

### How the clinical site relates to this course

This clinical site relates to the course in that we have learned about gross and fine motor skills from newborns to adolescents. In the clinic today, a patient that was two months old was observed; this patient was very young but required talking to with a calm and caring demeanor. The most senior patient was a twelve-year-old; he was here for a "well" check and needed an HPV immunization. In class, we learned how to deal with different age groups, such as using and explaining medical language around school-age children and making play with preschoolers. This course directly taught me applications that work in the clinical site.

### How were you an engaged nursing professional today?

Today I engaged in a large amount of learning in a short amount of time. I learned how to do immunizations practically by using distraction techniques on infants and toddlers. We were up-front and honest with the late school-age patient who was twelve years old, yet let him choose where he wanted the intramuscular injection. Allowing pediatrics patients a choice makes them more likely to comply with interventions by the nurse. We also tested some patients for RSV and influenza, getting acquainted with machines. We also used a Snellen chart to check the eyes of a patient.

### How did you contribute to services provided by the clinic nurse today?

I contributed to services the clinic nurse was offering by assisting her in distracting patients receiving immunizations. It is essential to use non-pharmacologic therapeutic techniques to make an experience that could be disastrous for a patient as easy as possible; distraction was the chief intervention I used to assist the clinic nurse. Other contributions include accompanying the nurse to send paperwork via fax machine to outside organizations, participating in calls from concerned parents, and checking the immunizations refrigerator and freezer to ensure quality control completion. The nurse spent the rest of our time teaching me about ASQ forms, immunizations schedules, and more.

### Name three ways the clinical site impacts pediatric health.

Danville's clinical site improves pediatric health by vaccinations, which stop the spread of diseases and improve the lives of individuals by reinforcing local communities with antibodies. Another contribution this clinical site makes is from well-checks, which are essential to detecting abnormalities in growth and ensuring normal growth until five years of age. One key role pediatric clinics play involves the detection of child abuse or neglect. The United States is involved in a child abuse epidemic; pediatric clinics provide early reporting of child abuse and can be lifesaving (Kairys, 2020). The clinical nurse taught me about child abuse and how frequent it is in Vermillion County.

### Health risks of the population in today's clinical environment based on observations.

One of the major health risks in Vermillion County is lead poisoning, which can be present in homes built before 1978 (Miracle, 2017). The Vermillion County area is filled with older buildings that have not been remodeled, putting many families at risk. Lead can be ingested or inhaled; it

is toxic and transported in the blood (Miracle, 2017). RSV or respiratory syncytial virus is another risk that children are exposed to. In the clinic today, we tested for Influenza (A and B), RSV, strep, and SARS (severe acute respiratory virus). It is possible for children to be exposed to a vast number of environments from school to daycare.

Choose a health risk and develop a plan of care to address this.

A nursing diagnosis related to lead poisoning can be Knowledge deficit related to lead exposure as evidenced by laboratory results exceeding normal lead values. A measurable goal would be to remove all lead exposure to the child to bring levels below five micrograms per deciliter (Miracle, 2017). My first nursing intervention would be to gather information on how the child may be exposed to lead, such as the age of the house and the paint that was last used. Once the issue was found, I would warn the patient that continued exposure is detrimental to the development of her child and can result in death. A third intervention would be to encourage the patient to remove all risks and provide resources to assist the parent, following up in a week (Miracle, 2017).

How will this job shadowing experience influence my nursing practice?

This experience will influence my nursing practice by reinforcing how I deal with families and children, reminding me of my interest in pediatrics, and expanding my education. This experience reinforced how I deal with families and children by exposing me to successful and easily observable strategies. This clinical experience reminded me of my love for pediatrics that I have partly forgotten since I last worked in a clinic in 2014. This clinical site expanded my education by showing me ASQ forms of actual patients; another example of education is advice on giving immunizations and the different places a patient can safely receive them.

## **References**

Kairys, S. (2020). Child abuse and neglect. *Pediatric Clinics of North America*, 67(2), 325–339. <https://doi.org/10.1016/j.pcl.2019.11.001>

Miracle, V. A. (2017). Lead poisoning in children and adults. *Dimensions of Critical Care Nursing*, 36(1), 71–73. <https://doi.org/10.1097/dcc.0000000000000227>