



Health Care Careers

Exploration Patch

Program Description (age 5-8)



The aging of America's baby boomers and the increased demand for health care professionals in specialized areas of care have combined to create a serious need for health care professionals. The result is that the future for those desiring employment in health care has never looked brighter! Health care professionals use their intelligence, skills and compassion to make a difference in people's lives. Completing this project will increase your knowledge of the variety of career opportunities available in health care and will increase your awareness of the growing need for health care professionals. Books, magazines, videos, Internet sites, health care professionals, health care schools and organizations are available as resources for this project.

For: Elementary School Girls and Boys (age 5 to 8 years)

Purpose: To increase the knowledge of youth concerning the variety of career opportunities available in the health care profession, focusing on exploring the need for health care professionals, the many roles they play, education requirements, resources available for those pursuing careers in health care, as well as general health and wellness information.

Requirements: To earn this patch, youth will complete a total of four (4) of the following activities:

Career Exploration

1) **Meet a Health Care Professional** – Contact your local hospital, doctor's office, health clinic, school nurse, and ask if you can meet them and ask them a few questions. Answer the following questions:

1. What kind of things do you do?
2. Do you use science and math? How?
3. What kind of people do you work with?
4. Why did you choose this as a career?

2) **Research a Famous Health Care Professional** – Have the students break up into groups to look up different famous health care professionals, focusing on who he/she was, what they did. Discuss as a group.

3) **Tour a Health Care School** – Meet a student and instructor. Ask for a tour of the facility. Discuss your observations.

4) **Explore the Variety of Careers** – Visit the Web site: www.kha-net.org and identify at least five health care careers; talk about the different kinds of care they provide.

Educational Lessons

1) **Proper Hand-washing Technique** – Visit the Web site: www.microbe.org and learn the importance of proper hand washing in general and in the health care setting. Practice proper hand washing (ie: rub glitter on their hands and then wash to see how well they can get the glitter off).

2) **Create Information on Health Promotion or Safety** – Design a poster showing the importance of a healthy lifestyle and/or healthy behaviors. Design a poster related to the basic food groups and the recommended serving for each group; the dangers of smoking or being overweight; or showing the need for immunizations, seat-belt use or helmet-use.

3) **Learn How a Body System Works** – As an individual or a group, select a body system and understand how it works. Use a nurse, health educator or other health care provider to help in gaining that understanding.

4) **Visit a Health Club or Recreation Center** – Visit a YMCA, Boys & Girls Club or Health Club. Speak to a personal trainer. Ask how exercise contributes to health. Learn how to perform a new exercise.

Service Projects

1) **Participate in a Community Health Project** – (Blood Drives, Diabetes, Heart, Cancer and Alzheimer Walks, Screening, etc.) Find ways to participate, other than raising money; maybe offer water, provide sun protection, etc.

2) **Do a Project for a Health Care Facility** – Contact a doctor’s office, health clinic, hospital, retirement or nursing center to find out what project might be done to meet a need in that organization. Examples might be collecting magazines for offices or residents, donating and taping books for use by the elderly or pediatric patients, collecting toys for donation to a pediatric unit, designing a “boredom” box with activities for patients who are hospitalized, decorating a nursing home unit for a holiday event, planning a special event for the residents of a nursing home, etc.

Technology

1) **Learn About Equipment and Supplies Used by Health Care Professionals** – Lots of different equipment and supplies are used in caring for patients. Get a health care professional to tell you about this equipment, how it works and when it’s used. For some equipment – such as pulse oximeters, dopplers, stethoscopes, thermometers, glucose monitors, students also may have an opportunity to practice with the equipment.

For additional information, contact:

Cindy Samuelson
Kansas Hospital Association
215 S.E. Eighth Ave.
Topeka, KS 66601-2308

Fax: (785) 233-6955

E-mail: csamuelson@kha-net.org