



Eye Care

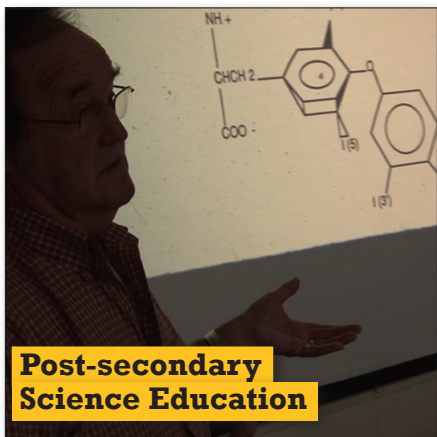
RU↑4
the **JOB?**



Nursing

Careers in Nursing

Teacher Resource Guide



**Post-secondary
Science Education**



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RU↑4 the JOB?

Module Synopsis

Are you a caring and compassionate individual who loves to stay busy by helping others? Men and women in the nursing field usually possess these qualities and as the generation continues to age, nurses are needed everywhere. In this video on nursing, Dani, a registered nurse in a hospital setting, shares the specifics about what a day in the life of a nurse is like. Through viewing footage of Dani with her co-workers and patients, students will be able to better see if a career as an RN, LPN or STNA is for them.

This supplementary Teacher Resource Guide highlights and lists different types of nurses and terms used within the field. If students choose to follow this career path, they will learn that there is an exceptional rate of employment in nursing. The activities and quiz in these materials will help students determine if nursing would be the right career choice for them.

Terms

NCLEX: National Council Licensure Examination. A national examination a nurse must pass in order to obtain a license in nursing.

RN: Registered Nurse. A nurse who has completed a BSN (Bachelor of Science Nursing), ADN (Associate Degree in Nursing) or a hospital diploma as well as passed the NCLEX-RN examination. This type of nurse works closely with many other hospital staff members including doctors, LPNs, and STNAs.

LPN: Licensed Practical Nurse. This type of nurse typically works under an RN and has taken 12-14 months of educational courses focusing on nursing practices as well as passed the NCLEX-PN examination.

STNA: State Tested Nursing Assistant. An STNA often helps the RNs and LPNs in assisting a patient with tasks such as feeding, bathing and dressing patients.

Cultural Diversity: Awareness of the differences between cultures and customs or beliefs of others.

Human Anatomy: The science of studying the structure of the human body.

Human Physiology: The cells, organs and systems of which the human body is made as well as their physical functions within the body.

RU↑4 the JOB?

Pre & Post Assessment

1. Which of the following college courses is not necessary for a nursing degree?
 - a. Math
 - b. Art history
 - c. Anatomy
 - d. Science
2. What is a registered nurse's average salary?
 - a. Under \$54,000
 - b. Approximately \$68,000
 - c. Over \$82,000
 - d. Approximately \$100,000
3. Which of the following best characterizes a career in nursing?
 - a. The environment is fast paced and nurses are always learning new things.
 - b. Doctors are very expectant of their nurses.
 - c. There are tests conducted that nurses must pass every month.
 - d. Almost all nurses are employed in hospitals.
4. A career in nursing does not require which of the following?
 - a. Spending time with patients.
 - b. Everyday learning.
 - c. Math and science skills.
 - d. Filling prescriptions.
5. Where does nursing rank in the Federal Job Projections for 2008-2018?
 - a. #1
 - b. #7
 - c. #11
 - d. #20
6. Which of the following is not typically a specialized career setting for an RN?
 - a. Nursing home.
 - b. Infection control.
 - c. Dentist office.
 - d. Emergency room.
7. What is one disadvantage of the way media portrays nursing?
 - a. The media makes nursing seem more gruesome than it really is.
 - b. The media portrays nursing as more exciting and glamorous than it really is.
 - c. The media leads people to believe nursing pays more than it really does.
 - d. The media portrays nurses as people who are always working.
8. What is a good way to find out if nursing is the right health care profession for you?
 - a. Getting involved with community healthcare.
 - b. Shadowing a nurse.
 - c. Spending time with nursing home residents.
 - d. All of the above.

9. Describe a typical day as an RN?

10. What kind of skills does it take to be a nurse?

Are YOU interested in a career in nursing?

Some careers will be interesting to you and some may not. How interested are you in THIS career?

1 2 3 4 5

Very Interested ←————→ Not Interested



Pre & Post Assessment - Answer Key

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- What is a good way to find out if nursing is the right health care profession for you?
 - Getting involved with community healthcare.
 - Shadowing a nurse.
 - Spending time with nursing home residents.
 - All of the above.*

9. Describe a typical day as an RN?

Answers will vary, but should include some of the following,

- *Talking to patients.*
- *Making sure patients are comfortable.*
- *Helping out co workers.*
- *Reporting to doctors*

10. What kind of skills does it take to be a nurse?

Answers will vary, but should include some of the following,

- *Great people skills.*
- *Being familiar with a fast paced setting.*
- *Paying close attention to detail.*
- *Desire to continue learning new things.*



Activity 1

Vital Signs

1A. Checking Your Pulse

A normal heart rate (at rest) for an adult typically ranges 60-100 beats per minute; you can check your pulse from any location just by using your fingers.

Neck Pulse: To check the pulse in your neck place the tips of your middle, index and third fingers at the base of your neck (just above your collar bone) on either side of your windpipe. You may need to press and/or feel around to find the pulsing. Once you can feel the “beat,” look at a watch or a clock and count the pulses for ten seconds, then multiply the number using the formula below.

Wrist Pulse: Like the neck pulse, place the tips of your middle, index and third fingers on your wrist just below the base of your thumb and press lightly. Once you begin to feel the blood pulsing, count the pulses for ten seconds, then multiply the pulses using the formula below.

Check your pulse: _____ x 6 = _____
(beats in 10 seconds) (your pulse)

1B. Identifying Healthy Blood Pressure

Many Americans in this day and age have concerns for high or unhealthy blood pressure rates. Being able to identify what normal and risky blood pressure rates is a task every nurse must master.

The top number on a blood pressure reading is the systolic number which identifies how many times the heart contracts. This number at its normal rate should be less than 120.

The bottom number is the diastolic number which identifies when the heart is refilling with blood and at rest between beats. This number at its normal rate should be less than 80.

Can you identify which of the following blood pressure rates is the healthiest? Circle the correct answer:

$\frac{116}{74}$	$\frac{161}{101}$	$\frac{140}{98}$
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Activity 2

Types of Burns

In the busy environment of emergency rooms, it is up to nurses to assess and check on patients' symptoms. Burn victims are just one type of emergency nurses will expect to encounter. There are different types of burns as well as different degrees of those burns.

Reference this video for information: <http://video.about.com/firstaid/Burns.htm>

Based on the following scenarios, try to identify the burns as chemical, thermal or electrical burns and as first, second or third degree.

2A. Mary is washing her face when she realizes she forgot to unplug her hair blow dryer. With wet hands she grabs for the cord to unplug it and experiences a small shock as well as a burn on her hand. She immediately notices the burn on her hand is black and charred.

2B. Nicky was outside working on his car when he sees a fluid leaking around the battery; he touches it and realizes it's battery fluid. His fingers become very red and hot.

2C. After a long day of being on a boat Cindy notices painful red skin and blisters on her neck and shoulders.



Activity 3

Nursing. Is this career for me?

Use the resources and websites listed in the Resource Guide, as well as other resources, to explore and analyze your reasons for determining which career in nursing would be best suited for your abilities, talents and desired income level.

Include educational requirements and graph to interpret median income levels of these occupations in your state, town or country. Graph and interpret median income levels of the various occupations in your state, town or county.

Please cite your references including source, author and date of publication.

Be prepared to present your information to a larger group.



Activities - Answer Key

1. Vital Signs

1A. *Answers will vary.*

1B. 116/74

<http://www.cchs.net/health/health-info/docs/0900/0984.asp?index=5508>

http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Understanding-Blood-Pressure-Readings_UCM_301764_Article.jsp

2. Types of Burns

2A. *Mary: Electrical Burn, Third Degree*

2B. *Nicky: Chemical Burn, First Degree*

2C. *Cindy: Thermal Burn, Second Degree*

http://ohioline.osu.edu/b907/b907_18.html

4. Nursing. Is this career for me?

Answers will vary.

<http://www.ohiorc.org/> (Ohio Resource Center)

<http://www.infohio.org/default20091028.asp>

<http://quickfacts.census.gov/qfd/index.html>

<http://www.nursing.ohio.gov/>

<http://www.nursingworld.org/>

<http://www.ohiohighered.org/>



Resources

American Nurse's Association

<http://www.nursingworld.org/>

The American Nurse's Association is the largest nursing organization in the US. The website features an ANA member center that serves nursing professionals as well as students. American Nurse's Association also provides a guide and information on different types of nursing career paths, latest news in the field and other resources helpful to those in or pursuing in a nursing career.

Ohio.gov Board of Nursing

<http://www.nursing.ohio.gov/>

Ohio.gov Board of Nursing provides a guide to those who are in the medical field of nursing in the state of Ohio. This provides nurses with an easy way to do things such as verify their licenses, change their addresses, or file complaints with the board. This guide also highlights the state rules of nursing and provides links to documents that further elaborate on nursing practices.

National Council of State Boards of Nursing

<https://www.ncsbn.org/index.htm>

This organization keeps professionals in the nursing field updated on meetings, events and test dates through their neat and organized website. NCSBN provides links to policies, research and the very important NCLEX examinations.

University System of Ohio Board of Regents

<http://www.ohiohighered.org/>

This Ohio funded website provides information for students, educators and businesses who reside in the state of Ohio. The options to explore include tips on applying for college, planning for college, paying for college and furthering education.



Common Core State Standards for Nursing Careers

Common Core State Standards for English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects

College and Career Readiness Anchor Standards for Writing:

1. Write arguments focused on discipline-specific content.

WHST.11-12.1.a. Introduce precise, knowledgeable claim(s), establish the significance of the claim(s), distinguish the claim(s) from alternate or opposing claims, and create an organization that logically sequences the claim(s), counterclaims, reasons, and evidence.

2. Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.

WHST.11-12.2.d. Use precise language, domain-specific vocabulary and techniques such as metaphor, simile, and analogy to manage the complexity of the topic; convey a knowledgeable stance in a style that responds to the discipline and context as well as to the expertise of likely readers.

Reading Standards for Literacy in Science and Technical Subjects 6–12

Craft and Structure - RST.6-8.4

4. Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6–8 texts and topics.

Integration of Knowledge and Ideas - RST.6-8.9

9. Integrate information from diverse sources, both primary and secondary, into a coherent understanding of an idea or event, noting discrepancies among sources.

Common Core State Standards for Mathematics

The Real Number System - N-RN.1

Extend the properties of exponents to rational exponents.

1. Explain how the definition of the meaning of rational exponents follows from extending the properties of integer exponents to those values, allowing for a notation for radicals in terms of rational exponents.

Model with Mathematics - N-Q.1

Reason quantitatively and use units to solve problems.

1. Use units as a way to understand problems and to guide the solution of multi-step problems; choose and interpret units consistently in formulas; choose and interpret the scale and the origin in graphs and data displays.

Model with Mathematics - N-Q.2

Reason quantitatively and use units to solve problems.

2. Define appropriate quantities for the purpose of descriptive modeling.

Model with Mathematics - N-Q.3

Reason quantitatively and use units to solve problems.

3. Choose a level of accuracy appropriate to limitations on measurement when reporting quantities.

The Number System - 6-8.NS.8

Apply and extend previous understandings of numbers to the system of rational numbers.

8. Solve real-world and mathematical problems by graphing points in all four quadrants of the coordinate plane. Include use of coordinates and absolute value to find distances between points with the same first coordinate or the same second coordinate.