Breakthrough to Nursing Toolkit
California Nursing Students’ Association

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Breakthrough to Nursing Director
What is Breakthrough to Nursing?

Frequently Asked Questions:

1. What is Breakthrough to Nursing?
   Breakthrough to Nursing (BTN) started with the National Student Nursing Association (NSNA) in 1965. The mission is to mentor students in becoming sensitive to the diversity in our society. The program focuses on recruitment and retention of nursing students who come from minority backgrounds as well as recruiting males. CNSA focuses on developing and implementing projects to help spread the mission of BTN on the state and chapter level.

2. I don’t have a BTN position in my chapter, what can I do?
   Start one! It is simple and a very important position. Look into your chapter bylaws and revise them so that BTN is a board position. Start to develop projects and ideas to implement in your local community that promote nursing.

3. What can I do on the chapter level for BTN?
   Develop a BTN project and presentations that you can implement in your community. Get in contact with local elementary, junior high, or high schools where you can present to students about nursing. Also, seek out community events and health fairs where you can spread nursing to diverse populations and help recruit minorities and males.

4. What are some good resources for BTN?
   These are just a few resources to get you started in your search for more BTN information:
   - RN ambassador powerpoints and presentations you can use to promote nursing: [http://www.cncc.org/outreach/ambassador.html](http://www.cncc.org/outreach/ambassador.html)
   - Johnson and Johnson Websites- Free resources that can be sent to you:
   - Minority Nurse- The career and education resource for minority nursing professionals, students and faculty: [http://www.minoritynurse.com/](http://www.minoritynurse.com/)
   - NSNA Breakthrough to Nursing: [http://www.nsna.org/ProgramActivities/BreakthroughtoNursing.aspx](http://www.nsna.org/ProgramActivities/BreakthroughtoNursing.aspx)
How to Develop a Breakthrough to Nursing Project at your school
Chapter of CNSA:

- Assign someone to be in charge of the project: If you have a Breakthrough to Nursing Director have them be in charge or if you don’t have that position on your board, create one, or assign someone who is interested to be in charge.
- Brainstorm ideas/come up with a theme or topic for a presentation/project.
  - Some examples are: teaching about nursing, what nursing school is like, college, explaining what nurses do, teaching about a specific body system like the heart or bones or teach them about blood pressure and have a blood pressure booth.
- Pick a target audience/ age range
  - High schools, junior high schools, elementary schools, health fairs, career fairs
- Contact local schools or organizations and inform them that you would like to come speak about nursing.
- Create a powerpoint/poster presentation appropriate for the age group about your chosen topic.
  - There are pre-made powerpoints from different organizations about nursing or you can create your own about any topic
  - The RN Ambassador program has great powerpoints for audiences of all ages: [http://www.cncc.org/outreach/ambassador.html](http://www.cncc.org/outreach/ambassador.html)
- Communicate with the school/organization about a date/time for the presentation. Make sure to ask about the facilities (if you will have access to a computer/ powerpoint, where to park, if there is a place to check in like the main office)
- Communicate with volunteers from your school to help with the presentation
  - Tell them what to wear/ bring (nursing school scrubs work well since everyone has them). Bring stethoscopes and BP cuffs if they have them (if there is time after the presentation kids usually like to see how it all works).
  - Workout a carpool or give detailed directions for where everyone can meet before the presentation
- Bring handouts and materials to the presentation. You can make your own or Johnson and Johnson has free brochures, posters, coloring books and magnets you can order online at: [http://www.discovernursing.com/free-materials-brochures](http://www.discovernursing.com/free-materials-brochures)
- Document the presentation for your future reference:
  - Record the contact information for your point of contact at the school (the teacher or principal you set up the presentation with).
  - Record how many students were there, the age and demographics as well as how many student volunteers you had from your school (make a sign in sheet so you know who was there)
  - Take pictures
- Write a thank you note to the school/ location you presented at and thank them for letting you come and present about nursing
• Report back to your chapter about the event at a chapter meeting or via e-mail.
• Write an article for your chapter newsletter and send to the state newsletter *Range of Motion* to be published. We love getting submissions from local chapters!
• Apply for the CNSA Breakthrough to Nursing Award presented at the State Convention every year in October. You have put in a lot of hard work and time into these presentations and you should be rewarded for all you have done!
• Help other chapters with events and communicate with them about the things that went well at your event and what you could improve upon in the future.
• Have fun! It is such a great feeling to get out there and inspire others about our amazing profession!
Sample Breakthrough to Nursing Project at San Diego State University:

“Lub-Dub”

The Project:
As an invited guest to the Crawford High School Career Fair, our goal was to promote higher education especially attending San Diego State University and to promote nursing as a profession.

Lub-Dub, the sound of the human heart, was the inspiration behind the presentation. We were able to educate students about the anatomy of the heart by demonstrating different structures on a variety of dissected animal hearts and compare structure and function to the human heart model. Other topics covered included: eating heart healthy diets, exercising, and the importance of being CPR ready! Students were also given the opportunity to listen to their own heart sounds using a double headed stethoscope.

For the event we made a poster with information about the human heart, fun facts about the heart, explanations of what CPR is, why it is important, and information about the San Diego State University School of Nursing. Brochures about San Diego State and brochures about nursing supplied by Johnson & Johnson were provided. SDSU nursing students were scattered around the table with teaching stethoscopes for the Crawford students to listen to their own heartbeats. We displayed a model of the human heart to point out different distinguishing features and in the background we played the song Stayin’ Alive by the Bee Gees. The fun and interactive portion of the project came when we brought out real animal hearts for the students to see, touch, (and after donning gloves), hold in their own hands. With the chicken heart, pig heart, and cow heart, displayed in ascending order of size, we were able to demonstrate the different sizes, structures and complexities of the heart as a muscle.

After drawing the students in and educating them about the heart, we were able to talk to them about nursing and careers in health care. The entire day was a success as we were able to witness the students’ enthusiastic response to health and science information. While displaying the hearts, we were able to discuss diets high in fat content and demonstrate actual fat deposits (especially on the cow heart) and the importance of exercise. The students asked excellent questions and while some were very timid about interacting with the hearts at first, most ended up participating. When the students walked away from the table with smiles on their faces, we knew we were successful!
Cost of project:

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poster Supplies</td>
<td>$15</td>
</tr>
<tr>
<td>Animal hearts (cow, pig, chicken)</td>
<td>$15</td>
</tr>
<tr>
<td>Disposable gloves, plastic table cloth, hand sanitizer, disposable trays for animal hearts, garbage bags:</td>
<td>$25</td>
</tr>
<tr>
<td>Stereo for “Stayin’ Alive” Music- Loaned for the day</td>
<td>$0</td>
</tr>
<tr>
<td>Heart model and plastic animal figurines- Loaned from professor</td>
<td>$0</td>
</tr>
<tr>
<td>Teaching stethoscope- Loaned from SDSU Media Lab</td>
<td>$0</td>
</tr>
</tbody>
</table>

Total: $55.00

What was learned from the project that would be beneficial to others?

Sometimes in order to get students, especially high school students, interested in their health you have to present them with new, exciting and interactive type of activities. Providing the students a chance to actually touch animal hearts, get involved, and ask questions at the table was something that was very beneficial and very rewarding. We were hopeful that after the students walked away, they were able to think about something that we taught them and incorporate it into their lives: be it something about a healthy diet, exercise, the need to be CPR trained, wanting to be a nurse or pursuing a higher education. Lastly, we learned the students felt it was just “cool” to touch a real animal heart.

We learned that this is a very simple yet effective presentation. Students enjoy participating in the activity; this breaks any barriers to communication and allows for interactions and questions. Another lesson we learned was to identify a market that had animal hearts or would be able to order the hearts for us. The nursing students, when doing a presentation, are required to wear their uniforms. We needed to supply them with plastic aprons to cover their uniforms. It is essential to have enough assistance as the HS students needed to be monitored as so they did not walk away from the booth with contaminated gloves and to assist individuals with glove removal.

This project is easy to arrange, organize, and reproduce. We will continue with this presentation at forthcoming community events.
Crawford High School Career Fair

“Lub-Dub” Presentation