



Washington Center for Nursing
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Connecting teens and preteens to nursing through hands-on education

Mission

The Teen Nursing Academy is a program developed by the Washington Center of Nursing to introduce diverse, under-resourced, and rural (as well as urban) middle school students to careers in nursing by connecting them with nursing students and professionals through in-person, interactive, and fun learning activities that also educate them about health topics that add value to their lives.

Teen Nursing Academy Essential Documents

1. **Effective Outreach Strategies for Introducing Middle School Students to Careers in Nursing research paper.**
(Development of the program was based off recommendations from this report.)
https://www.wcnursing.org/wp-content/uploads/documents/reports/2021-December_Introducing-Middle-School-Students-to-Nursing_FINAL.pdf
2. **Executive Summary of Outreach Strategies,** https://www.wcnursing.org/wp-content/uploads/documents/reports/2021-December_Summary-Doc_Introducing-Middle-School-Students-to-Nursing-FINAL.pdf

Current Lesson Plan Options

1. What is Blood Pressure: What is it? How do we measure it? And why is it important?
2. Donning and Doffing PPE: What is Personal Protective Equipment (PPE) and why do nurses wear it?
3. **(In development)** Healthy Minds, Healthy Futures: How does pain work in the brain and how can we manage it safely?

Nursing program delivery partners include Green River College, Highline College, and Columbia Basin College

- Number of participating middle schools: **14**
- Number of participating middle school students: **3,655**
- Number of participating nursing students: **133**
- Number of community or pediatric clinical hours earned: **1,381.5**

Who Did We Reach

Table 1 school demographic numbers from <https://washingtonstatereportcard.ospi.k12.wa.us/>

Ethnicity	Teen Nursing Academy	WA Population (2024)
American Indian	8% (approx. 277 students)	1%
Asian	13% (approx. 460 students)	9%
African American/Black	8% (approx. 296 students)	4%
Hispanic	40% (approx. 1,471 students)	14%
Pacific Islander	4% (approx. 129 students)	1%
White	21% (approx. 755 students)	64%
Two or More Races	8% (approx. 277 students)	7%
Total Diversity	79% (approx. 2,900 students)	36%
Low Income (Free/discounted lunch recipients): 60%		
English Language Learners: 29%		