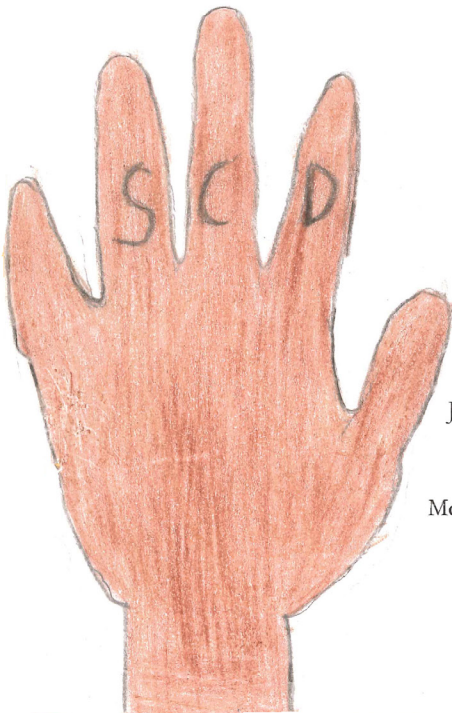
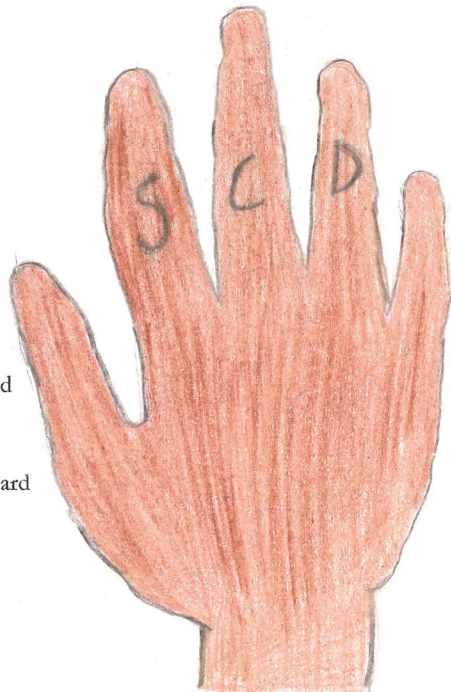


SCD
(SICKLE CELL DISEASE)
NURSE DONNA AND ME



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**



## Funding

A grant was obtained from the Aaron Ardoin Foundation for Sickle Cell Research and Education which stands as a vehicle of hope for the courageous children, adults and families that suffer with this disease. [www.aaronardoinfoundation.org](http://www.aaronardoinfoundation.org)



**SCD**  
**(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**  
**Illustrated by**  
**McKenzie J. Hubbard**



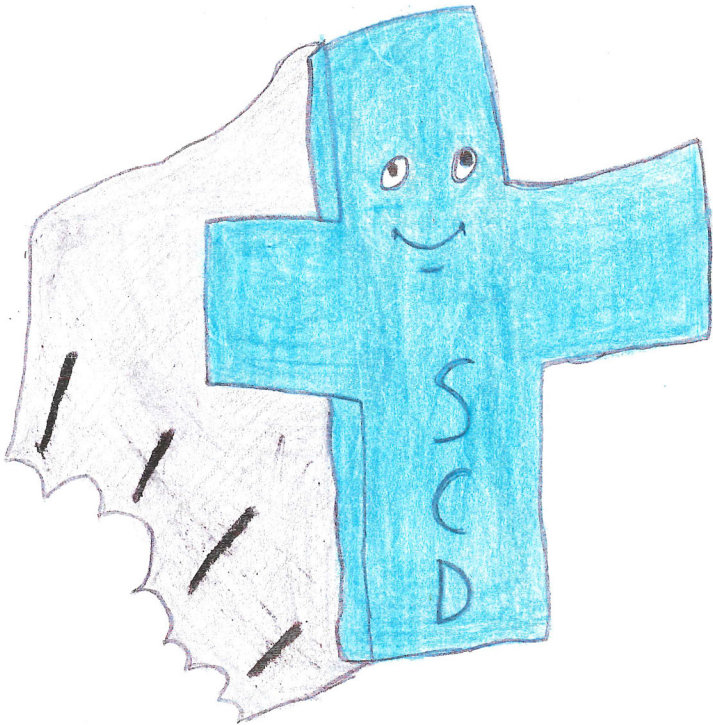


**I have a genetic disorder that  
changes the shape**

**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.**

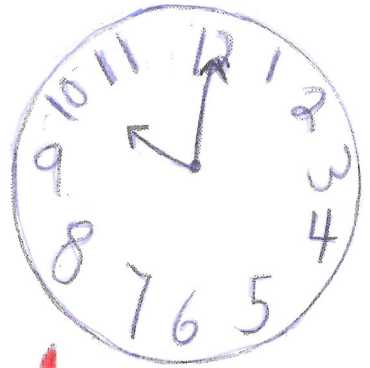


**They all are great and take very  
good care of me;**

**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.**

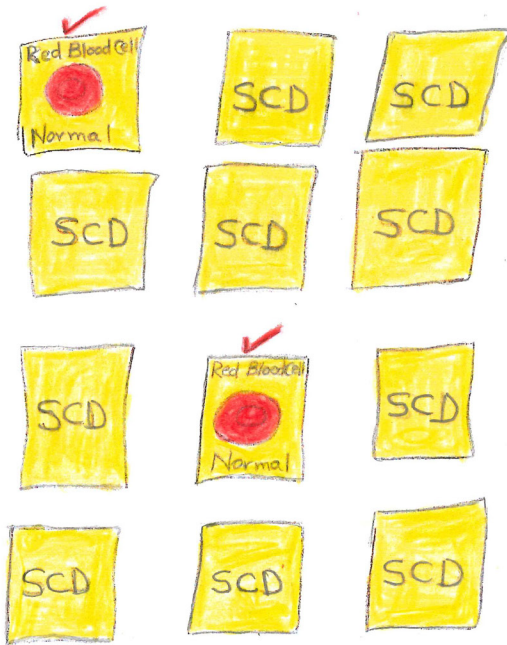


**Her eyes are bright, and she  
talks rather loud.**

**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.**

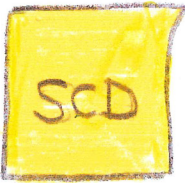


**A game about matching cards  
to learn about red blood cells.**

**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 "ooooos 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.**



**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.**



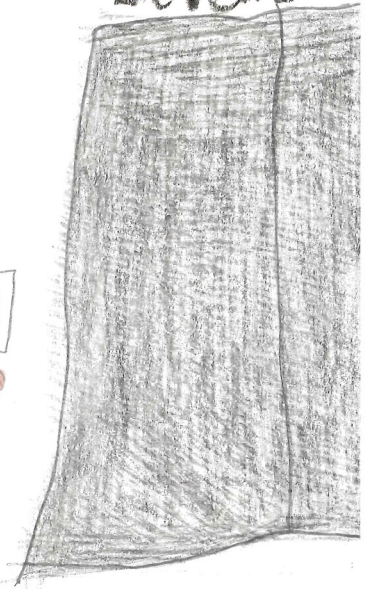
**Nurse Donna tells me, I am  
almost done.**

**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.**

Elevator





**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.**

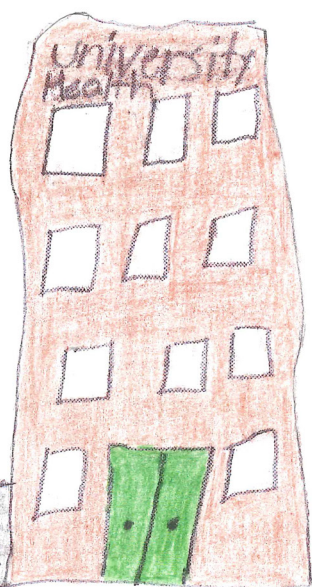
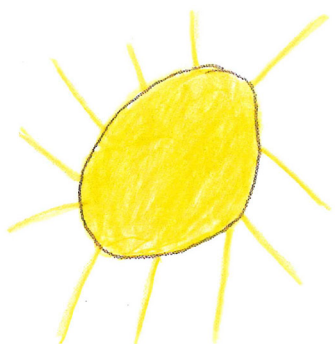


**I will really miss Nurse Donna  
until I return;**

**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-Belleveue, Quebec, Canada in 1985; in 1993 from The University of Ottawa, Ottawa, Canada, with her Bacclareate 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.

# NOTES

