

## Building Healthy Journeys

### Cadette, Senior, Ambassador

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 is met.

Throughout our journey we will be following Kelsi. She is a Girl Scout Senior who has recently found out that she has scoliosis, an abnormal curvature of the spine. Due to the severity of her condition, doctors have recommended that she undergo surgery on her spine. This type of surgery is one option for teenagers who have scoliosis, it might even be something you have experienced! We will take a look at the careers and skills that makes up Kelsi’s community of care.

### To Earn this Patch:

- At each step, complete the “Learn More” activity to learn more about working in healthcare.
- Discover more details of healthcare careers with the “Career Spotlight.”
- 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 this patch on their own or together with the troop.
- Turn the “Learn More” activity into hands-on activity stations to have even more fun.
- Pages to print: 3, 9, 13
- Make it girl-led by asking your Girl Scouts to learn more about one of the mentioned careers and share with the troop.



## 1. Deciding the Best Treatment

There are treatment options for people with scoliosis. For Kelsi, an orthopedic surgeon must take into consideration her health history, her tests, and x-rays.

### Learn More

Part of the responsibility of an Orthopedic Surgeon is to decide the best care for Kelsi. With scoliosis, there are different techniques that can be used. Learn about different techniques that are used to treat scoliosis through these patients' stories.

- Bracing for the Spine: <https://orthoenedenver.com/service/dr-jaren-riley-scoliosis-brace-experience>
- Spinal Fusion: <https://denver.cbslocal.com/2021/02/12/teenager-severe-scoliosis-sitting-comfortably-spinal-fusion/>
- Vertebral Body Tethering: <https://kdvr.com/health-3/colorado-teen-with-severe-scoliosis-gets-new-procedure/>

### 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."

## 2. Keeping a Record

Because Kelsi, her family and her orthopedic surgeon decided a special surgery called Vertebral Body Tethering is the best option for Kelsi, she and her family are starting their hospital journey. One of the first people Kelsi meets at the hospital is a **Patient Access Representative**. They are responsible for confirming all of the information to check in for her stay.

### Learn More

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>

### 3. Checking into the Room

A **Nurse** and **Patient Care Technician** meet Kelsi in the pre-op waiting area and take her back to a room where she gets ready for her surgery. They will gather and record her vitals such as height, weight, blood pressure, and pulse for her chart to share with others who will be assisting with her care.

#### Learn More

- 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](#).

#### Career Spotlight

##### Patient Care Technician

*Job responsibilities:* Performs basic patient care activities as delegated and supervised by a nurse, including but not limited to monitoring vital signs, taking blood glucose measurements and recording intake and output. Helps patients with personal care and activities of daily living (ie: bathing, grooming, eating).

*Required education:* High School Diploma or GED, Active Certified Nurses' Assistant License in Colorado, and Basic Life Support (BLS) certification

*Additional skills:* Experience understanding health records because of the sensitive information involved on the documents. Some get a medical administrative assistant certification to strengthen their resume.

*Required Skills:* Passionate about helping others, reliable and team oriented, excited to work in a fast-paced environment, organized and able to provide exceptional customer service.

[Learn about this career and more!](#)

## 4. Surgery Pre-check

A Nurse comes by to check on Kelsi before they start the prep for surgery. The nurse gets Kelsi's IV started to keep her hydrated as well and provide the care team with a way to administer medication if needed. While she is waiting, the **Nurse Practitioner(NP)** comes by to meet Kelsi and explain that she will be assisting the surgeon during surgery. The NP will help with post-operative care and will be available to answer any questions Kelsi has before surgery starts.

### Learn More

- Research how the IV was invented. Hint: standard IV use of saline solutions did not begin until 1902.
- [Learn how a Nurse Practitioner would find a vein](#), then see if you can find a good vein on your friend or family member. Safety Reminder: DO NOT actually try to poke them to draw blood or insert an IV.

## Career Spotlight

### Nurse Practitioner

*Job Responsibilities:* A nurse who has more training, school, and experience who helps with all aspects of patient care, including diagnosis, treatments, and consultations. They will also choose a specialty area: primary care, pediatrics, geriatrics, oncology, and psychiatric care.

*Required Education:* Graduate of an accredited school of nursing, Graduate of an accredited Nurse Practitioner Program

*Additional Certifications:* Advanced Practice Registered Nurse (APRN) Licensure, Nurse Practitioner Certification in specialty area, Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS), and if applicable CNOR/CRNFA certification.

*Required Skills:* Strong communication, leadership, analytical, patience, and critical thinking.

[Learn more about this career!](#)

## 5. Help During Hospital Stay

Understanding that surgery can be a little stressful, the hospital has Child Life Specialists available to meet with Kelsi. A **Child Life Specialist** is educated and clinically trained in the development of illness, injury, and hospital stays. They help children and their families cope with the stress and uncertainty of being in the hospital. One of the tools they use to assess Kelsi's mood is a number scale, 10 meaning that she is feeling great and 1 that she isn't her best. Kelsi decides she is between a 7 and 8. The Child Life Specialist leads Kelsi through a grounding activity to calm her down.

### 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 or think of the best thing about yourself.
- 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.

### Meet an Expert: Child Life Specialist



Kara Hellums (far right in picture) is one of several Child Life Specialist at Rocky Mountain Hospital for Children. She is an expert at addressing the psychosocial and developmental needs of her young patients. She does this through play and educational activities that are developmentally appropriate. Kara and her colleagues share a deep sense of empathy and compassion with their patients to ensure their patients are comfortable and can best cope with any hospital-related stress. They even get to work with [Posey, the RMHC hospital dog](#) to help patients through their stay.

## 6. You're Getting Sleepy

Due to the nature of her surgery, Kelsi will go under general anesthesia, which means she will be asleep or unconscious and not feel anything during surgery. The anesthesia is administered by an **Anesthesiologist** through the IV that the Nurse started earlier. Kelsi notices how kind and calm the Anesthesiologist is, but then next thing she knows she's fast asleep.

### Learn More

- [Learn how anesthesia affects your brain and body](#)
- One of the skills an anesthesiologist must have is good bedside manner. Learn what empathy is by [watching this video](#), then discuss with a friend or family member how you would use empathy as an anesthesiologist or any other medical professional.

### Career Spotlight

#### **Anesthesiologist**

*Job Responsibilities:* evaluate, monitor, and supervise patient care before, during, and after surgery, delivering anesthesia, and ensuring patient safety.

*Required Education:* Bachelor's Degree, Degree from a medical school.

*Additional Certifications:* Board Certified Anesthesiologist

*Required Skills:* Detail-oriented, work well under pressure, excellent problem-solving skills, strong interpersonal and communication skills.

[Learn more about this career!](#)



## 7. Setting the Stage

During surgery, people typically think about surgeons, nurses, etc., but how did all the supplies end up in there? That is the role of the **Surgical Tech**, who brings in the surgery supplies, sets-up the room, and hand delivers or picks up urgent lab work for the patient during a procedure.

### Learn More

While you might not have access to a surgical room, you do have access to a space that requires cleanliness, specific supplies, and an organized set-up... the kitchen!

- Create a checklist of items that need to be cleaned before, during, and after you use the kitchen. If you need some inspiration, check out this [example of a checklist](#) of an operating room.
- Organize! With the approval of your adult, go through your kitchen cabinets, drawers, shelves, and more to see if it is the best use of space. For example, are the cooking utensils next to the stove? Work to create the best organized space.

## Career Spotlight

### Surgical Tech

*Job Responsibilities:* Assists surgeons during surgical procedures by anticipating surgeon needs to make sure the procedure is executed as smoothly and efficiently as possible.

*Required Education:* High School diploma or GED equivalent.

*Additional Certifications:* Surgical Technologist certification.

*Required Skills:* Ability to work in groups, calm nature, excellent communication skills, exceptional dexterity, not squeamish, willingness to learn, and reliable.

[Learn more about this career!](#)



## 8. Hungry?!

As Kelsi recovers in the hospital, her appetite returns. So, the Patient Care Tech suggests she order food to her room. As she calls food service, a **Nutritionist** checks her record to make sure the best food is available for Kelsi to heal.

### Learn More

Did you know that choosing certain foods can help you heal? [Check out this article](#) about nutrition tips to promote wound healing, then use the chart below to create a meal plan as if you were Kelsi healing from surgery. Make sure you think about what you would want to eat!

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

### Career Spotlight

#### Nutritionist

*Job Responsibilities:* Evaluate patient’s needs to decide which food and supplements would meet their nutritional needs.

*Required Education:* Bachelor’s Degree

*Additional Certifications:* Clinical Nutrition Certified Board (CNCB) certification

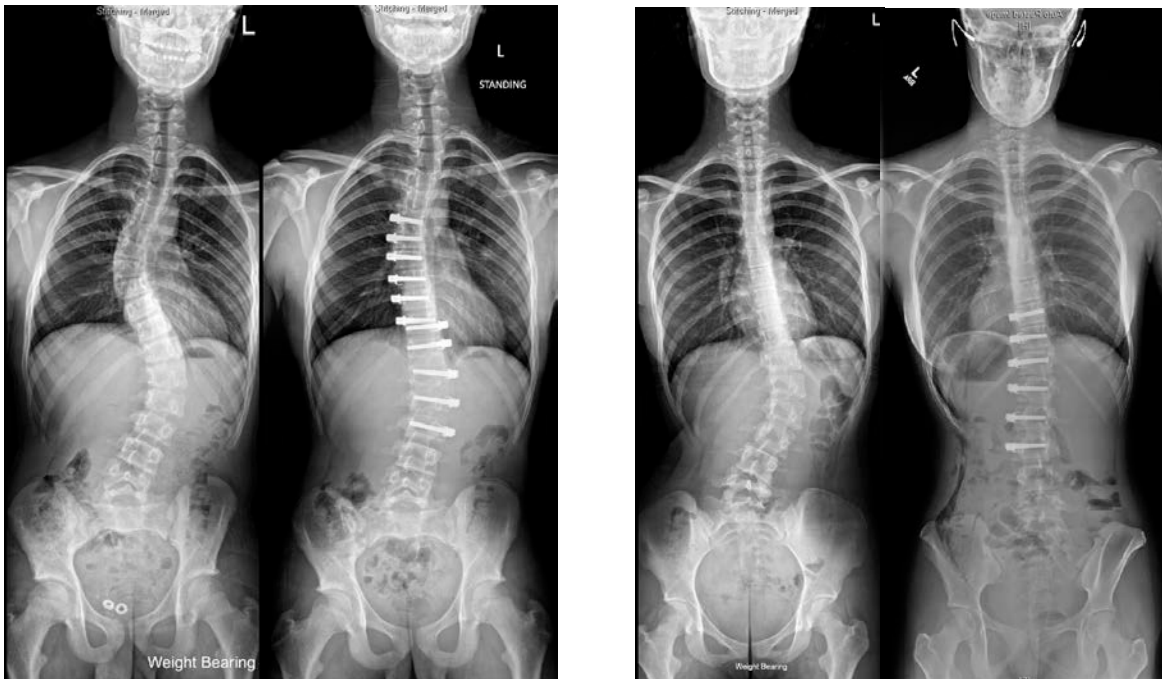
*Required Skills:* Ability to identify and solve complex problems, attention to detail, active listener, provide instructions to others.

## 9. Reading X-rays

After surgery and once Kelsi is awake from her anesthesia, the **Orthopedic Surgeon** comes in to share the success of the surgery! Kelsi and her family can see the immediate success with how much straighter her back is and they see it for their own eyes in the X-rays the surgeon shares with them.

### Learn More

Here are some before and after X-rays of someone who had scoliosis surgery. Can you tell the difference between the two? Can you tell where the surgery happened?



### Meet an Expert: Orthopedic Surgeon



Dr. Jaren Riley is a Pediatric Orthopedic Spine Surgeon who specializes in taking care of children with spine disorders. When children complain of persistent back pain or when a pediatrician suspects scoliosis, he and his team will determine the type of care that is needed to help the patient heal.

As a surgeon, people must complete an extensive education pathway that includes learning in classes, labs, and with other more experienced physicians. After getting his medical degree from a College of Medicine, Dr. Riley completed a residency and specialty fellowship at a teaching hospital.

## 10. Preparing to Go Home

Now that Kelsi has finished her surgery and the healing she needs to do in the hospital, she is going to need to make a plan to support her healing at home. A **Case Manager** stops by to discuss with Kelsi and her adult what type of support she will need. The Case Manager helps provide Kelsi and her family with community resources for school and any letters Kelsi needs to explain to school about her surgery.

### Learn More

Choose one of the activities below to track your feelings and mood.

- For one week, start your day by writing down your feelings when you woke up. Then before bed, write down how you feel at the end of the day. Did anything happen that changed your mood?
- Share how your day was with a friend or family member. Try to focus on the feelings or mood that you had throughout the day.
- Rate your mood by using an emoji. Color the one that fits your mood.



### Career Spotlight

#### Case Manager

*Job Responsibilities:* Coordinate services by working with teams around the hospital to support a patient's continued healing, help prepare the patient for discharge and services needed after discharge.

*Required Education:* A current nursing degree

*Additional Certifications:* Clinical level of licensing through Association of Social Work Boards, Basic Life Support certification

*Required Skills:* Active listener, strong oral and written communication, detail orientated, strong analytical skills, ability to evaluate and report on statistics as well as able to work independently.

[Learn more about this career!](#)

## 11. Continue Healing at Home

To continue her healing journey, Kelsi will need to meet with a **Physical Therapist** to learn about stretches and exercises to help her body heal after surgery. The Physical Therapist will slowly progress the activities to ensure there is not too much strain on her spine.

### Learn More

Try some of these stretches for your back:

#### PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

Repeat 5 Times  
Hold 30 Seconds  
Complete 2 Sets  
Perform 2 Time(s) a Day



#### QUADRUPED LATERAL TRUNK STRETCH

While on your hands and knees in a crawl position, side bend your trunk and head to one side until a stretch is felt.

Repeat 10 Times  
Complete 2 Sets  
Perform 2 Time(s) a Day



#### ROTATIONAL QUADRATUS STRECH

While lying on your back, cross one leg on top of your knee as shown. Next, slowly lower your knees down towards the ground on the side which has the leg on top.

Repeat 2 Times  
Hold 30 Seconds  
Complete 2 Sets  
Perform 2 Time(s) a Day



## Career Spotlight

### Physical Therapist

*Job Responsibilities:* Examine individuals to develop a treatment plan to improve their ability to move, reduce or manage pain, restore function, and prevent disability.

*Required Education:* Bachelor's Degree and Doctor of Physical Therapy

*Required Skills:* compassion, dexterity, interpersonal skills, physical stamina, resourcefulness, and time-management.

[Learn more about this career!](#)

