

## 1. Causes of Illness and disease

Medieval	Mid period 19 Century	20 <sup>th</sup> Century
<b>Food famine war SHOD</b>	<b>Cholera and Typhoid SHOD</b>	Bacterial and viral diseases
Bubonic plague Pneumonic Plague	<b>Cholera epidemic in Wales 1832, 1849, 1854 and 1866</b>	<b>Spanish Flu</b> 1918-19- 20% world pop affected 40 mill died 280,000 die in UK.
<b>40% pop killed all at Cosmeston</b>	<b>Merthyr 1,682 died-highest death tolls in Eng and W.</b>	<b>HIV/AIDS-</b> 1981 first case in USA- In 2000 30 mill affected- 8 mill died

## 2. Attempts to prevent Illness and disease

Medieval	Mid period 18- 19 Century	20 <sup>th</sup> Century
<b>Quarantine</b> , mass graves, <b>boarded up</b> , scented flowers. <b>MIASMA</b>	<b>Microscopes-</b> 4 Humours wrong, <b>Withering</b> foxgloves heart disease	
<b>Alchemist-</b> potions herbs <b>Physicians-</b> urine charts, star charts <b>Soothsayer-</b> herbal remedies, stones <b>Mother Shipton.</b>	Small pox <b>inoculation</b> spread on scabs- <b>Edward Jenner</b> injected James Phipps.	<b>Injections</b> 1979 WHO Small pox declared extinct now polio measles etc
	Antibodies and bacteriology - <b>Koch</b> target germs-	<b>Stem cell research</b> <b>Martin Evans</b>

## 3. Attempts to treat and cure illness and disease

Medieval	Mid period 18- 19 Century	20 <sup>th</sup> Century
<b>Herbal medicine</b> (Leech book of Bald) Plantain herb for boils dog bites. <b>William Turner</b> new Herbal book 1551	<b>Anaesthetics</b> <b>James Simpson</b> Queen Victoria 7 <sup>th</sup> child- time and care operating	<b>Marie Curie-</b> radium and polonium used in <b>cancer</b> treatment and <b>x-rays</b> by her in WWI.
<b>Barber surgeons-</b> Blood letting, <b>4 Humours</b> <b>Galens</b> leeches- honey and water Black Death- flowers	<b>Antiseptics</b> <b>James Lister-</b> 50% amputees died- used carbolic acid. After 1890 operating theatres cleaned	<b>Fleming</b> and <b>antibiotics-</b> penicillin – <b>Florey and Chain</b> popularised it <b>Barnard</b> heart transplant 1967
<b>Mediciner-</b> <b>Hywel Dda</b> laws- <b>herbs and bones</b> , <b>Dynion Hysbys-</b> spells <b>Physicians of Myddfai-</b> herbs blood lettings <b>Wells-</b> Holywell, St Winifreds	Discovery <b>Bacterium</b> caused septicaemia (blood poisoning) in 1878 accepted Lister's theories	<b>Cancer treatment-</b> radiotherapy, chemotherapy, surgery- heart disease 1/3 all UK deaths. <b>Alternative:</b> Hydrotherapy Aromatherapy

## 4. Advances in Medical Knowledge

Medieval	Mid period 18- 19 Century	20 <sup>th</sup> Century
<b>Valemeccum-</b> book of zodiac charts chart of stars help in diagnosis. <b>Four Humours:</b> Galen phlegm, blood, black bile yellow bile-related to 4 seasons, 4 elements	Spontaneous generation <b>Miasma-</b> fumes in air carried disease <b>Microscopes-</b> cells <b>Pasteur-</b> pasteurisation, germ theory- inoculation stops anthrax and rabies	<b>Scanning-</b> <b>Rontgen</b> 1895 <b>Curie</b> , Ultrasound, Magnetic Resonance Imaging (MRI) DNA human Genome <b>Martin Evans</b> stem cell research
<b>Vesalius</b> anatomy <b>Pare</b> body amputations, setting fractures and treating wounds. <b>Harvey-</b> blood and heart	<b>Koch-</b> germ theory, bacteriology, anthrax septicaemia, TB cholera. <b>Ehrlich-</b> bacteriology and germs <b>Dr JW Power</b> bacteriology in Cardiff	
	<b>Bonesetters of Wales and orthopaedics-</b> <b>Rocyn Jones splints</b> , <b>Thomas' of Anglesey-</b> bones and joints <b>Robert Jones</b> lecturer Liverpool university 'father of orthopaedics'.	

## 5. Developments in patient care

Medieval	Mid period 16- 19 Century	20 <sup>th</sup> Century
<b>Church and monasteries-</b> pray herbal remedies <b>Valle Crucis, Strata Florida, Llanfaes</b>	<b>Charities</b> after mid 16 <sup>th</sup> Century- monasteries gone- Voluntary hospital: <b>Guy's</b> hospital <b>1807 Denbigh General Dispensary and Asylum Stanley Sailor's Hospital Holyhead 1861- Royal Hamadryad Hospital Cardiff 1866- sailors</b> Science and endowed hospitals: treat illnesses simple surgery.	20 <sup>th</sup> Century Liberal reforms: welfare reforms to help unemployed, sick, old. Reforms in Ed, medical inspections FSM, workers Un benefit , Pensions national insurance. <b>Beveridge Report 1944 and NHS after 1946: Beveridge Report 1944 and NHS after 1946. WIDIS Aneurin Bevan</b> Min of health <b>Welsh MP Ebbw Vale</b> 1947 7 mill <b>prescriptions</b> issued per month- social care, social services dental care hospitals.
	<b>Florence Nightingale</b> Crimean war 1954-6 campaign reform army medical services, Royal Liverpool Infirmary built to her design.1900 nursing a profession. <b>Betsi Cadwaladr and nursing: 1854</b> <b>Crimea, Balaclava hospital. Left 1855</b> <b>NHS trust in Wales commemorates her.</b>	

## 6. Developments in public health and welfare

Medieval to 17 <sup>th</sup> Century	Mid period 19- 19 century	20 <sup>th</sup> century
<p>Mortality rates high <b>SHOD 40% pop killed all at Cosmeston</b></p> <p><b>Henry VIII</b> Act of Parl Towns and cities could impose tax to build sewers.</p> <p>Population increasing. <b>London</b> not healthy: <b>plague</b> 1563 (17000 died) 1575, 1584, 1603, 1636, 1647 and 1665. then Great fire in 1666. Rebuilt healthier.</p>	<p><b>Henry de la Beche 1845</b> asked to investigate PH in Merthyr Tydfil- <b>Overcrowding, lack clean drinking water and open sewers report ignored. Rammell report 1850 after cholera epidemic.</b></p> <p><b>Edwin Chadwick:</b> Poor Law commissioner in 1832- believed miasma theory Report 1842 recommended laws for drainage and sanitation did nothing.</p>	<p>Housing and pollution improvements</p> <p><b>Housing Act 1919 Beveridge Report 1942</b> grants to councils and low rents. 1.25mill homes built by 1951. <b>1968 Welsh Housing Condition Survey 92,000 Welsh homes unfit for habitation. Improvement grants- late 60's new homes built Clean Air Act 1956-</b></p>
	<p><b>1848 Public Health Act:</b> set up <b>Board of Health</b> 3 commissioners. Cholera epidemic of 1848-9 helped generate support. Authorities not forced to act. Only recommendations in Act. 1854 it closed down. 1859 <b>Joseph Bazalgette</b> oversee London's <b>sewerage system- Sanitary Act 1866</b> sewers PH Act 1875 LA had to construct sewers, drains and pavements <b>Reservoirs in Wales: Liverpool and Birmingham's Lake Vyrnwy Elan reservoir 1904</b></p>	<p><b>Walking for health'</b>- 10,000 steps . '<b>Be Active'</b> Birmingham City Council</p> <p><b>Five A Day'</b></p> <p>The Eatwell Guide- March 2016 balanced diet</p>

To what extent has the development of modern anaesthetics been the most effective method of treating and curing illness over time? [16]

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, Antiseptics, 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 XXXXXXXX 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 16<sup>th</sup> 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 XXXXXXXX or nursing

### Study of Cardiff in 19<sup>th</sup> Century

Growth	Problems	Improvements
<p><b>Growth and development:</b> Small town pop 1,871 1801 largest town in Wales 164,333 1901. Reasons: <b>Taff railway Docks. Trade, money industry £1mill cheque</b></p>	<p><b>Typhoid and Cholera:</b> T food and water C contaminated water. C 1832, 1849, 1854 and 1866 <b>1849 Cholera outbreak-</b> summer 396 died <b>Cardiff 1854, 1855 and 1893 Outbreaks-</b> 1854 225 deaths and 76 in 1866. 1893 just 3. Improved health safer supplies of piped water and the built sewers= reduced spread infection.</p>	<p><b>Town Infirmary- 1823 dispensary</b> for medical aid to poor</p> <p><b>Public baths and wash houses-</b></p>
<p><b>Conditions: SHOD- Lack regulation and planning, Poor sanitation, Overcrowding</b> Stanley St 1851 54 ppl- Love Lane. <b>Mortality rate</b> 30 in 1000 rest UK 20 in 1000 <b>Water supply-</b> polluted sewerage cholera outbreaks 1849 and 1854</p>	<p><b>Attempts at improving public health:</b> Dr Henry James Paine, T 1847 due to unsanitary cond= ignored <b>1848 Public Health Act:</b> set up Board of Health 3 commissioners. Set up local Boards in areas with high death rates. 182 Towns had boards by 1854. <b>Rammell Report 1850-</b> Cardiff recommend changes. <b>Dr Henry James Paine-</b> 1853 appointed Medical Officer of Health for Cardiff. Retained until 1889. Attempted to carry out Rammell's recommendations- <b>new sewage and drainage system</b> by 1856. Hospital ship, <b>HMS Hamadryad . Inoculation. Supply of clear water- Cardiff Waterworks Act 1850</b></p>	<p><b>Key Influences on improvement to Public Health in Cardiff: Public Baths and Wash Houses Act 1846-</b> Cardiff Corp ran Baths from 1870 <b>Public Health Act 1848-</b> Local Board of Health set up Dr Henry J Paine Medical Officer <b>Rammell Report 1850-</b> highlighted need for change <b>Sanitary Act 1866-</b> local authorities had to provide safe drinking water Changing attitudes to PH- <b>Roath Park 1894</b> Victoria Park 1897</p>
		<p><b>What was the Impact by 1900?</b> 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,</p>

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<p><b>Alchemist</b>- potions herbs <u>Physicians</u>-urine charts, star charts  <b>Soothsayer</b>- herbal remedies, stones <b>Mother Shipton</b>.  <b>Herbal medicine</b> (Leech book of Bald) Plantain herb for boils dog bites. <u>William Turner</u> new Herbal book 1551  <b>Mediciner- Hywel Dda laws- herbs and bones, Dynion Hysbys- spells</b>  <b>Physicians of Myddfai- herbs blood lettings Wells- Holywell, St Winifreds</b></p>	<p><b>Bonesetters of Wales and orthopaedics- Rocyn Jones splints, Thomas' of Anglesey- bones and joints Robert Jones lecturer Liverpool university 'father of orthopaedics'.</b></p>	<p><b>Fleming</b> and <b>antibiotics</b>- penicillin – <b>Florey and Chain</b> popularised it  <b>Barnard heart</b> transplant 1967</p>

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Of improving the lives of people over time?**

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**Soothsayer**- herbal remedies, stones **Mother Shipton.**  
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**Town Infirmary- 1823 dispensary for medical aid to poorPublic 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 sewers= reduced spread infection.**  
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**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**  
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Cholera outbreaks	Number of deaths in Cardiff	Population of Cardiff
1849	396	18,351 (1851 census)
1854	225	18,351 (1851 census)
1866	76	48,965 (1861 census)
1893	3	128,915 (1891 census)