



Northern District
School of Nursing

Prospectus

Committee of Management



J. C. Hurry, J.P., F.H.A., F.I.H.S., Manager and Secretary, Bendigo & Northern District Base Hospital (Chairman)

P. R. Slater, M.B., B.S., Medical Superintendent, Bendigo and Northern District Base Hospital (Vice-Chairman)

A. K. Brierley, A.A.S.A., A.C.A.A., Manager and Secretary, Castlemaine District Community Hospital (Hon. Treas.)

Miss E. M. Jackson, F.C.N.A., Directress of Nursing, Bendigo & Northern District Base Hospital

Miss J. M. Cox, Matron, Mildura Base Hospital

Mrs A. V. Thompson, Matron, Swan Hill District Hospital

Miss M. Lazarus, M.A., B.Ed., Headmistress, Bendigo Girls' School

Miss C. S. Kirk, F.C.N.A., Nursing Executive Officer, Hospitals & Charities Commission

T. J. Crossman, A.I.H.A., A.I.H.S., Manager and Secretary, Echuca District Hospital

A. L. Newson, M.B., B.S., F.R.C.S. (Eng.), F.R.A.C.S., Bendigo

L. J. Pryor, M.A., M.Ed., Principal, Bendigo Teachers' College

Dean :

Miss N. W. Long, F.C.N.A.

Secretary :

Miss E. M. Tredinnick

The School of Nursing



A Nursing Career is one of the most distinguished and satisfying which a girl may follow. As well as attaining security, nurses know that they are working to relieve distress and suffering in the Community.

The School of Nursing is a modern means of ensuring first class instruction under ideal conditions while student nurses are free from duty and responsibility in hospital wards. Some of its aims and objects include:—

LISTER HOUSE



- ★ The Provision of Theoretical and Practical Training for all Students receiving their General Training at Hospitals associated with the School.
- ★ The Raising of the Standard of Training of Nurses within the region.
- ★ The Cultivation and Maintenance of the Highest Principles of Nursing.

The Associated Hospitals

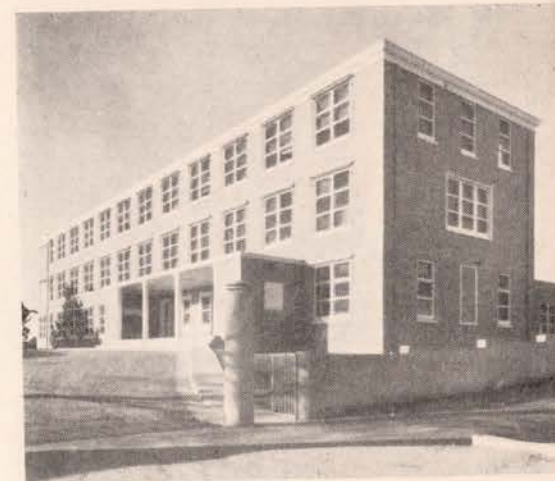


ECHUCA DISTRICT HOSPITAL

The Northern District School of Nursing, the first of its kind in Australia, has as its associated Training Hospitals—Bendigo Base, Mildra Base, Castlemaine District Community, Echuca, Swan Hill, St. Arnaud and Kyneton District Hospitals

Bendigo Base Hospital:

One of the main Base Hospitals in Victoria. It has long enjoyed an excellent name as a training Hospital; provides both general and midwifery training.



CASTLEMAINE DISTRICT COMMUNITY HOSPITAL

ST. ARNAUD DISTRICT HOSPITAL



THE BENDIGO & NORTHERN DISTRICT BASE HOSPITAL



Castlemaine District Community Hospital:

A modern hospital with new nurses' home. The town is excellently served by bus and train transport, and has good recreational facilities.

Echuca District Hospital:

Set in beautifully kept grounds and within easy travelling time from the School. The town is situated on the Murray River and enjoys an equable climate.

Kyneton District Hospital:

A well situated hospital, approximately one and a half hours journey from Melbourne. Only the first year of training is taken at this Hospital, the second and third years being spent at either Bendigo or Mildura Hospitals.

Mildura Base Hospital:

A large well equipped Hospital with a new nurses' home. Full ward training facilities and midwifery training available.

St. Arnaud District Hospital:

A well planned, well situated Hospital with new nurses' home. This hospital serves a large and prosperous area.



THE SWAN HILL DISTRICT HOSPITAL

Swan Hill District Hospital:

Serves a wide district and has good transport facilities. Big wards provide pleasant working conditions.

In all instances students may be required to gain experience in an associated Hospital.



Left—
KYNETON DISTRICT
HOSPITAL

Right—
MILDURA BASE
HOSPITAL



Making Application

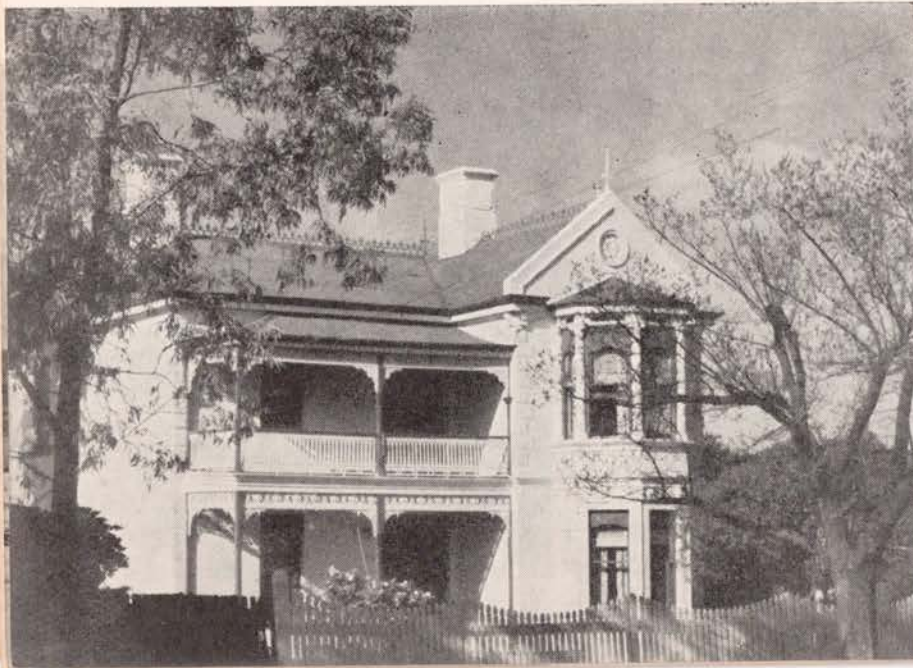
If you wish to become a student of the Northern District School of Nursing:

1. Write to the Dean of the School or the Matron of one of the Associated Hospitals, and ask for Application and Medical Forms to be forwarded to you.
2. Upon receipt, complete the Application Forms in duplicate and return them to the Dean or Matron—together with Birth and Educational Certificates.
3. An appointment will now be made for personal interview. Allow yourself plenty of time as you will probably be required to complete a simple half-hour aptitude test.
4. If you have any worries concerning your chosen career, please discuss them at the time of interview. State what time you think you will be able to commence training, so that your name may be included in the list of students for the nearest Preliminary School.
5. You will be required to undergo a medical examination not later than three months prior to the date of commencement of training. An appointment may be made for you to be examined by the Medical Superintendent of the Bendigo Hospital or of the Associated Hospital in which you have elected to train, or



SHORT STREET HOSTEL

MAYFORT HOSTEL

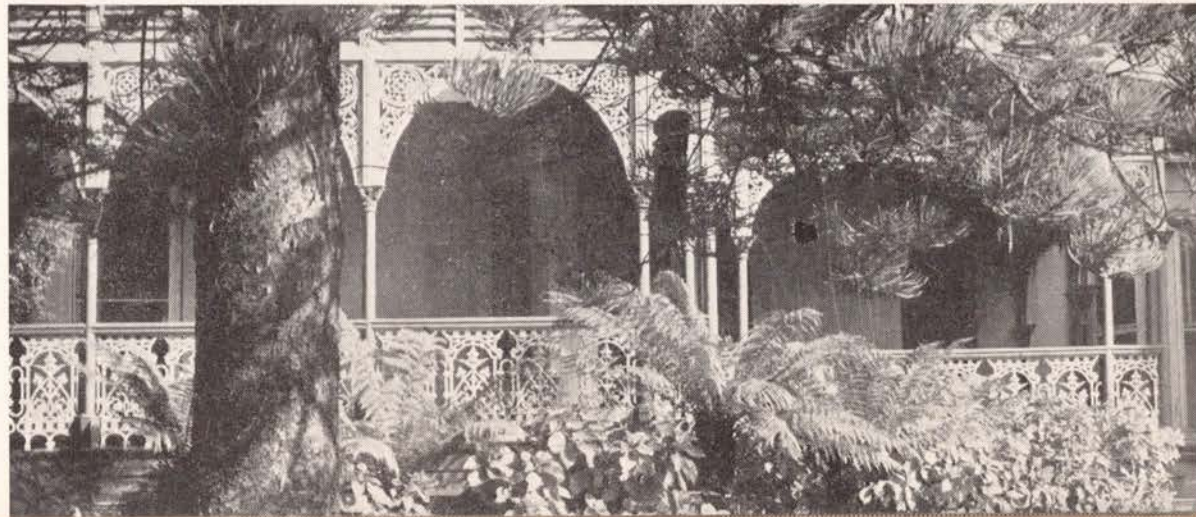




WATTLE STREET HOSTEL

6. If you wish to be medically examined by your own Doctor, you must make your own appointment and take the Medical forms with you. In either case, the Medical forms should be completed in duplicate and returned to the Dean or Matron at your earliest opportunity.
7. You have now completed the necessary preliminaries. If your application is in order, you will be notified of your acceptance. You must be 17 years of age at the time of entry to the School.

8. At this stage you will receive a letter from the Dean of the School setting out the date on which you are expected to enter the Preliminary School, what to bring with you and what you require in the way of text books and stationery.
9. You are also required to enter into an Agreement to give your services for a period of three months following completion of the Preliminary Training Course. This is really your "probationary" period, and is designed to give you sufficient time to find out if you really like nursing, and gives the School and Hospital an opportunity to assess your progress and aptitude.
10. THE SCHOOL NOW LOOKS FORWARD TO WELCOMING YOU AS A NURSING STUDENT DURING THE FORTH-COMING YEAR.



EUREKA HOSTEL



A STUDENT NURSE IN FULL UNIFORM

Your Training Programme

1. Preliminary Training School—The first day of your four weeks Preliminary Course is spent in making friends, finding your way round Lister House and Hostels, being fitted for uniforms and generally settling into the routine of the School. Thereafter a typical day's programme is as follows:—

7.30 a.m.—Rise and make yourself a cup of tea if desired.

8.00 a.m.—Physical instruction at Lister House. (Gym.)

8.30 a.m.—Cleaning duties.

9.00—Breakfast

9.30 a.m.-12.15 p.m.—Lectures and practical work.

12.15 p.m.—Lunch.

1.30 p.m.-5.00 p.m.—Lectures and practical work.

5.30 p.m.—Tea and off duty.

Morning and afternoon tea breaks are given. Saturday and Sunday are off duty days.

Your lectures cover elementary Anatomy and Physiology, Health and Hygiene, Nutrition and Cookery, and simple nursing procedures. The Tutor Sisters accompany you to the wards of the Hospital for practical bedside instruction. This experience has the added advantage of giving you a gentle introduction to ward work.

2. Ward Work—The Preliminary Course of instruction has been a preparation for this most important phase of your training programme.

Under the guidance of Ward Sisters you will learn to apply your theoretical knowledge to the practical problems of making your patients comfortable, relieving their pain and generally assisting them on the road to recovery. As your knowledge grows, so your responsibility grows.

The Medical Staff, the Matron, the Ward Sisters, Staff Nurses and Senior Nurses are all there to assist you in learning the practical side of nursing. You will probably spend about eight months in the wards of the Hospital between each "study block" or period of instruction within the School.

During this time you will gain experience in Medical and Surgical Nursing, Children's Nursing, the Casualty and Out-patient Departments, Special Clinics (e.g. Eye), and the Operating Theatre. These are but a few of the interesting Departments to be found in a modern Hospital.

In addition to the above, during your second year of training you may be given the opportunity to gain further experience in another associated Hospital.

3. Enrolment—At the end of your "probationary" period (i.e., the fifth month of training) if you have made satisfactory progress you sign your "Agreement" form and are enrolled with the Nurses' Board of Victoria. This Agreement is a moral undertaking to complete the prescribed course of training, which at the Northern District School of Nursing is three years.

4. The Study Block Plan—You will return to the School for the following periods of theoretical and practical instruction.

- (a) The First Year Block of six weeks. This Block is taken at the end of the first year, and is a preparation for the First Professional examination.
- (b) The Second Year Study Block of eight weeks at the beginning of the second year of training. This Block gives an introduction to Medical and Surgical nursing.
- (c) The Third Year Study Block of four weeks at the beginning of the third year of training. Senior lectures in Children's Nursing, Eye, Ear, Nose and Throat nursing and other "Specialised" subjects are given.
- (d) The Final Revision Block of four weeks in preparation for the Final State examination. Twenty-six weeks are spent in the School during the three-year period of training.

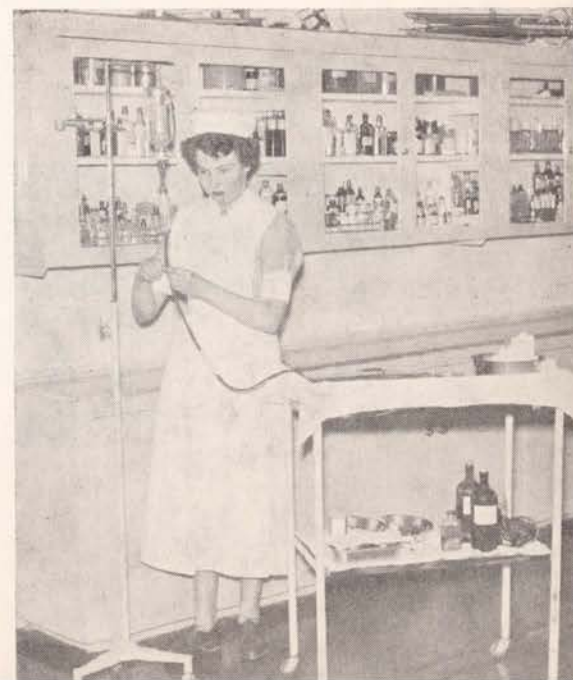
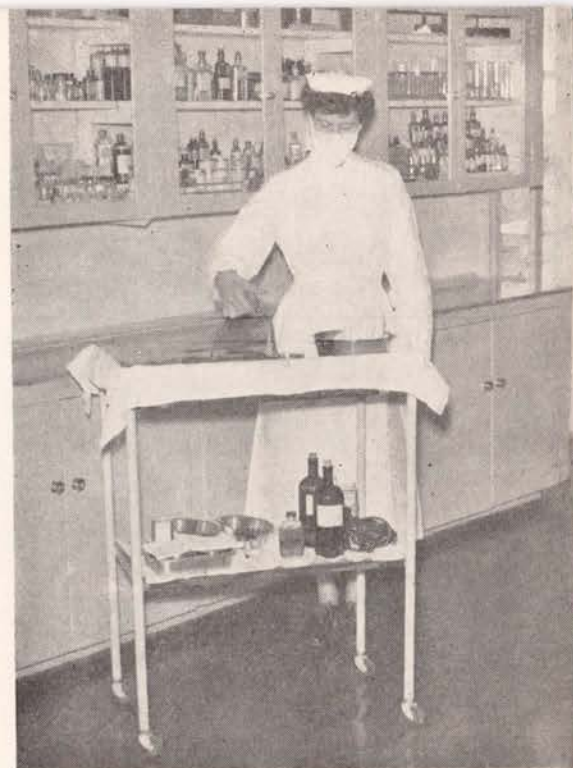
5. Examinations—During each term at the School you will gain experience in writing papers. Weekly tests are given and the average of these help to determine your graduation standard.

School examinations are conducted in all major subjects. Should you not satisfy the examiners at the first attempt, you will be permitted to sit for a Supplementary examination.

The two State examinations conducted by the Nurses' Board of Victoria are the First Professional and the Final State examinations. The First Professional examination is taken at the end of ten to twelve months training, subjects being the Theory and Practice of Nursing, Hygiene and Anatomy and Physiology. Under the Nurses' Acts you must satisfactorily complete this examination before continuing with training.

The Final State examination is taken at the end of the three year period of training, and covers all the subjects in the Senior Curriculum, including the Practice of Nursing.

6. The Teaching Plan—Teaching at the Northern District School of Nursing conforms to the Curriculum laid down by the Nurses' Board of Victoria. A carefully balanced course of study is conducted by the lecturers and Tutor Sisters who use all modern aids to teaching. A comprehensive reference library is available for the use of students.



Senior Nursing Students practising procedures in the School's Demonstration Room

Some Important Points

1. Age—The minimum age of commencement is 17. The profession is equally open to older women, and many have trained with outstanding credit.

2. Educational Standard—The Proficiency Certificate is the minimum educational qualification required, but higher certificates are preferred. Matriculation or the Leaving Certificate are of special benefit to students contemplating post-graduate education. If you have left school and do not hold one of the above—

(a) Submit an educational statement from the Headmaster of your School setting out the duration of your education, subjects studied and standard reached.

If this statement is not satisfactory you will be required to sit for the Nurses' Board Entrance examination, or

(b) make application to the Registrar of the Nurses' Board, 352 Collins Street, Melbourne, to sit for the Nurses' Entrance examination. The fee is 10/6, subjects are English and Arithmetic. Examinations are held in March, June, September and December each year.

Bursaries—As an incentive to aim at higher education, the Hospitals and Charities Commission awards bursaries of £50 for one year at approved Victorian Schools. Full information on nursing bursaries is obtainable from the Nursing Executive Officer, Hospitals and Charities Commission, 61 Spring Street, Melbourne.

3. Between School and Nursing—For the girls who leave school before their seventeenth birthday, there are still practical ways to prepare for nursing, and the Dean of the School will be pleased to assist and advise in individual cases.



AN ANATOMY CLASS IN PROGRESS

Students learning how to make a very ill patient comfortable in bed. (A fellow class mate acts as a model for the occasion.)



4. Salaries and Allowances—Salaries and allowances are governed by the Nurses' Wages Board and are subject to cost of living adjustments. Owing to these fluctuations the current rates cannot be quoted, but may be obtained on application to the Dean of the School or the Matron of any hospital. Generally speaking, a trainee nurse receives approximately £6 per week, out of which £2/10/- is deducted for board. Medical advice is free, and nurses receive the attention accorded private patients should admission to hospital become necessary. These concessions, together with the small amount paid for accommodation, and the provision of free uniforms, add considerably to the real value of the allowance.

5. Uniforms—The School uniform is distinctive—tailored blue frock with white apron and cap, scarlet cape, brown shoes and stockings. Uniforms are not only supplied free of charge but are renewed when necessary. Shoes and stockings are provided by nurses.

6. Duty Hours—Nurses work a 40-hour week in straight or broken shifts depending on the hospital administration. At least one, and usually two clear off-duty days are allowed each week. The amount of night duty also varies with the hospital concerned, but may be three months in the year in straight or broken time. Annual leave is three weeks per year.

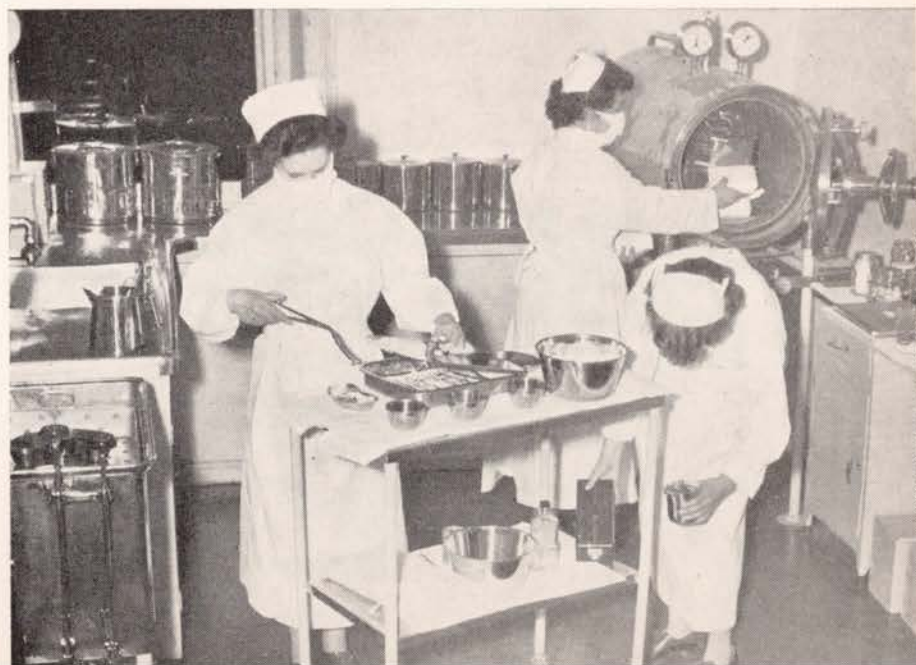
7. Off Duty—Churches of all denominations are near the School. All sporting facilities are within easy reach, and Bendigo is well served by bus and train transport. Friends may be entertained in the hostels, and with the Dean's approval, each group holds an entertainment at the close of a study block.

8. Living Accommodation—Comfortable family homes have been converted to School hostels, providing living accommodation with excellent facilities. The attractively furnished bedrooms have individual wardrobe and drawer space, and there are spacious lounges for study and entertaining friends. Nurses are permitted to bring a reasonable number of personal effects.

9. A Word to Parents—Both the School and Hospitals realise their responsibilities towards the nurses in their care, and a strict watch is maintained on their health and well being. In School hostels and Hospital nurses' homes, students are under the supervision of a home or senior Sister, whilst at the same time they are largely the custodians of their own discipline. It is advised that prospective students and their parents read fully and understand the terms of the School and Hospital agreements. Students are expected to undertake three years continuous training, and leave of absence during this period must be made up.



A BREAK BETWEEN LECTURES
THIRD YEAR NURSES AT WORK



Post Graduate Work

The scope of the nursing profession is continually expanding, and most senior positions require the following qualifications:—

- (a) One year as a Staff Nurse or Junior Sister in an approved training school.
- (b) One, preferably two or more years as a Ward or Departmental Sister in an approved training school.
- (c) Midwifery Certificate. Twelve months training at an approved Midwifery training school.
- (d) Infant Welfare Certificate. Four months training at an approved Infant Welfare training school.

The following senior Diploma Courses may be taken at the College of Nursing, Australia, 431 St. Kilda Road, Melbourne—

Ward Administration Hospital Administration Sister Tutors Midwife Tutors	} The Hospitals and Charities Commission awards substantial Bursaries to selected students wishing to undertake the Senior Diploma Courses.
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~~A course in Industrial Nursing may be taken at the Royal Victorian College of Nursing, 302 Collins Street, Melbourne. Nurses may also qualify as X-Ray technicians.~~



A CORNER OF THE DINING ROOM

A STUDENT'S ROOM



This May Interest You

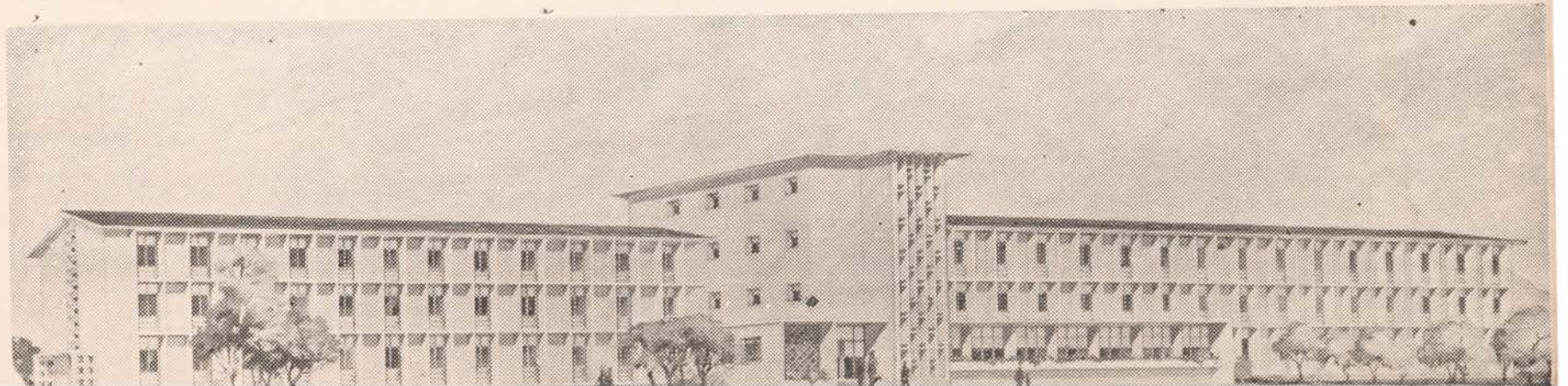
It is not necessary for a nurse to follow her career in Hospital as the modern nursing profession offers a wide choice of skilled, highly paid positions both inside and outside Hospitals. Nurses with high educational qualifications have special opportunities in the fields of Administration and Teaching.

You may like one of the following occupations—

Administration	Ward Sister	Industrial Nurse	Clinic Work, e.g. Chest
Teaching	Staff Nurse	Infant Welfare Nurse	Clinics
Departmental Sister	District Nurse	Health Nurse	Mission Work
(e.g. Theatre, Cas- ualty, Research Unit)	Visiting Nurse	Kindergarten & Creche Work	Air Hostess
	School Nurse		Armed Services—Army, Navy, Air Force

Current rate of pay for a Ward Sister is £12/7/3, plus fifteen shillings for each additional certificate (other than General Nursing) which she is required to use in the course of her duty. Administration and Teaching positions carry higher salaries.

AN ARCHITECT'S IMPRESSION OF THE NURSES' HOME—MILDURA BASE HOSPITAL



Some Questions Answered

WHAT IS THE COST OF A NURSE'S TRAINING?

There are no expenses apart from fees for the two professional examinations, for stationery, badges, etc., and for shoes, stockings and personal clothing.

ARE NURSES PERMITTED TO LIVE AT HOME?

Many hospitals prefer the students to live in the Nurses' Home. Where nurses live out a living out allowance is paid.

DO NURSES PAY THEIR OWN FARES TO AND FROM THE SCHOOL?

All travelling allowances are paid by the School.

AT WHAT TIME IN THE YEAR DO THE PRELIMINARY TRAINING BLOCKS COMMENCE?

There are four schools per year. The waiting period between making application and entering the School need not be long, provided all qualifications are satisfactory.

Top—A section of the Driveway and Main Block of the Bendigo Base Hospital.

Bottom—Second Year Nurses on steps of Lister House



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FOR FURTHER INFORMATION APPLY TO:

The Dean,
Northern District School of Nursing,
Lister House,
Rowan Street,
Bendigo, Vic. Telephone 2300

The Dean interviews prospective students and their parents by appointment, and all information relating to the School can be obtained on request.