

Being a Nurse Educator: Teaching Health Promotion to Children in the Community

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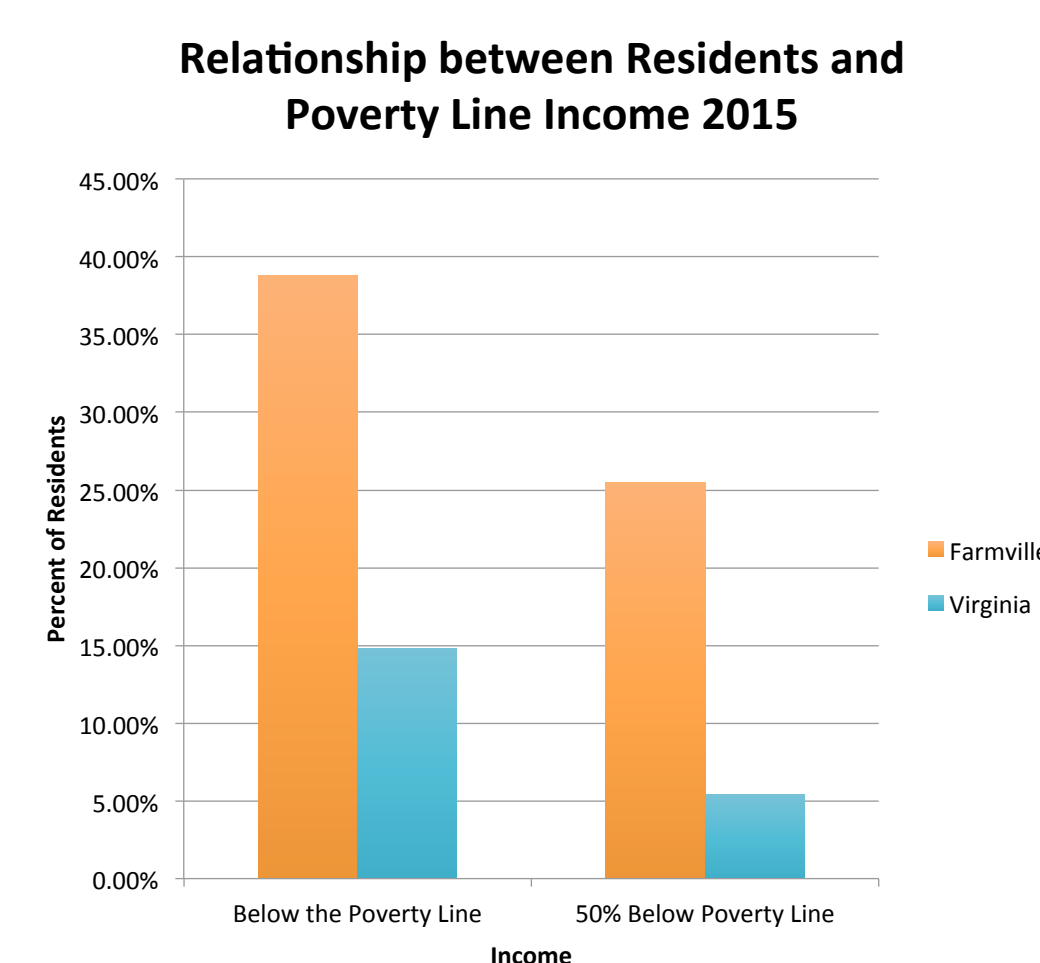


INTRODUCTION

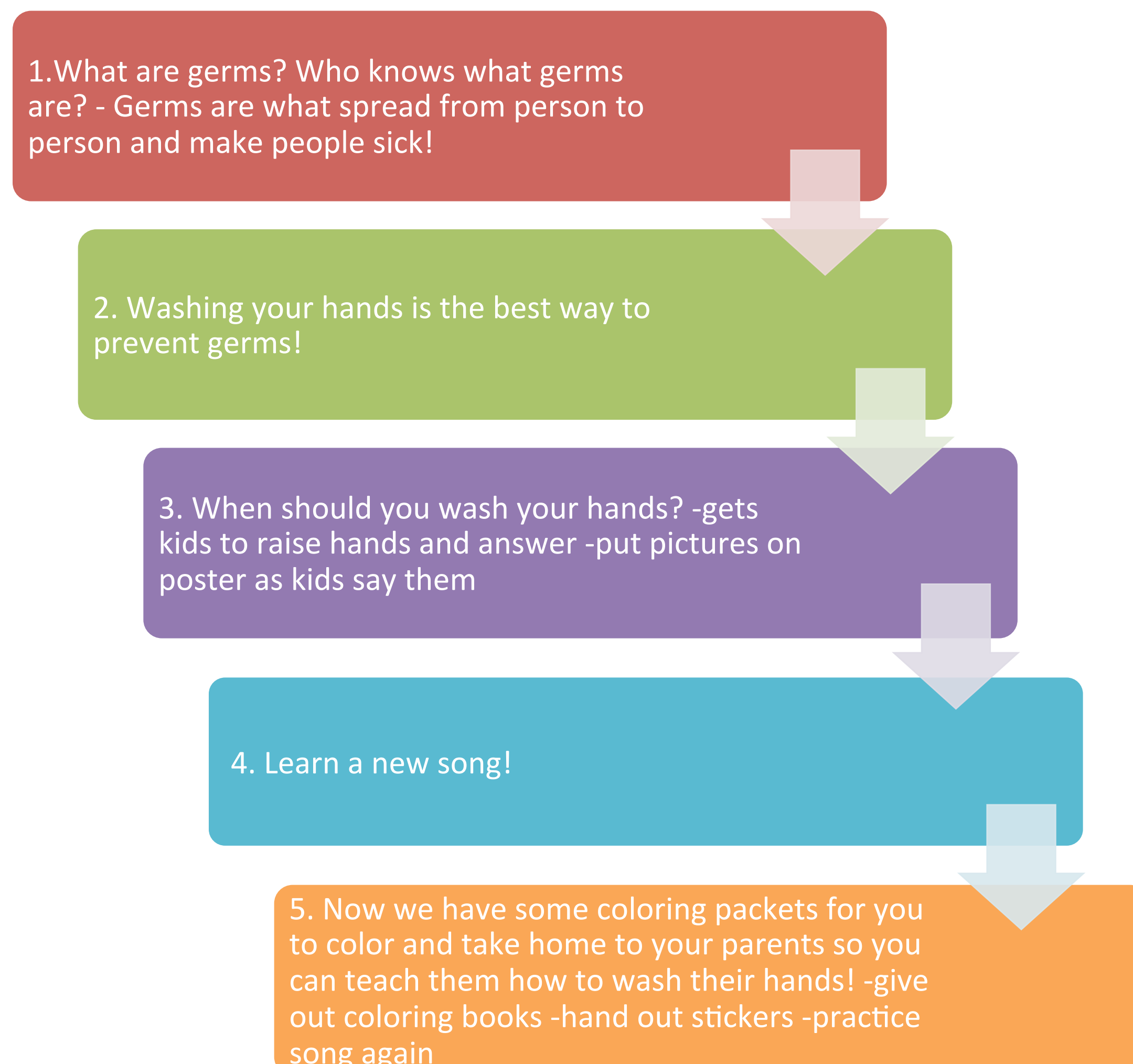
An important part of nursing is to be educators for our patients and the community, and to advocate for healthy practices. We decided to teach healthy habits like hand hygiene to children and parents at a local Head Start daycare to help promote health and prevent illness. The Centers for Disease Control and Prevention states that handwashing is a “do-it-yourself vaccine” (Handwashing, 2016). Hand washing prevents numerous respiratory and diarrheal diseases. It is important for our patients and the community to understand that hand washing is the best possible way to “prevent the spread of disease and avoid getting sick” (Handwashing, 2016). There are no negatives when washing hands, it only promotes one’s health.

BACKGROUND

- Poor living conditions can lead to the spread of respiratory infections and other diseases.
- Lack of food, clean water and sanitation can be fatal
- Maternal newborn death are common trends in low income households
- “Reducing poverty, improving nutrition, and making sure people have access to safe water and sanitation.”



LESSON PLAN



GOALS

- Exploring strategies for promoting health and reducing the incidence of childhood illness and injury in the community.
- Use the nursing process to deliver family centered care that incorporates best practices for children and families.
- Utilize teaching and learning principles to create and implement accessible teaching approaches for children.

WHAT WE DID

- Talked to children about germs. What are germs and what they do to the body?
- After we asked them about when it would be good to wash their hands? They stated:
 - “When hands are dirty”
 - “After going potty”
 - “After coughing, sneezing, and blowing your nose”
 - “Before and after eating”
 - “After playing outside”
 - “After petting an animal”
 - “After playing outside”
- Then we sang our Hand Washing Song together numerous times and practiced the hand movements that go along with washing hands at the sink.
- As we continued to practice washing our hands and singing our song, the children were rewarded with stickers.
- We gave the Head Start community center a poster of when it was appropriate to wash hands that they are able to hang up by the sink to remind the kids of the lesson we taught them.

Hand Washing Song

Tops and Bottoms, Tops and Bottoms, (Rub Top and Bottom of Hands)
In Between, In Between, (Rub Fingers Inside on Both Hands)
All Around your Hands, All Around your Hands, (Just like it Says)
Makes them Clean. Makes them Clean (Flash all Ten Fingers)



Hand Washing Poster



Hand Washing song poster



When should you wash your hands poster

WHAT WE LEARNED

- How to incorporate different styles of teaching based off of growth and development stages to teach children from age 3 to 5 about health promotion
- Going out in to the community is the best way to educate the community as a whole on prevention techniques, so that we can reach them before they come to a clinic or hospital
- An important part of Nursing is understanding and helping your community by going out and providing information to those who may not get any.

REFERENCES

- Farmville, Virginia (VA) Poverty Rate Data. (2016). Retrieved April 23, 2017, from City-data.com website: <http://www.city-data.com/poverty/poverty-Farmville-Virginia.html>
- Handwashing: Clean Hands Save Lives. (2016, January 27). Retrieved April 18, 2017, from Centers for Disease Control and Prevention website: <https://www.cdc.gov/handwashing/>
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