Home Nursing

- **1.** Have the First Aid Honor.
- 2. What foods are included in the following diets:
 - a.Liquidc.Lightb.Softd.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 pulse rate, respiration rate, and temperature. Practice taking the pulse rate, respiration rate, and temperature of a friend or classmate.
- 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.
- 8. Know when and how to wash your hands when caring for a sick person.
- 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.
- **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 Temperance a. e. b. Exercise f. Air Water Rest c. g. Trust in God d. Sunshine h.

Skill Level 2

Original Honor 1938



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