

## SCRUBS CAMP



**Purpose:** To introduce the field of nursing and higher education to elementary-age children and their families.

**Goal:** To have children develop an interest and appreciation for the nursing profession

**Description of event:** We had about 60 elementary aged children and their parents come into a university setting (Grand Valley State University) during their spring break and spend an hour walking through 3 different stations. During each station the children and their parents had the opportunity to interact with nursing students and learn about a specific aspect of the nursing profession. The three stations are described below. All the supplies and equipment used for this project were donated by our sponsors.

**Station 1:** The first station was a hand-washing workshop. During this time the children were taught how to properly wash their hands. Aspects such as duration and proper technique were emphasized. At the end of the lesson the children tested their knowledge by applying "special germ" soap and then passed their hands through a neon light to see if they had efficiently washed away all the germs.

**Station 2:** The second station was a min vitals lab. At this station the children were able to auscultate with a stethoscope their parent's heart beat as well as their own.

Also, they were able to palpate each other's carotid and radial pulses. Finally, they learned how to see the rise and fall of a person's chest during breathing. This station not only exposed the children to a very common instrument used by all nurses but it also superficially introduced them to the assessment process of nursing.

Station 3: In the last station the children and their parents had the opportunity to participate in several craft stations. The families were able to make their very own nurse's paper hat, bandage up an injured stuffed animal and make X-ray hands. Finally, during this station the parents were able to get their blood pressure taken.

People involved in this project were: Jane Marsman (Grand Valley State University Graduate Advisor) Community Health Director (Tabatha Sack) and Grand Valley State University nursing students.



We would like to give Special Thank You to our Sponsors:

Metro Health Hospital  
St. Mary's (Mercy Health) Hospital  
Great Lakes Specialty Hospital  
Grand Valley State University Holland Campus

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