

Speaking to Youth Program

Event: Every year, three or four nurses or other health care personnel would present Nursing/Health Care Day to students at a local school. The key is selecting a specific school and grade level and making the program a yearly tradition for that grade level. This allows you the opportunity to build awareness throughout the community and avoid reaching the same students every year. Middle school students are the suggested target audience.

Opening Assembly: The presentation would begin with a brief orientation session at an assembly. The students could be shown a brief video about the hospital if available. Give the students a brief overview of what is going to happen and let them know they need to take notes because there will be questions at the end.

Classes: Students should divide into three or four groups in different classrooms, depending on the number of nurses/personnel presenting and the number of students. The students would then rotate through the modules/classrooms in 20–25 minute intervals. In each module, the presenter would instruct on health care related topics. Topics may include, but are not limited to, the following:

1. **The History of Nursing** – Students are introduced to the history of nursing from the 18th century to the status of nursing in today’s health care environment.
 - a. How has nursing changed throughout history?
 - b. What role did nurses play in the changing of health care and how have their roles changed?
 - c. How have uniforms and practices changed?
 - d. Show them the outfits nurses used to wear, past tools of the trade such as mercury thermometers, etc.
2. **Technology in Nursing** – Students are introduced to the technological advances in health care and the effects technology has on nursing and health care in general.
 - a. How has technology made the life of a nurse harder/easier?
 - b. How does the Internet impact nursing and health care today?
 - c. Take in a sphygmometer to take their blood pressure and allow them to try it.
3. **The Role of Nurses** – Students are introduced to the role that nurses play in today’s health care arena beyond their local doctor’s office or the school nurse.
 - a. What do nurses in a hospital do?
 - b. What areas of the hospital can you work in? maternity, ED, OR, etc.
 - c. What other areas of health care can you work in? home health, rehab, psychiatric, long-term care, etc.
 - d. Do you just change bedpans and take temperatures?
 - e. Do you need a college education to be a nurse?
 - f. Why do you like being a nurse?

4. **The Future of Nursing** – Students are introduced to the future of health care and how nurses will play a vital role. They also are introduced to the ever growing need for quality health care professionals and how that can shape their career paths.
 - a. How can I become a nurse?
 - b. Will nurses be needed in the future?
 - c. What roles can nurses play if they don't want to be in a hospital, i.e. home health, nursing homes, teaching, etc.

5. **The History of Our Hospital** – Students are introduced to the history of their local hospital.
 - a. How has the hospital in our community changed?
 - b. How has the role of the hospital changed?
 - c. How did it all get started?
 - d. How many beds, employees, doctors, restrooms, etc.?
 - e. What does the hospital do/services it offers?
 - f. Show students photos of the hospital's history.

6. **Community Health** – Students are introduced to what is a healthy community? How can they make their community healthy?
 - a. Explain that a healthy community is one in which
 - b. Explain how the hospital helps the community by doing more than just treating patients, i.e., community outreach, community partnerships, free/partial pay clinics, CHIP enrollment, uncompensated care, etc.
 - c. Let them know how they can volunteer at the hospital or in their community.

7. **The Role of Pharmacists** – Students are introduced to what pharmacists do, what training they need, and why they enjoy what they do.
 - a. What do you do?
 - b. What did you have to learn to become a pharmacist? Math, Biology
 - c. Why did you become a pharmacist?
 - d. How do you read the doctor's handwriting?

8. **The Role of Therapists** – Students are introduced to what therapists do, what training they need, why they enjoy what they do.
 - a. What do you do?
 - b. What did you have to learn to become a therapist? Math, Biology
 - c. Why did you become a therapist?

HAP offers a nursing brochure, *Nursing: Opportunities Unlimited*, for high school students and a nursing activity book, *You Can Be A Nurse Too!*, for elementary/middle school age students that can be used in conjunction with Nursing Day. Both of these items can be ordered from HAP online in the “workforce” section of HAP’s website at haponline.org or by calling HAP’s Library at (717) 564-9200.

Final Assembly: The day wraps up with another large group assembly. During the assembly each instructor can ask questions concerning what the students learned in their module. If available, prizes could be distributed to the students that answered the question correctly. Prizes could be pens, t-shirts, hats, or other hospital give-away items that may already be in stock or left over from an earlier initiative.

In addition, three or four students could be randomly selected to go to lunch with a couple of nurses or health care personnel during the school week. They visit for lunch in the hospital cafeteria and then take a tour of the hospital or health care facility. It is recommended that this event occur on a different day, that a school chaperone is included, and that the school be responsible for acquiring permission slips from the parents for students to participate on the field trip.

The cost for this project is minimal. The primary expenses are prizes for the question and answer session during the final assembly and lunch for three or four students and staff.

Sample Schedule: Here's a sample of a schedule that may be used in coordinating Nursing Day with a school district.

Topic Schedule:

Topic 1	Presenter	Room #
Topic 2	Presenter	Room #
Topic 3	Presenter	Room #
Topic 4	Presenter	Room #

Program Schedule:

7:30 a.m. to 8:30 a.m.	Personnel set up in the four classrooms and the auditorium.
8:00 a.m. to 8:25 a.m.	Orientation for students in the school auditorium: a. Preview the program. b. Introduce hospital personnel/instructors c. Video (if applicable)
8:30 a.m. to 10:05 a.m.	Student sections move to classrooms, rotating at 25-minute intervals. (8:30 a.m.–8:55 a.m., 8:55 a.m.–9:20 a.m., 9:20 a.m. –9:45 a.m., 9:45 a.m.–10:10 a.m.)
10:10 a.m. to 10:40 a.m.	Final assembly

Personnel may have an opportunity to remain at the school and eat lunch with the students. Check with the school.