

N442 – Active Learning for Two Road's Wellness Clinic Shadowing Experience

Complete this Active Learning activity after your clinical at the Two Roads Wellness Clinic. Submit your completed assignment to the dropbox within 5 days of this clinical rotation. **Be sure you look at the attached rubric as you write up this assignment because it must be written with accurate grammar and spelling as well as APA format for references.** Your score will be based on this rubric. You must receive 77% in order to pass this clinical assignment.

1. How many clients were seen today at the clinic?

At the clinic, two clients were seen in the time allotted for clinical.

2. What were the activities that the Social worker and the nurse performed today?

Sasha, the nurse practitioner, and the nutritionist, spoke with clients about their eating habits, and how what they eat change how they feel based on their genealogical composition. One client suffers from severe acne, and she is currently not finding any relief. The nurse and nutritionist look at what the client has been eating for the past couple weeks and can determine what may be causing the clients issues based on this assessment.

3. How were you an engaged nursing professional today?

During the clinical experience, the nursing student asks many questions regarding the treatment plans that the clients receive, the expected outcomes for each client, and how clients may be referred to the Two Roads Wellness Center.

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

As a nursing student, this clinical rotation is not one where the nursing student can provide much contribution in association with the clients, as these appointments are extremely curated to the needs of the client, and the nurse and nutritionist have developed a plan specifically for this patient. While this clinical rotation is educational and interesting, there is limited opportunity to contribute based on the site's extreme specialty and personal relationships with the clients.

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

The health risks for the population served today are infinite. The clients that present to the Two Roads Wellness Center have many different diseases and health issues that this clinical site is attempting to fix through alternative means.

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

This clinical site relates to population and global health through their special, yet unbordered care. The Two Roads Wellness Center do not turn away any clients based on their disease, if the disease can be treated, or lessened, through the means of food habits, supplements, and exercise. The Two Roads Wellness Center also relates to population and global health through the use of diet, something that is a large issue in the United States.

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

This clinical site impacts global health by taking information based on food and diet, and allowing everyone throughout a community to use the same guidelines if they share the same genetics as someone else within the community. Diet is also a large issue in America, and many populations and communities around the United States suffer from obesity. The Two Roads Wellness Center also provides care for mental health, which is a global issue.

8. 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.

In the case of one of the clients that presented to the Two Roads Wellness Center, she suffered from severe acne. The client's diagnoses would be risk for decreased social interaction as evidenced by decreased confidence due to acne. A measurable goal for this client would be for her to lessen the amount of acne present, and interventions would include maintaining a healthy diet per the nutritionist, taking prescribed medications according to the dermatologist, and making sure the client keeps track of her flare ups in relation to stressors, menstrual cycle, and other factors that may cause the acne to occur.

9. How will your experience during the Two Roads Wellness Clinic job shadowing impact your Nursing practice?

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This experience allowed the nursing student to identify alternative treatments to certain diseases that people may present with, and identify that not every disease needs to be treated with only medications, but the food chosen for the client's diet can also have a major impact on the client's outcome.