



Pathfinder's Name

Home Nursing

- 1. Have the First Aid Honor.
- 2. What foods are included in the following diets
Liquid _____
Soft _____
Light _____
Full _____
- 3. Know the symptoms of a fever.

Know how to take person's temperature.

Know how to bring a high temperature down.

- 4. Know what is a normal rate for
pulse _____
respiration _____
temperature _____
Practice taking the pulse rate, respiration rate, and temperature of a friend or classmate.
Friend/Classmate _____
Pulse _____ Respiration _____ Temperature _____
- 5. What is a communicable disease?

How is it transmitted?

What precautions should be followed to guard against communicable diseases?

List safety measures to be observed when caring for a person with a communicable disease in the home.

6. What symptoms tell you that a person is physically ill?

7. Know how to help take care of a newborn and an aged person in your home.

Newborn _____

Ways to help _____

Aged Person _____

Ways to help _____

8. Know when and how to wash your hands when caring for a sick person.

When _____

How _____

- 9. Know how to make a bedridden patient comfortable in bed.

- 10. Show how to feed a helpless patient in bed.

- 11. Show how to give liquid medicine and tablets, pills, or capsules to children and adults.

Know how to properly apply eye drops.

- 12. Demonstrate the method of giving fomentations and foot baths.

Explain the value of their use and tell the conditions under which such treatments should be given.

Value _____

Conditions _____

- 13. Demonstrate the application of a heating compress and the use of heat and cold for the treatment of inflammation and bruises.

- 14. Explain how the following natural remedies help in preventing disease:
(Note how the first letter of each item spells NEW START).

Nutrition

Exercise _____

Water _____

Sunshine _____

Temperance _____

Air _____

Rest _____

Trust in God _____

Date completed _____

Instructor's Signature