



girl scouts  
of the chesapeake bay

# Nursing Exploration

## Cadette/Senior/Ambassador Badge



Complete a total of eight activities including three Discover, two Connect, one Take Action and two other activities chosen from any category.

### Discover:

1. Read about the history of nursing. What influences did Clara Barton and Florence Nightingale have on nursing? Share what you learned with younger girls through a skit, display in a public place, story tape, puppet show or other means.
2. Find out what the following terms mean and discuss with the members of your troop/group: malpractice; universal precautions; ethics; patient confidentiality. Think about what these things mean in terms of patient care.
3. Investigate practices of alternative medicine, (i.e. Herbal medicine, acupuncture, Reiki, creative imagery, acupressure, reflexology, aromatherapy). Compare them to Western medicine. How do they interact? Which method would you prefer for your own family?
4. Learn about the different nursing specialties, where nurses work and what nurses do in these areas. Some areas would be hospital work – ER, OR, CCU, NICU, UR, QA, CRNA, hemodialysis, oncology, psychiatric, geriatric or pediatric – doctor's office work, Nursing Home, School Nurse, Home Health, Hospice, College professor or any area not listed that you are particularly interested in. Find out the educational requirements for the different types of work areas. Learn the difference between RN, LPN and CRNP.
5. Find out what these tests are for and how they are different: MRI, MRA, CAT Scan, X-Rays, EKG, EEG, EMG, and PET Scan.
6. Learn from a health care professional some of the basic skills a nurse may perform for a patient (i.e. temperature, pulse, respirations, blood pressure).
7. Learn about some of the equipment nurses use (i.e. computers, pulse oximeters, dopplers, blood pressure cuff, IV pumps, Pyxis, monitors). Be able to explain what each piece of equipment does and how it they are used.
8. Learn about the following and why each is important to your health as a young woman: Mammogram, Pap Smear, Ultra Sound, CBC, STD Check, Urinalysis and UHCG.
9. Research and investigate what types of equipment a nurse would use for a specific condition (i.e. asthma, heart condition, labor, broken bones).
10. Following are professional nursing organizations. How do they relate to nursing? ANA, NLN, ENA, NSNA, MRNA. What are their missions?

### Connect:

1. Visit a nursing home, hospital, doctor's office, clinic or home health facility. Ask to see the types of equipment used by the nursing staff and find out the qualifications for using each piece of equipment.
2. Explore your family's health history. Include aunts, uncles, and grandparents. Document their age, place of birth, medical conditions or illnesses and occupation. Do you see any patterns in your family's medical history? Create a genogram.
3. Earn your First Aid and CPR certification
4. Compare the educational requirements for LPN, RN BSN, MSN and NP. Learn how a nurse can progress from one level to another. Do nurses need to have continuing education (CEU's) to maintain their licensure? What do nurses have to do to begin practicing legally? Are there different requirements for

employment in different states? Find out about the Division of Consumer Affairs (under which all nurses licenses are registered). Identify 2 colleges in your area that offer a nursing program. What high school prerequisites are needed to get into the program?

5. Talk with a nurse in management, such as a Nursing Supervisor or Director of Nursing. Learn what her/his job involves and how it is different from a "regular" nurse. What aspects of her/his job are most satisfying? How did she/he progress to that position? What skills are needed for this job?
6. Learn about proper hand washing technique. Why is it important to properly wash your hands when working in a health care facility?

### Take Action:

1. Investigate the community health projects in your area (i.e. Breast Cancer Awareness Campaigns, Multiple Sclerosis Walk, Blood Drives, Juvenile Diabetes, March of Dimes, Relay for Life, etc). Learn about their causes and then choose one to volunteer for. Help with registration, packing "goody bags" to hand out the day of the race, pass out water at a walk, recruit people to give blood, make signs or posters advertising the event, etc. Remember, you cannot raise money for the organization.
2. Volunteer in a health care facility, nursing home, clinic, hospital or doctor's office. Keep a journal of your experiences while volunteering and then share something about your experiences with a younger troop or another group.
3. Find out what other organizations provide service and companionship for hospital or convalescent home residents, i.e. pet therapy, art therapy, clubs, etc. Find out how they benefit the residents. Find out what those organizations need to provide these services and organize a service project for them.
4. During Nurses Week (the first week of May) show how much nurses are needed and appreciated by making and displaying posters about the benefits of becoming a nurse. Make and deliver or mail cards to nurses at your local hospital, clinic, hospice program or nursing home to thank them for what they do to make people's lives better.
5. Create information on health promotion or safety. Design a poster, storyboard or videotape depicting the importance of healthy behaviors – not smoking, weight control, immunizations, proper hand-washing, seat-belt use, or helmet-use or conduct an activity at school, in you community or in your service unit that emphasizes health promotion or safety, such as a bike rodeo.
6. Volunteer in a health care facility such as a doctor's office, health clinic, hospital or nursing home.

