SCD
(SICKLE CELL DISEASE)
NURSE DONNA AND ME

Written by
Joyce E. Hubbard
Illustrated by
McKenzie J. Hubbard
Dedication

This book is dedicated to all the sickle cell disease warriors, superheroes, and Nurse Donna(s) throughout the world. - McKenzie

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Any portion of this book may be used for enjoyment and educational purposes. – Joyce and McKenzie Hubbard

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(SICKLE CELL DISEASE)
NURSE DONNA AND ME
(A fun project with a very creative and special little girl named, McKenzie)

Created December 2019

Written by
Joyce E. Hubbard
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I have a genetic disorder that changes the shape

Of my normal red blood cells (RBC), there's no escape.

It causes my red blood cells to sickle - become hard and sticky

Clump together and can make me feel icky.
But there are “Blood Heroes” to help me feel better.

With check-ups and medications, I follow their orders to the letter.

My SCD (Sickle Cell Disease) heroes consist of a team.

Doctors, nurses, and others who work behind the scene.
They all are great and take very good care of me;

But my favorite hero wears blue scrubs, you see.

Her name is Nurse Donna, and she’s such a delight.

And if I feel afraid at all, she takes away my fright.
As I anxiously wait for Nurse Donna to walk into the room,

What seems like forever is probably just minutes, I presume.

But when Nurse Donna arrives, all I can do is shrug and smile;

With my lips pursed tight, like a quiet, shy child.
“So, how are you today?” Nurse Donna will ask.

I swing my legs; wiggle my feet; never giving her a glance.

Mommy is beside me, trying to get me to talk.

Nurse Donna is coming towards me, doing her funny walk.
Her eyes are bright, and she talks rather loud.

She dances funny and really entertains the crowd.

Then up onto the exam table, I scurry on her command.

Excited ‘cause it’s time to play Nurse Donna’s SCD Memory card game.
A game about matching cards to learn about red blood cells.

I try hard not to always win, but, "I’m good! Oh, well!"

Normal red blood cells are soft and look like round discs.

I get a correct match with my very first two picks.
The next card I flip over has a crescent moon shape.

That is a hard, sticky sickle cell, I don't hesitate.

Nurse Donna "oooos and awes" as she claps for me,

I am a champ at spotting RBCs not shaped as they should be.
Time to draw my blood for the lab techs to view;

To see if my red blood cells can tell the doctors anything new.

Extreme cold, stress, sickness or dehydration can bring on pain.

Mommy and I listen carefully as Nurse Donna explains.
My Healthy Habits
Nurse Donna teaches me all about SCD,

About drinking lots of water, and protecting myself from the cold and heat,

Resting when I get tired, and trying not to stress.

Always eating healthy foods and to keep doing my best.
How do you feel today?
She shows me a picture and I have to name the body parts.

"Because SCD sometimes will cause the joints to hurt," Nurse Donna remarks.

Then I tell Nurse Donna if I have any pain;

Every check-up with her is exactly the same.
Nurse Donna tells me, I am almost done.

She gathers her things and out the door she runs.

Back with paperwork for my Mommy to read;

I know, then, that it is time for us to leave.
I wave “good-bye” to Nurse Donna as we exit the door.

We walk to the elevator and ride it to the first floor.

I talk about getting lunch all the way to the parking lot.

By now, I am hungry, more times than not.
I will really miss Nurse Donna until I return;

In three months, for my next check-up and her games of fun.

She doesn’t know this, but she is my friend.

And I cannot wait until I see her again.
I look back at the tall clinic building as we drive away.

It was fun seeing Nurse Donna again today.

How nice it would be if every child in the world with SCD,

Could have a “Nurse Donna”, like Mommy and me.
About the Author

Joyce Hubbard, RN, BSN, is a retired registered nurse with over 35 years of professional nursing practice. Her scope of practice includes critical care (SICU), CPR / First Aid instructor (American Red Cross), preceptor for BSN students in community health rotation, and school health nurse. She embraces opportunities to help educate others about health and wellness. She has been involved in the health journey of her granddaughter, who was born with sickle cell disease.

Meet the Illustrator

McKenzie Hubbard is a creative and energetic little girl with a larger than life passion for fine arts. She has a gallery of colorful paintings, drawings, and 3D images. Her skills also include tap and ballet, gymnastics, contemporary and hip-hop dance, and baton twirling. She enjoys family time and hanging out with her big sister, Micaiah. McKenzie was born with sickle cell disease, and her medical journey has been a positive experience, thanks to the compassionate care of her doctors and nurses.

About the Nurse

Donna M. Doulton, RN, BScN, graduated from John Abbott College, in Ste-Anne-de-Bellevue, Quebec, Canada in 1985; in 1993 from The University of Ottawa, Ottawa, Canada, with her Baccalaureate of Science in Nursing. Has been thrilled to have started her career at Montreal Children’s Hospital in 1985 and with Pediatric Hematology/Oncology in 1986, moving to San Antonio, TX in 1997 to pursue her career path at Santa Rosa Children’s and in 2006 to UT Health, San Antonio as the Sickle Cell Nurse to present. I felt a passion for children and families with Sickle Cell since 1986 and how lucky am I to be able to care for and help raise “my kids” from birth to adulthood.