

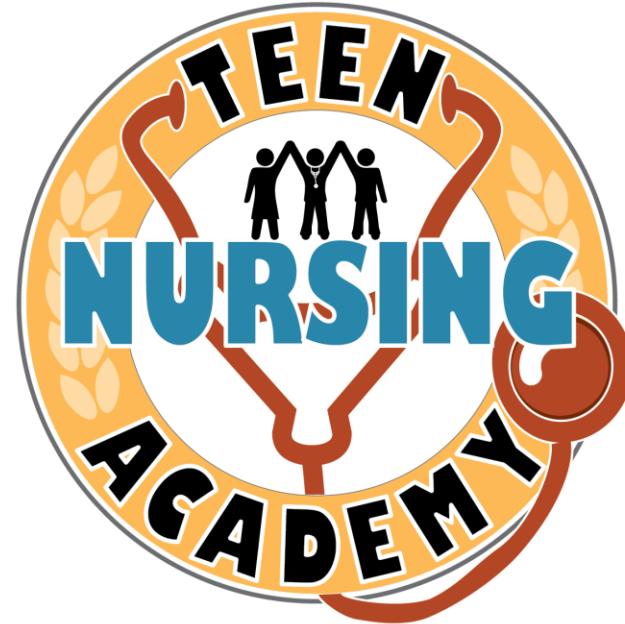


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The Washington Center for Nursing Teen Nursing Academy

Funded by a grant from the Washington State Department of Health

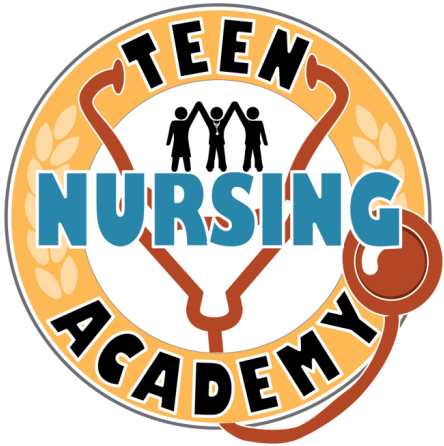


**Connecting teens and
preteens to nursing through
hands-on education**

Developed by the Washington Center for Nursing



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Brenda Little,
**WCN Communications Manager
& Teen Nursing Academy Program Manager**



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“From ages 14-18, students develop ideas about work that mesh with their existing self-concept. Knowing when students retain information during their growth can allow nursing programs to affect changes in perceptions and attitudes that will influence their considerations for nursing as a career. As the nursing shortage is examined and attempts to combat shortages explored, the need to introduce the nursing field to middle school students escalates. Robin E. Matutina (2008) argues, ‘...although nursing may not be rejected during the middle school years, without recruitment efforts in place, nursing may not be considered.’” ~ **Effective Outreach Strategies for Introducing Middle School Students to Careers in Nursing**

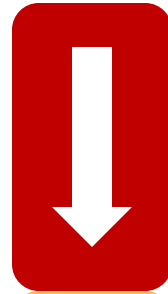


Teen Nursing Academy Mission Statement

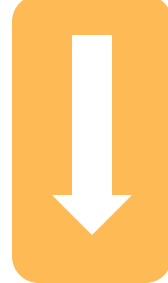
To introduce diverse, under-resourced, and rural (as well as urban) middle school students to careers in nursing by connecting them with nursing students and professionals through in-person, interactive, and fun learning activities that also educate them about health topics that add value to their lives.



Program Development Background



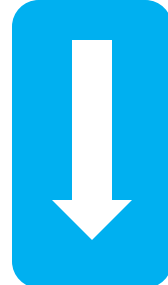
2021 — WCN works with UW-Tacoma Health Care Leadership students as part of their fieldwork requirement to write the research paper, Effective Outreach Strategies for Introducing Middle School Students to Careers in Nursing.



2022-2023 — WCN convenes a committee of nurse leaders to build a middle school outreach program based on the recommendations in the research paper. The basis of the program brings nursing students into middle schools to teach hands-on health-related activities for pediatric or community health clinical credit.



2023-2024 — WCN partners with Green River College and Muckleshoot Tribe School to pilot year one of the Teen Nursing Academy in an urban environment.



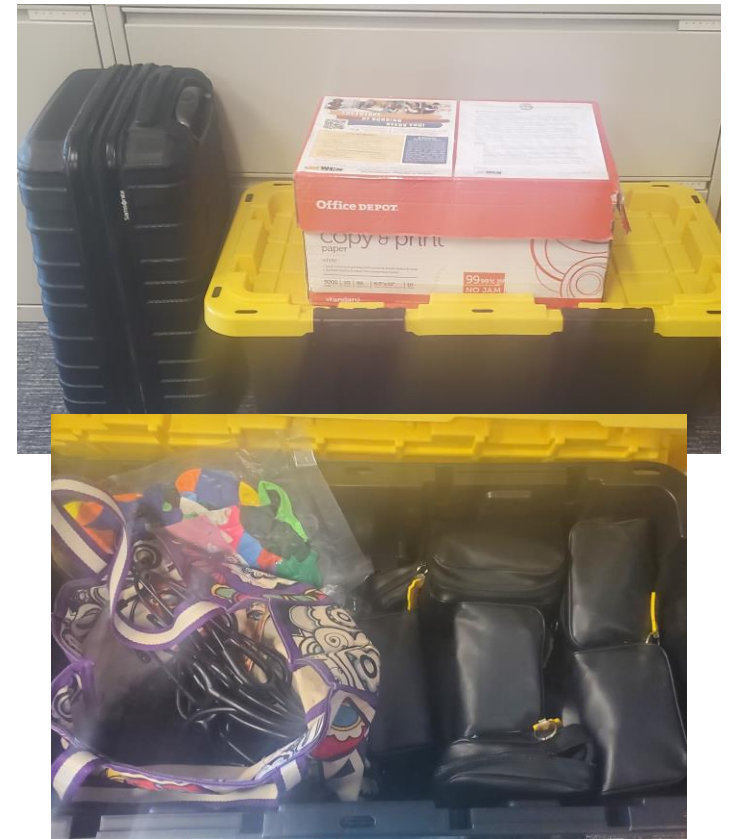
2024-2025 — WCN partners with Columbia Basin College to run year two of the program in a rural environment. Green River College runs a second year of the program.

Teen Nursing Academy Hands-on Lesson Plans

PPE Relay



What is Blood Pressure?





Teen Nursing Academy Hands-on Lesson Plans

Healthy Pain Management and the Truth About Opioids

Defining Pain

Start Here: Pain Assessment Tool

(A pain scale is a tool used by medical professionals, including nurses, to help assess a person's pain.)

0	1	2	3	4	5	6	7	8	9	10
No Pain	Mild	Moderate	Severe	Very Severe	Worst Pain Possible					
0	1-3	4-6	7-9	10						

Next: Different Types of Pain

Give examples of the following types of pain in your own words.

Physical Pain

Question for thought: What is physical pain?

Emotional Pain

Question for thought: Can emotional pain hurt?

Mental Pain

Question for thought: Can we always see mental pain?

HAPPINESS CHEMICALS

HOW TO HACK THEM

DOPAMINE
THE REWARD CHEMICAL

- EATING FOOD
- ACHIEVING A GOAL
- COMPLETING A TASK
- SELF-CARE ACTIVITIES

OXYTOCIN
THE LOVE HORMONE

- SOCIALIZING
- POSITIVE FRIENDSHIPS
- PETTING ANIMALS
- SELF-CARE ACTIVITIES

ENDORPHIN
THE PAIN-KILLER

- EXERCISING
- LISTENING TO MUSIC
- WATCHING A MOVIE
- LAUGHING

SEROTONIN
THE MOOD STABILIZER

- SUN EXPOSURE
- MINDFULNESS
- BE WITH NATURE
- MEDITATION

RESOURCES

- General Emergency: Dial 911
- Mental Health Emergency: Dial 988
- Stopoverdose.org
- Substance Abuse and Mental Health Helpline: 1-800-662-HELP (4357)
- Youth.gov (Information on opioids and substance use and misuse)
<https://youth.gov/youth-topics/substance-abuse/opioids>
- NASCAN Information
<https://narcans.com/en/opioid-education>
- To learn more about nursing as a career visit Washington Center for Nursing's Be A Nurse page at WCNursing.org/BE-A-NURSE/

TIPS FOR TEENS

The truth about opioids

WHAT ARE OPIOIDS

Opioids are substances that include prescription drugs, like Vicodin, oxycodone, and morphine, and illegal drugs, like fentanyl. Doctors and Nurse Practitioners are the only people who can legally prescribe opioid drugs.

HOW DO THEY WORK

Opioids work like natural feel-good chemicals in the brain to relieve pain.

WHAT ARE THE RISKS

When opioids are overused and abused, they can negatively impact the brain, cause dependence, and lead to overdose.

WHY ARE THEY USED

When used properly, opioids can be useful for treating different types of pain, like after surgery or when you get a serious injury.

SIGNS OF ABUSE

- Withdrawal from friends
- Doing poorly in school
- Drowsiness
- Confusion
- Poor coordination

SIGNS OF OVERDOSE


- Unresponsiveness; difficulty waking up
- Slow, shallow breathing
- Disorientation and confusion
- Pale, blue, clammy skin

WHAT IS NARCAN

Narcan is a medication used to treat people who have taken too many opioids. It is a spray given through the nose to stop the overdose. Narcan does not treat substance use disorder, and a person may still crave opioids after Narcan has been used to prevent an overdose.



Teen Nursing Academy Hands-on Lesson Plans



Personal Protective Equipment (PPE) Relay Worksheet


What types of PPE DO NOT protect nurses from airborne germs and viruses?

- _____
- _____
- _____

Pair the question with the answer

Question	Answer
A How can germs and illness spread from one person to another?	Wash your hands with soap and water whenever possible. But if soap and water are not available, use a hand sanitizer with at least 60% alcohol to help avoid getting sick and spreading germs.
B The correct sequence for donning PPE is?	Gloves, face shield, gown, mask
C When removing PPE, what areas of the PPE are considered "clean"?	Through the air, from touching contaminated surfaces than your eyes, nose, or mouth, or from contact with infected bodily fluids.
D The correct sequence for removing PPE is?	Outside of face shield, front and sleeves of gown, outside of gloves, front of mask
E Soap and water versus hand sanitizer; when do you choose which?	Gown, mask, face shield, gloves.
F When removing the PPE are considered "contaminated"?	

Why is hand hygiene _____



Blood Pressure Guide & Recorder Worksheet

Blood Pressure Category	Higher Number (Systolic) mm Hg	And/or	Lower Number (Diastolic) mm Hg
Low	90 or less		60 or less
Normal	Less than 120	And	Less than 80
Prehypertension	120-139	or	80-89
High Blood Pressure Stage 1	140-159	or	90-99
High Blood Pressure Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency Care Needed)	Higher than 180	or	Higher than 120

mm Hg = millimeters of mercury, a unit of pressure standard in measuring blood pressure.


Higher Number (Systolic) mm Hg	Lower Number (Diastolic) mm Hg
_____	_____

Systolic Measurement – the pressure in your vessels when your heart beats.
Diastolic Measurement – the pressure in your vessels when it is between beats.
 My pulse rate: _____

Always Remember

1. A single high reading doesn't necessarily mean you have high blood pressure.
2. Have your doctor or nurse practitioner evaluate unusually low blood pressure readings.
3. To get an accurate blood pressure measurement, evaluate your readings based on the average of two or more blood pressure readings on two different days.
4. Blood pressure ranges may be lower or higher for children and teenagers.
5. If you have high blood pressure and another major health issue (heart disease, diabetes, chronic kidney disease, or certain other conditions) you will need to treat your blood pressure more aggressively.

High Blood Pressure	Low Blood Pressure
Can lead to serious problems, including heart disease, stroke, and kidney problems.	Can have causes that aren't due to an underlying disease. Examples include family history of low blood pressure or medication side effects.
Can be managed with a healthy lifestyle and medications.	Means your organs don't get enough blood (heart, brain, and other parts of the body).
Symptoms of high blood pressure can include headaches, shortness of breath, or nosebleeds.	Can cause someone to feel weak and dizzy and cause them to faint.



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Nursing fill-in-the-blank:

1. Only about 50% of nurses work in hospitals. What other environments do nurses work in?

2. Have you ever met a nurse who looks like you? Why do you think it is important to have nurses who look or identify like you?

3. There are over 100 different nursing specialties and a career in nursing is full of opportunity. What are some different career paths nurses can take?

4. Complete the following:

C _____ N _____ A _____

L _____ P _____ N _____

B _____ of S _____ in N _____

R _____ N _____

A _____ R _____ N _____ P _____

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Resource Information for Parents and Gradians



Dear Middle School Parents and Guardians,
We hope this letter finds you well!

Your student recently participated in the Teen Nursing Academy. This program introduces middle school students to nursing through fun, hands-on activities. We want to take this opportunity to share with you the importance of science, technology, engineering, and mathematics (STEM) in nursing.

Nursing is a rewarding career for those up to the challenge. It also pays the opportunity and growth. To be a good nurse, the most important quality to care. Everything else a student can learn.

As healthcare evolves, nursing is increasingly reliant on technology and in nursing, students need a solid foundation in STEM subjects. STEM ed rapidly changing healthcare landscape by equipping them with the skill provide quality patient care.

By encouraging your student to pursue STEM in education and suppo you are setting them up for a successful and rewarding career in nur high demand across multiple industries and can open doors to many

Below are a few resources to help you support your student.

Resources

- Studies show family involvement improves student success, regardless of race/ethnicity, class or parents' level of education (pta.org). www.pta.org has helpful [Family Resources](http://www.pta.org/home/family-resources/) (<http://www.pta.org/home/family-resources/>) to help you support your student's success.
- Washington STEM: Story Time STEM project, <https://washingtonstem.org/sts-resources/>, www.washingtonstem.org is another source of helpful resources to support your student's STEM learning.
- The "Be A Nurse" page (<https://www.wcnursing.org/be-a-nurse/>) on the Washington Center for Nursing website (www.wcnursing.org) has some introductory information for anyone considering a nursing career path.
- Washington State multicultural nursing organizations are another resource for learning about nurses from diverse backgrounds, <https://www.wcnursing.org/diversity-equity-in-nursing/wa-state-ethnic-nursing-organizations/>.

Thank you!
From the Teen Nursing Academy

This letter is available online in multiple languages including:

- Amharic
- Arabic
- Chinese-simple
- Korean
- Russian
- Somali
- Spanish
- Tagalog
- Vietnamese

Visit <https://www.wcnursing.org/be-a-nurse/fliers-brochures-posters/> or scan the QR code to access electronic versions of this letter.



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THE FUTURE OF NURSING NEEDS YOU!



Scan the QR code to learn more about how to become a nurse!

Nursing is a dynamic career that provides rewarding life-long opportunities for those who are up to the challenge.

WHY NURSING?

- Nurses contribute to society in meaningful ways
- Provide comfort and reassurance to patients
- Have upward career mobility opportunities
- Enjoy flexible work schedules
- Are in high demand / job security
- Can work practically anywhere in the world
- Receive salaries that support greater financial security

Average Annual Salary in WA State

Licensed Practical Nurse (LPN)	\$78k
Registered Nurse (RN)	\$115k
Advanced Registered Nurse Practitioner (ARNP)	\$151k

FUN FACT: Only about 50% of nursing jobs are in the acute care setting (hospitals), the rest are in settings such as schools, clinics, outpatient and ambulatory care centers, home care, community health centers, and the military, just to name a few.

IS NURSING RIGHT FOR YOU?

Nursing is a profession that blends scientific knowledge with compassion and caring. There are few professions that combine high tech and high touch like nursing. If you excel at math and technology, and want to make a difference in the lives of others, then nursing might be the perfect career for you!



FOR MORE INFORMATION ABOUT BECOMING A NURSE VISIT:
WCNURSING.ORG/BE-A-NURSE/



Number of Participating Middle Schools

Year 1: Green River
& Muckleshoot

10

Year 2: Green River

5

Year 2: Columbia Basin

4

Total Number of Middle School Students

3,655



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Who are we reaching?

(Diversity of school x the # of students who participated in the program)

WA (2024)	TNA	Ethnicity/Race
.8%	8%	American Indian
9.3%	13%	Asian
3.8%	8%	African American/Black
14%	40%	Hispanic/Latino origin
.7%	4%	Pacific Islander
6.5%	8%	Two or More Races
64.3%	21%	White
35.7%	79%	Total Diversity

- School diversity numbers from-<https://www.schooldigger.com/go/WA/schools/0771001259/school.aspx>
- WA population numbers from-<https://worldpopulationreview.com/states/washington#demographics>



Who are we reaching?

Low Income

(Free/discounted lunch recipients)

60%

English Language Learners

29%

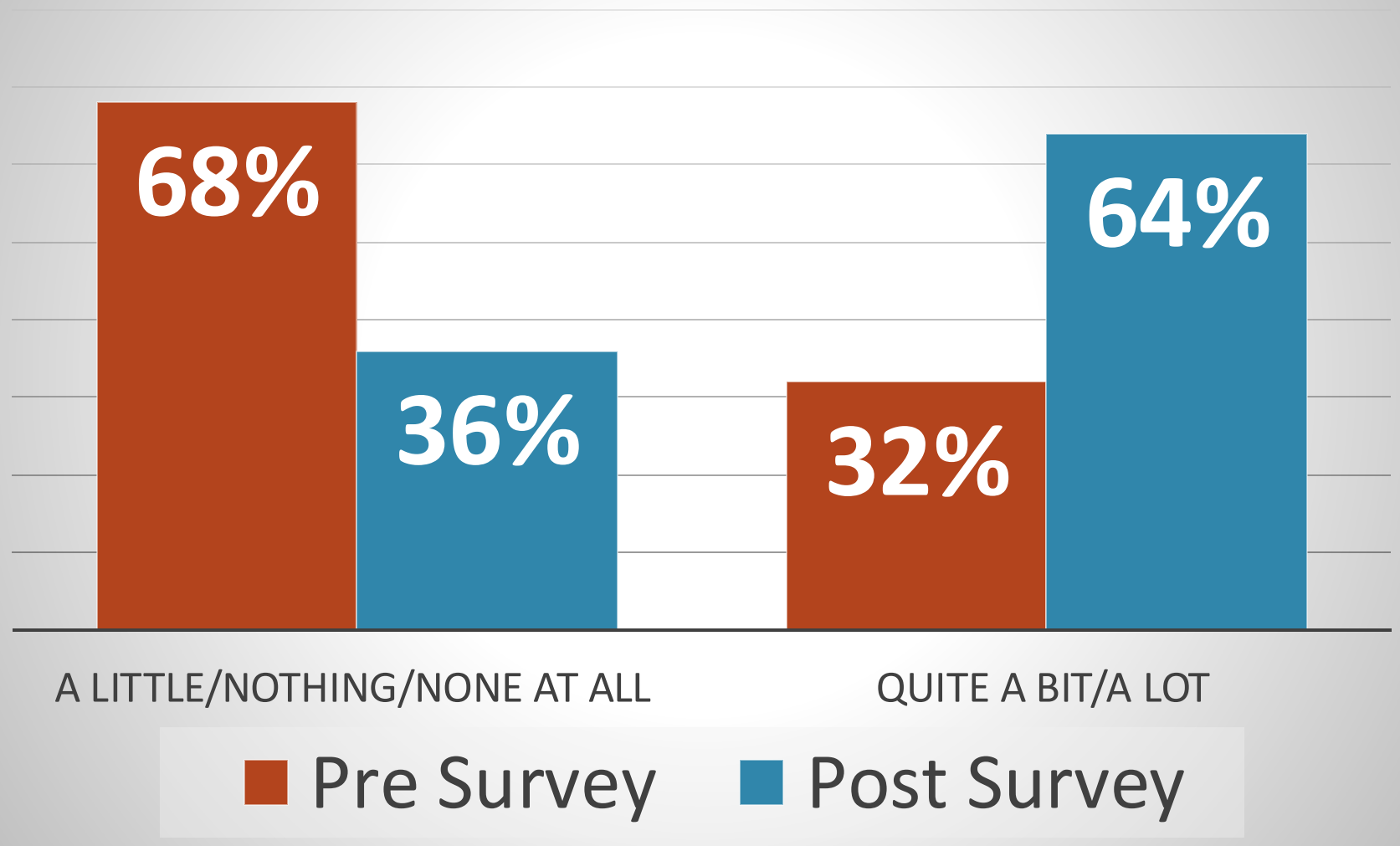


Measuring Success



Program Student Survey Results

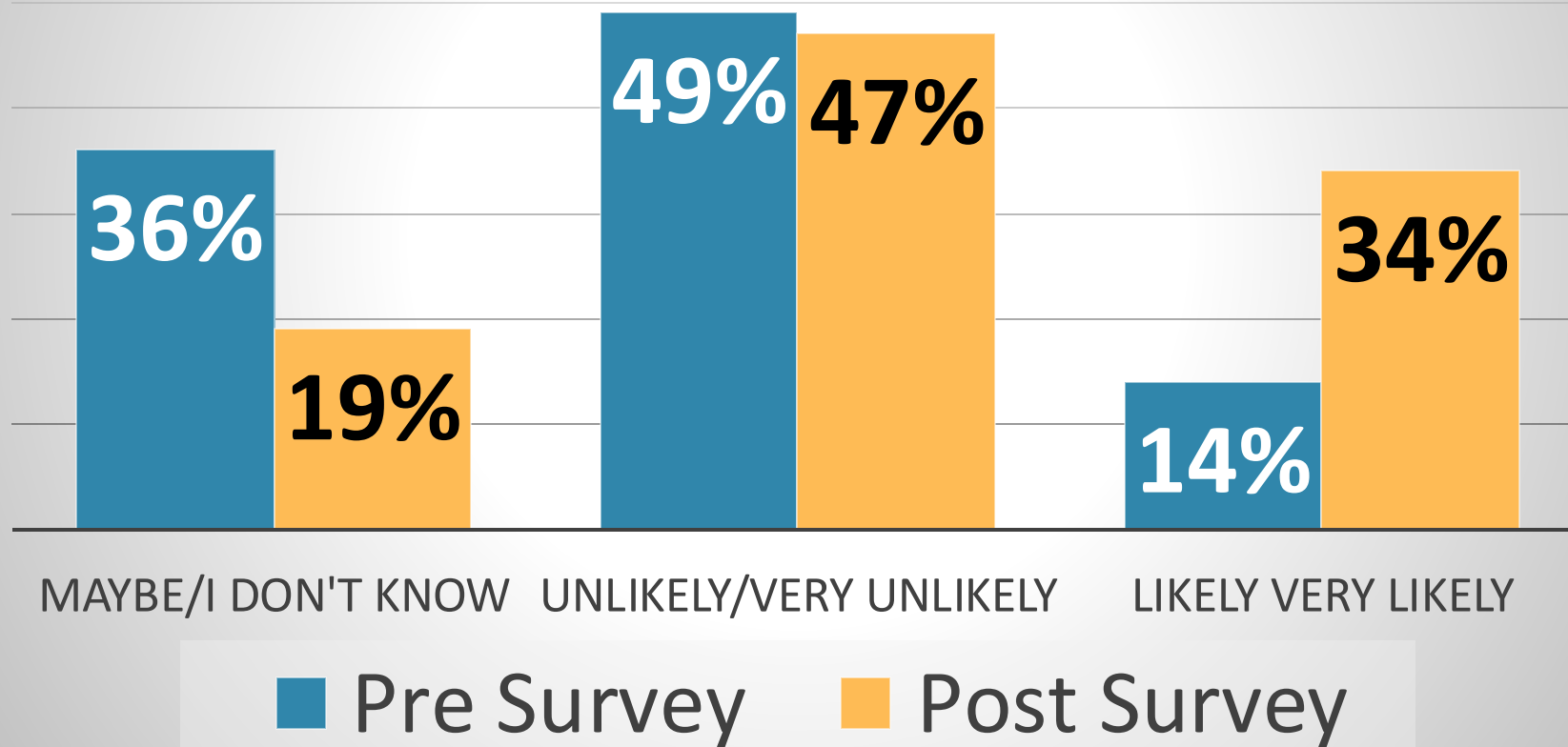
How much do you know about what nurses do?

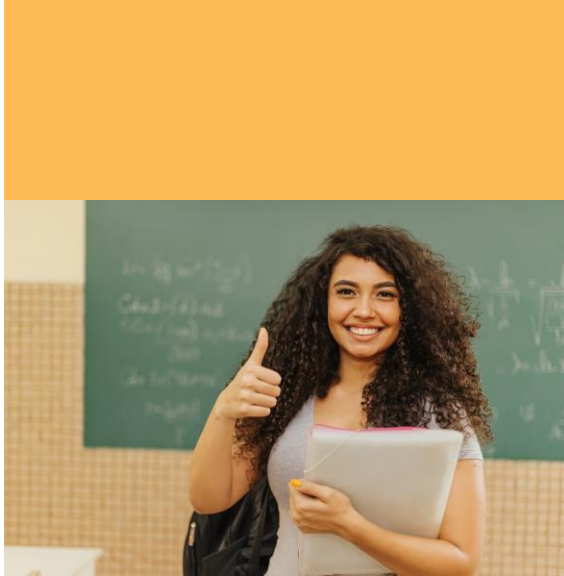




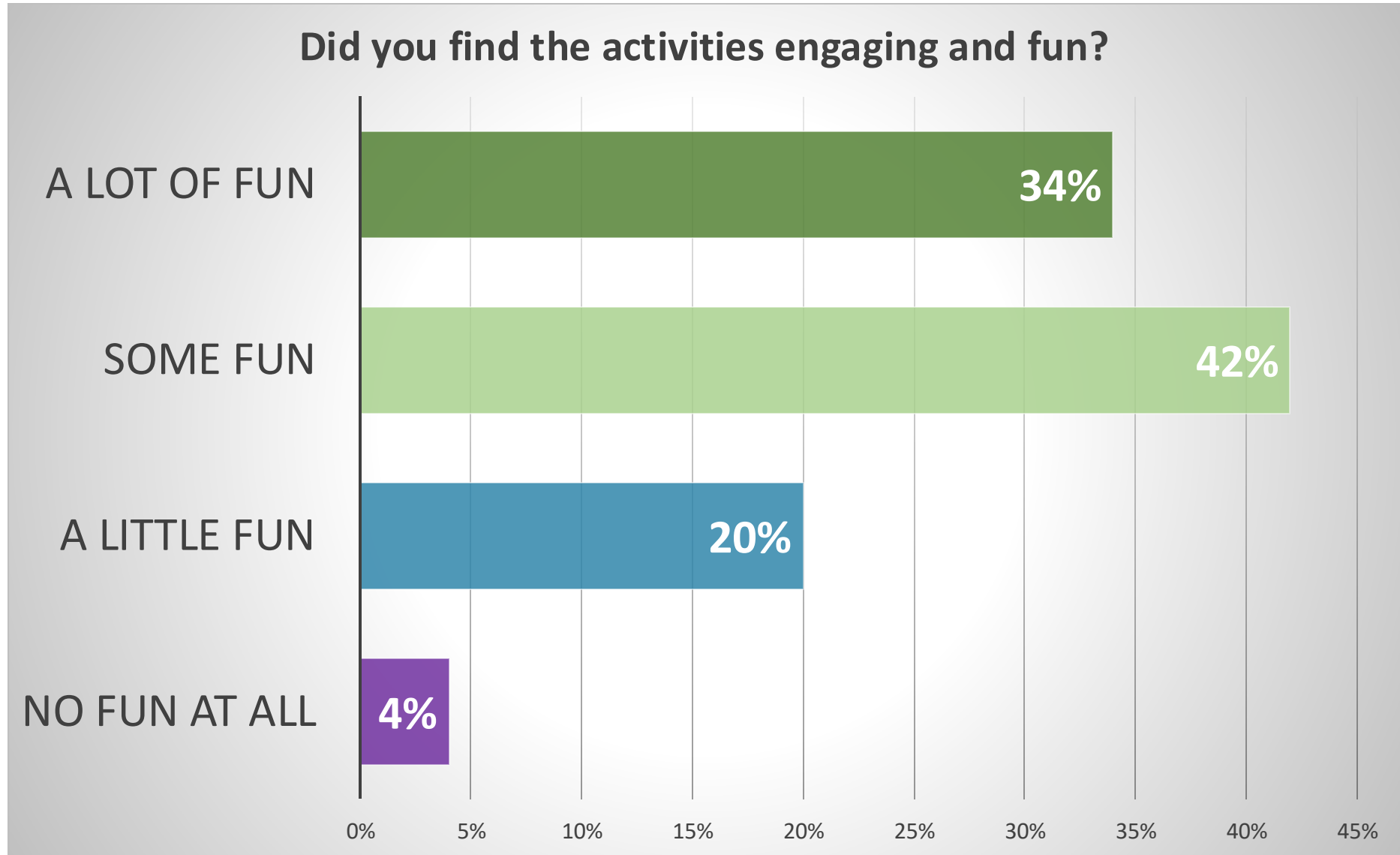
Program Student Survey Results

How likely are you to consider nursing as a potential career?





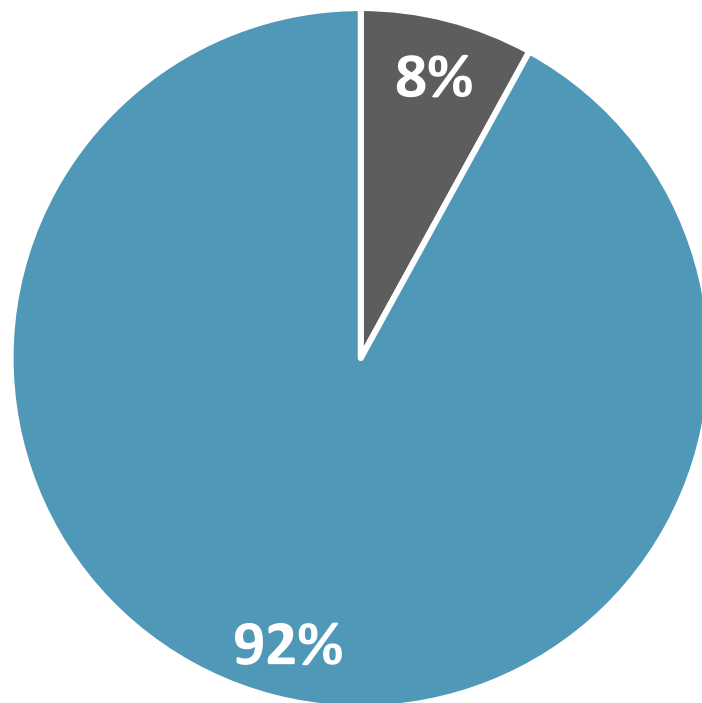
Program Student Survey Results





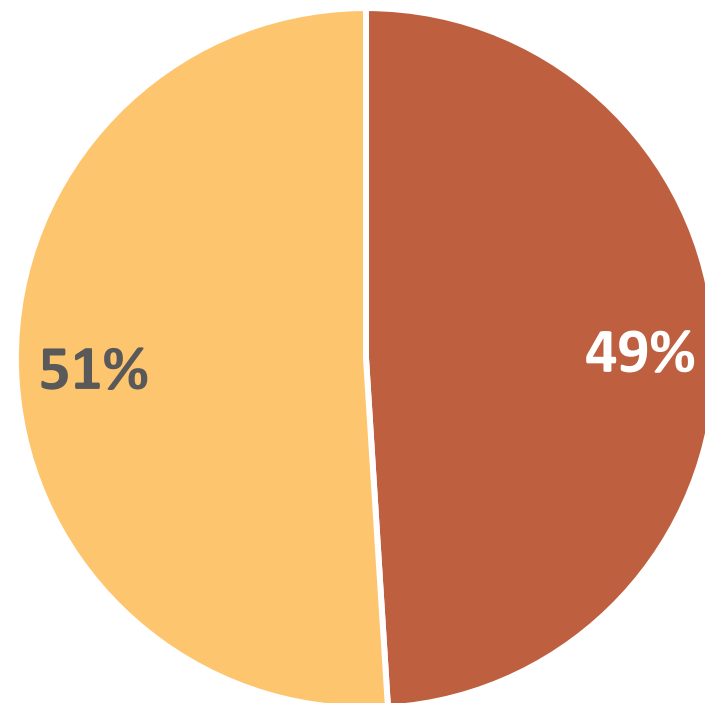
Program Student Survey Results

Did you learn
something new?



■ No ■ Yes

Would you be interested
in learning more about
becoming a nurse?



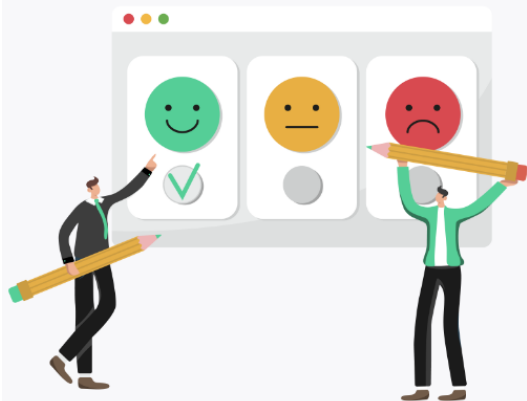
■ No ■ Yes



Key Outreach Strategies for Introducing Middle School Students to Careers in Nursing

(From the Effective Outreach Strategies for Introducing Middle School Students to Careers in Nursing paper published by WCN in December of 2021)

- ✓ Effective ways of introducing nursing to middle school students as a career should include in-person, hands-on, fun, and physically engaging activities.
- ✓ Parents and guardians of middle school students impact their child's decision to pursue healthcare as a profession significantly. Including parent education and engagement is crucial to the success of any program that aims to introduce middle school students to nursing.
- ✓ If programs can accurately share positive examples of a nurse's role in a variety of environments (e.g., school nurse, public health nurse, information technology (IT) nurse, etc.) along with some of the real challenges present in these roles, it can eliminate misconceptions and allow for students to retain an authentic interest in nursing as a career.
- ✓ There is a lack of diversity in the nursing workforce, amplifying the need to implement programs that intentionally reach diverse groups to diversify the nursing workforce.
- ✓ To succeed in encouraging young students to continue their pursuit into healthcare, it is crucial to also assist students in social networking, enhancing interpersonal skills, test-taking skills, and academic preparedness.
- ✓ Providing middle schoolers with face-to-face communication opportunities with healthcare professionals can provide the necessary framework for encouraging engagement that sparks interest in nursing.



Feedback

I would like to thank...the team that came to Olympic Middle School. Each nursing student did a wonderful job at teaching our students and answering their questions. What I loved about your program as a teacher for our students was the large team that came and engaged with each of our students. I feel like our students connected well with your students and were such great role models for our students. You all were inspiring, educating, personal, and real. The diversity of your students matched the diversity of our students and I think this spoke volumes to our students. We appreciate your time and the opportunity to learn and think about nursing as a career. I saw many of our students with open eyes and willing to try the skill of taking blood pressure and even their pulse. Great questions and much learning happened today. I think we will have a number of students who will consider nursing as a career and those who don't will have a better appreciation of nurses and those in the medical field.

Great job and you are welcome back to Olympic Middle School anytime! ...Good job, Green River College and Washington Center for Nursing!

Mr. Stoddard, Olympic Middle School



What's Next?

Next Steps

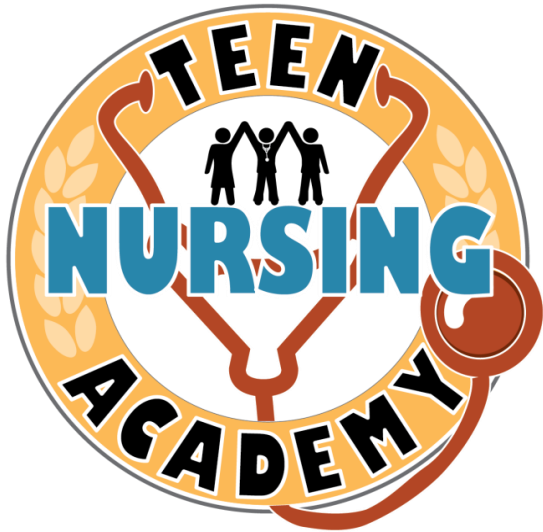
- For the 2025-2026 academic year, we are adding a third partner nursing program and launching the Healthy Pain Management and the Truth About Opioids lesson plan
- Secure funding to support program expansion with additional administration support.

Longer Term Goals

- Creating an online resource library for students, guardians/parents, and middle school counselors and teachers to support students interested in learning more about nursing as a career.
- Building partnerships to connect students with mentors and academic preparedness opportunities.
- Finding ways to further engage and educate guardians/parents about supporting their student who is interested in nursing as a career.
- Providing support for nursing programs to create additional opportunities for middle school students to engage with nursing students, for example, through on-campus field trips or at middle school parent nights.



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Questions?





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Thank you!



For additional questions or more information,
email

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