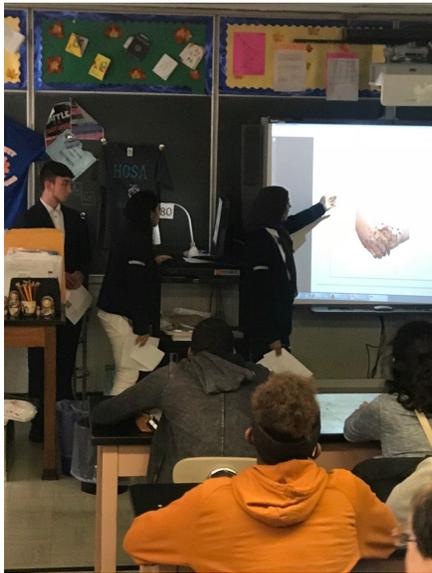




A Student-Led Lesson in Handwashing

By MALIKHA MALIK



Photos by Ms. A.

In order to honor the academy's focus on handwashing in December, Daniel Falkin, Ayesha Muhammad, and I decided to give a lesson for Mr. Rosen's marine biology class, on December 6. We worked together to deliver a creative and educational PowerPoint regarding handwashing and the deleterious effects of not having proper hygiene.

When we were first told that our topic this month would be handwashing, we made it our goal to find information that people might have not known before. To make the lesson more appealing we added a turn-and-talk about the effectiveness of hand sanitizer. Most people assume that hand sanitizer is good for you, however we discussed the hidden dangers of hand sanitizer, like a weakened immune system, damaged skin cells, accelerated aging, and unknown chemicals linking to hormone disruption. Furthermore, we spoke about how to prevent germs from spreading and the situations in which you should always wash your hands.

Lesson Feedback

How would you describe the lesson?

"It was informative and I was certainly entertained, especially when they spoke about the myths of hand sanitizer. The lesson was intriguing and discussed not just handwashing, but also the passing of germs and how to prevent them." -- Mr.

Rosen

What was your favorite part of the lesson?

"My favorite part of the lesson was when students got the full handwashing demonstration

A Student-Led Lesson in Handwashing (Continued)

To keep the students engaged throughout the entire lesson, we gave them the opportunity to share their perspective on the topic and asked them questions, such as:

- Which is better, washing your hands or using hand sanitizer?
- How long does it take to cleanse one's hands?
- How is hand cleansing actually performed?

Towards the end of the lesson, we gave a demonstration on proper hand cleansing. Later, we challenged one of the students to come up and try to wash their hands properly in under 30 seconds.

Overall, the three of us truly enjoyed giving this lesson, not only did our knowledge enhance on hand hygiene, but our social and leadership skills improved.

Personally, I've never been fond of public speaking because I tend to tense up and become nervous. However, I am so happy that I created this lesson with my fellow HOSA members because I was able to overcome my anxiety. I was able to build self confidence, Ayesha was able to improve her speaking skills, and Daniel was able to develop his interaction skills.

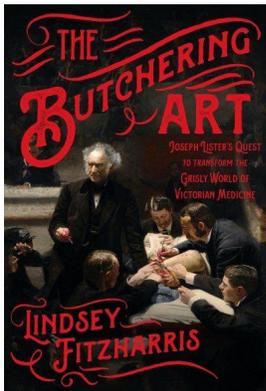
Lesson Feedback (Continued)

and a student was challenged to do all the steps. I think many students as well as adults are unaware of handwashing protocols. This lesson made everyone think about why handwashing consists of steps before and after doctors go in for surgery." -- Ms. A.

Were you engaged throughout the lesson?

"I definitely was engaged with the lesson because many questions were asked by students eager to know more on the topic! The fact that students were engaged by student presenters is such a great thing to see." -- Ms. A.

Handwashing History: The Lister in Listerine Gets the Biography He Deserves



By MR. PARKANSKY

Did you know that doctors didn't always wash their hands? Just in time for this newsletter issue, there is a new book about how unclean and unsafe the world of medicine used to be.

In *The Butchering Art: Joseph Lister's Quest to Transform the Grisly World of Victorian Medicine*, Lindsey Fitzharris chronicles a historic surgeon's epic pursuit of preventing fatal infections in hospitals. National Public Radio (NPR) describes the book as "very careful to emphasize the many threads of scientific study that come together in a sea change like this one."

And if you need pathos in your winter reading, *The New York Times* identifies, "The real drama in Lister's story comes from the resistance he faced

to his theories."

So from life-saving antiseptics to mouthwash fame, Lister is a medical hero who now has a book that does justice to his legacy.

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