

Home Nurse Badge

By Doreen Olson



Otter: Do 4 requirements including the 2 starred

- 1.* Learn to do something (daily chores or a mundane activity) for or with a sick person that's difficult for her to do by herself - comb hair, eat a meal, rub a back, help with getting dressed or changed someone's bedding. Spend at least half an hour doing such things after you learn how.
- 2.* Learn to help with a sick or incapacitated person's health needs - extra drinks, changing a bandage, taking a temperature, getting into a wheelchair, hand washing, etc. Be sure to get permission from the adult in charge first. Spend at least a half an hour doing such things after first learning how.
3. Spend at least a half an hour doing kind acts for a sick person - reading aloud, putting in a movie, making a card or wall banner, playing music or singing, delivering flowers, or making food treats.
4. Learn how to relieve boredom for a sick person. Discuss with your parent or troop some things you can do to relieve boredom (besides the one you choose.) Spend at least a half an hour doing something such as putting together a craft bag & using its contents, playing with toy soldiers on a quilt top, doing a puppet show, playing games, doing puzzles, or sitting and talking.
5. Learn about the health condition of a relative or friend. Understand what their limitations may be because of their condition and find at least one way that you could help them be more comfortable.
6. Go to a medical supply store and learn to identify at least 10 things such as walkers, different types of canes, bedside commodes, reaches, braces, and handrails. Be sure you know the function of each piece of equipment.
7. Give an adult caregiver a break. Do chores or favors for her so she doesn't get as tired as she normally would. Do enough of them to take a half hour of time.

Dolphins: Do 5 requirements including the 2 starred.

- 1.* Learn to do something (daily chores or a mundane activity) for or with a sick person that's difficult for her to do by herself - comb hair, eat a meal, rub a back, help with getting dressed or changed someone's bedding. Spend at least one hour doing such things after you learn how.

Learn to help with a sick or incapacitated person's health needs - extra drinks, changing a bandage, taking a temperature, getting into a wheelchair, hand washing, etc. Be sure to get permission from the adult in charge first. Spend at least one hour doing such things after first learning how.

- 2.* Earn the First Aid badge and write out a reason why it's important to know first aid at home, especially if a person in the family isn't well.
3. Learn about the health condition of a relative or friend. Understand what their limitations may be because of their condition and find at least one way that you could help them be more comfortable. Contact a national organization that educates or helps people who have your friend's condition. Read the organization's website or literature. If your parent thinks it's a good idea, take the literature to the ill person to read.
4. Go to a medical supply store and learn to identify at least 12 things such as walkers, different types of canes, bedside commodes, reaches, braces, and handrails. Be sure you know the function of each piece of

equipment.

5. Give an adult caregiver a break. Do chores or favors for her so she doesn't get as tired as she normally would. Do enough of them to take one hour of time.
6. Learn how to relieve boredom for a sick person. Discuss with your parent or troop some things you can do to relieve boredom (besides the one you choose.) Spend at least one hour doing something such as putting together a craft bag & using its contents, playing with toy soldiers on a quilt top, doing a puppet show, playing games, doing puzzles, or sitting and talking.
7. Spend at least one hour doing kind acts for a sick person - reading aloud, putting in a movie, making a card or wall banner, playing music or singing, delivering flowers, or making food treats.

Butterfly: Do 6 requirements including the two starred.

1.* Learn to do or improve your ability at helping with a sick person's daily activities. This can include bathing, fixing hair and nails, preparing foods for a special diet, or cleaning up after an ill person. Spend one and a half hours on such things after your instruction period is ended.

Learn to help with a sick or incapacitated person's health needs - extra drinks, changing a bandage, taking a temperature, getting into a wheelchair, hand washing, etc. Be sure to get permission from the adult in charge first. Spend at least one and a half hours doing such things after first learning how.

- 2.* Earn the First Aid badge and write out a reason why it's important to know first aid at home, especially if a person in the family isn't well.
3. Accompany a sick or physically challenged person to his doctor visit or therapy session. Write out any instructions given by the health care provider. Compare notes with the sick person and discuss changes in care.
4. Earn the Kindness Badge and write out a reason why kindness is important during the time someone is ill.
5. Learn how to relieve boredom for a sick person. Discuss with your parent or troop some things you can do to relieve boredom (besides the one you choose.) Spend at least one and a half hours doing something such as putting together a craft bag & using its contents, playing with toy soldiers on a quilt top, doing a puppet show, playing games, doing puzzles, or sitting and talking.
6. Give an adult caregiver a break. Do chores or favors for her so she doesn't get as tired as she normally would. Do enough of them to take one and a half hours of time.
7. Go to a medical supply store and learn to identify at least 15 things such as walkers, different types of canes, bedside commodes, reaches, braces, and handrails. Be sure you know the function of each piece of equipment.
8. Learn about the health condition of a relative or friend. Understand what their limitations may be because of their condition and find at least one way that you could help them be more comfortable. Contact a national organization that educates or helps people who have your friend's condition. Read the organization's website or literature. If your parent thinks it's a good idea, take the literature to the ill person to read.

Eagle: Do 7 requirements including the two starred.

1.* Learn to do or improve your ability at helping with a sick person's daily activities. This can include bathing, fixing hair and nails, preparing foods for a special diet, or cleaning up after an ill person. Spend two hours on such things after your instruction period is ended.

Learn to help with medical health needs of another person - changing bandages & diapers, taking temperatures, blood sugar or blood pressure with more than one type of equipment when applicable; helping with transfers to chairs, commodes, or beds; sterile or cleaning techniques, etc. Get permission from the adult in charge for everything you do and spend at least two hours helping with these medical needs.

2.* Earn the First Aid badge and write out a reason why it's important to know first aid at home, especially if a person in the family isn't well.

3. Spend at least 2 hours being kind to a sick person. This can include acts of cheer (cards & flowers), inspiration (painting a quote on a banner, reading scripture aloud, verbal encouragement during therapy), or distraction (puppet shows, playing games, providing other entertainment.)

4. Do research on the health condition of a friend or relative. For each condition, check out at least three sources. If there is more than one approach to treating the condition, find out why one is chosen over the other(s). Be able to explain to someone else what the condition is and what the treatment accomplishes.

5. Go to a drug or medical supply store to learn about medical equipment and/or medications for people who can be cared for at home. Research a group of aids or medications and find out how much they cost. For example, research the pros and cons of the two main types of wheelchairs, their seat pads and bags. Or study the difference between acetaminophen and aspirin. What is the difference between two-wheeled walkers and four wheeled? What is the difference in cost? Try out different reaches and see which ones you like best, etc. Do at least an hour of research in actual stores vs. only on the internet.

6. Be the chief caregiver for someone for at least two hours. Be aware of any safety concerns before you start and if you are standing in for someone else, be sure you know all the contact information before the caregiver leaves you in charge. You may NOT administer any medications unless an adult is there to supervise.

7. Watch at least one movie about a chronically ill or handicapped person, such as "The Awakening", "Wit", "Lorenzo's Oil", "Joni", "Ice Castles", etc. Parental guidance about which movies to watch is important. If you only watch one, give an oral report to your troop. If you watch two, you can write a report that compares and contrasts the two movies. Books may be read instead of watching movies if you prefer.

8. Figure out how to entice a sick person to eat more or healthier food. Does your "patient" have enough variety in the textures and colors of her food? How about new tastes or seasonings and proper temperatures? Would music or pleasant conversation enhance her dining experience? How about teddy bear shaped sandwiches, or a fancy dessert with protein powder added? Prepare a meal or a snack for your "patient."

9. Learn about the health condition of a relative or friend. Understand what their limitations may be because of their condition and find at least one way that you could help them be more comfortable. Contact a national organization that educates or helps people who have your friend's condition. Read the organization's website or literature. Make a donation or conduct a fundraiser for your chosen organization.

