"The Contagiousness of Puerperal Fever" (1843), by Oliver Wendell Holmes [1]

By: Shaikh, Safiya

In 1843, physician Oliver Wendell Holmes [2] wrote and published “The Contagiousness of Puerperal Fever,” an essay about puerperal fever, a disease that occurs mainly as a result of bacterial infection in the uterine tract of women after giving birth or undergoing an abortion [3]. In the essay, Holmes argues that puerperal fever is spread through birth attendants like physicians and midwives who make contact with the disease and carry it from patient to patient. The article was published in The New England Quarterly Journal of Medicine and Surgery in 1843. Holmes, who lived in Boston, Massachusetts, later republished his essay as a private publication in 1855 with a different title, "Puerperal Fever as a Private Pestilence." Holmes's essay was one of the first publications to present puerperal fever as a contagious disease and to discuss preventative measures to inhibit the spread of puerperal fever, which helped preserve the lives of pregnant women and their newborns.

During the 1800s, puerperal fever was widespread in Europe and a common cause of maternal death. Holmes began to research puerperal fever in 1842 after watching Walter Channing, an instructor at Harvard Medical School in Boston, Massachusetts, present about thirteen fatal cases of puerperal fever to the Boston Society for Medical Improvement. At the time, Holmes was a practicing physician in Boston. Holmes spent a year researching puerperal fever by going through case reports and other medical literature in Boston.

On 13 February 1843, Holmes presented his research to the Boston Society for Medical Improvement. In April, he published his research as an essay, "The Contagiousness of Puerperal Fever." According to Holmes, he intended for the essay to alert physicians and various medical staff to the fact that they could spread puerperal fever and that puerperal fever was contagious. At the time of the essay's publication, researchers couldn't explain the cause of the disease and physicians were unaware that they could be in part be responsible for the spread of the disease.

"The Contagiousness of Puerperal Fever" is divided into three untitled parts. In Part I, Holmes presents his overall thesis that puerperal fever is infectious and often spread by physicians. Holmes also analyses previous literature on puerperal fever. In Part II, Holmes provides evidence regarding the contagious nature of puerperal fever. He presents multiple cases in which patients, who were being treated by physicians who had been exposed to puerperal fever, died after giving birth. In his final section, Part III, Holmes outlines eight preventative measures for physicians and other medical staff to follow to prevent the spread of puerperal fever. Throughout his essay, Holmes includes quotations from physicians talking about cases of puerperal fever.

In Part I of the essay, Holmes discusses his purpose and also highlights the conclusions of previous research done on puerperal fever. He begins Part I by stating that it is important for physicians to consider that puerperal fever could pass from physician to patient, and that the conclusions of his essay could prevent further maternal deaths. Holmes lists the five points of his essay. In his first point, he states that he does not know if all forms of puerperal fever are equally contagious, so he will not address different forms throughout his essay, rather he discusses puerperal fever from a more general perspective. In the next two points, Holmes states that he will not discuss the exact modes of transmission of the disease or the exact causes. He then acknowledges that there are instances of lone cases of puerperal fever that do not end up spreading to other patients. In his final point, Holmes states that many women died of puerperal fever and that physicians and nurses had been blind to the fact that they may carry the disease.

In Part I of the essay, Holmes discusses the work of Alexander Gordon, a physician who wrote a 1795 book on the infectious nature of puerperal fever titled A Treatise on the Epidemic Puerperal Fever of Aberdeen. Holmes quotes Gordon as saying that he suspected he was carrying the disease to patients and that he could predict which patients would die of puerperal fever based on who attended to them. Holmes uses Gordon's words as evidence for his thesis of the contagiousness of puerperal fever. He cites work of other physicians including case reports and research papers, and medical cases for which all the patients of specific medical staff died of puerperal fever during a specific span of time. According to Holmes, the deaths of all the patients of one physician indicated that the physician was responsible for spreading the disease.

In Part II, Holmes outlines numerous cases of puerperal fever as evidence of the link between the spread of puerperal fever and the actions of the physicians in charge of the cases. In the section, Holmes explores cases for which a physician conducted an
infectious disease that could be passed from physician to patient. Holmes and Semmelweis' work on the infectious nature of "The Contagiousness of Puerperal Fever" was the one of the first compilations of evidence arguing that puerperal fever was an epidemic disease. Holmes suggested that physicians properly wash their hands prior to and following attending patients.

Despite the criticism Holmes's work received and its lack of reach, some physicians followed Holmes's recommendations. In 1852, James Copeland, a physician at Queen Charlotte's Lying-in Hospital in London, England, affirmed Holmes's conclusion in his book, A Dictionary of Practical Medicine. Holmes's work on puerperal fever was supported by the work of Ignaz Semmelweis, a physician at the Vienna General Hospital in Vienna, Austria, who in 1847 made similar conclusions as Holmes, but also suggested that physicians properly wash their hands prior to and following attending patients.

"The Contagiousness of Puerperal Fever" was the one of the first compilations of evidence arguing that puerperal fever was an infectious disease that could be passed from physician to patient. Holmes and Semmelweis' work on the infectious nature of puerperal fever influenced the medical community and led to improved hygiene practices in obstetrics.
puerperal fever enabled researchers to prevent and later cure puerperal fever, and the disease became almost nonexistent by 1960 in many parts of the world.

Sources


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Subject


Topic

Publications [26]

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