



BUILDING HEALTHY JOURNEYS

Daisies, Brownies, & Juniors

Girl Scouts of Colorado is proud to partner with **HCA HealthONE Rocky Mountain Children's** to introduce girls to the wide world of healthcare careers.

With an ever-growing need for compassionate, skilled and diverse healthcare providers and administrators, HCA 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 healthcare through an interactive experience.

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.

Through earning your **HCA 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 the patient are met.



Introduction

Meet Estrella!

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 hit the ground pretty hard.

Let's follow the steps she takes to feel better and the community of people that 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: 5, 7, 10, 13, 22
- Make it girl-led by asking your Girl Scouts to learn more about one of the mentioned careers and share with the troop.



x



1. Assessing the Situation

*WORDS TO LEARN!

Public Safety Telecommunicator: A person who answers 911 calls and helps send police officers, firefighters, or paramedics to people who need help. They stay calm and gather important information during emergencies.

Emergency Response Centers: A place where emergency calls are answered and help is coordinated. People working there make sure the right emergency teams get to the right place as quickly as possible.

Law Enforcement Agency: An organization, such as a police department or sheriff's office, that helps keep people safe, enforces laws, and responds when someone needs assistance.

9-1-1: 911 is the special phone number to call for real emergencies, like when someone is hurt, sick, or there's a fire, to get help from the police, firefighters, or an ambulance right away.



Assessing Estrella's Situation

After falling on the hike, Estrella is complaining that her ankle is hurting her. Her grown-up asks her to move her ankle and try walking on it, but it is too painful. They wrap her ankle with an ACE bandage, elevate it on a log, and limit her movement while they determine whether to call for help since she is unable to walk.

They decide to call **911** and they talk to a **Public Safety Telecommunicator**.

Public Safety Telecommunicators work at **Emergency Response Centers** to relay reports of public distress to the appropriate **Law Enforcement Agency**.



1. Assessing the Situation

* TRY IT OUT!



Materials Needed:

- Elastic bandage similar to ACE bandage
- Toy or stuffed animal to practice tying a sling
- Play phone or paper phone to practice dialing 911



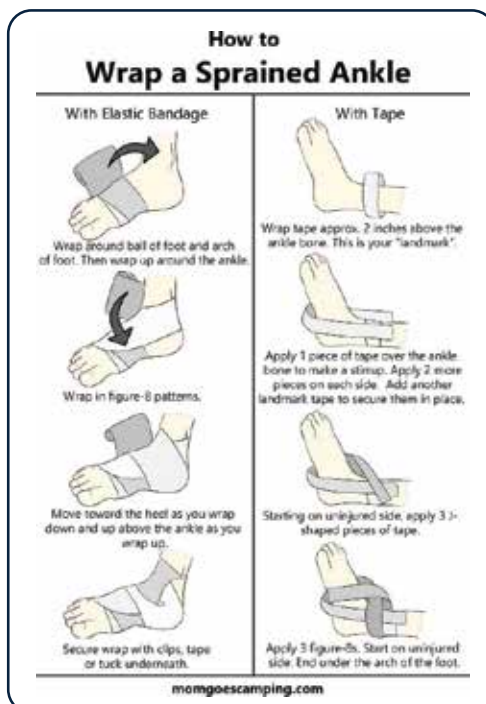
Option #1

Let's learn a simple way to wrap an ankle! You can try this on yourself, a friend or a stuffed animal.

(resource: [How to Wrap a Sprained Ankle: Bandage and Tape Methods \(Infographic\) - Mom Goes Camping](#))



* Click for more!



* Print the next page!



x



How to Wrap a Sprained Ankle

With Elastic Bandage



Wrap around ball of foot and arch of foot. Then wrap up around the ankle.



Wrap in figure-8 patterns.



Move toward the heel as you wrap down and up above the ankle as you wrap up.



Secure wrap with clips, tape or tuck underneath.

With Tape



Wrap tape approx. 2 inches above the ankle bone. This is your "landmark".



Apply 1 piece of tape over the ankle bone to make a stirrup. Apply 2 more pieces on each side. Add another landmark tape to secure them in place.



Starting on uninjured side, apply 3 J-shaped pieces of tape.



Apply 3 figure-8s. Start on uninjured side. End under the arch of the foot.

momgoescamping.com

1. Assessing the Situation

*TRY IT OUT!



Option #2

Let's practice who to call for an emergency. Fill out the emergency action plan cards below, then practice calling 911 with a friend (do not actually call 911).

What to do when you call 911:

1. Stay calm, take a deep breath and speak clearly.
2. Dial 9-1-1 on the phone.
3. Tell them what's wrong by saying what kind of emergency it is.
4. Give your location by telling them the address or where you are (like your home address or a place nearby).
5. Try your best to answer the dispatcher's questions.
6. Stay on the phone until they tell you it's okay to hang up.
7. Follow their instructions and listen carefully

Fill out the cards below so girls can follow an emergency action plan when an emergency occurs:

 **IMPORTANT
PHONE NUMBERS** 

Emergency Contact #1

Name:

Emergency Contact #2

Name:

Emergency Contact #3

Name:

Emergency Contact #4

Name:

Name:

 **EMERGENCY** 
Who do I call?

If someone has been **hurt**, what number do I call?



If there is a **fire**, what number do I call?



If someone is in **danger**, what number do I call?



I will tell the operator my name:

and where I live:

* Print the next page!



x





IMPORTANT PHONE NUMBERS



Emergency Contact #1

Name:

Emergency Contact #2

Name:

Emergency Contact #3

Name:

Emergency Contact #4

Name:

Name: _____



EMERGENCY



Who do I call?

If someone has been **hurt**, what number do I call?



If there is a **fire**, what number do I call?



If someone is in **danger**, what number do I call?



I will tell the operator my name: _____

and where I live: _____

2. Arriving at the Hospital

*WORDS TO LEARN!

Ambulance: An ambulance is a vehicle used to transport people who are sick or injured.

Emergency Medical Technicians (EMT): A first responder who is trained in basic medical knowledge and skills to provide immediate medical care to patients in an emergency.

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

Medical Receptionist: Someone who has the job to welcome patients, check them into the hospital, and gather any information that is needed.

Medical ID Card: A card that tells helpers important health information about you. It can include things like allergies, medical needs, and who to contact in an emergency.



Who Helps in an Emergency?

After calling 911, the **Emergency Medical Technicians (EMT)** arrive on scene and transport Estrella to the hospital in the **ambulance**. An **EMT** is a first responder who is trained in basic medical knowledge and skills to provide immediate medical care to patients in an emergency.

The first person Estrella meets at the hospital is the **Medical Receptionist**. They are responsible for collecting all the information about her to create a medical record. Estrella is prepared, like all Girl Scouts always are, and has her **Medical ID Card** with her so she knows all the important information the Medical Receptionist is asking about.



2. Arriving at the Hospital

 **TRY IT OUT!**



Materials Needed:

- Medical ID card template (provided)
- Markers or pens for decorating
- Scissors, Glue or Tape



Your Medical ID Card

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 that should be called if you needed medical attention.

In Case of Emergency:

Name: **DOB:**

Blood Type:

Medicines I Take:

Allergies I Have:

Home Address:

Insurance:

Policy/Group:

Dr. Name:

Phone:

 *Optional:* Roleplay with a friend!

Practice giving your information to the EMT and discuss "safe people" to give your information to.

 *Print the next page!*



X



In Case of Emergency:

Name:

DOB:

Blood Type:

Medicines I Take:

Allergies I Have:

Home Address:

Insurance:

Policy/Group:

Dr. Name:

Phone:

3. Checking into the Room

*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.

Patient Care Tech: Someone who has the job to collect a patient's vitals, make sure a patient has what they need, and assist in the care of the patient.

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



Checking In

A **Patient Care Tech** meets Estrella in the lobby and takes her back to her room.

Along the way they collect her vitals, such as height, weight, **blood pressure**, and pulse.

The Patient Care Tech will record all this information on Estrella's medical record, or chart, to share with other people who will be assisting with her care.



3. Checking into the Room

* TRY IT OUT!



Materials Needed:

- Access to a video on blood pressure
- A watch/clock/timer with a second hand to check pulse
- Paper and pen to record pulse
- Measuring tape
- Paper template of hospital band that can be cut out



A Vital Exercise

- Measure your height in inches and convert it to feet.
- Learn how to check your blood pressure and pulse.
 - Check out [this video](#) to learn about blood pressure.
 - Check out [this video](#) to learn how to check your pulse.
- Make a hospital band that includes your name, any allergies, your height, and name.

* **For more fun:** everybody can participate in "assessments" stations: eye assessment, walking in straight line, touching toes, etc.
(resource: [Patient Medical Bracelet Template - Imaginative Play | Teach Starter](#))

* Click for more!



* Print the next page!



x



Four identical light blue patient identification tags are shown, arranged horizontally. Each tag features a vertical strip on the left side containing 15 small circles. The main body of the tag is rectangular with a pointed bottom. Inside the main body, there is a white rectangular area containing a barcode, the text "Patient Name: _____ M / F", and the text "Date: _____ Time: _____".

4. Determining Care

*WORDS TO LEARN!

Nurse: A healthcare professional who cares for people when they are sick, injured, or recovering. Nurses check on patients, give medicines, answer questions, and help people stay healthy.

Nurse Practitioner: A nurse who has more training, school, and experience who can treat certain medical conditions without the direct supervision of a doctor.

X-Ray: An X-ray is a very strong, invisible beam of light that is able to pass through many kinds of solid material. These beams are very often used by doctors for seeing things inside the human body, like a person's bones.



Evaluating the Injury

A **Nurse Practitioner** visits Estrella first in her room. They ask questions about how she fell and what part of her is hurting. Their job is to look at the patient, determine what type of care is needed, and, if necessary, call specific doctors to see the patient.

After removing the bandage wrap, they observe that the ankle is really swollen and not able to move. The Nurse Practitioner decides to have Estrella get an **X-ray** of her ankle.



4. Determining Care

*TRY IT OUT!



In the hospital 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 HCA HealthONE Rocky Mountain Children's! Examine the picture and see if you can find something that fits each item below.

Something that helps a nurse...

- ☐ Track their patient's progress
- ☐ Communicate with other nurses
- ☐ Take a break
- ☐ Prepare for their next patient
- ☐ Educational resources



5. Nervous!

* 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.



Calming Care

All of the talk of getting X-rays and possible surgery has made Estrella very nervous. A **Child Life Specialist** visits with 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.



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!](#)

* Click for more!



5. Nervous!

*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 maybe even have physical relief?

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
- A. Get a really tight bear hug from a friend or family member.
- B. Do 20 jumping jacks!
- C. Draw a wide figure 8 in the air in front of you. Do it several times with each hand.



6. Getting X-Rays

*WORDS TO LEARN!

X-Ray: An X-ray is a special picture that shows the inside of your body, especially your bones. Doctors use X-rays to check for broken bones and other injuries.

X-Ray Imaging: A medical imaging technique that uses X-rays to create pictures of the inside of the body. Healthcare professionals use X-ray imaging to help diagnose injuries, illnesses, and other health conditions.

Skeletal System: The body system made up of all the bones in your body. The skeletal system gives your body shape, protects important organs like your brain and heart, and works with your muscles to help you move.

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



Inside the X-Ray Lab

Estrella is escorted by the Patient Care Tech to the X-ray lab. This room looks completely different and has a lot of machines in here.

An **X-Ray Technician** greets Estrella and gives her a tour. Their job is to take the **X-ray** images that are needed to examine the injury closer.

They must have a good understanding of the skeletal systems and how to capture the images the doctor will need.



6. Getting X-Rays

*TRY IT OUT!



Ever wondered how X-rays work? Check out [this video](#).



[Learn how](#) Marie Curie developed mobile X-ray machines during World War I.

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



x



7. Understanding X-Rays

*WORDS TO LEARN!

Radiologist: Radiologists are doctors who read and interpret X-rays, CT scans, and other medical images to help other doctors understand what's happening inside the body.

Orthopedic Doctor: An orthopedist, or orthopedic surgeon, studies, diagnoses, and treats conditions that affect muscles, joints, and bones, such as infections, sports injuries, broken bones, and joint problems.



Reading the Results

The X-rays are now sent to a **Radiologist** to determine what happened to Estrella's ankle.

There are a variety of things that could make Estrella's ankle hurt, such as a dislocation, fracture, or a break.

The Radiologist shares the information with the **Orthopedic Doctor** for them to determine next steps in care.



7. Understanding X-Rays

*TRY IT OUT!



Materials Needed:

- Print-outs of the X-ray image sheet on the next page
- Writing utensils
- White crayons
- Black Paper
- Q-tips
- Glue or tape



Be an X-Ray Detective!

- A. Look at the X-ray images on the following page. 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.

* *Print the next page!*

- B. Make an "X-ray" of your own body part

1. Trace your foot or arm with a white crayon on black paper, then glue Q-Tips to the paper in the shape of bones. You can add a "fracture" or a "break" to the bones by cutting the Q-tips.



A. 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.



8. Visit from the Doctor

*WORDS TO LEARN!



Cast: A cast is a hard shell that helps protect a broken bone while it heals. It keeps the bone from moving too much so it can grow strong again.

Fracture: A medical term for a broken or cracked bone. Fractures can happen from falls, sports injuries, accidents, or other injuries. Some fractures are small cracks, while others are more serious breaks.

Ligaments: Ligaments are strong, stretchy bands inside your body that connect bones together. They help keep your joints stable and allow you to move, bend, and play.



Meeting Estrella's Doctor

The Orthopedic Doctor has reviewed the X-rays and determined that a **cast** is needed for the ankle 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 ankle, there is no damage to the muscles or ligaments, so no additional surgery is needed. A cast will be enough to help Estrella's ankle heal.



8. Visit from the Doctor

*TRY IT OUT!



Read each scenario and decide if it is **Safe**, **Needs Help**, or **Not Allowed**.

1. Estrella wants to take a shower without covering her cast.
☐ *Safe* ☐ *Needs Help* ☐ *Not Allowed*
2. Her cast feels itchy, and she wants to stick a pencil inside.
☐ *Safe* ☐ *Needs Help* ☐ *Not Allowed*
3. Estrella wants to decorate her cast with markers and stickers.
☐ *Safe* ☐ *Needs Help* ☐ *Not Allowed*
4. She has gym class and wants to participate in running games.
☐ *Safe* ☐ *Needs Help* ☐ *Not Allowed*
5. Estrella notices her toes feel tingly and look swollen.
☐ *Safe* ☐ *Needs Help* ☐ *Not Allowed*
6. She wants to use a waterproof cover to keep her cast dry in the bath.
☐ *Safe* ☐ *Needs Help* ☐ *Not Allowed*
7. Estrella bumps her cast and feels new pain afterward.
☐ *Safe* ☐ *Needs Help* ☐ *Not Allowed*
8. She wants to rest, elevate her leg, and follow her doctor's instructions.
☐ *Safe* ☐ *Needs Help* ☐ *Not Allowed*

* Discussion Prompt:

Which situations mean Estrella should ask an adult or contact her doctor?



9. Continue Healing at Home

*WORDS TO LEARN!



Physical Therapist: Someone that has the job to use physical exercises to help a person heal.



Supervised Healing

Weeks have passed and Estrella is ready to remove her cast. Since her ankle 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 ankle 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 ankle.

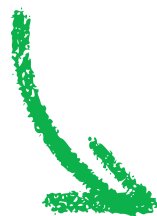


9. Continue Healing at Home

* **TRY IT OUT!**

1. Try one of these exercises.

2. Try the exercises in these sketches.



Broken Ankle Exercises



Copyright © 2001 McKesson Health Solutions LLC. All rights reserved.



10. Thanking Everyone!

Ways to Give Back!

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

- 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.





BUILDING HEALTHY JOURNEYS

CONGRATULATIONS!

You have completed the HCA HealthONE Building Healthy Journeys Patch Program!

* Request your free patch [here](#).



* **Bonus Achievement:** By completing this program, you have also met the requirements for the **GSUSA Exploring STEM Careers Badge**. The badge can be purchased online or at Girl Scouts of Colorado's retail store.

Keep exploring, keep asking questions, and keep imagining where your own journey might lead.

The future of healthcare needs creative thinkers, problem-solvers, innovators, and leaders—just like Girl Scouts!