

## Pediatric ED Reflection Questions

**1. What types of patients (diagnoses) did you see in the PED?**

- Basilar Invagination- 17-year-old female
- Hypoxia- 11-day old female
- Anxiety attack- 15-year-old female
- Psych hold- 7-year-old male

**2. The majority of the patients who came into the PED were from which age group? Was this what you expected?**

- I had a wide range of patients all the way from 11 days old to 17 years old. There really wasn't a majority age group today.

**3. Was your overall experience different than what you expected? Please give examples.**

- I was expecting it to be a slow day like the others that have gone down to the ED. It ended up being a pretty exciting day. 45 minutes in and we had a life flight 11-day old female with hypoxia that I got to observe from start to finish. I then had the opportunity to help with a 7-year-old psych patient that had come in the week prior for psych evaluation. Overall, it was a full morning and I loved the experience of the PED.

**4. How did growth and development come into play when caring for patients (both in triage and in treatment rooms)?**

- Knowing about growth and development helped because they each had different ways of expressing how they feel verbal or nonverbal. Every child's care is tailored to their age and developmental level, using age-appropriate explanations, comfort measures, and involvement of parents to reduce fear and improve cooperation.

**5. What types of procedures did you observe or assist with?**

- EKG
- VS
- I also got to observe the baby box that was being put in.

**6. What community acquired diseases are trending currently?**

- Measles

**7. What community mental health trends are being seen in the pediatric population?**

- Depression
- Anxiety

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**8. How does the staff debrief after a traumatic event? Why is debriefing important?**

- They'll take a walk or break but first they'll do a debriefing session with the staff to go over the whole situation. Debriefing is important because it helps reduce emotional stress, prevents burnout, strengthens team communication, and promotes mental well-being. It also supports continuous learning and helps ensure better responses to future critical incidents.

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**9. What is the process for triaging patients in the PED?**

- The nurses are quickly assessing each child's condition by needs to be seen first (most critical) to less critical. When they take the children back in triage the nurses will get vital signs, symptoms, and overall appearance.

**10. What role does the Child Life Specialist play in the PED?**

- In the PED, a Child Life Specialist helps reduce stress and anxiety for children and their families by providing emotional support and age-appropriate explanations of medical procedures. They use play, distraction techniques, and coping strategies to make the hospital experience less intimidating for the young patients and relieve the stress from the parents.