1. Causes of Illness and disease

2. Attempts to prevent Illness and disease

3. Attempts to treat and cure Illness and disease

4. Advances in Medical Knowledge

5. Developments in patient care
To what extent has the development of modern anaesthetics been the most effective method of treating and curing illness over time?

Question 7 Essay structure (4 sections) Use Welsh examples in each section
Medical Knowledge prevention and treatment of illnesses and diseases
1. Say what anaesthetics do.

Choose three Medieval traditional treatments-4 humours, mediciner in laws Hywel Dda Dynion hysbys Herbalists, Alchemists, Holy wells, Myddfai then compare each with anaesthetics
2. 17 Century William Harvey and blood compare with anaesthetics
Nineteenth Century- choose four Bonesetters and orthopaedics, Germ theory, Inoculations, Anaesthetics, Antisepsis, compare these with anaesthetics
3. Twentieth century- choose four heart transplants, X rays, cancer treatments, DNA and stem cell research compare these with anaesthetics
4. Conclude with which was the most effective method XXXXXXX or anaesthetics
To what extent has the development of nursing been the most effective method Of improving the lives of people over time?

Patient care and public health (4 sections) Use Welsh examples in each section
1. Say what nurses do and how its developed, Florence Nightingale and Betsi Cadwaladr.

Choose three Medieval to 16th century Church and monasteries-Infirmaries in monasteries Tintern Abbey, hospitals of Knights of St John then compare each with nursing
2. choose four after HVIII Voluntary charities and hospitals- Chadwick Rammell report, Dr Paine, sanitation De la Beche, reservoirs in Wales, Stanley Sailor’s Hospital Holyhead, Hamadryad Seaman’s, Hospital Cardiff then compare each with nursing
3. Choose Three Twentieth century 1906-1914 Liberals and national insurance NHS and Aneurin Bevan, housing- in Wales then compare each with nursing
4. Conclude with which was the most effective method XXXXXXX or nursing
### Medieval to 17th Century

- Quarantine, mass graves, boarded up, scented flowers. **MIASMA**
  - Mortality rates high SHOD 40% pop killed at Cosmeston. London not healthy: plague 1563 (17000 died) 1575, 1584, 1603, 1636, 1647 and 1665. then Great Fire in 1666. Rebuilt healthier.
- Barber surgeons: Blood letting, 4 Humours Galens
  - leeches: honey and water Black Death- flowers- Pilegm, blood, black bile yellow bile-related to 4 seasons, 4 elements
- **Valememuc**- book of zodiac charts chart of stars help in diagnosis.
- **Vesalius**- anatomy Pare body amputations, setting fractures and treating wounds. Harvey- blood and heart 1628

### Mid period 18-19 century

- Microscopes- 4 Humours wrong, Withering foxgloves heart disease
  - Small pox inoculation spread on scabs: Edward Jenner injected James Phipps.
  - Spontaneous generation
- **Miasma**- fumes in air carried disease
- Microscopes- cells Pasteur- pasteurisation, germ theory 1861- vaccines- inoculation stops anthrax and rabies 1885
  - **Koch**- germ theory, bacteriology, anthrax septicaemia, TB cholera.
- Ehrlich- bacteriology and germs Dr JW Power bacteriology in Cardiff
- **Antiseptics James Lister**- 50% amputees died-used carbolic acid. After 1890 operating theatres cleaned
  - Anaesthetics James Simpson Queen Victoria 7th child- time and care operating
  - Discovery Bacterium caused septicaemia (blood poisoning) in 1878 accepted Lister’s theories

### 20th century

- Scanning- Rontgen 1895 Marie Curie- radium and polonium used in cancer treatment and x-rays by her in WWI.
  - Ultrasound, Magnetic Resonance Imaging (MRI) DNA human Genome Martin Evans stem cell research
  - Cancer treatment- radiotherapy, chemotherapy, surgery- heart disease 1/3 all UK deaths.
- Alternative: Hydrotherapy Aromatherapy Injections 1979 WHO Small pox declared extinct now polio measles etc

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### Notes

- **Alchemist**: potions herbs Physicians- urine charts, star charts
- **Soothsayer**: herbal remedies, stones **Mother Shipton**
- **Herbal medicine** (Leech book of Bald) Plantain herb for boils dog bites. **William Turner** new Herbal book 1551
  - **Mediciner-** Hywel Dda laws- herbs and bones, Dynion Hysbys- spells Physicians of Myddfai- herbs blood lettings Wells-Holywell, St Winifreds
- **Bonesetters of Wales and orthopaedics-** Rocyn Jones splints, Thomas' of Anglesey- bones and joints Robert Jones lecturer Liverpool university ‘father of orthopaedics’. **Fleming** and antibiotics- penicillin – Florey and Chain popularised it
- **Barnard heart** transplant 1967
Medieval to 17th Century
Quarantine, mass graves, boarded up, scented flowers. MIASMA
Mortality rates high SHOD 40% pop killed all at Cosmeston London not healthy: plague 1563 (17000 died) 1575, 1584, 1603, 1636, 1647 and 1665. then Great fire in 1666. Rebuilt healthier.
Church and monasteries- pray herbal remedies Valle Crucis, Strata Florida, Llanfaes

Charities after mid 16th Century- monasteries+ Voluntary hospital: Guy's hospital 1807
Denbigh General Dispensary and Asylum Stanley Sailor's Hospital Holyhead 1861- Royal Hamadryad Hospital Cardiff 1866- sailors Science and endowed hospitals: treat illnesses simple surgery.

Florence Nightingale: Crimean war 1854-6 campaign reform army medical services, Royal Liverpool Infirmary built to her design. 1900 nursing a profession. Betsi Cadwaladr and nursing: 1854 Crimea, Balacaha hospital. Left 1855 NHS trust in Wales commemorates her. Edwin Chadwick: Poor Law commissioner in 1832, believed miasma theory about poor sanitation and over crowdedness. 1842 recommended laws for drainage and sanitation did nothing.

1848 Public Health Act: set up Board of Health 3 commissioners. Cholera epidemic of 1848-9 helped generate support. Authorities not forced to act. Only recommendations in Act. 1854 it closed down. 1859 Joseph Bazalgette overseen London's sewerage system Sanitary Act 1866 sewers PH Act 1875. LA had to construct sewers, drains and pavements

Town Infirmary- 1823 dispensary for medical aid to poor Public baths and wash houses-Henry de la Beche 1845 asked to investigate PH in Merthyr Tydfil. Overcrowding, lack clean drinking water and open sewers report ignored. Rammell report 1850 after cholera epidemic. Reservoirs in Wales: Liverpool and Birmingham's Lake Vyrnwy Elan reservoir 1904
Cardiff Conditions: SHOD- Lack regulation and planning. Poor sanitation, Overcrowding Stanley St 1851 54 ppl. Love Lane. Mortality rate 30 in 1000 rest UK 20 in 1000 water supply- polluted sewerage cholera outbreaks 1849 and 1854
Typhoid and cholera: T food and water C contaminated water. C 1832, 1849, 1854 and 1866
1849 Cholera outbreak- summer 396 died Cardiff 1854, 1855 and 1893 Outbreaks- 1854 225 deaths and 76 in 1866. 1893 just 3. Improved health safer supplies of piped water and the built sewerage reduced spread infection.
Attempts at improving public health: Dr Henry James Paine T 1847 due to unsanitary conditions ignored 1848 Public Health Act: set up Board of Health 3 commissioners. Set up local Boards in areas with high death rates. 182 Towns had boards by 1854. Rammell Report 1850- Cardiff recommend changes. Dr Henry James Paine- 1853 appointed Medical Officer of Health for Cardiff. Retained until 1889. Attempted to carry out Rammell's recommendations- new sewage and drainage system by 1856. Hospital ship, HMS Hamadryad. Inoculation. Supply of clear water- Cardiff Waterworks Act 1850

Key Influences on improvement to Public Health in Cardiff: Public Baths and Wash Houses Act 1846- Cardiff Corp ran Baths from 1870 Public Health Act 1848- Local Board of Health set up Dr Henry J Paine Medical Officer Rammell Report 1850- highlighted need for change Sanitary Act 1866- local authorities had to provide safe drinking water Changing attitudes to PH- Roath Park 1894 Victoria Park 1897
What was the Impact by 1900? Water supply improved= death toll and cholera much less Housing improved, Safe supply of drinking water, Sewage disposed safely, Medical facilities, Still poor quality housing like Stanley Street,