

LESSON HANDOUTS INCLUDED IN TODAY'S WORKSHOP:

INHALANTS
FEVER CALF WRAPS
EAR COMPRESSES
ABDOMINAL COMPRESS
NUTRITIONAL BATHS &
FIRST AID KITS

ALSO:

How to create a healing environment

Points to remember when applying medicinal botanicals &

Additional information on the botanicals used in this workshop.

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INHALANTS

(CAUTION: This method requires great care, particularly with small children, because of the potential for burns from proximity of the hot water.

USES

Inhalants can help to loosen congestion in the head and chest. They soothe membranes of the nose and oropharynx. Opens plugged Eustachian tubes when ear infections are present. They speed and support the healing of colds, ear infections and coughs.

SUGGESTED SUBSTANCES

Chamomile: Saturated with light, air and sun. Used for relaxing, harmonizing and regulating effect. Stimulating effect on slowed down metabolic processes in upper half of the body. It's an excellent "all purpose" inhalation. When in doubt, use chamomile.

Eucalyptus: "Opens up" stuck, congested areas in upper body when mucous cannot flow freely to be expelled. Open, airy rhythmic qualities are imparted to the human being. **Do not use if illness is accompanied with nausea.** Use with older children and adults for upper respiratory congestion, colds, flu and cough. Often helpful is alternated with chamomile.

Lemon: Has qualities of wakening and vitality and brings a little mental clarity when feeling asleep and slow in the head region. Expresses strictly ordered, contracting principles as well as demonstrating light, sun, warmth and contraction.

ASSEMBLE the following:

Large mixing bowl (glass or crockery)

2 Large towels to be used in inhalation

Shower cap, or scarf for head

2 Sheets, preferably flannel, preferably solid white, or pastel

Boiling water

Socks

Hot water bottle

Box of tissues

Little clock or watch

PROCEDURE

Environment should be quiet and peaceful. No TV, no radio and no telephone talking. Position patient sitting with a table in front of him about waist to chest level. They should be warmly dressed, feet should be warm. Room temperature should be warm with no drafts.

Add substance: A small handful of chamomile flowers; OR a few drops of Eucalyptus oil; OR several slices of lemon. (When in doubt, you can't go wrong with chamomile. If you would like to add a few drops of eucalyptus to the chamomile, do it after about 10 minutes – 1st 10 minutes' chamomile, 2nd 10 minutes a chamomile/eucalyptus mix.)

Add water: Place the large bowl on the table in front of the patient and fill it 1/3 full of boiling water be sure it remains covered with lid to preserve steam.

Cover patient's hair with scarf or shower cap to prevent hair from getting wet from steam. Wrap the patient from behind and around the front covering the lower trunk, legs and feet – they should be sitting on the wrap, sheet or blanket. Put the hot water bottle under the feet and cover/secure with a large towel wrapped around feet. Pour more boiling water into the bowl over the prepared substance.

Make a tent over the patient's head and the bowl with the sheet or blanket. Make sure the back and kidneys are covered.

Encourage patient to inhale the steam slowly and deeply through the nose and mouth. Inhalation treatment should continue approximately 20 minutes.

When the treatment is finished, dry the patient's face and put him to bed to rest, warmly covered for a period of at least ½ hour. A clean towel should be placed round their head and shoulders to prevent him from cooling down too quickly. When properly

done, they will feel that there is air and space inside their head once again. When done for small children, it is usually necessary for the parent to go inside the "tent" with the child. Care must be taken that the child does not get burned. Hold very young children on the lap. The sheet can be draped over a card table and mother and child can sit under it if desired.

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LEMON CALF WRAPS for FEVER

Compresses with lemon juice on the feet and lower parts of the leg are often given when a patient is in danger of losing consciousness because of fever, or starts to become delirious. Often calf wraps can be helpful if the patient appears very uncomfortable with the fever, and especially in the case of children, can be applied when the fever is 102 and the child seems to look unclear or hazy, not themselves. Excessive heat of the head must be conducted to the legs.

Guidelines on when to apply: If the skin is hot right down to the calves; If the temperature is 102 degrees or greater; or if the temperature is 101 but the child looks and acts as if it were higher and the extremities are hot. At this stage, the body is ready to disperse warmth. The patient will usually show visible signs of a high fever: lethargy, drowsiness, lack of focus as seen in the eyes, which probably look glazed to some degree, occasionally lack of mental clarity. Never apply if the legs and feet are cold or if the child is shivering even when there is a high fever. If there are no visible signs of discomfort, this compress is not needed.

Collect at the bedside:

- **Bowl of warm water (body temperature)**
- **A lemon (preferably organically handled/grown)**
- **Sharp knife**
- **Two bands of cotton cloth long enough to be wound from foot to knee.**
- **Two woolen cloths of the same length – a scarf will often do. For small children, collect several pairs of larger wool socks.**
- **Large towel**
- **Two safety pins**

The patient should be positioned comfortably in bed, adequately covered; legs bare above the knee but covered during preparations with bed covers. Protect the bed under calves and feet with a large towel.

The patient's feet must be warm for this treatment to be given. If need be, first warm them by rubbing or by using a covered warm water bottle.

Cut the lemon under the water, first in half. Place one half flat on the bottom of the bowl and cut it in rays from the center outward. Scrape the rind with the tip of the knife. Then press the juice out of the lemon.

Soak the cotton compresses in this lemon water. Place cool wraps, rolled beside the patient's feet.

Wring the cotton compresses out until the last drop is expressed. Wrap the leg from foot to knee with the damp compress, leaving no gaps and assuring that the compress comes in good contact with the skin. Then quickly wrap the woolen strip around the foot and leg in the same way. Pin the end of the wrap.

Repeat this procedure with the second leg. Cover with the bedclothes.

After about 20 minutes the compresses should be dry (if you managed to wring them out well enough.) Remove them and repeat the procedure if necessary (and if the feet are warm). You can do this for the maximum of an hour and should then allow a pause before resuming. If the patient is comfortable and resting after the first treatment, there is no reason to repeat the procedure.

NOTE: *This treatment would be necessary only if the patient is having difficulty because of the fever, i.e., becoming confused, delirious, or too exhausted etc.*

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EAR COMPRESSES

Ear compresses are beneficial in cases when inflammation or infection along with pain of the middle ear is present.

SUPPLIES

ONION COMPRESS:

- Organically handled/grown onion
- Knife and cutting board
- Square of 100% cotton muslin or sheeting (sized according to patient; 6 X 6 (inches) is versatile)
- Cotton or wool flannel strip of fabric, long enough to wrap over and around head, cross under chin and tie behind neck
- For young children – a hat with ties on sides
- Safety pin

CHAMOMILE COMPRESS:

- Fresh chamomile flowers
- Cotton muslin square as above; cotton or wool flannel as above
- Hat as above; safety pin

PROCEDURE

For the onion compress: Chop onion very fine or carefully slice one thin slice of onion. Then place about a teaspoon (slightly more depending on the size of the patient) of chopped onion or the one slice, in the center of the muslin cloth. Bring edges in toward the center as if to make an envelope of onion. Pin or tape the folded ends together – you have a little pouch. Place the compress over and behind the ear. Hold in place with the strip of flannel, tied as directed. Put hat on over the cloth tie. Check periodically to be sure the skin under the onion is not irritated; if so remove the compress. Have patient sleep on the side with the ear ache. The onion compress can be left on for several hours. When the compress is removed, insert cotton or wool fleece in the external ear canal. Keep the head covered with the hat even when indoors.

For chamomile: Place a teaspoon or a little more chamomile flowers in the center of the muslin square. Fold and pin as directed above. When the packaging is, use kitchen tongs to hold the package for a few seconds over a steaming tea kettle to warm and moisten the chamomile. Feel the temperature of the compress on forearm prior to applying to the ear. It should be *warm*, not hot and *moist* not wet. Then proceed as directed above in application to the ear.

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CHAMOMILE ABDOMINAL COMPRESS

A peaceful, quiet room with no drafts should be used. Temperature should be comfortable

Several different methods of external treatment are available in which the qualities of the chamomile plant can affect the human organism. Indications for usage of this compress include indigestion; abdominal cramps from varied causes such as flu; menstrual cramps, constipation; diarrhea if due to the flu; children's tummy aches; Headaches which appear to be of metabolic origin. Infant colic, overburdened "head"/ nervous system, certain sleep disturbances, mild digestive problems. **Do not use unless medical provider approves the use of heat applications to the abdomen in acute abdominal illness. Especially with diarrhea or a stomach ache with fever.**

Contraindications! If you have any doubts regarding the nature of the stomach ache it is better not to give this treatment, but to consult with a medical provider if necessary. Signs to be cautious include: severe abdominal pain, rigidity over the abdomen, and acute tenderness to the touch, especially if accompanied by high fever. If patient seems agitated and in pain, is having difficulty breathing or experiencing extreme nausea and vomiting, consult with your medical provider.

ASSEMBLE THE FOLLOWING:

- Raw silk compress, folded over several times to fit the abdomen.
- Wool outer wrap (lined with cotton rag if patient has sensitivity to wool).
- Old linen towel or similar rag
- Safety pins
- Loose chamomile tea (*Matricaria chamomilla*)
- Large sieve
- Saucepan with lid
- Hot water bottle
- Mixing bowl

PREPARATION AND PROCEDURE

- Patient should eliminate prior to procedure
- Line the wool wrap with cotton, linen or silk rag and roll the wrap like a scroll, with the rolled ends facing down toward the bed.
- Set cold water approx. 3 cups on stove in saucepan to boil.
- Prepare hot water bottle so it is about 1/3 full of hot water and all the air is expelled (to make it flat).
- Fold the cotton compress to fit the abdomen.
- Roll the compress then roll it into the middle of the towel (called the "wring-out towel") so that the ears of the towel extend beyond the compress.
- Put the compress on the bottom of the bowl with its "ears" extending over the sides.

- When water boils vigorously, remove the saucepan from the flame, put a small handful of chamomile flowers in the water, and cover it with the lid.
- After 2 minutes pour the chamomile tea through the strainer over the compress in the bowl.
- When the compress is saturated, wring it out using the dry ends of the “wring-out towel”. Note: The more thoroughly the liquid is expressed the more effective this compress will be.
- Fold the compress (still wrapped in the wring-out towel) in the hot water bottle and carry it to the bedside.
- Uncover the patient’s abdomen, remove the compress from the towel, open the compress and fan it over the abdomen. Apply the compress as hot as possible.
- Quickly wrap the wool compress around the abdomen, covering the compress completely so that no air can find its way under the edge of the wrap (this would cool the wet compress too soon.)
- Place the hot water bottle over the wool wrap and compress and pull the clothing and bed clothes over it.
- The patient should rest for $\frac{3}{4}$ to one hour.
- Remove the compress after 20-30 minutes or as soon as it cools. If the patient falls asleep with the compress, don’t bother to do this. The compress, if prepared properly should dry. After removing the compress, leave the wool wrap to allow the skin to dry thoroughly.

FOR AN INFANT WITH COLIC

One can use a thin, baby washcloth. Insert it under the diapers, being sure that it is completely covered. Obviously, exceptional care must be used regarding the temperature. One could not use a hot water bottle in this case, unless one has a hot water bottle made for infants. Pull the compress out in 10-15 minutes, unless the child falls asleep with it.

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Nutritional Baths

Nutritional baths can be used for the general up-building of life forces and in cases of convalescence. ***Do not allow a nutritional bath if fever or acute illness is present.*** Nutritional baths have a special quality; therefore a special time and rhythm should be reserved for them. Their purpose is to nourish, revitalize and encourage. You should have them at the same time of day surrounded in a peaceful atmosphere and always allow time afterward for rest.

Completing a series of seven (7) baths in inherent cooperation with natural substances and processes. You may notice a problem completing/ accomplishing the fourth bath. Perhaps knowing about this common stumbling block will help you persevere and accomplish the fourth bath despite apparent hindrances.

The bath is not a time for bathing, shampooing, etc., but a special time given to your loved one or friend.

Things you will need:

Bathtub

Knife

Measuring cup

1 cup raw milk

Wool blankets

Fertilized egg (fertilized IS important)

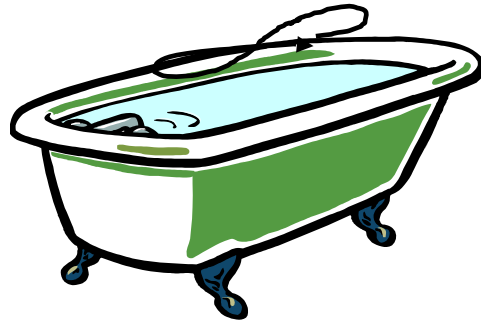
Unsprayed—meaning ORGANIC lemon

2 Flannel sheets

Towel

The bathroom should be warm. A resting place should be prepared prior to bath. Place one flannel sheet on the resting bed and cover the pillow with the towel. (The resting room should also be warm and quiet). The bath water should be about 99°F (or about body temperature which is 98.6°F) Use the thermometer to check the temperature, or your elbow to see that it is just pleasantly warm, not hot or cool. While the tub is filling, cut the lemon under water several times and mash it to the bottom of the tub to express all the juices and oils from the lemon – then leave it in the bath water. In the measuring cup, mix together one cup milk and the egg, then add them to the water flow.

Once the tub is as full as possible, mix and prepare the water before the person enters it. Kneel next to the tub, and with hands and arms deeply in the water, rhythmically move the water in lemniscuses (figure eight) form. Repeat this movement twenty to thirty times. Have the person get into the bath. For a child, a candle may be lit and a story read.



After 15 to 20 minutes, remove the person from the bath, and wrap in second flannel sheet and put them to bed covering with the first flannel sheet once they lie down. Wrap their head with the towel on the pillow, and cover them with wool blankets. Be sure their head and feet are warmly covered. The person should remain resting for 30 to 60 minutes. If this is done for bedtime, the person must change into dry pajamas and the damp sheets must be removed before going to bed for the night.

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Points to Remember When Applying Medicinal Botanicals

- ❖ Create conditions such that the body can listen
 - Proper conditions of warmth:
 - ◆ The patient must be comfortably warm
 - ◆ Perspiring interferes with the response as the body is then cooling
 - ◆ Coldness of the feet are an indication that the body is too cool.
 - Quiet, non-intrusive environment needed (e.g. no light shining in patient's eyes, no tapes, radio or TV)
 - Allow rest periods of ½ to 1 hour after treatments.
 - Wrap the whole body including head and shoulders before, during and after treatments
- ❖ Obtain plants of excellent quality (i.e. organic or obtained from uncontaminated, natural areas) harvested, dried and stored properly
- ❖ A rhythm must be used if a series of treatments is given (e.g. each evening for seven days, or Monday, Wednesday and Friday). Rhythmically taper treatments after illness process ends.
- ❖ Learn to know the plants you are using and have a clear picture of what you are trying to accomplish when you give treatment. Use respect for your materials. Dispose of used medicinal botanicals and teas in compost

- ❖ Listen to your patient; adjust any lengths of treatment and evaluate his/her response. The treatment is a kind of question which receives an answer. Treat the process as a conversation.
- ❖ Use only natural fibers for wraps, beddings and especially inner clothing since these “breathe” much better than synthetics do.
- ❖ In general, therapies using cold water are not recommended.

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Creating a Healing Environment

Illness often takes us unaware. Seldom are our houses clean and tidy; seldom have we had sufficient sleep the few days before we get ill; and seldom do we have the time for dealing with this at the time it occurs. It can be a challenge to find the time, patience and energy to keep our family life going while still finding the courage and will to care in the right way for our loved one who has become ill; nevertheless, we must find the way to create an environment conducive to healing, one in which we can express our love and concern for our family by caring for a member who is sick.

Following this recommended reading list, you will find a few helpful hints and tips which will start you out right the next time illness comes your way.

SUGGESTIONS

- Prepare a clean, dust free room. Surfaces (desk, dresser, etc.) should be free of clutter.
- If possible, arrange bed so that light enters from the side. Prevent direct sun or glare on sensitive eyes, especially in cases of fever and headache. Curtains or blinds may be drawn.
- Keep fresh flowers (minimal fragrance preferred) visible. Remove wilted blooms daily.
- Keep lukewarm or room temperature fresh fluids (teas, fruit juice or lemon mixed with water) within easy reach. Sipper style cups are handy even for older children. No ice, please – The body has to expel energy in order to warm fluids entering it which can interfere with a healing process. A thermos of tea at the bedside

with a favorite cup or glass will work well and allows you to monitor amounts of fluids (important especially in cases of fever.)

- Place a table at bedside, and within easy reach. Keep it uncluttered, aesthetically attractive, perhaps a covered tray with drink(s), remedies, etc.
- Keep a communication device available (bell or tapping stick); adds to security—reduces fears of being left alone. Better yet, check frequently and rhythmically so that this device will not be needed. Anticipate needs.
- The need for soothing images precludes the use of television, headphones, and all manner of electronically reproduced sound and visual images. Note: TV images and sounds can especially detrimental to the healing process.
- Be creative in offering alternative activities to alleviate some of the boredom which inevitably comes. Provide activities such as a simple peek-a-boo with a favorite wool gnome, fairy tales (struggle and transformation themes), a simple cooperative board game, colored pencils for older children or block crayon drawing for younger ones and story telling and reading books (for all ages). This type of activity can be mildly stimulating and distract a child or adult from his discomfort and boredom. It can also be a way to encourage and support expression of feelings related to illness. Use blank paper for drawing as opposed to a coloring book. Knitting and crocheting at appropriate ages is helpful.

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- Maintain room temperature at about 68-72°F. A higher temp may be necessary for comfort with some illness and with the elderly.
- Fresh air is essential. Perhaps crack a window (no drafts directed on the patient please) or air the room daily while the patient is out of the room. Fresh pillowcases at least, perhaps fresh sheets.
- Empty trash receptacles frequently. Remove dishes directly after meals.
- Sharpen your powers of observation. This will help you awaken your intuitive faculties for making decisions regarding care. Ask questions: What can I do to help? What does this (ill) person need?
- You are the caregiver. This means to give care (support, encouragement and love) to the one entrusted to your care. Little things mean a lot, and are often what enables one to feel cared for—fluffing the pillow, bringing an extra cup of tea, providing an extra five minutes to rub the hands or feet. Remember that many of your family and friends are also caregivers. Don't hesitate to ask them for help. A casserole for dinner or taking a younger sibling to the playground for a short time can seem like a breath of fresh air.
- Take care of yourself. Take a short walk around the house in the fresh air; pick a few flowers for the house; a quiet herbal bath during nap time or just a nap. Remember: it is a blessing to be given the opportunity to accompany someone on the path of destiny that is experienced in illness.
- A healing environment doesn't happen on its own. It needs *you* to be there. Remember, taking care of someone often provides an environment in which more than the patient is healed.

When considering the environment, think of the 4 elements – This will help guide you: Earth, Water, Air and Fire.