

“Jamming on the Job” Episode 1: Nurse Practitioner

[MUSIC: PBS KIDS music]

PBS KIDS Announcer: From your friends at PBS KIDS.

[A tour bus zooming down the open road.]

Andrés: Vamos amigos, it's time to go.

Christina: Get ready BoomBox, we have a show.

[Music: Jamming On The Job theme song]

Christina, Andrés, and BoomBox (singing):

Jamming on the Job

Ja, Jamming

Jamming on the Job

Wooh Ooh

I'm Christina,

Y yo soy Andrés

And we play music

All over the states

We jam and learn

With people who

Work in jobs

They love to do!

If we get stuck

Or something goes wrong

An expert helps us

And we write a song!

[BoomBox beats]

Hey...Go BoomBox...¡Vamos!

Jamming on the Job

Ja, Jamming

Jamming on the Job

Wooh Ooh

Christina: Hola, Jam Fam! Here we are in The City of Trees: Boise, Idaho.

BoomBox: I-I-I-IDAHO!

Andrés: Ooh, it feels good to stretch!

[Andrés cracking his back.]

Andrés: Wow, Christina, look at this place! I can see why they call it the City of Trees. There are so many!

Christina: Yo sé, ¡qué bonito! And so many parks in the city, too! Listen to those birds singing! Hey BoomBox, are you catching all these sounds?

BoomBox: RECORDING... BIRDS.

[BoomBox remixes/samples Christina's question in reply, and plays back / samples some of the bird chirps.]

BoomBox: RECORDING COMPLETE.

Andrés: Hola to all of our Jam Fam out there listening to our show from across the country y el mundo. Y bienvenidos a

Christina and Andrés: Jamming on the Job!

BoomBox: JAMMING ON THE JOB!

Christina: Jam Fam, we're so excited for you to join us today as we explore Boise and get ready for our show!

Andres: Okay... hit it, BoomBox!

[MUSIC: BoomBox plays underscore "Getting Ready for the Show"]

Christina: ¡Atención, Jam Fam! Shake out your hands...

[wiggle sound]

Andrés: Stretch up high!

[cartoon stretch sound]

Christina: Touch your toes...

[Ding!]

Andrés: Let's get ready for the show!

[Christina and Andrés sifting through and gathering various gear.]

Andrés: Okay, of course we've got you, BoomBox.

BoomBox: YES YOU'VE GOT BOOMBOX!

Christina: Guitar...

Andrés: Amplifier...

Christina: Costumes...

Andrés: Rubber chicken... okay that's more than enough for me to carry.

Christina: Uh, maybe a little too much.

Andrés: No te preocupes. I'm fine. Let me just make my way down the steps here and... WHOOOAAA!

Christina: ¡Cuidado!

[Andrés trips and falls on his way out of the bus as his noisy armload of gear goes flying everywhere. BoomBox goes toppling too. Rubber chicken squeaks as Andrés lands on it.]

Christina: ¡Ay, Andrés! ¿Estás bien?

Andrés: Ah, I think so. Luckily I landed on the rubber chicken. BoomBox, are you okay?

BoomBox: BOOMBOX IS DOING OK.

Christina: Well you both look okay. Here, Andrés, let me help you up.

Andrés: Gracias. I think I'm fine. I just... ow, ow!

Christina: What is it?

Andrés: ¡Mi tobillo!

Christina: Andrés, let me see. Oh dear. It looks like you hurt your ankle when you fell. It's getting swollen. We'd better get some help. I remember seeing an urgent care center a few blocks back.

Andrés: No, no necesito ayuda. I don't need to go to that urgent care center. You know, I'm fine.

Christina: But Andrés, your ankle clearly hurts. Why don't you want to go get help?

Andrés: I don't know... because... I'm worried, I guess. Estoy preocupado. What if my ankle is hurt so badly that we cannot perform?

Christina: I hear you, Andrés. But what if...

[fun quick noise from BoomBox to let kids know to join in repetition.]

BoomBox: WHAT IF...

Andrés: What if what?

Christina: What if instead of worrying about performing at the show tonight, we tried wondering what could happen if we asked for help? I wonder...

BoomBox: I WONDER, WONDER WONDER WONDER...

Christina: ...I wonder if the people at the urgent care center might be able to help your ankle feel better. What if we gave it a try? ¿Lo podemos intentar?

Andrés: Hmmm... Okay, let's do it. I wonder how they might be able to help me with my ankle.

Christina: Good job being flexible and trying something else, Andrés. I'll drive! Let's go, Jam Fam. Hold on tight!

[The bus starts up and zooms off to the urgent care center.]

[MUSIC: BoomBox transitions us from act one to act two.]

BoomBox: URGENT CARE... WHEN YOU DON'T FEEL SO WELL, I'LL TAKE YOU OVER THERE TO URGENT CARE, URGENT CARE.

[The sounds of an urgent care examining room.]

Christina: Okay, Jam Fam. Here we are all checked in at the urgent care center, o, en español, el centro de urgencias.

[Examining table paper crinkles as Andrés shifts.]

Andrés: Haha, I like the crinkly sound of the paper on this cushiony table I'm sitting on. Do you hear it, Jam Fam?

Christina: Me too! It sounds like wrapping paper.

BoomBox: RECORDING... PAPER. YEAH, YEAH, YEAH... YEAH, YEAH, YEAH...

[BoomBox samples and loops the paper crinkle sound. A knocking on the door.]

Marco: Hello there.

Christina: Oh, hi!

Marco: I'm Marco. I'm a Nurse Practitioner here, and I'll be helping you to feel better today.

Andrés: Hola, Marco. Yo soy Andrés. This is Christina, and this is BoomBox.

BoomBox: HI, I'M BOOM BOOM BOOM B-B-BOOMBOX.

Marco: Es un placer. Do you live here in Boise?

Christina: No, we're musicians, and we're here on tour! We have a concert here in Boise tonight.

Marco: Oh, what fun!

Christina: Excuse me, Marco, you said you're a Nurse Practitioner... How is that different from a regular nurse?

Marco: It can be a little confusing. I was a nurse, but then I went back to medical school to become a Nurse Practitioner. Being a Nurse Practitioner means I can still do all the things that nurses do, like check your heartbeat and bandage your boo-boos. But I can also do a lot of the things that doctors can, like diagnose what's making someone feel unwell, or give them medicine to help them heal.

Andrés: Huh... So does that mean that you can help me with my ankle?

Marco: I'll certainly do my best. We'll get to your ankle soon, but before that, I need to check your vital signs.

Christina: Vital signs?

Marco: Mmhmm. Yes, vital signs are things we check to make sure that your body is healthy. I'm going to start by taking your temperature. Can you put this thermometer under your tongue?

[Thermometer beeps]

Marco: Okay, the thermometer is done, and your temperature looks normal.

Andrés: Oh, good!

Marco: Now I'll use my stethoscope to check your heart, Andrés. I'm going to put the flat metal disc on the stethoscope on your chest, while I listen on

the other end. Is that okay?

Andrés: Mmhmm.

[BoomBox amplifies the sound of Andrés' beating heart: lub dub, lub dub, lub dub.]

Christina: Oooh, do you hear that, Jam Fam? Do you know what kind of sound that is? It sounds like a drum beat to me.

Marco: That's the sound of Andrés' heart!

Andrés: And, does it sound okay?

Marco: It sounds great! Okay, thanks for your patience while I checked your vital signs. Now tell me, what happened with your ankle? I'll just take some notes on the computer here as you explain.

[Mouse clicking, keyboard clacking.]

Andrés: Well, I was unloading our gear...

Christina: And maybe trying to carry a little too much...

Andrés: Maybe I was trying to carry a little too much, and then I tripped and fell out of our tour bus!

Christina: BoomBox, can you play the sound from when Andrés fell?

BoomBox: ACCESSING...

[BoomBox replays the sound of Andrés falling.]

Marco: Yikes, that sounds painful. Do you mind if I take a look at your ankle?

Andrés: Go ahead.

Marco: Ah sí, sí, sí, mira nomás. I can see the ankle is swollen. Andrés, I'm going to gently touch your tobillo now in a few places. Is that okay?

Andrés: Sure.

Marco: Does it hurt when I touch here?

Andrés: No.

Marco: Does it hurt when I touch here?

Andrés: A little bit.

Marco: How about here?

Andrés: Yes, ow! That spot is very tender and sore. Ow, it hurts!

Marco: Okay, from what I'm feeling I don't think you have any bones that are broken or fractured. But I'd like to give you an x-ray to make sure.

Christina: An x-ray? What's that?

Marco: It's like a special camera that can take pictures of your bones. We'll take you to a different room for your x-ray, and then we'll meet back here and talk about it, okay?

Andrés: Sounds good to me! ¡Vamos!

[MUSIC: BoomBox plays transitional music as Andrés gets his x-ray.]

[X-ray machine sounds.]

Marco: Okay, good news, it doesn't look like any of your bones are broken or fractured.

Andrés: Oh thank goodness!

Marco: But I do think you have a sprained ankle.

Andrés: And, is that bad?

Marco: Well, it depends on how you look at it. A sprained ankle isn't as serious as a broken or fractured bone, but it will be a few days until you are ready to start trying to walk on it again. The more you rest your ankle, elevate it, and put some ice on it, the faster it will heal. I'll give you a little medicine for the swelling and pain as well.

Andrés: Muchas gracias, Marco. But wait... Did you say I have to rest for a few days before I can be back on my feet?

Marco: Yes, I am afraid so.

Andrés: ¡Ay, no! ¡Qué mal! How will we do our show tonight, Christina? This is not how I was planning for this day to go at all!

Marco: You know Andrés, I think I know how you might feel.

Andrés: You do?

Marco: Sí... Things go differently from how I was planning all the time in my work. Maybe the medicine I give a patient doesn't help them feel better the way I'd thought. Or sometimes it takes more time to treat a patient than I expected, and I get a little behind. And when things like that happen, I try not to get too worried or upset. Instead, I like to try something else. I like to say, I wonder...

Christina and Andrés: I wonder!

BoomBox: I WONDER, WONDER WONDER WONDER...

Marco: Huh! I wonder if there is another possibility? I wonder if I can be flexible, and find another way to solve the problem?

Andrés: Huh! You know what? This is amazing! This is just what Christina said to me this morning when I hurt my ankle!

Marco: Wow! I guess great minds think alike. I think flexibility is so important, for our minds and for our bodies, too.

Christina: Mmhmm, ¡muy cierto! Hey, Marco, did you always want to help people this way?

Marco: When I was younger, one day I had a bicycle accident.

Andrés: Oh no!

Marco: But don't worry, I was okay. But I did have to go to the hospital, and I was so amazed by the work the doctors and nurses were doing there to help me feel better. And I thought, hmm... I wonder...

Christina and Andrés: I wonder!

BoomBox: I WONDER, WONDER WONDER WONDER...

Marco: I wonder what it would be like to help people like that. Well, now I know! It's absolutely wonderful.

Christina: This is giving me an idea, Marco! What if we made a new song about being a Nurse Practitioner?

Marco: Oh, that would be amazing!

Christina: We've got a job to jam on!

BoomBox: WE'VE GOT A JOB, JOB TO JAM ON!

Andrés: Yeah! Maybe we could even perform the new song tonight!

Marco: I'd love that! I'll come to the show!

Andrés: Oh wait, I forgot. Never mind about the show, Marco. I'm sorry. I can't perform tonight. Not with my ankle like this! How could I perform sitting down? I've never done it like that before, and that's definitely not how I was planning to do it today.

[SFX: BOOMBOX JAM FAM REPETITION CUE SOUND.]

Marco: I wonder...

BoomBox: I WONDER!

Marco: What if...

BoomBox: WHAT IF...

Marco: What if there is another way to perform, even if it's not the way you're used to?

Andrés: Hmm... Marco, you just might be onto something!

[MUSIC: BoomBox plays transitional music as they leave the urgent care center and head back to the venue.]

Christina: Thank you Dr. Marco!

Andrés: Goodbye, see you tonight!

Marco: Take care guys, bye!

[Crowd cheering, responding throughout the concert.]

Christina: Thank you so much, everyone! It's so good to be with you here in Boise, Idaho!

Andrés: Hey! As you may have noticed, today I'm sitting down! I sprained my ankle this morning. Don't worry, I'm okay! At first, I wasn't sure I would be able to perform this way. But you know what? Even though it's different, I like it! I feel calmer and more focused sitting down like this. And we made a great new friend here in Boise today, and he helped me with a lot more than my ankle.

Christina: We just finished a brand new song about him. How'd you like to be the first ones to hear it?

[MUSIC: Nurse practitioner song]

Andrés: And wherever you're listening from, sing along with us!

Christina, Andrés, and BoomBox (singing):

Are you feeling kind of sick?
Or maybe it's your check-up day
At urgent care or the clinic
I'm the person who will say

Let's measure how tall you are
Can you take a deep breath for me?
Now let's listen to your heart
Do you have any allergies?

Are you sick? Are you hurt?
Let me check, I'm a nurse
practitioner

Let's get to work

Are you sick? Are you hurt?
Let me check, I'm a nurse
practitioner
Let's get to work

I think you've got an ankle sprain
I already checked on your X-ray.
I can help you with the pain
In a few days you'll be okay

I know this will slow you down
I know it's not comfortable
But when things don't go our way
We can try to be flexible

Are you sick? Are you hurt?
Let me check, I'm a nurse
practitioner
Let's get to work

Are you sick? Are you hurt?
Let me check, I'm a nurse
practitioner
Let's get to work

My patients put their trust in me
To make sure they're healthy
When I get stuck, and need to shift
I stop and wonder "what if...?"

What if...I look for a new way to do this task?
What if...I can do my job better when I ask...

Are you sick? Are you hurt?
Let me check, I'm a nurse
practitioner
Let's get to work

Are you sick? Are you hurt?
Let me check, I'm a nurse
practitioner
Let's get to work

Andrés: Amigos, please welcome to the stage our favorite Nurse Practitioner, and the inspiration for this song, Boise's own: Marco!

Marco: Hello everyone! What an honor! Y Christina, Andrés, y BoomBox, ¡muchas gracias!

Christina: ¡Muchas gracias, Marco! Hey everybody, let's give him one more round of applause!

[Crowd cheering]

Andrés: Yeah! So remember everyone, all of you here in Boise and all of you in the Jam Fam listening across the world, if something doesn't go the way you planned, I wonder...

Christina: I wonder...

BoomBox: I WONDER!

Andrés: I wonder if that problem could become an opportunity, if you look at it in a different way.

Christina: That's right, Andrés. Just look at how special our concert turned out today. And it's because when we hit an obstacle, we weren't afraid to ask What if...

Andrés: What if...

BoomBox: WHAT IF!

Christina: What if there was a different way?

Andrés: I learned so much today about asking “What if?” about being flexible. Jam Fam, what do you think about being flexible? Try asking people when they’ve had to be flexible, at home or at work. You might be surprised what you find out!

Christina: Agreed. Well, it’s been fun jamming with you, Jam Fam!

Andrés: Hey, BoomBox, are you ready to close us out?

Christina: Okay! Everybody, we’ll catch you next time, on Jamming on the Job!

[MUSIC: BoomBox theme song]

Christina, Andrés, and BoomBox (singing):

Jamming on the Job

Ja, Jamming

Jamming on the Job

Wooh Ooh

[MUSIC Outro/ credits]

BoomBox / Pierce Freelon (rapping):

Uno, dos, tres...

Jamming on the Job

Is hosted by Andres Salguero and Christina Sanabria

With beats by me — BoomBox

My real name is Pierce Freelon

(123) Grammy nominees we wrote these songs
This episode was written by producer Isaac Klein
Terence Bernardo did sound design
Daniel Rinaldi did the music mix and edited the sonics
Nurse Marco was performed by Antonio Fornaris
David Huppert executive produced this podcast
From Durham, North Carolina we are proud to broadcast
Produced by PBS NC for PBS KIDS
And distributed by PRX
And that's our show
Thank y'all for listening friends
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