

BeANurse@HCA
GIRL SCOUT PATCH PROGRAM
For Girls 5-17



The “BeANurse@HCA” Career program and
The Girl Scout Commonwealth Council of Virginia Present:

The BeANurse@HCA Patch Program For Girls 5-17

Being a nurse is the smartest career move you can make right now!

And becoming a part of "BeANurse@HCA" patch program is the smartest way to learn more about this exciting career and all of the opportunities just waiting for you!

Join the thousands of middle and high school girls, just like you, who will be enjoying the benefits of the BeANurse@HCA Patch program including:

The opportunity to connect and talk with real nursing and healthcare professionals who can answer your questions on everything from what a career in nursing is like, to how to attain your goal of becoming a nurse should you decide that nursing is for you.

To participate, follow the steps below:

Read all activities and related educational topics. As a troop or individual decide which of the activities and educational topics interest you the most.

Brownie Girl Scouts **Complete 2 educational activities**

Junior Girl Scouts **Complete 3 educational activities**

Girl Scouts Studio 2b **Complete 4 educational activities**

Healthy Habits

1. Learn the proper hand washing technique.

Contact a healthcare professional you know and learn the proper technique. Sign on the www.cdc.org web site and learn how important hand washing is. Make a poster to teach proper hand washing to your family, troop, and class at school or church.

2. Learn how to take care of your sneezes and coughs.

Create a poster and teach your family, troop, class at school or church. Display your poster in your doctor's office.

3. Learn about Sun Safety. Ask the American Cancer Society for information and samples.

4. What are you drinking at school? Do an inventory of your school drink machines. Learn which ones are best for you. Promote health drinks at your school by educating your class or troop of the differences between drinking water, juices or sodas.

5. Healthy overall eating habits. Create a Food Pyramid.

Educate your class or troop on healthy eating using the Food Pyramid.

The History of Nursing

- ✦ Learn about the beginning of nursing in the world.
- ✦ Create a project that describes what the nurses in the 1800's did as compared to the nurses in 2005.
- ✦ Describe some of the tasks that nurses did in the 1800's and how they differ from today.
- ✦ Learn about some of the great advances and discoveries made by nurses and other famous women in health related fields.
- ✦ Describe what interests you the most and why.
- ✦ What did you find most fascinating?
- ✦ What do you think is most exciting about being a nurse today?
- ✦ Describe how you see nursing in the next 50 years? In 100 years?

The Care of Others

1. Visit a home bound person or nursing home to interact with a person who is not able to get out on their own.
2. Read cards, newspapers, or magazines to the person.
3. Offer to shop or do errands for the person.
4. Decorate the person's room with a poster that shows how you can care for others.
5. Make food tray decorations for the care center or nursing home you are visiting to celebrate a holiday or season.

Volunteering

- ✦ Contact a hospital, nursing home, adult day care center, children's day care center or other agency that care for the ill or disabled.

- ✦ Join their Volunteer Department.

- ✦ Volunteer 40 hours doing the facility specific volunteer duties.

- ✦ Be sure to get a certificate of completion to submit for the BeANurse@HCA Patch requirements.

Shadow A Nurse For A Day

- ✦ Contact a hospital or nursing home Director of Nursing. Explain your patch program. Be a shadow for a nurse for a day. Follow the nurse as he or she does their routine work for a day. Be sure you follow specific guidelines and restrictions given to you by the nurse you are working with.

- ✦ Interview the nurse as you spend the day.

- ✦ At the conclusion of the day write a story of your experience. Describe what you found rewarding, exciting and interesting. What do you want to learn more about? Define why you would want to be a nurse and what you would like your job to be.

- ✦ Write a thank you note to the hospital or nursing home Director and the nurse you shadowed. Be sure to send a copy of your story also!

Nurses, All Kinds Of Nurses!

- +** Learn about the many opportunities for nursing. Write a story about nurses who care for adults, teens, children and babies. How are their jobs different?

- +** Where do nurses work? In homes, hospitals, clinics, doctor's offices, factories, government agencies, armed forces and churches. How are these jobs different? How are these jobs similar?

- +** Learn about registered nurses, nurse anesthetists, nurse midwives, clinical nurse researchers, home health nurses, occupational health nurses, public health nurses, nurse practitioners, and forensic nurses. Which one of these careers do you think you would like the best?

- +** Many nurses choose a nursing specialty because of an experience they have had with a sick friend or relative. Many nurses choose a specialty based on a talent or expertise they have developed such as research or a fondness for babies or older adults.

- +** Choose one or several and educate your family, class or troop about the many opportunities in the nursing profession.

What Is In The Soup?

- ✦ Everyone says chicken soup is good for you when you are sick. Look at your favorite chicken soup and list the ingredients. What do our bodies need from these ingredients to help us get better, whether it is from a cold, sore throat, or injury.

- ✦ What is lacking in the chicken soup?

- ✦ Make up your own recipe, creating a super healing chicken soup.

- ✦ Enjoy your creation with your family or troop. Share the “reviews” with your troop.

What is Normal?

Learn what is “normal” for your body.

- + Blood Pressure
- + Pulse
- + Respirations
- + Temperature
- + Weight
- + Blood Sugar
- + Cholesterol
 - HDL
 - LDL

Learn how to take your blood pressure, pulse, respirations, temperature, and weight. Are you normal? Great if you are, but if you are not, find out what you should do to get your numbers to be normal.

Have your blood sugar and cholesterol checked by your doctor or health screening clinic. Take your family with you. Enjoying good health is something you can do for yourself and encourage others to do as well.

What other types of screenings are important to your health?

Mammograms and breast checks.

Review the American Cancer Society’s guidelines for early detection.

October is Breast Cancer Prevention Month.

Internet Resources

- + www.beanurseathca.com
- + www.ana.org
- + www.nursingworld.org
- + www.nsna.org
- + www.discovernursing.com
- + www.bam.gov
- + www.fda.gov
- + www.hhs.gov/kids
- + www.kidfood.org
- + www.cdc.gov
- + www.fns.usda.gov

BeANurse@HCA

GIRL SCOUT PATCH PROGRAM

Troop Information and Evaluation

(Required of each troop participating in the patch program.)

Patches will be made available to you for \$2.00 once this form is processed.)

Please attach a check made out to GSCCV with this form.

After completing the patch program, please complete this form (both pages) and return it to:

Girl Scout Commonwealth Council
7300 Hanover Green Drive
P.O. Box 548
Mechanicsville, VA 23111

PLEASE PRINT ALL INFORMATION

Council Name: _____

Troop Number: _____ Troop Level: _____ Number of girls participating: _____

Leader's Name: _____

Leader's Address: _____

Leader's City, State, Zip: _____

Leader's E-mail Address: _____ Phone: _____

Please answer the following questions:

Why did your troop choose to participate in this patch program?

What did they like about this particular program?

What could have been better?

Did your troop...

Question	Yes	No	Sometimes	Don't Know
Make good decisions?				
Learn that it feels good to do something for someone else?				
Make a plan to get something done?				
Think about what is best for everyone?				
Develop leadership skills?				
Become better team players?				
Carry out its plan?				

Thank you for participating in the BeANurse@HCA Patch Program! If you have any further comments, questions or concerns, please call the Girl Scout Commonwealth Council at 1-800-4-SCOUT-4, ext. 329.