

Newspaper in Education Presents

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Are drugs ever a good thing?

Student Interview

Living her dream

by Vickie Miller

By enrolling in the Practical Nursing program at **Manatee Technical Institute**, Lakisha Heath is fulfilling her childhood dream. She remembers going to the doctor's office as a child and visiting with the nurses who were always friendly, calming, and consoling. Lakisha knew then that she wanted to be a nurse.



Lakisha Heath

Lakisha said that one of the most difficult things about becoming a nurse was overcoming the fear of hurting patients, especially small babies. At first she found it difficult to give shots to people, but Lakisha just focused on what she had been taught in the lab, and that gave her confidence. Also, with her instructors' encouragement and help she knew that she could be successful.

Surgery is also especially interesting to Lakisha. When she watched a knee surgery she said that it was so interesting seeing all of the different muscles and tissues. She was able to see in real life the anatomy and physiology that she has been studying in the books.

Lakisha has big plans. She wants to continue her education and eventually become a nursing instructor. She is very thankful to the teachers at Manatee Technical Institute who have been very supportive in her pursuit of this new career.

school biz

Nurses make a difference

by Vickie Miller

Registered Nurse, Sharon Herman, has seen first-hand the difference that immunizations can make in the lives of children. She served as a missionary nurse in Kenya during a time



Sharon Herman

when there was a measles outbreak. Unfortunately, many children died because they had not been immunized against this disease.

Ms. Herman dedicated her services to help the children and people of Kenya. As a nurse in Kenya, she had a lot of responsibility since the doctor only came once a month. In addition to giving people immunization shots, Ms. Herman treated the sick, gave medications, delivered babies, performed minor surgeries, and even drove their Land Rover "ambulance."

Since the people in Kenya lived in temporary huts and moved around, the nurses sometimes traveled to find the people. One popular gathering area was at a river where people fished. Ms. Herman even had to camp out overnight in order to treat all of the people.

The best part about the nursing career, says Ms. Herman, is "making a real difference in people's lives." She has definitely made a difference, both as a nurse and a teacher, and now as the Health Program Operations Manager at Manatee Technical Institute. Thanks to her she's still making a difference through the students she impacts at MTI.

Prescription Drugs and Nursing

Most drugs are amazingly good

by Vickie Miller

When we "Say No to Drugs" we are saying no to illegal drugs that are harmful, such as crack or marijuana. Drugs can be abused, and they ruin lives. On the other hand, most drugs are medications that can save lives. When used properly and prescribed by a health professional, drugs can be very good things. That's why they are often called "prescription" drugs, because they are drugs that have been safely prescribed by a doctor.

Prescription drugs and medications are amazing. Many medications are actually made from substances found in plants or animals. Some medications are even made from bacteria found in dirt or from fuzzy molds, like penicillin, which is made from orange mold. Medications can make us feel better, protect us from dangerous diseases, or cause our bodies to function better.

We who live in the U.S.A. are very lucky. We have lots and lots of different kinds of medications to keep us healthy, unlike many poorer countries. Just think about when you started school. You had to have many shots, called immunizations. Even though these shots were not pleasant, they were important because they contained medications that kept you from getting dangerous diseases, such as measles and polio.

Drugs and medications come in all different forms. They can be packaged in big pills, in small pills, in pink pills, in white pills, in plastic capsules with powder inside, in bad tasting liquid, in clear ointments, or in fluid that is injected with a needle. However they come, medications are designed in different forms to make them work in our bodies.

Nurses are very important in giving us medications and helping us to manage them. Nurses are educated to understand all the different drugs and how to safely distribute them to people. This includes understanding how to calculate accurate amounts of medication based on a person's age, weight, and health condition. Nurses are also trained to look for possible side effects from medications such as allergic reactions.

When used properly, the right kind of drug at the right time can be a very good thing!



explore it

Match the terms with the description:

- | | |
|-------------------------|---------------|
| A. Ritalin | F. Ice |
| B. Florence Nightingale | G. Honey |
| C. Calamine lotion | H. Immunized |
| D. Inhaler | I. Penicillin |
| E. Crocodile blood | J. Addiction |

- ___ 1. A medicine made from mold.
- ___ 2. Helps with skin rashes, such as from poison ivy.
- ___ 3. Helps people focus better, especially those with ADHD.
- ___ 4. Used to reduce swelling such as from a sprained ankle.
- ___ 5. Used in ancient Egypt as a salve for wounds because germs do not survive well in it.
- ___ 6. A nurse who improved sanitation in hospitals and helped save many soldiers.
- ___ 7. When a person becomes dependent on a drug. (Their cells are actually altered).
- ___ 8. Contains medicine that relaxes the muscles around the lungs and helps someone with asthma breathe better.
- ___ 9. When a person gets vaccination shots to keep one from getting diseases they are...
- ___ 10. Scientists are researching it because it contains natural agents that kill bacteria.

Answers: 1 = H, 2 = C, 3 = A, 4 = F, 5 = G, 6 = B, 7 = J, 8 = D, 9 = H, 10 = E

Discover the Future

Nurses work in a variety of settings including:

- Hospitals
- Schools
- Doctor Offices
- Nursing Homes
- Military
- Public Health Clinics
- Corporations
- Under-privileged Countries

Nurses are skilled to do a lot of things:

- Take blood pressures
- Change bandages and treat wounds
- Give shots and medications
- Handle sophisticated machines and monitors
- Know about diseases
- Help with surgeries
- Deliver babies

For more career information see your school counselor and get information on-line at:

<http://jobstar.org/tools/career/spec-car.cfm>
OR
<http://www.acinet.org/acinet/default.asp>



What to do to prepare for a career as a Practical Nurse:

1. Stay in school and receive a high school diploma.
2. Take courses in science, biology, and anatomy.
3. Get certified in Cardiopulmonary Resuscitation (CPR)
4. Maintain a healthy life style and stay drug free.
5. Consider enrolling in the health academy at Manatee High School. Through this program you may be eligible to shadow and intern in local surgery centers, nursing homes, and doctors' offices while still in high school. Contact Ms. Sollenberger, Health Academy Coordinator, at 714-7300, extension 2078 for more information.
6. In your junior year of high school apply to the Patient Care Technician program at Manatee Technical Institute. This program is available for high school seniors and will prepare you to be certified as a C N A and home health aid. It is excellent training for a future career in nursing. To apply you must attend an information session to receive all application materials. Call 752-8100, extension 225 for a list of dates and times.

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Manatee Technical Institute

- Ballard Elementary Magnet
- Daughtrey Preparatory Magnet
- Harlee Middle Magnet
- Johnson Middle Magnet
- Lee Middle Magnet



- Lincoln Middle Magnet
- Manatee Elementary Magnet
- Rowlett Elementary Magnet
- Tillman Elementary Magnet
- Wakeland Elementary Magnet

Schools listed in red offer instruction in the subject area featured in today's InquiziKIDz



- <http://www.hosa.org>
- <http://bls.gov/oco/ocos102.htm>
- http://nursesource.org/nursing_careers
- <http://www.nursingworld.org/about/careerlit.htm>
- <http://www.uncwil.edu/stuaff/career/Majors/nursing.htm>

