

Rex Hospital

SCHOOL
OF
NURSING



RALEIGH, N. C.

1953 - see pg. 11

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OF
NURSING

"NURSING IS AN ART—AND IF IT IS TO BE MADE AN ART, REQUIRES AS EXCLUSIVE A DEVOTION, AS HARD A PREPARATION AS ANY PAINTER'S WORK. FOR WHAT IS THE TRAINING TO DO WITH DEAD CANVAS OR COLD MARBLE COMPARED WITH HAVING TO DO WITH THE LIVING BODY—THE TEMPLE OF GOD'S SPIRIT."

—FLORENCE NIGHTINGALE

RALEIGH, N. C.



REX HOSPITAL

Introduction

In selecting your school you should know the essentials of a good school of nursing.

It must be accredited in the state in which it is located so that the nurse may be eligible for registration when she graduates. Registration allows the nurse the privilege of membership in the professional organizations and a choice of positions in the nursing field.

The hospital with which the school of nursing is associated must afford adequate clinical experience in the four major services, namely:—Medicine, Surgery, Obstetrics, and Pediatrics. This is assured by approval of the American College of Surgeons, The Council of Medical Education and the Hospitals of the American Medical Association and other national organizations.

The school should have a good reputation in the community. It must have distinction and prestige. This is guaranteed by having a faculty that is well qualified to train nurses professionally.

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MISS ELIZABETH WINSTEAD, R. N., M. A.	-----	<i>Director of Education</i>

Historical Sketch of Rex Hospital And Its School of Nursing

THE FIRST INCORPORATED HOSPITAL AND THE FIRST SCHOOL OF
NURSING IN NORTH CAROLINA

One of the greatest benefactors of the capital city was John Rex, a native of Pennsylvania and one of the earliest settlers in Raleigh. It was this quiet and unobtrusive man, who, January, 1839, left his property for the establishment of a hospital "for the sick and afflicted poor of the city of Raleigh".

His estate was duly settled and the "General Assembly of 1840-1841 passed an act chartering a corporation to be known as the 'Trustees of Rex Hospital,' which was to be managed by five citizens of Raleigh, to be nominated by the commissioners, or aldermen, of the city for appointment by the Supreme Court of the State." Trustees were appointed, and May 1, 1894 Rex Hospital opened with a bed capacity of 23. The site of the hospital was the old Manly Mansion located on South Street.

Miss Mary Lewis Wyehe was the first Superintendent of Nurses; a graduate of the Philadelphia General Hospital. She arrived shortly after the hospital opened in 1894, and in October of that same year began the first training school for nurses in North Carolina with five students.

The Hospital and School, growing steadily in prestige and size, proved to be an asset and a necessity to the city. In 1896 an annex of eight rooms was added. This marked the beginning of many additions which were made possible by the many benefactors of Rex. The hospital was moved in 1908 to an old residence on Glenwood Avenue, so that an entirely new building was opened in 1909 with a bed capacity of 50.

By 1936 its number of patients was doubled, and the need for a larger hospital had been keenly felt for some time. By the aid of W. P. A., April 24, 1936, a new Rex Hospital, with 200 beds on a ten acres suburban site, was dedicated and a little later a modern well equipped Nurses' Home was opened. This was sufficient for the city of Raleigh for only a short period of time,

and in 1945 we found additions to both the hospital and the nurses' residence essential. The bed capacity of the hospital was increased from 23-325 in fifty-one years, and the student enrollment from 5 to 140 in the same period of time.

Such progress would not have been possible without the respect and commendation of its community, to which Rex Hospital and its School of Nursing is deeply indebted.

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.



DANIELS' HOUSE

OBJECTIVES AND ADVANTAGES

The school was established in 1894 and the students are given the advantage of progressive changes in nursing education. Its object is to educate young women of excellent character to give the best nursing service of which they are capable in the field of general nursing.

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 patients. The student nurse has a rich and varied experience in medical, surgical, obstetrical, pediatric, gynecological, and orthopedic nursing. Instruction with practice is given in the operating room, diet kitchen, and out-patient department.

The curriculum offered is based on the requirements of the North Carolina State Board of Nurse Examiners and the *Curriculum Guide for Schools of Nursing* prepared by the National League of Nursing Education. The school is listed among the accredited schools of nursing in North Carolina.

Graduates of the school are eligible for membership in local, state, and national organizations. They are also eligible for service in the American Red Cross and in the Government Nursing Services.

The facilities available for instruction include well equipped classrooms and laboratories, and a good reference library, all ideally situated in the Nurses' Residence.



NURSES' LIBRARY

General Information

REQUIRED SUBJECTS FOR COLLEGE ENTRANCE

Subjects	Units
English (4 years) -----	4
Algebra (1 year) -----	1
Plane Geometry (1 year) -----	1
Foreign Language (2 years recommended) -----	2
Social Sciences (2 years)	
History -----	1
History, Sociology, Civics, Economics -----	1
Science -----	2
Biology, Physics, Chemistry, Botany, Zoology, General Science.	
Electives -----	4
Making a Total of -----	16 Units

The preceding outline of subjects will give the student college entrance requirements, but a prospective nursing student should take at least two units of science, preferably biology and chemistry. One half unit each in sociology and economics is recommended. One or two units in home economics are also recommended as this work will give the student some background for her course in nutrition. One unit in business arithmetic may be substituted for the unit in geometry if the student wishes to do so.

It has been proved by experience that those students who have taken courses in high school that included a large number of vocational subjects are unlikely to succeed in a school of nursing unless such students are chosen from those ranking in the upper third of their high school class.

Graduation from an accredited four-year high school with an average of 85-90 per cent is required. Preference is given to the applicant who stands in the upper third of her class and

who has had college work. A college preparatory course is advised for those prospective students who are planning their high school work.

DATE FOR ENTRANCE

One class is admitted yearly in September.

When an applicant is given the date of her appointment to enter the school, she must accept it within one week. With her acceptance she must send a deposit of \$60.00 to insure her enrollment in the school. If she fails to enter the school after her acceptance this fee will not be refunded; but if she enrolls it will be applied to her tuition.

FEES AND EXPENSES

The cost to the student for her three year course is \$300.00. This covers tuition, yearly health examinations, laboratory fees, books, uniforms, and breakage fees. \$140.00 is payable upon entrance and the remaining \$100.00 is payable at the beginning of the second year.

Fees may be paid in cash, money order, or check, which is made out to Rex Hospital.

AGE

Applicant must be 17½ years of age.

HEALTH REQUIREMENTS

An applicant is required to submit a physician's certificate stating that she has been immunized against diphtheria and typhoid within one year, vaccinated against small pox within five years; a statement from a dentist that her teeth have been cared for and are in good condition and a statement from an ophthalmologist that her eyes have been examined within three months of the entrance date.

Before being accepted into the school, each applicant is required to come to the hospital for a physical examination by one of the hospital staff doctors. This time is arranged by the Nursing Office.

PSYCHOMETRIC EXAMINATIONS

A Psychometric aptitude test is required of all applicants before they are accepted into the school. The applicant will be notified as to the time and date this test will be given.



STUDENTS GOING ON DUTY

HOSPITAL POLICIES

VACATIONS

The vacation period shall be at least three weeks annually to become effective September, 1953. There are six holidays per year: New Years, Easter, Fourth of July, Labor Day, Thanksgiving, and Christmas to be given within a week of the holiday.

SHOES

Students are required to wear a regulation shoe, which is not to be purchased until after admission to the school. The price of shoes is about \$9.00.

REFUNDS

Should the student leave before she has completed three months training, she shall receive that money which has not been expended for books and uniforms. Throughout the course the student will be maintained without expense for board, room, and laundry. Each student should be assured by parents of a monthly allowance of \$10 or more to cover clothing, shoes, recreation and other incidentals. The hospital grants no salary allowance to students.

SICKNESS AND HEALTH SERVICE

Sick students are to report to the Nursing Service Office. They are placed under the professional care of competent members of the Hospital Medical Staff. These students are cared for by the Hospital, without charge, for a reasonable length of time. When special nursing is required the expense must be borne by the family of the student. Students are expected to pay for their own dentistry, glasses, etc., when prescribed.

Students who are absent for more than three weeks through illness or leave of absence will be readmitted at a time at which the class or clinical schedule can be adjusted.

Once a year students are given a physical examination.

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 non-sectarian. Each student is expected to attend the church of her choice; an opportunity is given for her to do so.

LENGTH OF COURSE

The length of the course is three years. The first nine 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, and 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 Nursing School Faculty makes the final decision as to the acceptance into the school.

RULES REGARDING ABSENCES AND FAILING WORK

Students are required to attend all class sessions. If for unavoidable reasons absence occurs, it may not exceed one fourth of the total class time for each course. Then the student must be able to pass the course to the satisfaction of the instructor.

A passing grade of 75 is required in all courses. A final grade on a final or mid-term examination of 75 requires a retake examination, regardless of the class average. A fee of \$2.00 is charged for each retake due to failure or avoidable absence. Failure through examinations or averages necessitates the withdrawal of the student from the school. Repeat courses will be permitted at the discretion of the school.

In the pre-clinical period a student may not fail more than one course.

No regular student shall be promoted to the next class or given a diploma until she has satisfactorily passed all of the required subjects.

Practice is evaluated as carefully as theory and the same rules apply for passing; therefore, a student may be maintaining passing grades in theory but failing in practice, in which case withdrawal is necessary.

Parents may feel free to discuss or inquire by writing regarding students' progress at any time.



STUDENT'S ROOM



STUDENTS IN RECREATION ROOM

Curriculum

FIRST YEAR

First Semester	Hours
Anatomy and Physiology -----	120
Chemistry -----	65
History of Nursing -----	30
Microbiology -----	45
Nursing Arts -----	156
Pharmacology -----	20
Professional Adjustments -----	16
Psychology -----	41
Introduction to Medical Science -----	30
Nutrition -----	60
Second Semester	
Diet Therapy -----	20
Sociology -----	30
Medical Diseases and Medical Nursing -----	60
Pharmacology II -----	30
Surgical Diseases and Surgical Nursing -----	60
O. R. Technique -----	30

SECOND YEAR

First Term	
Communicable Diseases and Communicable Disease Nursing -----	30
Obstetrics and Obstetrical Nursing -----	54
Gynecology -----	22
Urology -----	16
Second Term	
Social and Health Problems -----	16
Dermatology and Syphilology -----	16
E. E. N. T. -----	20
Third Term	
Emergency Nursing and First Aid -----	18
Orthopedics -----	16
Pediatrics and Pediatric Nursing -----	48

THIRD YEAR

First Semester	
Psychiatry and Psychiatric Nursing -----	36
Professional Adjustments II -----	30
Ward Teaching -----	18



NURSING ARTS LABORATORY



CLINIC

STUDENT ACTIVITIES

STUDENT ASSOCIATION

The purpose of this organization shall be to regulate all matters pertaining to life of women of the Rex Hospital School of Nursing not under the jurisdiction of the faculty; to increase the sense of individual responses; and to cooperate with the faculty in creating and maintaining high ideals for the Nurses of Rex Hospital School of Nursing.

CHORAL CLUB

The school has a choral club which meets one hour one evening each week. The students are invited to sing for various programs in the community.

STUDENT CHRISTIAN UNION

The Student Christian Union keeps the students of Rex informed of activities in the Churches of Raleigh and provides a means of transportation for them to attend some of these activities. It provides special classes in Religion which are taught by the different ministers or other qualified persons in the City.

SOCIAL ACTIVITIES

A social calendar is planned by the social director and the student committee on social activities. This includes some form of entertainment, either a dance or party each month, depending upon the occasion.

ATHLETIC ACTIVITIES

Basketball and softball teams are organized each year and competitive games are scheduled with other schools and civic organizations.

Tennis courts are in the area for the use of the interested students.

An outdoor oven and a picnic area are enjoyed by many.



STUDENT ASSOCIATION



STUDENT DATE ROOM



THE ROYSTER MEDAL PRESENTATION

MEDAL AND AWARDS GIVEN:

The Royster Medal is given to the student who makes the highest combined grade in scholarship and deportment.

The Scholastic Award is given to the student who makes the highest three year scholastic average.

The Rand Sisters' Award is given to the Ideal Student Nurse of the Graduating Class.



GRADUATION

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 ideals, rare intelligence, and an understanding heart.



