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 ____________________________________________
<table>
<thead>
<tr>
<th>Air</th>
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<tbody>
<tr>
<td>Rest</td>
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<tr>
<td>Trust in God</td>
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