

# Nursing Exploration

## Brownie Badge



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

### Discover:

1. Past and Present—Look at pictures of Florence Nightingale and/or Clara Barton. How did nurses dress when they were alive? How do nurses dress today? Talk with a nurse, or have a nurse visit your troop meeting to talk about nursing today. Find out what she/he wears to work. Ask the nurse about different places nurses can work. Find out where she/he went to school to become a nurse. Ask what kind of subjects you should take in Middle, Junior High or High School to prepare to become a nurse.
2. Skills—Have a nurse visit your troop meeting and teach/show some of the “tools” nurses use (thermometer, blood pressure cuff, stethoscope, air bag, IV bag, etc). Have the nurse explain what each piece of equipment does and how she/he might use each of them in a given day.
3. Fight Germs—A major factor in spreading diseases, are pesky little germs. We all have germs around us and on us every day but when we are around too many germs, for too long, we may become sick. One way to help keep germs from spreading from person to person is to learn how to wash your hands properly.

### Connect:

1. Nurses as Part of the Health Care Team—Visit a nursing home, hospital, clinic or health care facility. Ask to see the types of equipment used by the staff. Have someone tell about the team of people and all the different jobs necessary to make the hospital, nursing home or clinic run effectively (for example: doctors, nurses, pharmacists, lab and x-ray technicians, kitchen staff, housekeepers, security personnel).
2. Caring for People—Nurses specialize in caring for people. Demonstrate a caring behavior at home or school for a week. Report what you did to your troop.
3. Health Fair—Visit a health fair.
4. Nurses are Special—Draw a picture or make a collage with pictures you cut out of magazines that show what you think nurses do and how they make a difference in people’s lives.

### Take Action:

1. Learn about hospitals or clinics that specialize in treating children. Find out what kind of project your troop could do for them. Some suggestions would be: Hold a toy drive and donate toys to the children’s hospital or clinic; Make special cards to be placed on the food trays (happy, cheerful cards that say “Hope you are feeling good today” or “We’re thinking about you today”. Hold a book drive and donate appropriate books to the hospital or clinic.
2. Make a display or poster on 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).
3. Think of your own project! Use the skills and knowledge you developed in the Discover and Connect activities to guide you.

# 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.



**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.