

## Building Healthy Journeys

### Daisy, Brownie, Junior

Girl Scouts of Colorado is proud to partner with HealthONE and Rocky Mountain Hospital for Children to showcase the wide world of healthcare careers. With an ever-growing need for compassionate, skilled, and diverse healthcare providers and administrators, HealthONE wants to inspire girls to help us achieve their mission: “Above all else, we are committed to the care and improvement of human life.” This patch program teaches Girl Scouts about the varied roles found in hospital care through a journey to health interactive experience.

Most likely, at some point in your life, you will need to visit a hospital and depending on the reason for your visit it can be exciting, scary, or something in between. By earning your HealthONE Building Healthy Journeys patch, you will explore how a hospital is much more than a place, it is a community of people working together to keep people healthy. Each person has an important job and responsibility to make sure the needs of every patient are met.

Throughout our journey we will be following Estrella. She is a Girl Scout just like you! One of her favorite activities is going on outdoor adventures — especially hiking. In this scenario, Estrella was on a hike, tripped on a tree root, and fell on the ground using her hand to soften the fall. Let’s follow the next steps she takes and the community of people who help her.

### To Earn this Patch:

- At each step, complete the “Try it Out” activity to learn more about working in healthcare.
- Use the reflection questions at the end to talk with a friend or family member about what you have learned.
- [Complete this form](#) to receive this patch for FREE.

### Leader Tips:

- Girl Scouts can earn the patch on their own or together with the troop.
- Turn the “Try it Out” activity into hands-on activity stations to have even more fun.
- Pages to print: 3, 9, 10
- Make it girl-led by asking your Girl Scouts to learn more about one of the mentioned careers and share with the troop.

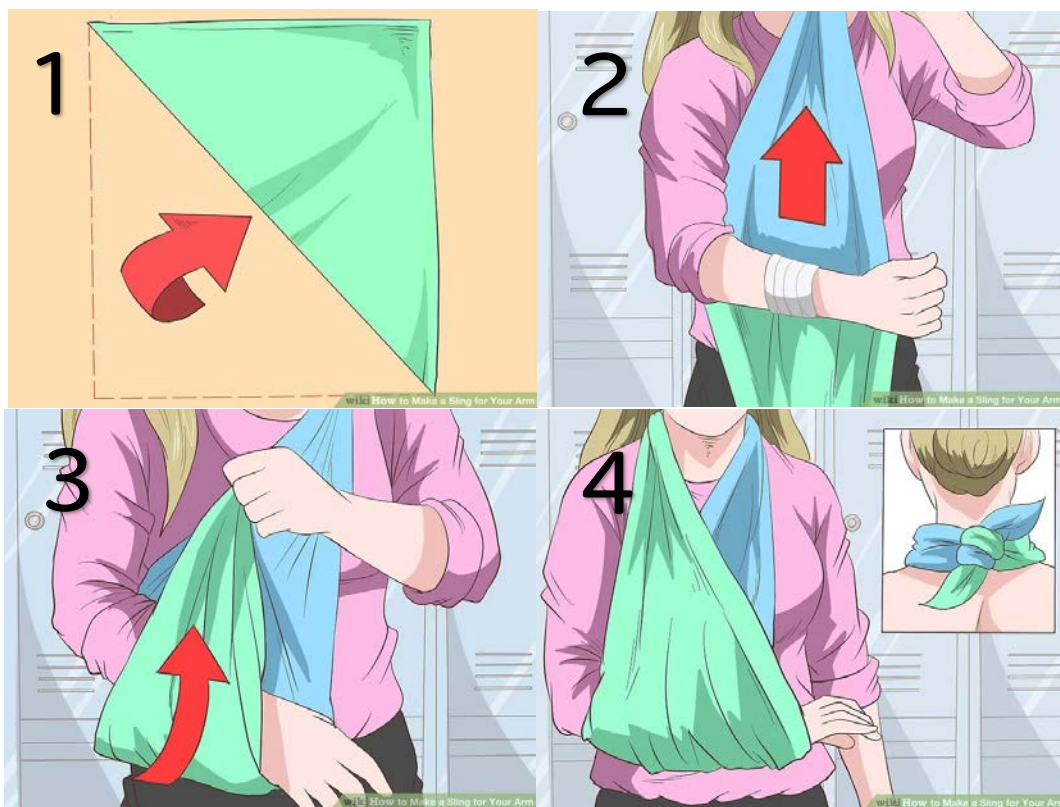


## 1. Assessing the Situation

Estrella is complaining that after her fall, her arm is really hurting her a lot. Her grown-up asks her to move her arm, but her arm hurts too much to move. She is able to walk back to the car, but the grown-up wants to make sure Estrella's arm isn't bumping around. They decide to put her arm in a sling to keep it elevated and restrict movement.

### Try it Out!

Let's learn how to tie a simple sling with a bandana – something every Girl Scout should have in her adventure pack! (resource: <https://www.wikihow.com/Make-a-Sling-for-Your-Arm#Video> )



## 2. Arriving at the Hospital

The adult with Estrella decides it is best to take her to the Emergency Room at the closest hospital. One of the first people Estrella meets at the hospital is the **Emergency Medical Technician (EMT)**. They are responsible for collecting all the information about her to create a medical record. To help answer some of the questions, Estrella shows the EMT her medical ID card.

### Try it Out!

Use the template to create your own medical ID card. Tip: Use the back to list all important phones numbers, such as your grown-ups, troop leaders, or other people who should be called if you need medical attention.

<b>In Case of Emergency:</b>	
<b>Name:</b>	<b>DOB:</b>
<b>Blood Type:</b>	
<b>Medicines I take:</b>	
<b>Allergies I have:</b>	
<b>Home Address:</b>	
<b>Insurance:</b>	<b>Policy/Group:</b>
<b>Dr. Name:</b>	<b>Phone:</b>

### Words to Learn

**Medical:** Describes something related to treating an illness or injury.

**EMT:** Someone works with Emergency Department doctors to care for patients.

### 3. Checking into the Room

Once Estrella is in her room, the EMT gets her vitals and asks Estrella what brings her to the Emergency Department. They collect her vitals, such as height, weight, blood pressure, and pulse. The EMT will record all this information on Estrella’s medical record, or chart, to share with other people who will be assisting with her care. The **ER Nurse** comes in to talk with Estrella and get additional information about any medications Estrella is taking, allergies, medical history and the nurse performs an initial assessment of Estrella’s condition.

#### Try it Out!

- Wondering what blood pressure is? [Check out this video](#) to learn what it is and why it is important to measure it.
- Let’s learn a new skill and check your pulse. [Check out this video](#) to learn how to feel your heart beat.

#### Words to Learn

**Blood vessels:** Tube-like tunnels that channel blood throughout your body.

**Blood pressure:** Measure of how much pressure your blood vessels feel.

**Vitals:** Measurements of the body’s most basic functions, such as temperature, pulse, rate of breathing, and blood pressure.

#### Meet an Expert: Chief Executive Officer



Sylvia Young is the President and Chief Executive Officer of HealthONE. This group of healthcare centers includes Rocky Mountain Hospital for Children, Presbyterian/St Luke’s Medical Center, Rose Medical Center, Swedish Medical Center, Sky Ridge Medical Center, The Medical Center of Aurora, and North Suburban Medical Center. Her job is to help make sure these centers run smoothly and have the staff, equipment and support they need to achieve their mission of caring for and improving human lives.

As a young girl, Sylvia was a Girl Scout just like you! Her leadership skills have been recognized as she has been awarded as an “Outstanding Women in Business” and “Most Admired CEO”. This fall, Sylvia will join the Girl Scouts of Colorado “Women of Distinction.”

## 4. Getting X-Rays

An X-ray Technician visits Estrella in her Emergency Room with a mobile X-ray machine. The X-ray gives the Emergency Room doctor images needed to look at the injury closer. The **X-ray Technician** has a good understanding of the skeletal system and how to capture the images asked by the doctor.

### Try it Out!

- Ever wondered how X-rays work? Check out this video: [https://youtu.be/hTz\\_rGP4v9Y](https://youtu.be/hTz_rGP4v9Y)
- Check out this story to show you what it is like to get an X-ray: <https://www.radiologyinfo.org/-/media/radinfo/radinfo-4-kids/pdfs/learning-about-xrays-storybook.ashx>
- Learn how Marie Curie developed mobile X-ray machines during World War I: <https://www.britannica.com/video/201446/World-War-I-Marie-Curie-labs-fleet>

Check out the mobile X-ray machine that is used in hospitals today!



### Words to Learn

**X-Ray:** A type of radiation called electromagnetic waves

**X-Ray imaging:** Using the electromagnetic waves to create pictures of the inside of a body

**Skeletal system:** All the bones in your body

**X-Ray Technician:** Someone who has the job to position your body and use the X-ray machine to capture the images inside your body.

## 5. Understanding X-Rays

The X-rays are now sent to a Radiologist to determine what happened to Estrella's arm. Once the X-ray technician takes the X-rays, they are sent to a radiologist to confirm exactly what happened to Estrella's arm. The **Radiologist** shares the information with the **Emergency Room Doctor** who will also share with an **Orthopedic Doctor** to determine care after Estrella leaves the Emergency Room.

### Try it Out!

Look at the X-ray images below. Can you tell where on the body the image is from and where the injury is? Write below the image the body part and circle where the injury is.



## 6. Nervous!

After getting her X-ray and hearing from the doctor about the next steps to help her arm heal, Estrella is starting to get a bit nervous. A **Child Life Specialist** visits to Estrella to check on her feelings and emotions. After talking with Estrella, they decide to do some grounding activities and even have the hospital facility dog come visit! Estrella loved having the dog come visit her.

### Try it Out!

Try one of these grounding activities to calm your own emotions. After you complete the activities, reflect on how your emotions and feelings have changed. Did you feel your body relax?

- 5 X 5 Grounding Activity
  - Look for 5 things in your space.
  - Hear 4 things around you.
  - Touch 3 things near you.
  - Smell 2 things in the air.
  - Taste 1 thing.
- Get a really tight bear hug from a friend or family member.
- Do 20 jumping jacks!
- Draw a wide figure 8 in the air in front of you. Do it several times with each hand.

### Words to Learn

**Child Life Specialist:** Health care professionals who help children and families through the process of illness, injury, disability, trauma, or hospitalization.

**Grounding activity:** Activities to have you use your five senses to help you move through stress.

### Meet an Expert: Child Life Specialist



The Child Life Specialists at Rocky Mountain Hospital for Children (RMHC) work with pediatric patients to help children and their families cope with the stress of a chronic illness (like cancer), injuries, or disability.

At RMHC, the Child Life team and their hospital dog Posey work with patients in a calming way to encourage children through their medical journey. [Learn more about Posey!](#)

The day after Estrella is seen in the Emergency Department, she gets an appointment to see a Sports Medicine Specialist. This is an Orthopedic Office where they will look at the X-rays taken the day before and change the splint into a cast. A **Physician Assistant** will work with the Orthopedic Specialist to help put the cast on Estrella's arm.

## Try it Out!

In a hospital or physician office there is a nurses' station, which can be thought of as the command center for care. The photo below is of an actual nurses' station at Rocky Mountain Children's Hospital! Examine the picture and see if you can find something that fits each item below.

Something that helps a nurse ...

- Communicate with their patients
- Track their patients' progress
- Communicate with other nurses
- Take a break
- Prepare for their next patient



## Words to Learn

**Nurse:** A person trained to provide care to patients. They have special education and training to help patients heal or recover.

**Physician Assistant:** They can diagnose illnesses, prescribe medicine and create plans to take care of a patient. They practice medicine under the direction and supervision of a doctor.

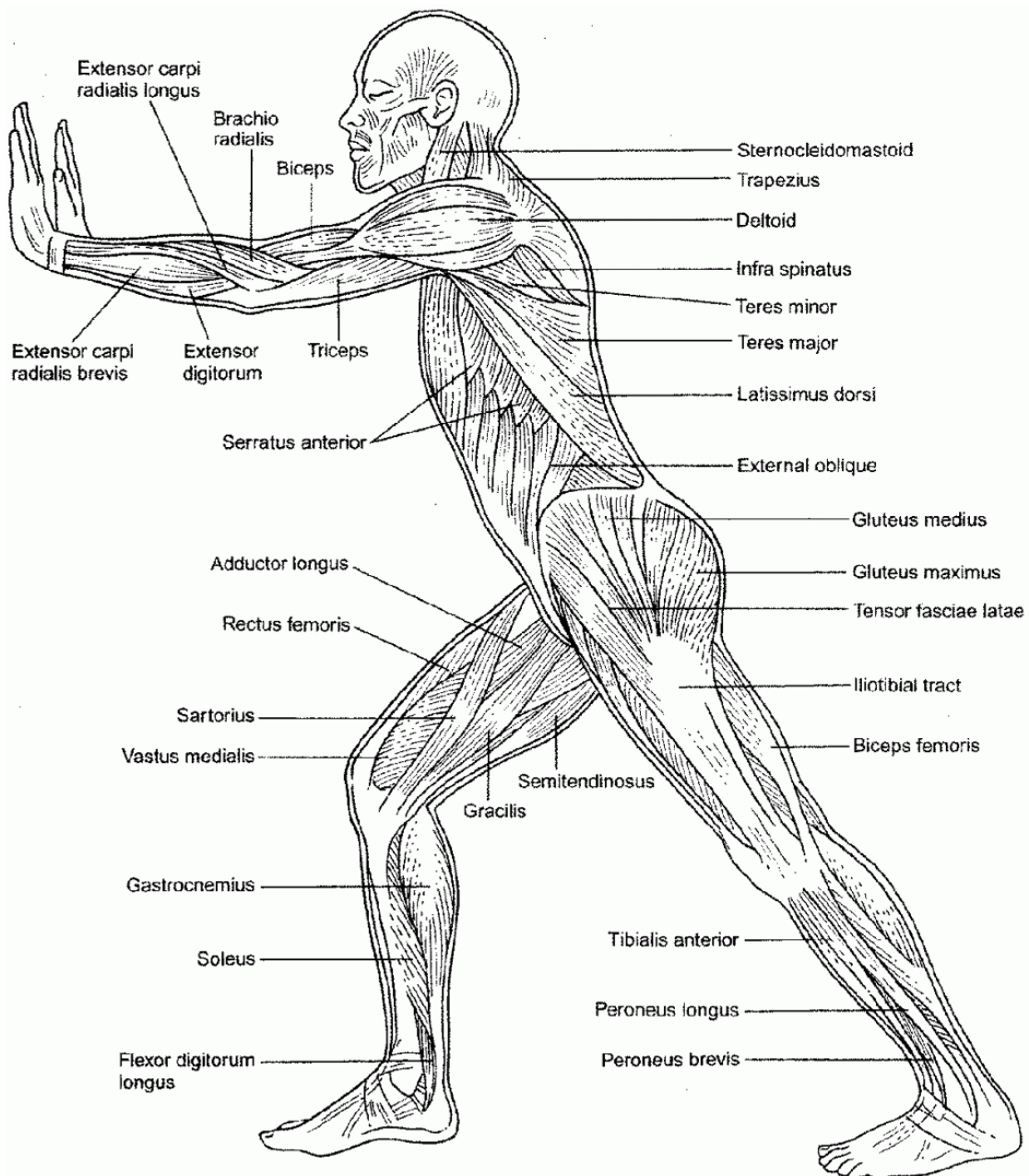


## 8. Visit from the Doctor

The Orthopedic Doctor has reviewed the X-rays and determined that a cast is needed for the bones to heal. They must look at not only the fractured bone but determine if any ligaments or muscles are also damaged. In Estrella's arm, there is no damage to the muscles or ligaments. The cast will be enough to help Estrella's arm heal.

### Try it Out!

Did you know there are about 600 muscles in the human body? Medical professionals learn the names and function of them while they are in school. Use the coloring sheet below to learn where these muscles are and some of their names.



## 9. Hungry?

Now that Estrella is on the road to recovery, she wants to be sure she eats healthy to help her body focus on healing. She meets with a **Nutritionist** to be sure she is making the best food choices possible.

### Try it Out!

Let's step into the job of a nutritionist and think of some healthy choices for people who are focusing on healing from an injury or illness. Read each chart below and circle what food would be a good meal for them.

**Reason:** At home recovering from knee injury, won't be able to move for one week.

**Allergies:** None

**Diet:** Needs foods that will fill him up, but keep calories low since he will not be moving.

#### Breakfast Food Choices



**Reason:** In the hospital because they just had a baby!

**Allergies:** None

**Diet:** Needs foods with lots of calories to help her heal and make milk for the baby, but can't be too spicy.

#### Lunch Food Choices

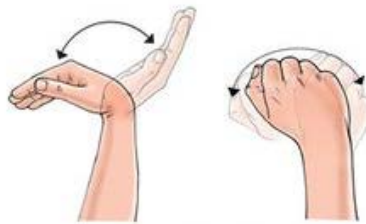


## 10. Continue Healing at Home

Weeks have passed and Estrella is ready to remove her cast. Since her arm has not been able to move, it has become pretty weak. Estrella meets with a **Physical Therapist** to learn about stretches and exercises to get her arm back to the strength it was before the injury. The Physical Therapist will slowly progress the activities to ensure there isn't too much strain on the arm.

### Try it Out!

- Try one of these exercises: <https://youtu.be/Tm4EyQl8SLg>
- Try the exercises in these sketches



Wrist range of motion



Wrist stretch



Wrist flexion stretch



Wrist extension stretch



Wrist flexion



Wrist extension

## 11. Thanking Everyone!

Estrella is a dedicated Girl Scout and wants to give back to those who helped her. Check with your local hospital.

### Ways to Give Back!

- Choose a hospital or medical center as your Hometown Hero.
- Celebrate World Health Day and show your healthcare workers you care.
- Make a plan to volunteer when you are in high school.
- Keep learning about science and consider a career in healthcare.