

1364 North Roosevelt Avenue
Pasadena, California.

February 8th 1949.

Dear Sir,

I am a psychiatric nurse and am most interested
in the Drive for better and more hospital care for mental
cases.

During the time I have been nursing in California
at a Private Mental Sanitarium I have noticed that
several cases who have received Electric Narcosis, Electric
Shock and Insulin Shock Treatment combined with
occupational therapy, psychotherapy, Hydrotherapy
and physiotherapy have returned to us again for
further treatment. Some of these patients remain
out for a considerable time while some return after
a brief period. In some instances the patient
does not return to us but moved into another
hospital, thereby hoping for better results. A few patients,
too with whom I have come in contact with, have been
to several institutions previously.

What I am trying to convey is that so many
mental cases are just going round the sanitariums
and mental hospital in circles. I fail to understand
how a sanitarium or hospital can make a record
of "cures" when, I am informed these cases are
not followed up after leaving. How is one to

termine if all these different treatments have proved successful!

It seems to me that each hospital treating mental cases should employ a follow-up nurse to make reports for at least six months after the patient is discharged. These reports would be of great help for statistics and making a true census of the mental state of California.

It may be that Ministry of Health should employ these follow-up nurses as independent from the various hospitals.

To me it stands right out that something on this order should be done.

I hope I have not been presumptuous or transgressed in any way by writing thus to you because as a psychiatric nurse this matter is of deep interest to me. I often wonder, when patients go, how effective treatment has really been.

Yours faithfully
Dorothy Spencer.