



## REACH Ideas

### REACH Ideas from neighboring state's Programs

- “City Bucks” as door prizes. Ten dollar checks for the students to spend in their respective cities for anything at any business.
- First Aid kits given out to each student
- Hospital/Clinic/Nursing Home tours
- Mock emergencies:
  - One of the main presenters acted out a heart attack and the participants learned the importance of calling 911, the job of the 911 operator, and how to handle an emergency. They were also able to see an EMT in action.
  - One of the student participants acted out an allergic reaction, one of the helpers called the ambulance, and the ambulance took the patient to the hospital. Some of the participants were able to ride in the ambulance, the rest received a ride in the ambulance later in the day.

### Interactive Activity Ideas from other States' Programs

- **Pharmacy –**
  - Fill prescriptions with “pills.” The pills were M&Ms and Skittles.
  - Split “pills.” The pills were Smarties candy.
  - Find the medications to fill prescriptions in the pharmacy.
- **Radiology –**
  - (Ultrasound) Have Styrofoam cups with lids, labeled A-D, all with a different item inside and have the students shake the cup and match the sound of cup A with the same sound in another set of styrofoam cups with lids labeled 1-4 set across the room. Some of the items in the cups were pinto beans, paperclips, rocks, and sugar.
  - (X-Ray) Students looked at x-rays that had foreign objects in them (someone swallowed a penny; screw in a joint) and tried to decipher what was the foreign object
  - (CT) One student laid on a table, two students spun a hula hoop from head to toe while another student injected “contrast” (Water) into a cup.
  - (MR) Students used a magnet held on the backside of a large piece of cardboard and then raced a paperclip up a “road” until they reached a hole that was at the top where the paperclip fell through. They did this in teams of four as a race against other teams.
- **EMS -**
  - Ambulance tour.
  - Perform CPR.
  - Start an IV on a “patient” (simulator).
  - Shock a “patient” (simulator).
  - Landing of an emergency helicopter with discussion and demonstration at the landing pad.



- **Lab/CLS -**
  - Look at specimens under a microscope.
  - Students typed their own blood.
  - Separate Serum from whole blood.
  - Students checked each other's or their own blood sugar.
  
- **Respiratory Therapy -**
  - Students tried on an airway clearance system vest and felt how it shakes.
  
- **OP/PT -**
  - Students wear weights on one side of their body to simulate a stroke patient and then perform stroke rehabilitation services (getting into bed and covering yourself with the use of only one arm and a weighted leg, make buttered toast, do an obstacle course, wear a latex glove and try to pick specific objects out of a container full of dry beans.
  - (Athletic Training) The students performed exercises that athletic trainers have their patients perform – crushers, stretching.
  
- **Ophthalmology –**
  - Students wore different glasses that depict how people see when they have eye problems and try to perform activities (reading, catching a ball, writing their name) while wearing them.
  
- **Nursing –**
  - Give shots to an orange.
  - Students take vital signs.
  - Dress fake wounds.
  - Suture wounds.
  - Wrap a cast.
  
- **Physician –**
  - Dissect a pig's heart.
  
- **Dietary –**
  - Mix and taste thickening agent used for liquid.
  - Feed each other with the one being fed wearing a blindfold.
  
- **Dentistry –**
  - Students brushed their teeth and then chewed a dental disclosing tablet that allowed them to see what 'gunk' was left on their teeth from improper brushing.

Office of Rural Health, Wyoming Department of Health  
Wyoming Area Health Education Center



- **Other -**

- Hand washing with black light demonstration of remaining contaminants.
- Intubate a “patient” using a simulator.
- Students treated an open femur fracture, stopped the bleeding, and made a splint.

### **Additional Resources with Creative Ideas**

#### **Grossology**

<http://www.grossology.org/yuckier.shtml>

#### **Brain Pop**

<http://www.brainpop.com/>

#### **Neuroscience for Kids**

<http://faculty.washington.edu/chudler/chmodel.html>

#### **Flesh toned Jello recipe**

<http://www.pumpkinook.com/shop/brainjellomold.htm>

#### **Bill Nye the Science Guy**

Printable Sheets for Kids and Teachers

<http://www.billnye.com/for-kids-teachers/printable-one-sheets-for-teachers/>

#### **Home Demos for Kids and Teachers**

<http://www.billnye.com/for-kids-teachers/home-demos/>

#### **Cool Science for Curious Kids**

<http://www.hhmi.org/coolscience/forkids/>

#### **Funology.com Weird Science**

<http://www.funology.com/laboratory/>

#### **Science Activities**

[http://www.education.com/activity/science/?cid57000.0009&s\\_kwid=TC](http://www.education.com/activity/science/?cid57000.0009&s_kwid=TC)

#### **The Brains Inner Workings**

<http://www.nimh.nih.gov/health/brains-inner-workings/the-brains-inner-workings-activities-for-grades-9-through-12.shtml>