

Nursing Discovery

Girl Scouts of San Jacinto
Council's Own Interest
Project for Girl Scout
Cadettes, Seniors and
Ambassadors



Thanks to our collaborators,
Council volunteers and RN's
Susan Shirley and Susan
Villereal and Dr. Nina
Fredland, Texas Woman's
University.

Have you recently:

- visited a school nurse?
- been cared for by a nurse?
- wondered about nursing?

*Nurses are all around you,
helping to provide ways for
you to live a healthier life
and caring for the ill.*

*As you discover more
about the profession and
the valuable role nurses fill
in the community, you may
decide it is an interesting
career path for you.*

*You will want to recruit a
nurse mentor to assist you
with this project.*

Skill Builders

1. Design artwork or write a skit that represents the field of nursing as you perceive it now. Notice how the media depicts nurses. Has their view changed over the years? After the completion of this project, make any adaptations to the art/skit based on what you learned about the nursing profession.

2. Evaluate your lifestyle. Read parts of *Chapter 3, Self-Esteem and Healthy Living* in the *Cadette Girl Scout Handbook* or *Chapter 2, Health and Well-Being – Inside and Out*, in *A Resource Book for Senior Girl Scouts*. Set a health goal and a date to reach that goal. For help on goal setting, *Cadette Girl Scout Handbook* page 103. Why did you select that goal? How will you accomplish it? List the steps you need to take. Keep an ongoing journal.

3. Consider the major health issues of today. Determine 3-5 issues facing people your age. How are health care

professionals addressing these issues? What other organizations are involved in these issues? What were the major health issues 10 years ago? 20? 50? How have the issues and the means to correct them changed?

4. Develop your family's medical history. i.e. paternal grandfather's heart condition, cancer in maternal aunt. Include ages and occupations. Be creative in your report format. Check web sites with the key word health or refer to books in your library.

5. Compare Western medical practices with health care practices of another country, culture or religion. Discover 3-5 differences and/or similarities.

6. Determine how the following relate to nursing: professional nursing organizations (*i.e.* ANA, TNA, and AACN); Florence Nightingale; Clara Barton; Good Samaritan Laws; malpractice; universal precautions; ethics and standards of care.

7. Discuss with your nurse mentor the various specialties for nurses. Select an area and determine the special skills the nurse needs in that role.

Technology

- 1.** Visit a nursing home, school, hospital, clinic or health care facility. Make note of the types of equipment and other technology used by nursing staff.
- 2.** Learn the basic skills a nurse performs for a patient, i.e. blood pressure, pulse, temperature.
- 3.** Visit a dialysis clinic. Who needs these services? What limitations do patients have? What special skills do nurses need?

Service Projects

- 1.** Spend at least half a day (4 hours) assisting in a nursing home, school, hospital, clinic or health care facility. Concentrate on learning about the role of the nursing staff. *(Silver Lining service project, www.dads.state.tx.us/silverlining/, Community partnerships)*
- 2.** Talk with staff at a nursing home, school, hospital, clinic or health care facility to learn about the needs that can be met by the community. Help them develop a marketing tool to recruit volunteers, i.e. career fair at school, flyer, a portion of their hospital's web page.

- 3.** Learn about the needs of a nursing home, school, hospital, clinic or health care facility and complete a service project for them, i.e. toy or book drive or reading to patients.
- 4.** Create your own project through information learned while earning this project.

Career Exploration

- 1.** Interview a nurse who has been in the profession for at least 5 years. What challenges have they faced while pursuing their education and career in health care? What has changed since they began their career? How has it changed within the past 50 years? Learn 3-5 advantages and/or disadvantages of becoming a nurse.
- 2.** Attend a meeting of a professional nursing organization. Discover the benefits of being a member.
- 3.** Select two or more specialty areas nurses can pursue and list the advantages and/or disadvantages of working in those areas.

- 4.** Learn about nursing, education of nursing professionals and careers outside the normal hospital environment.
- 5.** Compare the educational requirements for LVN --Licensed Vocational Nurse; ADN -- Associate Degree in Nursing; BSN -- Bachelor's Degree in Nursing; NP -- nurse practitioner. How do the above differ from; EMT -- Emergency Medical Technician, EMT-P -- paramedic. Discover other educational opportunities available for nurses.

And Beyond

Related interest projects:

- Emergency Preparedness
- Exploring the Net
- Family Living
- From Stress to Success
- Inventions and Inquiry
- Women's Health



Girl Scouts of San Jacinto Council
3110 Southwest Freeway
Houston, TX 77098
713.292.0300; 800.392.4340
www.gssjc.org