

N433 – Active Learning for Ambulatory Nurse Shadowing Experience

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

The OSF peds site is an excellent place to correlate what we learn about child development and how the nurse can manage their treatment based on their age. The clinic allows giving care to kids of all ages, from babies to teenagers. We observed that during the care of the children, the nurse treats them differently according to their psychology development stage. For example, the nurse explains all the treatment process when taking care of a child on school-age child's development. It was an excellent opportunity to see different types of vaccinations and the different regions to give vaccinations.

Additionally, it was an excellent place to practice communication techniques between nurses and patients and their family members.

2. How were you an engaged nursing professional today?

During the clinical day, we helped prepare the patient's room before and after the care of the patient by disinfecting the bed and chairs in the patient's room. During vaccinations, we were helping to distract the patient from allowing the nurse to give injection easily without any issue or arm to the child's arms or legs. We were engaged in preparing the handout about the vaccination that the child received. So, we can provide the appropriate information to the parents or guardians. Moreover, we educated one garden about the importance of respecting their kids' vaccines appointment because her two kids have been overdue on vaccines for four months. The mother is not available to bring the kids to the appointment, and they miss many physicians' appointments.

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

After triage, the nurse calls the patient and brings the patient into the room for care. We set up everything that patient will need. For example, if the patient came in for vaccination. We help the nurse by fixing all the vaccines that the patient is coming to get. By preparing everything in advance, helps to reduce the time frame and makes the job done faster. While the clinic nurse was busy talking to a patient's mother who called from home about her baby's health issue, we helped the clinic nurse by taking vital signs to a teenage patient who came in for an appointment.

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

OSF pediatric department impacts pediatric health by offering free baby milk to the mother of children in need before applying to the WIC program. The peds clinic gives vaccines to all children from zero age through teenager. They also give the OTC medications for free, including Tylenol, baby oral gel, Destin rash cream, AD cream, and vitamin D to the family in need before they can buy for the next application. This clinic is available and open from 0800 to 1730 to help receive the children in Vermillion County. They offer phone support care if the person is not available to come immediately to the clinic, and they do a referral to other specialists if a child is needed. They also give educational support to the families in knowledge deficit about children's developmental growth and vaccinations.

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

Some children in this community are neglected by their parents. The parents do not positively involve in their kids' care. They do not respect their kid's doctor appointments, miss the visit, or are late to the appointment. Moreover, those parents do not show up for

their kids' vaccine appointments. The guardians do not call to reschedule the appointment. We observe that some kids are overdue on immunization.

Additionally, another mother believes that vaccinations can arm their children by causing disease. So, they decided to never vaccinate their children. Those kids are at risk of physical, psychological, and cognitive developmental delay and abuse. Those kids are also at risk of infection because the doctor is rarely seeing them. Some of the kids that we see today have type 1 diabetes and are obese.

- 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	Measurable Goal	Nursing Interventions
Obesity (School-age child/adolescent)	<p>A patient will state understanding of the need to increase activity level gradually.</p> <p>A patient will lose weight reasonably: 1 to 2 lbs./week.</p>	<p>1. Encourage attendance in support groups. Support groups offer a place to share ideas and offer emotional support (Phelps, 2020).</p> <p>2. Teach the parents to limit entertainment screen time to 1 to 2 hours per day to encourage participation in physical activities (Ricci et al., 2020).</p>

		<p>3. Help the patient identify the problem, feelings associated with eating, and circumstances in which the patient turns to food.</p> <p>Permanent weight loss starts with the examination of factors contributing to weight gain (Phelps, 2020).</p>
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7. How will your experience during the Ambulatory Clinic job shadowing impact your Nursing practice?

By shadowing the nurse in the ambulatory clinic, I feel more confident communicating with children of all ages and their parents or guardians. This shadowing experience helps to learn that a nursing career is challenging. However, the nursing intervention and patients' and families' teaching are significant during the patient's care. We have a mother who never shows up for their kids' doctor visits. Today morning, the nurse called on the phone and talked to her about the vaccines. She decided to come, and her kids received the vaccine today. Therefore, the nurse listened to her and encouraged her to verbalize her feeling and emotion. We learn how as a nurse giving yourself and being an active listener during the care help reduce patient and family anxiety. For my future career, I will use those technics.

Reference page

Phelps, L. L. (2027). *Sparks & Taylor's nursing diagnosis reference manual*. Wolters Kluwer.

Ricci, S. S., Kyle, T., & Carman, S. (2020). *Maternity and pediatric nursing* (4th ed.). Wolters
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