

1. How many students is the nurse responsible for in the school?

Amy Hird is the school nurse at Salt Fork South Elementary School. She worked as a school nurse in the past before leaving to work as an outpatient surgical nurse. The school nurse believes she is responsible for around 360 students ranging from kindergarten to junior high (A. Hird, personal communication, January 27, 2021).

2. What was the busiest task you saw the nurse perform?

The day was generally slow, with only a couple of student walk-ins. I think the nurse's busiest task was conducting the morning COVID-screen for all students and staff. School officials implemented a COVID protocol that required Amy to send home any student and their siblings if they complained of or displayed any signs and symptoms that COVID could cause.

3. How were you an engaged nursing professional today?

Following Amy was a new experience for me. I have shadowed multiple different nurses before, but because my school did not have a school nurse, this was a significant learning experience. A few students came in, so in-between visits, I asked Amy many questions to learn as much as possible.

4. How did you contribute to the service provided by the school nurse today?

There was one student that came in complaining of a headache. The school nurse asked if they ate breakfast and had any water to drink that day. When the student said no to both, Amy delegated me to give the student candy and water while she reevaluated their pain and then sent the student back to class for the last hour of school.

5. What does the school nurse see as problems in their schools (diabetes, obesity, ADHD, STDs, pregnancy, behavioral concerns, bullying, student to nurse ratio, etc.)?

Amy said that because it was her first year working as a school nurse, she is still getting to know the students and the families. Because she does not know the students, she has to decide if the student is telling her the truth about how they feel or trying to get out of class or get sent home. The nurse said a big problem she experiences is the student's family's income level. She said that she was surprised with how many students did not have necessities such as shoes that fit or a winter coat when she started. Amy said she is grateful to have the help of the school social worker.

6. What are the health risks of the population served during today's clinical based on your observations today?

Because most students are from low-income families, they are at risk for obesity or malnourishment, mental health problems, lack of readiness to learn, injuries, and poor nutrition. Children of low-income families are also more likely to experience chronic conditions due to lack of access to routine health screens and preventative care.

7. How does this clinical site relate to the Population and Global Health Course course?

The school nurse said that around this time in the school year, a traveling dentist provides the students with dental exams they would not receive otherwise due to their families' income

level. In some situations, the school nurse is the only health-related care some of the students receive. The school provides some students with dental, hearing, and eye exams and necessary check-ups they would not usually receive otherwise.

8. Name 3 ways this clinical site impacts Population and Global health?

A school nurse impacts community health with health promotion and assessment through health screenings. The school nurse can provide students with immunization screenings, vision screenings, hearing screenings, postural screenings, and body mass index screenings. The school nurse can provide students with education as a form of primary prevention. Examples of primary prevention can include healthy eating options to prevent obesity or diabetes. A school nurse can initiate referrals for counseling, psychological and social services, and outside health resources. All the school nurse's education provides the students with can be taken home, which initiates change in the student's parents' health habits, leading them to live a healthier and happier life.

9. Choose one of the health risks identified in question 6 and develop a plan of care to address this. Include a Nursing diagnosis, a measurable goal, and at least 3 Nursing interventions to achieve this goal.

Nursing Diagnosis: Risk for imbalanced nutrition: more than body requirements related to socioeconomic status, as evidenced by intake more than body requirements.

The desired outcome is that students will identify inappropriate behaviors related to overeating and weight gain. They will also display a change in eating patterns and participate in an individualized exercise program. Students will therefore display weight loss with optimal maintenance of health.

Nursing interventions: A nurse can teach the students to keep a food log/diary and review their daily calorie intake, types and amounts of foods, and eating habits. The school nurse can explore and discuss emotions and events associated with eating. The nurse can then help students identify realistic weekly weight loss goals.

10. How will your experience during the School Nurse job shadowing impact your Nursing practice?

Getting to experience what a real-life school nurse does, I learned how essential school nurses are for primary disease prevention. The school nurse can educate the students on diseases and teach them ways to modify their lifestyle to prevent them. When students get home from school, especially the younger students, they typically tell their parents what they learned at school that day. This allows the school nurse to educate the students on maintaining a healthy lifestyle, which can ultimately influence their parents to modify their lifestyle to sustain a healthy one.