

### **.3N433 – Active Learning for Ambulatory Nurse Shadowing Experience**

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

This clinical site relates to the course in many aspects, such as providing prophylactic therapy, education, curative care, and lab tests. The clinical site provides prophylactic treatment, including immunization to children from three days of life to their adolescent. The clinic site also screens depression for mothers after birth during their well-child visits. Curative care such as treating eczema, ear infections, and many more diseases. The health care team educates parents about diseases management, vaccines, children's physical, emotional, developmental well-being and answers parent questions or concerns during visits or phone calls. Some lab tests run in this site are urine analysis, fecal occult, covid test, and lead levels.

2. How were you an engaged nursing professional today?

I prepared myself before attempting ambulatory clinical. As soon as I got there, I was instructed to wait for nurses. When the RN arrived, she started teaching about the services they provide. I was taking notes during teaching and asked questions. I had a busy day; I followed all three nurses and the assistive personnel. I learned how to obtain medical history for different ages and documentation from the assistive personnel. I learned that vaccines are thrown away when the temperature is not adjusted for more than 15 minutes. A patient safety specialist visited the office during clinical, and her main goal was to know how nurses handle labels during lab tests. I found out the nurses were not labeling specimens correctly, and they verbalized to adjust the changes. The specialist was concerned because miss labeling led to mistakes last week in the main hospital and wanted to educate all nurses, especially for covid test.

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

My experience in the ambulatory clinical was instructive and fantastic. The nurse told me to observe and was allowed to practice some skills. I was able to take manual blood pressure in many children from age 3 to adolescence. I was also able to take other vital signs such as temperature, pulse, oxygen, and respiration rate. I assisted weight, head, and height measurement; vaccination to kids less than one-year-old. I gave some immunizations such as flu shots and the covid vaccine to kids from age 5 throughout adolescence. I provided fluoride to protect kids' teeth from cavities and performed a covid test and fecal occult test.

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

This clinical site impacts pediatric health in many ways, such as children's physical and emotional health, growth, and development until adulthood. Physical and emotional support are essential for children's well-being. When children are stressed or sick, this is impaired with their ability to learn and grow. This clinical site helps parents keep track of their children's development and call when they have concerns. The health care team performs ASQ questionnaires and educates the parents about expected findings for their children's growth and warning signs that need to be reported to the provider. This clinical site also provides referrals when there is a need for an external resource. For example, a 4-year-old visited the clinic for a mouth swelling and was accompanied by the mother. The child was referred to see a dentist in Champaign for teeth cavities.

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

Some children served today are at risk of infection because their immune system is not fully mature, and they get sick quickly. Premature infants lack antibodies and cannot fight bacteria, viruses, or fungal infections compared to full-term babies. Children are prone to ear

infections because they have a shorter, soft, and more level of Eustachian tubes than adults, making it more difficult for fluid to drain out of the ear. Children can get ear infections when drinking with a neck extended. Babies develop teeth cavities when their teeth are exposed to sugar, especially night bottles. Children are also at increased risk of diabetes mellitus when born from a diabetic mother or due to obesity (Ricci et al., 2017).

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.

The nursing diagnosis is a risk for infection related to knowledge deficit about infection in children as evidenced by ear pain. The main goal is that the child will remain free from future infection and complications from otitis media. The first nursing intervention to achieve the goal is placing the child in an upright position when feeding. Do not prop bottles to prevent injection of milk and pathogens into the eustachian tube. The second nursing intervention is taking the antibiotic as prescribed and taking the entire course of antibiotics even symptoms disappear to prevent drug intolerance. The final nursing intervention is to increase fluid intake, good nutrition, and adequate rest to decrease susceptibility to infection (Ricci et al., 2017).

7. How will your experience during the Ambulatory Clinic job shadowing impact your Nursing practice?

My experience will impact my nursing practice in many ways, such as using different approaches depending on the client's needs, temperament, and age. Learning is my number one goal, and practice to improve skills. Learning without training leads to zero. For example, when I was in Congo, I learned English but did not speak it after graduation, and I lost it. The practice goes along with lectures to provide adequate care to clients. The knowledge and experience acquired during ambulatory will help me care for kids as an individual and their

caregivers. I lean that nurses need to make the clinical site a comfortable environment for kids to cooperate, communicate to their level, use appropriate terms and body language.

## Reference

Ricci, S.S., Kyle, T., & Carman, S. (2017). *Maternity and pediatric nursing* (3rd ed.).

Philadelphia, PA: Wolters Kluwer