



Washington Center for Nursing  
Contact: Brenda Little  
WCN Communications Associate  
brendal@wcnursing.org

## 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](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](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. PPE Relay: Personal Protective Equipment (PPE) Relay: What is PPE and why do nurses wear it?
3. (In development) What are Opioids: How do they work? And how can we manage pain safely?

### Year 1 (2024) Pilot with Green River and Highline College Nursing Program Nursing Students

- Number of participating middle schools: **10**
- Number of participating middle school students: **2050**
- Number of participating nursing students: **49**
- Number of Community or pediatric clinical hours earned: **760**

### Who Did We Reach

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

| Ethnicity              | TNA Program | Approx # of Students | WA Population |
|------------------------|-------------|----------------------|---------------|
| African American/Black | 11%         | 222                  | 4.6%          |
| American Indian        | 7%          | 147                  | 2%            |
| Asian                  | 17%         | 358                  | 10.5%         |
| Hispanic               | 32%         | 654                  | 14%           |
| Pacific Islander       | 4%          | 86                   | .8%           |
| White                  | 19%         | 394                  | 76.8%         |
| Two or More Races      | 9%          | 191                  | 5.3%          |

| Low-Income                      | English Language Learners     |
|---------------------------------|-------------------------------|
| <b>60%</b><br>1,233<br>students | <b>27%</b><br>554<br>students |