

# Science Day

**By: Daniel Duron – California Nursing Students' Association BTN committee member**

To fellow and future BTN chair persons at the national, state, and local levels:

This document is to share with you experiences that I have had with running events as a BTN chairperson.

I find that some people do not have an idea of where to start with a BTN event. I was that exact way. This is one of the most common events anyone can run, and can be done anytime!

Many schools in the area have some type of open house or science night. At many schools, I have run a “nursing” science night. I have laid it out step by step to try to help with your very first BTN event! Again, the great part about this is that you can take these materials and ideas to any school, and my experience has shown me that many schools are interested and receptive!

## **Preparation stage:**

There are a few steps that you must do to start with.

1. The very first and most important thing you should do is contact any and all schools in your area that you may want to run this event at. Do this as early as possible! It's really simple. All I do is google the school's name and find the principal's email address. I email the principal saying that I am a nursing student and would like to help out with a science night. We can have stations set up for a “heart” theme, with a CPR station, a hands on heart station, first aid station, and an informational station. These are the four stations I always run at any event, and have never had a principal turn me down. Usually it takes them time to set it up, and you want to know the date well in advance so you can get volunteers for the event!

2. The second thing to do is get your materials.
  - a. What I consider the most important (and easiest) is going to the Johnson and Johnson website and getting free resources. <https://www.discovernursing.com/resources>  
There are a ton to give out and we give them out at every event, as shown here:  
<http://i.imgur.com/FVZWvJS.jpg>
  - b. Another material to look into is getting actual hearts. I have always used cow hearts or sheep hearts (prefer the sheep hearts as their size is closer to a human's). However, cow hearts work just fine! <http://i.imgur.com/2WGEQBw.jpg>  
To get hearts, you can order them online:  
<http://www.enasco.com/product/LS01155MH/>  
However, those take about 2 weeks to arrive. You can also go to a butcher and ask, I have had to do that a few times when I had to get hearts on a quicker notice! Look into your school government or your school's SNA to see about getting funds reimbursed to you for the purchase of these (or for donations toward this).
  - c. Another thing to look into is CPR Mannequins. <http://i.imgur.com/O9L5WvM.png>  
There are various ways to go about asking to borrow some. If your school has some, ask the instructor in charge. If not, you can also try to find someone that is a CPR instructor and ask to borrow them. I have not had any one turn me down for borrowing these mannequins when I explained what I was going to use them for.
  - d. Finally, you can put together a small 'first aid' kit using the supplies from your nursing school! I know that I, as well as some others at other schools have done this.  
<http://i.imgur.com/2VKYqx2.png> I have found kids particularly love working with splints and other wraps.

Although the above may seem like a lot of work, it only is the FIRST time. Every time from that point gets easier as you'll have all the materials at that point. Don't get discouraged!

### **The day of the event:**

After having everything set up, it becomes easy at this point. Make sure to find out where the principal, or whoever your contact is at this point for the school's science night, wants you guys to set up and make sure all your volunteers know! It is best to have volunteers assigned to each station. (So if you could get 10 volunteers, maybe 2 per station with 2 extras for what you might think are the busier stations)

So next I will explain each station in particular. Again, this is just a guide, so you can modify this plan for however you wish!

### **CPR Station:**

<http://i.imgur.com/YqYRuYN.jpg> whether it's a classroom or a gymnasium, it's always easy to set up a CPR station. All you need are some volunteers and some willing participants! Here is a trial run we had in a classroom to show you exactly what I mean:

<https://www.youtube.com/watch?v=0tl25vYm9TU&feature=youtu.be>

### **Heart station:**

This is the station that kids ALWAYS love.

You'll want some type of long table to set up the hearts, and gloves for all the volunteers and participants involved.

<http://i.imgur.com/51G9mSw.png> <http://i.imgur.com/SXUM2Mz.jpg>

That is just two different pictures showing what I am talking about. I have recorded as well, a practice test run some nursing students were doing to explain to the kids what is going on with the heart: <https://www.youtube.com/watch?v=Bv7Du8O5GmU&feature=youtu.be>

Just let the kids get hands on and have fun with it!

### **First Aid:**

The kids love the first aid station. This is your chance to show what you learned at the beginning of nursing school! Just show the kids what you have put together in the first aid kit, let them use the first aid kits on you! <http://i.imgur.com/8lI7NjQ.png> Most importantly, show them that nurses do more than just give shots!

### **Information about nursing station:**

I feel this is the most important station, although most kids probably won't find much fun in it.

However, usually this is where parents with the kids will come and ask questions. However, this is also the chance for the kids to leave with free stuff! <http://i.imgur.com/MgtPgG4.jpg>

Additionally, this is where we have our coloring books for kids to color at!

<http://i.imgur.com/jDv4iEl.jpg>

This is your opportunity here, as well as the other stations, to show all the different things a nurse actually is and actually does!

### **Final thoughts:**

So whether it's a classroom <http://i.imgur.com/yNINQNX.jpg>

A small room <http://i.imgur.com/sBmeWsC.jpg>

Or in a gymnasium <http://i.imgur.com/YqYRuYN.jpg>

I hope you can see that you can use this sample event in any setting with any school!

Please let me know if you have any questions.

Thank you and wish you the best of luck with BTN!

**Contact:**

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