

# LESSON IV-5: Doctors As Your Health Helpers

## Student Learning Objectives:

IV-7. Students will describe things doctors do in their work as health helpers.

IV-8. Students will name ways they can help the doctor.

## Preparation

- Gather the needed materials.
- Invite a physician to act as a resource person (presenter) for this lesson if possible (Optional Activity).
- Prepare the physician for his/her presentation (Optional Activity).
- Determine which media option is available and obtain the necessary equipment.

## Materials

### Equipment

- Cassette player
- Filmstrip projector
- VCR and monitor

### Resources

- Bulletin Board: Health Helpers (Careers—use medical doctor)
- Book: *I Can Be a Doctor* (Optional)
- Filmstrip and Cassette: *Say Ah* (7 minutes) or Video: *Our Wonderful Body: People Who Help You Stay Healthy* (12 minutes)
- Puzzles: Doctor (Integration Idea)
- Optional Resource Person: Physician

**Time: 20 minutes**, not including Optional Activity

## Lesson Procedure

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### Introduction: 2 minutes

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Connect this lesson on doctors with the previous lesson on making an emergency phone call.

1. Share with the students:

*In our last lesson, we learned how to make an emergency phone call. We learned the emergency phone number we should dial.*

If you use “911,” continue with:

*Think of the first number in the phone number and hold up the same number of fingers. Think of the second number and hold up the same number of fingers. Now the third number.*

If you use “0,” continue with:

*Use your hand to show me what the number is.*

2. State:

*Sometimes when there is an emergency, someone is hurt or very sick. Many different health helpers might help us when we are sick. One of these helpers is a doctor or physician. There are two words for the same person. Today we are going to learn more about how doctors are health helpers.*

Place the picture of the doctor on the bulletin board.

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**Activity 1: 10 minutes**

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Introduce and show the media on jobs doctors do.

Teacher’s Note: You have one of the following pieces of media available for use with this lesson: a filmstrip and cassette titled *Say Ah*, or a video titled *Our Wonderful Body: People Who Help You Stay Healthy*. Using the media available to you, conduct one of the two options described below.

Option 1

1. Share with the students:

*We are going to watch a filmstrip about a doctor. I’d like you to notice how many ways this doctor helps people. When the filmstrip is finished, I’ll ask you about what you saw.*

2. Show the filmstrip *Say Ah*.

3. Lead a discussion using the following questions:

*What are some of the things the doctor does in the filmstrip?* [looks at x rays, gives people shots, listens to people’s hearts and lungs, prescribes medicines, reads, teaches other doctors, etc.]

*Where do doctors work?* [offices, hospitals]

*What else did the doctor like to do other than work as a doctor?* [go shopping, be a mother, cook, listen to her son play his flute]

*Who can be a doctor?* [anyone, male or female]

Option 2

1. Share with the students:

*We are going to watch a video about a doctor. I’d like you to notice how this doctor helps people. When the video is finished, I will ask you about what you saw.*

2. Show the video *Our Wonderful Body: People Who Help You Stay Healthy*.

3. Lead a discussion using the following questions:

*What are some of the things the doctor does in the video?* [She looks in people's mouth and ears; asks questions; felt the boy's arms, neck and stomach. She listens to the heartbeat and lung sounds. She answers questions and gives a prescription.]

*Who else can help people stay healthy?* [parents, pediatrician, internist, obstetrician, eye doctor, ear-nose-throat doctor, skin doctor, bone doctor, heart doctor, dentist, nurses, dieticians, physical therapists, you]

Teacher's Note: This video does not mention the family practice physician as someone who helps people stay healthy. Since many children receive care from family practice physicians, you will want to add them to the list.

*Who can be a doctor?* [anyone, male or female]

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### Optional Activity: 5 minutes

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Further explore the role of doctors by reading a book.

Teacher's Note: If you have the book *I Can Be a Doctor* available for use with this lesson, conduct the optional activity described below.

1. Share with the students:

*We have seen a filmstrip about one person who is a doctor. Let's read more about doctors and what they do.*

Read the book *I Can Be a Doctor* or *Going to the doctor*.

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### Activity 2: 2 minutes

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Explore ways students can help the doctor.

1. Using the following question, discuss ways students can help the doctor when they are ill.

*Doctors do lots of things to help us get well. But, we can help, too. What can we do to help the doctor help us get well?* [Answer his/her questions. Take medicine as he/she tells us to and with parent or other adult help. Follow his/her directions. Stay clean. Exercise, etc.]

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### Optional Activity: Variable

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Presentation by resource person–physician/doctor.

1. Introduce the doctor serving as a resource person.

2. Ask the doctor to be sure to discuss the following during his/her visit:
  - Some of the specific tasks done in his/her work as a physician.
  - What physicians do to help keep people well.
  - Information about what students should do when they become ill at home or at school.
  - Both boys and girls can be doctors when they grow up.

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**Closure: 1 minute**

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- Summarize by sharing:

*Doctors are our friends. They work with teachers, nurses, and parents to help us grow in healthy ways. Doctors and nurses also take care of people who get sick, helping them to become well.*

- Ask the students:

*What is one thing you will do the next time you see the doctor to help him/her do his/her job?*

- State:

*In our next health lesson, we will learn about nurses as health helpers.*

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**Integration Ideas**

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Motor Skills

- Put the Doctor Puzzles on a table where students can put the puzzle together during free time.

Language Arts and/or Art

- Draw pictures to send to the doctor who came to the classroom.
- Construct a class thank you note to send to the doctor.