



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section

Home Nursing (Stage I)

In this stage the patient is able to move around and help themselves in daily life, but just needs a little assistance.

I. Brief Concepts of Home Nursing

1. Illustrate the qualities needed in home nursing by giving examples.
2. Tell the Assessor the basic setting of a room for a patient including good ventilation, body warmth keeping and lighting.

II. Measure Patient's Vital Sign

1. Demonstrate measuring and recording body temperature, pulse and breathing.
2. Demonstrate simple checking of blood pressure and glucose levels.

III. Promote Patients' Comfort

1. Prepare a bed for receiving a patient.
2. Show how to use backrests, commodes, and know where those and other equipment can be obtained or borrowed in your own area.
3. Show the uses of a draw sheet, plastic sheeting and incontinence pads, and how these can be improvised.

IV. Personal Hygiene

1. The cleaning of face, mouth and hands.
2. Help the patient to take bath/shower and get changed.

V. Diet and Nutrition

1. Describe the nutritional values of food, quantity of a balanced diet and how they help recovery.
2. Prepare and serve one of the following: egg custard, jelly, milk pudding, fresh juice, flavoured milk drink, etc.
3. Set an invalid's tray and show how to feed and give food and drink to a patient who needs help.

VI. Treatment and observation of excrete

1. Record all body waste of the patient including frequency, quantity, type, shape, colour, etc.

VII. Prevent Infections

1. Explain how infections happen and the ways of prevention.

VIII. Wound Dressing

1. Demonstrate how to use cold pad, warm pad and dry dressing on any area of hands and feet and secure it with a bandage.
2. Demonstrate how to change a wound dressing for a patient.



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section

Home Nursing (Stage I)

IX. To give Medications

1. Show how to give medicines by mouth.
2. Describe how to store medicines and pills to prevent danger to small children.
3. Explain “three checks five right” before giving medicine to patients.

X. Explain the important points to note in a report for the doctor or nurse.

XI. Activity

Explain the importance for a patient to keep having some activities and the points to be aware of during the activities.

Note

Holders of one of the following certificates are qualified for this badge:

- Hong Kong Red Cross - Junior Nursing Certificate
- St. John Ambulance - Essential Home Nursing

Assessor’s Qualifications

The Assessor must be a qualified Doctor, a Registered Nurse or an Instructor in Home Nursing of the above organizations.

Remarks

An appointed Guider who holds the above qualification may take this badge assessment for her own Unit.

Hong Kong Award for Young People

This badge is equivalent to the same topic in the Service Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE.