

The BEAR Necessities

Summer 2011

INSIDE:

A Day in the Life of Nurse Carolyn	2
Word Search	4
Match the Definitions	4
Mad Lib	5
Dr. Bear's Club Poll	6
Tongue Twisters	6
Drawing Contest	7




Children's National
Medical Center.



A Day in the Life of Nurse Carolyn

At Children's National Medical Center more than 1,500 nurses take care of sick kids every day. Dr. Bear wanted to see what it was like to be a nurse at the hospital so he sat down with Nurse Carolyn to talk about her job.



Carolyn Benigno, RN, CPN, has been a nurse for almost 15 years! A **nurse** is a specially trained person who takes care of you at the hospital. Before becoming a nurse, you need to go to college and pass a special test to get a license to practice nursing. A **license** (*ly-sense*) gives a person permission to do something by law. Did you see the letters **RN** and **CPN** after Nurse Carolyn's name? These letters stand for Registered Nurse and Certified Pediatric Nurse. It lets adults and patients know that she is specially trained to take care of kids. Nurses have to take classes each year to keep their nursing knowledge up-to-date.

There are many kinds of nurses. At Children's National most nurses are **patient care nurses** who work with sick children in patient areas of the hospital called **units** (*you-nits*). Some nurses work with children who are healthy and need regular check-ups. Other types of nurses at Children's include **nurse executives** (nurses who are in charge and make important decisions), **nurse educators** (nurses who teach other nurses), **nurse researchers** (nurses who study and find answers to medical questions), **nurse lawyers** (nurses who practice law), **nurse informaticians** (*in-for-mub-tib-shuns*) (computer nurses), **school nurses** (nurses who work in a school), and **community health nurses** (nurses who educate and serve the community).

Nurse Carolyn is a patient care nurse in the surgery preparation and recovery units. Her job is to care for children and their families before and after **surgery** (*sir-jer-eee*). Surgery is one way that doctors can fix problems in your body so you feel better. Since many kids need surgery, Nurse Carolyn gets to work at 6:00 in the morning!



She wears a uniform that looks like pajamas, called **scrubs**. Some nurses wear different colors and some even have pictures of cartoon characters on them! Scrubs are worn to make sure patients stay germ-free.

Nurse Carolyn starts her day by reviewing the **medical charts** of her patients. Medical charts are notes from each hospital visit. By reading these charts she can see which days kids aren't feeling well or what medicine the doctor gave to a patient. Nurse Carolyn greets her patients with a smile. She answers questions and goes through an important checklist to prepare kids for surgery.

After surgery, she meets her patients in the **recovery room**, which is a fancy name for the place where you wake up after surgery.

She makes sure your body is working normally by checking **vitals** (*vy-tubls*), or important signs that can show kids are okay after surgery, like temperature and heart beat. She gives medicines if kids are not feeling well after surgery. She also offers popsicles, juices, and ice cream to patients since you have to have an empty tummy before surgery. Before kids leave the hospital, Nurse Carolyn teaches parents how to care for their kids and make them feel better once they get home.

Nursing runs in Carolyn's family. Her mom was a nurse and Carolyn followed in her footsteps. Dr. Bear asked what advice she would give kids today. "Finish school and be kind to people. It's the best way to be a good grown-up!"



FUN WITH WORDS

Dr. Bear's Word Search

M V O N L F G R E Z P S R E
P O P S I C L E O M D U E Y
X O F S C A E F A E L W C O
Y S A T E M M E M D V I O P
G S B U N C L U S I I N V L
E C I N S U S N I C T O E M
S A L D E M S I H A A R R A
U C Y A H V I T A L S S Y T
R L R R E N L S C C I R R I
G P R U V E N T I H N E O A
E M E S B R T R N A S E O D
R U E Q D S O C I R I T M U
Y S I P A T I E N T S L C E
I N J U R S N U R S E E S R

FIND THESE
WORDS:

Nurse
License
Surgery
Scrubs
Recovery Room
Vitals
Units
Patients
Medical Charts
Popsicle

Answers on page 6

Match the definitions... Can you match the words to their definitions?

- | | |
|--------------------------|--|
| A) Nurse | Gives permission to do something by law. |
| B) License | Specially trained person who takes care of patients at the hospital. |
| C) Surgery | Areas of the hospital just for patients. |
| D) Vitals | Notes with information from hospital visits. |
| F) Units | Important signs that can show kids are okay after surgery. |
| E) Medical Charts | A way doctors can fix a problem to make you feel better. |

Finish the story with the kinds of words noted underneath the blanks. You can try to figure out the actual story, or you can make it as silly as you want – there's no wrong way to play!

GRAMMAR REFRESHER

Noun: Person, place, or thing

Example: Bob, Washington, DC, computer

Verb: Action, something you do

Example: Run, cry, eat

Adjective: A descriptive word

Example: Huge, purple, bumpy

Exclamation:

A word or phrase expressing emotion
Example: Cool!, Oh my!, Hooray!

Title

"I'm hungry!" said _____ to his/her _____. "I'm sorry, _____, but you are not allowed to have food before surgery." He/she pointed to a _____ on the refrigerator.

On the paper was a list of rules to follow before going to the hospital; not eating was one of them. "Soon you will have your _____ and after you can _____." They hopped in the car and drove to the _____ early in the morning. After checking in _____

and his/her _____ signed in at the welcome desk and got a big sticker with their names and pictures. "_____! There are hot air balloons in the air!" said _____ pointing toward the sky. "Isn't that fun? I think they know that those colorful balloons make kids

like you _____," said _____'s _____. They rode the _____ to the surgery floor and went to the waiting room. It wasn't long before a nurse called them back to get

_____ ready for surgery. The nurse was really _____. He/she answered questions and helped _____ change into a _____ gown. After laying down, _____ was given special sleepy medicine and before you could say, "_____,"

the surgery was over. _____ woke up in the recovery room still sleepy from the medicine. His/her _____ (noun) was there by the bed with the nurse. "Hi, _____ would you like something to eat?" "_____! My tummy is empty and it's starting to

_____." Well, since you did a great job with your surgery I'll bring _____," said the nurse. "Thanks!" said _____ "You're the best!"

Hey Kids!

Tell your friends about Dr. Bear's Club!
Go to www.ChildrensNational.org/Publications to sign up.



Answers to Word Search from page 4

Dr. Bear's Word Search

M	V	O	N	L	F	G	R	E	Z	P	S	R	E
P	O	P	S	I	C	L	E	O	M	D	U	E	Y
X	O	F	S	C	A	E	F	A	E	L	W	C	O
Y	S	A	T	E	M	M	E	M	D	V	I	O	P
G	S	B	U	N	C	L	U	S	I	I	N	V	L
E	C	I	N	S	U	S	N	I	C	T	O	E	M
S	A	L	D	E	M	S	I	H	A	R	R	A	
U	C	Y	A	H	V	I	T	A	L	S	S	Y	T
L	R	R	E	N	L	S	C	C	I	R	R	I	
G	P	R	U	V	E	N	T	I	H	N	E	O	A
E	M	E	S	B	R	T	R	N	A	S	E	O	D
R	U	E	Q	D	S	O	C	I	R	I	T	M	U
Y	S	I	P	A	T	I	E	N	T	S	L	C	E
I	N	J	U	R	S	N	U	R	S	E	E	S	R

Tongue Twisters

Try saying these tongue twisters
10 times fast!

- Six slimy snails sailed silently.
- Cooks cook cupcakes quickly.
- A pack of pesky pixies.
- Bad money, mad bunny.
- A fat-free fruit float.

Dr. Bear's Club Poll

What treat do you most look forward to in the summertime?

Circle one or write your own answer!

- A. Ice cream
- B. Popsicles
- C. Pie
- D. Cake
- E. Other: _____

Let Dr. Bear know what you think.

Send this in with your drawing contest entry!

Dr. Bear's Club Poll Results:

What is your favorite school subject?

- A. Math 0%
- B. Science 0%
- C. Social Studies 0%
- D. History 25%
- E. Other: 75%

Answers to the definitions from page 4

- A. Nurse Specially trained person who takes care of patients at the hospital.
- B. License Gives permission to do something by law.
- C. Surgery A way doctors can fix a problem to make you feel better.
- D. Vitals Important signs that can show kids are okay after surgery.
- E. Units Areas of the hospital just for patients.
- F. Medical Charts Notes with information from hospital visits.



ENTER THE DR. BEAR'S CLUB DRAWING CONTEST!

Sometimes doctors and nurses wear different outfits like scrubs or white coats. What do you think a doctor and/or nurse looks like at a children's hospital? Send your drawing entry, your Dr. Bear's Club Poll response, and the information at the bottom back to us. Dr. Bear will choose one person from each age group to receive a prize and have their drawing and name in the next issue of *Bear Necessities*.

Name: _____

Age: _____

Address: _____

Send entries to:
The Dr. Bear's Club Drawing Contest
PR & Marketing
111 Michigan Ave, NW
Washington, DC 20010-2970

Parent signature (for possible use of art in future publications and projects of Children's National Medical Center)

Winners!

of the Spring Design a Children's Hospital Drawing Contest



4 TO 6-YEAR-OLDS
Abigail Chandler
Age 6, Silver Spring, MD



7 TO 9-YEAR-OLDS
Nimamah A. Kamata
Age 8, Lotton, VA



10 TO 12-YEAR-OLDS
Dominique Mickiewicz
Age 11, Montclair, VA



Children's National
Medical Center

111 Michigan Avenue, NW
Washington, DC 20010-2970

The nation's children's hospital.

Children's Bear Necessities is published three times a year by Children's National Medical Center

Edwin K. Zeelman, Jr., *president and chief executive officer*

Jacqueline D. BOWENS, *vice president and chief government and external affairs officer*

Pam Bylen, *vice president, public relations and marketing*

Denise Hyaler, *marketing director*

Sarah J. Wagoner, *editor and writer*

Design: *Design Central, Inc., Silver Spring, MD*

Photography: *Stephen Bobb*

Copyright 2011 by Children's National Medical Center. All rights reserved. The bear logo and Children's National Medical Center are registered trademarks. The names of the other organizations within The Children's National Medical Center system are service marks of Children's National Medical Center only or its affiliates.

A member of the Children's Miracle Network

Children's National does not discriminate on any grounds prohibited by applicable law, including race, color, religion, age, sex, national origin or ancestry, sexual orientation, marital status, status as a disabled or Vietnam veteran or as a qualified disabled individual.

Nonprofit Org.
U.S. Postage
PAID
Hagerstown MD
Permit No. 93