

Station 1: School Nurse - “The Dizzy Student”

Where the Nurse Works: School

Scenario:

A 7th-grade student comes to the nurse’s office feeling **dizzy** and **nauseous** after skipping breakfast. They look **pale** and say they feel like they might **faint**.

Your Task:

- What should the nurse **do** first?
- What **questions** should the nurse ask?
- What **supplies** should the nurse bring?

Supplies Options:

- Gloves
- Water
- Blood pressure cuff
- Ice pack
- Candy or juice
- Stethoscope

Station 1: School Nurse - “The Dizzy Student”

Answer Key:

- **What should the nurse do first?**

The Nurse should give the patient **juice or candy** first to make them feel better. The nurse can take the patients **blood pressure** because low blood sugar can also cause low blood pressure.

- **What questions should the nurse ask?**

The Nurse should ask if the patient has a **history of low blood sugar** or any conditions like **diabetes**.

- **What supplies should the nurse bring?**

The Nurse should bring **gloves**, a **blood pressure cuff** to check blood pressure, **water** in case the patient is dehydration and **candy or juice** to in case their blood sugar is low.

Station 2: Long-Term Care Nurse - “The Fall”

Where the Nurse Works: Long-Term Care Home

Scenario:

You hear a patient **yelling** out from their room, and you find that they have **fallen** on the floor.

Your Task:

- What should the nurse **do** first?
- What **questions** should the nurse ask?
- What **supplies** should the nurse bring?

Supplies Options:

- Blanket/Pillow
- Juice/Candy
- Vitals Cart (blood pressure, heart rate, oxygen, temperature)
- Pain Scale Chart

Station 2: Long-Term Care Nurse - “The Fall”

Answer Key

- **What should the nurse do first?**

The Nurse should get a **pillow and blanket** for the patient lying on the ground and ask the patient if they know where they are and who they are to make sure they did not hit their head. The nurse should not get the patient to move until their **vitals** have been taken and their pain has been assessed.

- **What questions should the nurse ask?**

The Nurse should ask the patient if they think they **hit their head**.

- **What supplies should the nurse bring?**

The Nurse should bring a **blanket/pillow**, a **vitals cart** and a **pain scale chart**. **Juice/candy** may be needed if the fall was because of low blood sugar.

Station 3: Emergency Room Nurse - “Sports Injury”

Where the Nurse Works: Emergency
Department (Hospital)

Scenario:

A middle school student **fell** during a soccer game and their **ankle is swollen and painful**.

Your Task:

- What should the nurse **do** first?
- What **questions** should the nurse ask?
- What **supplies** should the nurse bring?

Supplies Options:

- Ice pack
- Crutches
- Bandage wrap
- Vitals cart
- Notebook

Station 3: Emergency Room Nurse - “Sports Injury” Answer Key

- **What should the nurse do first?**

The Nurse should first **assess** the injury, look for swelling, redness and bruising. The nurse would place the **ice pack** to reduce swelling and place the **bandage** on the injury to keep it intact. If the patient cannot walk, the nurse will offer the patient **crutches**.

- **What questions should the nurse ask?**

The Nurse should ask the patient **how the injury happened**.

- **What supplies should the nurse bring?**

The Nurse should bring an **ice pack, bandage wrap and crutches**, the nurse could also bring a **notebook** to take notes about the injury.

Station 4: Community Health Nurse - “Helping Families Stay Healthy”

Where the Nurse Works: Community Clinic

Scenario:

A nurse is teaching families how to **prevent the flu** in their neighbourhood.

Your Task:

- What should the nurse **do** first?
- What **questions** should the nurse ask?
- What **supplies** should the nurse bring?

Supplies Options:

- Hand sanitizer
- Posters
- Vaccination chart
- Educational pamphlets
- Bandages
- Syringe

Station 4: Community Health Nurse - “Helping Families Stay Healthy”

Answer Key

- **What should the nurse do first?**

The Nurse should share **posters about flu season** and the kinds of things that can help such as **vaccination, proper hygiene, not sharing utensils, staying home if you are sick.**

- **What questions should the nurse ask?**

The Nurse can ask the family if they know much about the **importance of washing their hands and staying home when they are sick, as well as the benefits of vaccinations .**

- **What supplies should the nurse bring?**

The Nurse should have **hand sanitizer to show proper hand hygiene, posters, vaccination chart and education pamphlets to provide information** and a **syringe** to show kids what it is like to get a vaccine.

Station 5: Pediatric Nurse - “Scared Child”

Where the Nurse Works: Children’s Hospital

Scenario:

A young child is scared and **crying** because they **need a shot.**

Your Task:

- What should the nurse **do** first?
- What **questions** should the nurse ask?
- What **supplies** should the nurse bring?

Supplies Options:

- Stuffed animal
 - Bandage
 - Gloves
 - Stickers
- Thermometer
- Calm voice (discussion)

Station 5: Pediatric Nurse - “Scared Child” Answer Key

- **What should the nurse do first?**

The nurse should use **therapeutic communication techniques** with the child such as speaking in a low calm voice and making sure they feel apart of their care.

- **What questions should the nurse ask?**

The nurse should ask the child or parent if there is anything that helps them feel **calm** during visits. Also ask the child if they would like to see how a shot is given to a **stuffed animal**.

- **What supplies should the nurse bring?**

The nurse should bring the **stuffed animal** to show the child what a shot will look like, a **bandage** for after the shot, **gloves**, and **stickers** to give the child after.