

Active Learning for School Nurse Shadowing Experience

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1. How does this clinical site relate to the course?

A school nurse at any type of school provides care to the exact age ranges that we have discussed in this class. This particular school, a high school, cares for adolescent children from ages 14-19.

2. How were you an engaged nursing professional today?

I was an engaged nursing professional by actively listening as the school nurse described her daily routines. I asked questions to try to better understand her role. I was involved in all activities that the nurse took part in throughout the morning.

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

I contributed by being readily available to assist with anything she might need. I was friendly and welcoming to any student I crossed paths with. I assisted the nurse and the other teachers as they participated in a tornado drill.

4. Name 3 ways this clinical site impacts Pediatric health?

This clinical site directly impacts the health of the children by being readily available to assist them with any medical needs. If they hurt themselves, the nurse provides first aid. If they have medications or insulins that they need to take during the school day, the nurse makes sure that they take them as directed. She can also help with other medical related needs like providing Tylenol for headaches, feminine hygiene products if a female student is in need, providing an isolated environment for students who become ill, and even providing contact solution for students with contact lenses if they need it. Also, this site impacts pediatric health for students that may not visit their doctor as they should.

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

There were not a lot of scenarios to observe today to deduce health risks. During our time there, only four students came to visit. The first student came to have a finger bandaged up that she had shut in a car door the day before. One student came to drop her medication off to be stored in the cabinet and to take a pill. Another student came for a bottle of water because she had left her bottle at home. The last student had dropped a contact lens on the floor and needed some solution to clean it with so he could put it back in.

6. Choose one of the health risks identified in question 5 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- Readiness for enhanced fluid balance related to poor hydration status as evidenced by patient's desire to attain water in order to hydrate herself (Phelps et al, 2017).

Measurable Goal- Patient's fluid volume intake will remain adequate, between 1.5 – 2 liters; patient will experience thirst satiety (Phelps et al, 2017).

Nursing Interventions- 1) Explain to the patient the importance of drinking at least 1.5 – 2 liters of fluid equally throughout the day (Phelps et al, 2017). 2) Educate the patient by encouraging to drink healthy fluids, such as water. Advise against drinking too many caffeinated, sugary beverages, such as water (Phelps et al, 2017). 3) Educate the patient on signs and symptoms of dehydration, such as light-headedness, and scant urine output (Phelps et al, 2017).

7. How will your experience during the School Nurse job shadowing impact your nursing practice?

This experience has taught me that being a school nurse gives you a unique opportunity to make an impact in the lives of young people. It has definitely made me think about the possibility of pursuing this route at some point. At the very least, I think it would be fulfilling to be a substitute for a school nurse if they needed time off.

References:

Phelps, L.L., Sparks-Ralph S., & Taylor, C. M. (2017). *Sparks & Taylor's nursing diagnosis reference manual* (10th ed.). Wolters Kluwer.

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). American Psychological Association.