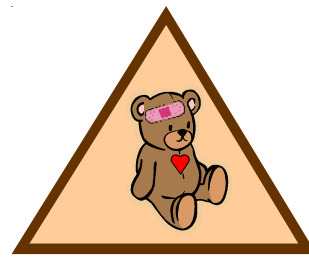


# A Touch of Nursing



Have you ever thought of becoming a nurse? Try these activities to learn more about a career in nursing.

## 1. A Nurse

Think about nurses you have seen or read about in books. Describe what being a nurse means to you. Draw a picture of a nurse.

## 2. Let's Pretend

Pretend you are in a hospital. Members of the troop will play the roles of a nurse, patient, and two family members in the patient's room. Act out what would be happening if the patient was in the hospital with a:

- Broken leg
- Stomach ache
- Asthma
- Bicycle accident



## 3. What Would You Do?

Act out the following situations that could happen to you at home, in school or at a friend's house. What would you do? Who would you call? When do you call 911 on the telephone?

- Your friend fell off her bike and can't get up.
- You get stung by a bee.
- You sneeze without having a tissue.
- Your friend starts to cough and is having trouble breathing.
- Your mother cuts her finger with a sharp knife and is bleeding.
- While playing with your friend, he tells you that he is dizzy.
- Come up with one of your own situations.

## 4. Washing Works

It is very important for nurses to properly wash their hands. This helps prevent the spread of germs to you and other people. Germs cannot be seen, and nurses do not want to spread germs to patients.

We always wash our hands before eating, handling food, setting the table, and after going to the bathroom, sneezing or coughing. Here is an easy way to remember how long to wash your hands each time. Learn the hand-washing song, or sing the alphabet if you can't memorize the song. Wash your hands for as long as it takes to sing the song.

*Washing Nursing Hands Throughout the Day*  
(sung to the tune of "Twinkle Twinkle Little Star")

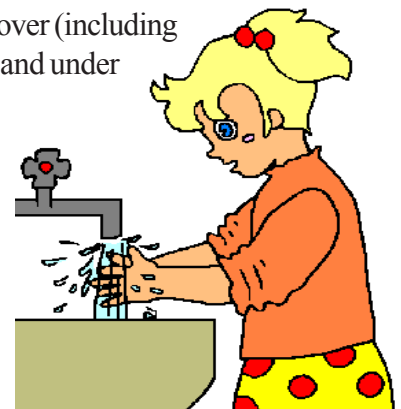
*Washing nursing hands we say  
Will prevent the germs this way  
So take your soap and scrub away  
Those tiny little germs away.  
Nurses want their patients to say  
Thank you for keeping those germs far away.*

Rinse hands with warm water in the sink.

Lather your hands all over (including between your fingers and under your nails) with soap.

Rinse your hands off and dry hands with a paper towel, drying hands top to bottom.

Use a paper towel to turn off water at the sink to avoid picking up more germs from the sink.



## 5. Body Parts

Each part of your body has a function that is very important for your body to work. Nurses need to know the names and function of all the many parts of the body. Describe the function of each of the body parts listed here:

- Brain
- Eyes
- Nose
- Hands
- Heart
- Stomach
- Kidneys
- Feet

Each person is unique. You have characteristics that make you special. It may be your hair, eyes, laugh, voice, birthmark, scar or personality. Some people may have a part of their body that is different or changing due to growth, illness, heredity, or even an accident. Remember how you would like to be treated and treat others the same.



## 6. Nursing Word Search

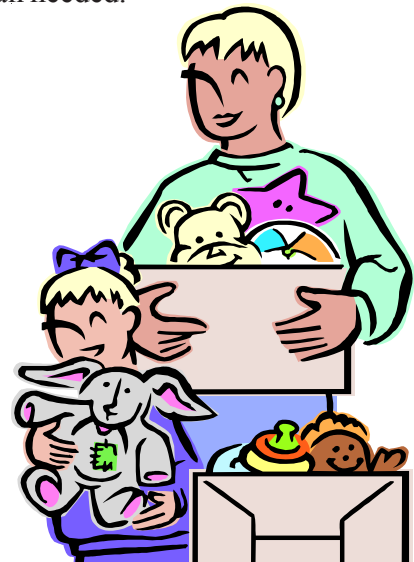
Find these familiar words in Nursing Word Search.

- |                 |                  |
|-----------------|------------------|
| A. NURSE        | G. PATIENT       |
| B. PROFESSIONAL | H. ASSESS        |
| C. HELPING      | I. PULSE         |
| D. CARING       | J. HEART         |
| E. KIND         | K. STETHOSCOPE   |
| F. UNIFORM      | L. BLOODPRESSURE |

Z U R I S L A S H S S E S S A  
V B L M T I H E L P I N G Q U  
P R O F E S S I O N A L P H N  
U N P Q T V S R M S N O G G I  
L C R J H H I P A T I E N T F  
S G C E O L T D L K D N I K O  
E L A T S U E W E C O F S V R  
V R T I C G V H S X B C R D M  
T Z B L O O D P R E S S U R E  
O L C J P I F Y U B I E N E A  
D A Y W E Z J A N C A R I N G

## 7. Service Project

With your troop, collect and donate items to local hospitals, nursing homes or doctors' offices. Magazines, coloring books, crayons, toys, used videos and DVDs, playing cards or board games are all needed.



Sponsored by St. Luke's Cornwall Hospital,  
New York State Nurses Association and the  
Sarah Wells Girl Scout Council.