

**Active Learning for School Nurse Shadowing Experience**

Linda Duong

Lakeview College of Nursing

N433: Infant, Child and Adolescent Health

Katie King, MSN, RN, CPN

January 31, 2021

### **Active Learning for School Nurse Shadowing Experience**

School nurses play a vital role in assessing and managing students' health risks in the school setting. Nurses can help students adopt healthy life behaviors that influence their attendance rates and academic performances. Kocoglu and Emiroglu (2017) suggest that a full-time school nurse with a postgraduate diploma/certificate should be present in the school setting to improve students' health and academic results. Interventions nurses should focus on about adolescents may include improving their quality of life, acquiring life skills, and developing positive health behaviors (Kocoglu & Emiroglu, 2017).

The registered nurse at Charleston High School was very informative and elaborated on the importance of her role. This clinical site relates to the nursing course at Lakeview College of Nursing because, in the pediatric course, nursing students learn about the importance of health promotion and nursing care of children of all ages. Specifically, understanding the expected growth and development of these children and detecting developmental delays present to the child. This clinical site enables students to correlate those concepts learned in class to adolescents experiencing these developmental stages on a day-to-day basis.

While doing my clinical rotation at the high school, I was an engaged nursing professional by asking the registered nurse questions regarding her healthcare professional role. I would ask the nurse how she would administer medication to a sick child on campus per the school's protocol. I would also ask the nurse what nursing interventions she would do if a student came to her office complaining of a headache. Her responses were informative because I understood the reasoning behind her care per the local health department and the school guidelines. I contributed to the school nurse's services today by offering my help to her whenever she needed me to do something. I also volunteered to go with the school nurse to help perform

tube feeding during lunchtime to one of the students. Tube feeding was an educational experience because I learned how the nurse administered food via syringe to the student's gastrointestinal tube (G Tube).

The high school clinical site impacts pediatric health by promoting healthy lifestyles and safety practices, providing health care assessments, and coordinating care plans for adolescents who need additional physical or mental health support. The high school student population's health risks during Friday's clinical include potential transmission of COVID-19 symptoms and their mental health during this pandemic. Transitioning from learning online to learning in a classroom can be a significant change for these young children; thus, adapting to the everyday learning culture may require students to readjust their routine.

A nursing diagnosis for the Coronavirus is infection related to failure to avoid pathogen due to exposure to COVID-19, as evidenced by not wearing a mask properly during school hours. One nursing intervention is enforcing strict hand hygiene and using hand sanitizers as often as possible. Another nursing intervention is educating students about the importance of social distancing and staying 6 feet apart from others at all times. Lastly, another nursing intervention may include educating students and their parents about the symptoms of COVID-19 and how to care for themselves if they contracted the disease. A measurable goal for this diagnosis is preventing the spread of infection by teaching students to wash their hands for 20 seconds with soap and water and wearing a mask during school hours. The goal is achieved when the students can explain to the nurse how to prevent the disease's transmission and continuously wear a mask over their nose and mouth throughout the whole school day.

During the school nurse job shadowing, my experience will impact my nursing practice by being more attentive and understanding to the younger generation. Shadowing the school

nurse helped me understand the needs of high school students and reminded me that I need to understand their situation and provide exceptional care to this age group. As a school nurse, working alone as the only healthcare professional in the school setting is expected. Working independently in any environment encourages me to work harder while still in nursing school to ensure my confidence in being a nurse. Being self-reliant is the most crucial aspect of being a nurse; therefore, making competent decisions is necessary when caring for others.

## References:

- Kocoglu, D., & Emiroglu, O. N. (2017). The Impact of Comprehensive School Nursing Services on Students' Academic Performance. *Journal of Caring Sciences*, 6(1), 5–17.  
<https://doi.org/10.15171/jcs.2017.002>