

# Nursing Exploration

## Junior Badge



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

### Discover:

1. Learn about the many nursing specialties and what nurses do in these areas. Some areas to check out are: ER, OR, CCU, NICU, UR, QA, CRNA, WOCNS, hemo dialysis, oncology, psychiatric, geriatric or pediatric. Be able to explain what is involved in some of these fields to another person.  
  
Key: (Emergency Room; Operating Room; Cardiac Care Unit; Nursery Intensive Care Unit; Utilization Review; Quality Assurance; Certified Registered Nurse Anesthetist; Wound, Ostomy and Continence Nursing).
2. Learn about the history of nursing. What influences did Clara Barton and Florence Nightingale have on nursing? How has the nurses' uniform changed over the years? What is/was a "capping" ceremony? Write about how you think you would react to a nurse of 50 years ago wearing a white starched uniform and cap and how you would react to a nurse of today in pastel scrubs or lab coat. Are your feelings any different based only on how the nurse looks?
3. Learn about the different types of facilities or environments in which a nurse may work. For example: Home Health Care, Hospitals, Physician's Offices, Schools, Camps, Flight Nurses, Hospice. In your opinion, what are the pros and cons of each situation?
4. Find out what these tests are for and how they are used to determine patient treatment: MRI, X-ray, CAT Scan, CBC, EKG, and EEG. Share your findings with others.
5. Select a body system and understand how that body system works.

### Connect:

1. Draw a picture, make a collage or write a list that represents nursing, as you perceive it now. After completing at least five of the additional requirements, draw another picture, make a second collage or write another list to show how your views of the nursing profession have changed or how your knowledge has increased.
2. Look in newspapers or nursing journals for advertisements for nurses. What salaries are advertised? Are any bonuses being offered? What hours/shifts are being advertised? What educational requirements are listed? What different types of facilities are hiring nurses?
3. Explore your family's health history. Include aunts, uncles and grandparents. Document their age, medical conditions/illnesses and occupations. Do you see any patterns in your family's medical history?
4. Demonstrate how to use a stethoscope, blood pressure cuff, thermometer, ace bandage or dressing.
5. Demonstrate how to take a pulse.
6. Contact a local hospital, doctor's office or health clinic for a tour, have a nurse speak to your group or interview a nurse that you know. Answer the following questions:
  - a. What roles does the nurse perform?
  - b. How does the nurse incorporate science and math into her/his roles?
  - c. What kind of leadership, organizational, or decision-making skills does the nurse use in her/his position?
  - d. Would you want to work as a nurse? Why or why not?

**Take Action:**

1. Do a service project for a health care facility. Contact the facility to see what they need done. Organize a group of your peers to help with the project if necessary.
2. Volunteer in a health care facility, nursing home or hospital.
3. Make a display or poster on the benefits of becoming a nurse or what nurses do for the community. Display your work in your local library, the school library, the Girl Scout Office nearest you, a hospital, nursing home or college during Nurses Week (the first week of May).
4. Think of your own project! Use the skills and knowledge you developed in the Discover and Connect activities to guide you.

