

Cadette First Aid Badge - Virtual Meeting Ideas



Girls find out how to deal with minor injuries and illnesses and how to tell when the problem is more serious.

1. Understand how to care for younger children
2. Know how to use everything in a first-aid kit
3. Find out how to prevent serious outdoor injuries
4. Know the signs of shock and know how to treat it
5. Learn to prevent and treat injuries due to weather

When they've earned this badge, they'll know how to take care of people in an emergency, including younger children in their care.

Virtual Activities Options Overview (girls should choose 5):

1. Talk to a medical professional (can also be done in-person)
2. Talk to a childcare professional (can also be done in-person)
3. Talk to an emergency responder (can also be done in-person)
4. Talk to a first aider (can also be done in-person)
5. Talk to a wilderness expert (can also be done in-person)
6. Discuss GSHPA First Aid Kit video
7. Find out about common injuries (research and then present to the group)
8. Interview a doctor or nurse about signs of shock (can also be done in-person)
9. Interview an emergency responder about signs of shock (can also be done in-person)
10. Talk to a park ranger, ski instructor or lifeguard (can also be done in-person)

In-Person Activities Options Overview (can count towards the 5 activities):

1. Take a babysitting course
2. Take a first aid course

Question Ideas for Medical Professional Interviews

-Girls should also create some of their own questions as part of being girl-led

1. Medical professional or childcare professional:
 - a. Ask about their career working with children
 - b. Medical emergencies faced when caring for younger children, and how they handled those situations when they arose
 - c. How to tell the difference between minor and major issues and when to take care of a child vs. seeking other medical help
2. Medical professional or emergency responder:
 - a. Their recommended first aid supplies
 - b. The equipment they use regularly in their careers
 - c. What kinds of first aid courses they found helpful
3. First aider or wilderness expert:
 - a. How to prevent and treat serious outdoor injuries
 - b. Risk factors in the wilderness for injuries
 - c. Supplies to have on hand when outdoors in case of injuries in the wilderness

4. Shock-specific questions for doctor, nurse or emergency responder
 - a. Causes of shock
 - b. Symptoms of shock
 - c. How to treat it
5. Park ranger, ski patrol member or lifeguard
 - a. Warning signs of heat or cold-related injuries
 - b. How to care for minor cases of heat or cold-related injuries
 - c. How to identify when additional help is needed

All interviews should be followed up with a troop discussion over the topics discussed and how the answers fit into the larger world of first aid. Girls should also discuss how to use the knowledge shared during these interviews to prepare for future events, trips, etc.