing~~. The two elements that are foremost are educating the general mass, and preventing conditions which lead to ill health and unhappiness. The nurse of today who wishes to do truly modern nursing must be strong, capable, well trained and socially minded.