

A Touch of Nursing



Are you interested in a career in the largest health care occupation? Nurses work to promote health, prevent disease and provide patient care. You will learn about the skills needed to become a nurse.

Skill Builders

1 Nurses are caring and sympathetic. Learn the basic skills to provide safe and responsible care for children by completing a Babysitting Training Course with your troop. Contact your local Red Cross chapter or your school.

2 Nurses offer comfort and aid to people in need. Earn your individual certification for first aid by taking a class offered by the American Red Cross, ambulance company or hospital in your area.

3 Cardiopulmonary resuscitation is something you can do to save someone's life. It is important to know how and when to use life-saving CPR techniques. Sign-up to take a CPR training course for your age through the Red Cross, ambulance company or hospital in your area. Courses are also listed at the American Heart Association website: www.americanheart.org.

4 The human body is a complex network of 12 systems that work together to keep us going. Study one of the body systems, such as digestive, circulatory, or respiratory, and know how this system works and interacts with other body systems. Use posters or handouts to teach another troop about your findings.

Technology

1 Each of us has unique characteristics that make us different from each other. Sometimes an illness or condition can change the way we look and feel. Select an illness or condition to study. Write about the characteristics of the illness, including the support groups and resources available in your area for these patients and their families. Examples include cancer, diabetes, asthma, stroke, autism, cerebral palsy, etc.) The Internet is a good place to look for information.

2 New medical technology and research are improving treatment options for patients. Describe how the following medical equipment or procedures have changed in the past five years:

- X-rays
- Surgical equipment
- Testing for diabetes
- Thermometers
- PET scan
- MRI
- CAT scan

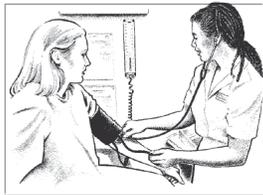
For more information, contact the radiology department at a hospital or health center in your area.

3 Germs are microscopic life forms in the soil, in water and in our bodies. Some germs, like bacteria and viruses, are the source of many human illnesses and infection.

- Describe at least three ways that germs are spread.
- List three ways to prevent the spread of germs.
- Find three ways to treat infection caused by germs.

4 Blood pressure is the pressure of the circulating blood against the walls of the blood vessels. Nurses measure a patient's blood pressure to do a quick evaluation of a person's health. Write the definition of the following words:

- stethoscope
- pulse
- heart rate
- systolic
- diastolic
- artery
- vein
- capillary
- circulation
- hypertension



Contact your area hospital, ambulance company or a nurse to teach your troop to take blood pressures. Write down the steps you did to take a person's blood pressure and the readings of five people. Many factors effect blood pressure, such as age, weight, medications, exercising and the emotional state of the person.

Describe what you heard and how you felt taking a blood pressure reading.

Service Projects

1 Nurses are health educators for patients, families and communities. With your troop, choose a health-related topic to study and make a presentation to a local Junior troop using storyboards, posters, handouts, videos/DVDs, or computers. Some topic ideas include healthy eating habits, sports safety, weight control, and the dangers of smoking.

2 Contact your local hospital, doctor's office, nursing/retirement home, health clinic or school nurse to see what you can do to make the environment more pleasant for the patients. Donate books, games or toys, or decorate a room. Write about the facility, what you did, how you felt, and the reaction of the patients.

3 The health of your community is very important. Volunteer to help with an activity, such as a health screening or community health walk. Contact your local hospital, your Red Cross chapter, the American Cancer Society, etc., to get a list of activities. Ask how you can help.

4 Learn about the duties and responsibilities of a career in health care. Volunteer 12 hours in a health-care setting of your choice (hospital, doctor's office, clinic, or nursing home).



Career Exploration

1 To find out what it is like to be a nurse, contact your local hospital, doctor's office or school nurse and make arrangements to observe a nurse for a few hours. Write down your observations and thoughts, including the answers to the following questions:

- What did the nurse do?
- How are math and science integrated into the nurse's role?
- What kind of decision making, organizational or leadership skills did the nurse have?
- Would you choose nursing as a career? Why or why not?

2 To become a nurse, you need to graduate from an approved nursing program and pass an exam to obtain a nursing license. Describe the following nursing degree programs and the entrance requirements:

- Associate's degree
- Bachelor's degree
- Master's degree
- Doctorate of Nursing

List four colleges in your state that offer degrees in nursing. Where are the colleges located and what nursing degrees are offered? Attend an open house at one of the colleges if you can.

Find out if any scholarships are available to nursing students. Write a paragraph about two different scholarships.

3 Upon graduation, nurses can choose different career paths.

- Describe at least four settings where a nurse can work.
- List four specialty areas where a nurse can be assigned.
- Describe four different patient settings where nurses can work.

4 Research the history of nursing over a 50-year period. Develop a two-page report about the changes that have occurred in the field of nursing, such as uniforms, illnesses, diseases, or technology.

And Beyond

Once you have discovered the wonderful world of nursing, expand your knowledge by developing and applying new, healthy habits to your lifestyle.

Learn breast self-exam and incorporate healthy eating habits at school and with your friends.

Try these related interest projects:
Emergency Preparedness
Women's Health
Child Care
The Food Connection