

Welcome to Thackray Museum of Medicine



WHO LOOKS AFTER YOU

This Who Looks After You trail has been put together for **KEY STAGE THREE** groups. We hope you enjoy exploring the museum together.

It is very important that we look after our bodies and keep healthy. There are lots of ways to do this and lots of people who can help us do this, so let's explore the galleries and see what we can find.

Before we start there are some important things to note:



This sign means there is something for you to watch



This sign means it is time for you to be a detective



This sign means there is something for you to touch



This sign means there is something for you to look at



This sign means there is something for you to think about



This sign means there is an activity for you to do back at school.

DISEASE STREET

SOME STUDENTS MAY FIND THIS GALLERY UPSETTING

This gallery shows us what life was like for people living on a slum street in Victorian Leeds and how they did their best to look after themselves.



Meet Hannah Dyson and travel back in time with her to Victorian Leeds.



Pick a character. What is your character's name?

Why do you think it was so hard for your character to stay healthy on our Hazard Trail?



What do you think it must have felt like to live in a place like this?

Do you think it would have been easy to stay positive, living here?

What helps you to stay positive?

What support do we have that Victorians may not have had?

VICTORIAN OPERATING THEATRE

SOME STUDENTS MAY FIND THE SUBJECT MATTER IN THIS GALLERY UPSETTING

This gallery shows us what it was like to have surgery in Victorian times and how medics at the time were trying to help people, despite not having access to the Scientific knowledge we have today.



Watch the Hannah Dyson video.



Have you or anyone you know ever had surgery?

What are the main differences between modern surgery and the video?

How do you think Hannah was feeling when she was brought into the operating theatre?

How would you have felt in Hannah's position?

How do you think the surgeon was feeling?

MORTUARY

SOME STUDENTS MAY FIND THE SUBJECT MATTER IN THIS GALLERY UPSETTING

This gallery shows us the different ways that people have cared for the dead throughout history and talks about the importance of studying dead bodies for medical students.



Before technology improved, doctors had no other way of learning about the human body, so they had to look inside dead bodies. Read the panels in this gallery that explain what people used to do.



How do you feel about people using dead bodies for science?

Can you understand why people did it?

What does consent mean?



Why do you think it is important to care for the dead?

Do you know how people around the world care for their dead?

MAKING US WELL, OUTSIDE IN – PUBLIC HEALTH

It was important that people made changes to the way they lived. New public health authorities helped create rules about this to help direct people.



Explore this gallery and discover some of the things that people did to improve living conditions.

Find one way which people improved the quality of their water.

Find one way which people improved the quality of their food.

Find one way which people improved the houses they lived in.

Find one way which people improved sanitation.

Which changes do you think made the biggest difference to people's lives?



Look at the **Mental Health** display. This area explores how people used to view mental health.



Do you think things have improved?

Is mental health important to you?

How do you make sure you are looking after your mental health?

Who else can help you look after your mental health?

DISEASE DETECTIVES

This gallery explores the key people and discoveries that help us understand germs and bacteria (both good and bad ones).



Watch the **What is a Germ?** video. It is important that we know what germs are and how we can help stop them.

What do you think is the most effective way to stop germs spreading?



Find the table that tells you about **Louis Pasteur** and **Robert Koch**.

What did Louis Pasteur prove through his experiments?

List three diseases that the work of Robert Koch helped to fight against.



Look around at the other tables and find the answers to these questions.

What was **Antoine Van Leeuwenhoek** a pioneer in developing?

What dangerous advice did **Mrs Beeton** give out to mothers in the 1800s?

Who was **Mouldy Mary** and what team did she help with her work?



Powerwall activity

CUTTING EDGE

This gallery shows us some of the amazing inventions that help us stay healthy.



Look at each case and read each patient's story.



Which invention do you think made the biggest difference to people's lives?

Why did you pick this innovation?

NORMAL AND ME

This gallery considers what 'normal' means. Normal can come in all kinds of different ways and can be specific for each particular person. The museum has worked with different communities around Leeds to help look at their concepts of what normal is.



Look at the **That Weird transition Period** booklet.



Name three emotions described in the quotes to express puberty.



Do you identify with any of these quotes? If so - why?

Why can it be important to recognise your own emotions?

What does the mural tell us about being 'normal'?

RESPONSE TO CRISIS

Medicine reacts to the world around us and responds to crisis in different ways, this gallery explores some of the positive medical developments that emerged from global crises.



Look at the **Epidemics and Pandemics** wall.



List three global pandemics that you read about on the wall.



The recent Covid-19 pandemic in modern times affected everybody. Some people physically and some people mentally.

How did it feel to be living in such an unprecedented time?

What measures did you take to ensure you were safe?



Read the **Aftershock** panel



Why is Plastic Surgery so important to some people?

What affect do you think it can have on people?

What does PTSD stand for?

What advice would you give to someone who has lived through something traumatic or upsetting?



Bandaging is a useful skill to help us care for ourselves and others. Why not have a go at our bandaging station.

WHO CARES

This gallery talks about all the people who help to keep us healthy and shows us the different ways some people care for each other.



Look at the Nurses uniforms in the big case.



List 4 places that nurses can work to help care for us.



What skills do you think a person needs to be a good nurse?



Look behind the doors.



List 3 ways that people care for themselves when they feel ill.



Who do you go to when you are feeling ill?

Do you have any home remedies (things you do in your family to help you feel healthy)?



Watch the Video all about Roles in Medicine



List 3 roles that are talked about in this video.

Where any of these roles new to you?



Look at the giant picture on the picture showing lots of people who help take care of us on the wall



Who can you spot in the picture?

Can you find the physiotherapist?

Do you know anyone who does any of these jobs?

Who could you talk to about working towards these roles?

Who do you think is your health hero?

IN FOCUS

This space enables you to discuss the things you have seen around the museum and take part in a debate to help you remember ideas you have come across.



'An individual's health is their own responsibility'.

Do you agree or disagree?

BACK AT SCHOOL ACTIVITY



Think about all the different ways people care and are cared for.

Choose a patient with symptoms from the list below.

What do you think is the best course of action for that person?

Discuss your choice and recommendation with the rest of your group.

Patient 1: Josephine is an 89 year old widow.
Josephine She hates hospitals and has trouble travelling away from her home.
She has a chesty cough that has been persistent for 3 weeks. There are no other symptoms.

Patient 2: Nick is 18 years old. His diet isn't very healthy and he does little to no exercise.
Nick He doesn't like talking about his feelings and can find it difficult to relate to other people.
He sometimes feels very low and is unable to get out of bed. He doesn't see the point in going to work even though he needs money for rent.

Patient 3: JP is 35 and lives in a shared house with 7 other people.
JP JP suffered an accident a month ago. He fell from his bike in the rain while going fast around the corner. Now he has a nasty limp and a cut on his leg that is becoming more painful. He did not get any help at the time.
His housemates aren't very good at keeping the house clean. The bathroom is always dirty and he has difficulty in keeping it clean by himself. Nobody takes the rubbish out except him and he thinks there might be mice in the kitchen.

Patient 4: Izzy is 10 years old. She lives with her mum, dad and baby brother.
Izzy Izzy was born deaf. Her mum and dad have taken her to lots of different doctors and she has had surgery but it didn't help much. She has a hearing aid but she does not like wearing it.
Izzy does not mind that she is deaf. She's very good at signing and lip reading, she's even taught her friends at school. She thinks its part of what makes her who she is. Her parents still want to 'correct' her hearing but she has had enough of doctors and hospitals.