

N433 – Active Learning for School Nurse Shadowing Experience

Complete this Active Learning activity after your clinical with the School Nurse. Submit your completed assignment to the dropbox within 72 hours of this clinical rotation (Monday @ 2359). **Be sure you look at the attached rubric as you write up this assignment because it must be written with accurate grammar, spelling, and APA format for references.** Your score will be based on this rubric. You must receive 77% (38.5 points) in order to pass this clinical assignment. **Each question must contain at least 100 words minimum.**

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

The Charleston Middle School directly relates to the course because it is a learning facility filled with school-age children and adolescents. School nurses posted in academic schools are vital to the health and security of school-age kids and adolescents. Illness and alterations in health status may occur quickly in children, so it is important to have school nurses at all learning facilities like Charleston Middle School. School nurses play a significant role in identifying child abuse and contacting DCFS for mental, emotional, and physical signs of abuse. Additionally, mental health issues can happen in children and adolescents, so school nurses must identify physical and emotional decline in students. Charleston Middle School has a beautiful school nurse who can identify physical, mental, emotional, and abuse in all students while building rapport and a trusting relationship with students.

2. How were you an engaged nursing professional today?

Today, during the school nurse rotation at Charleston Middle School, I actively listened and observed the school nurse interact and help each student that came into the office. Unfortunately, there was not much to help the nurse since only two students needed diabetic medications. The nurse told us some common medications given: ibuprofen with parental permission, diabetic medications, and ADHD medications. Neosporin and bandaids are used almost every day due to abrasions, cuts, and scrapes. I communicated with a few students that came in and helped put a bandaid or two on. At the rotation, I had the opportunity to observe the students and learn how to interact with them as a nursing professional appropriately.

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

As I mentioned in the previous question, the only hands-on experience I contributed was putting on bandaids for minor abrasions, paper cuts, or scrapes. Another way I contributed was by actively listening, observing, and conversing with the school nurse and the students at Charleston Middle School. The students quickly opened up in conversation and appreciated the Neosporin and bandaids. Unfortunately, not much service was necessary as only about eight students came into the school nurse's office. However, the small number of students did not deter me from asking several questions about the students and the typical health issues in Charleston Middle School.

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

Charleston Middle School impacts Pediatric health by addressing health concerns, assessing the students properly, and offering health education. The school nurse collaborates with all faculty to aid and ensure that all students are mentally and physically well. Addressing and maintaining the health of all students is the primary job of the school nurse and other faculty members. School nurses address and maintain student health through education, physical assessment, health screening, discussing and updating immunization history, and promoting a safe environment for students to communicate any health concerns. Secondly, Charleston Middle School impacts Pediatric health by identifying and intervening with suspected abuse in students. Abuse of any kind, mental, emotional, or physical, must be reported by faculty and especially the school nurse. Not only must an intervention occur with abused students, but DCFS then becomes contacted and involved. DCFS, or the Department of Children and Family Services, takes care of many abused children and the hostile home environment of children. In a way, Charleston Middle School is the source to connect children to get the aid they need through DCFS in cases of abuse. Lastly, Charleston Middle School helps all students receive the care they need through financial resources, free health resources, insurance help, and coordination with parents. Many students have low socioeconomic status, and the parents cannot provide health care needs such as routine check-ups and dental care. Therefore, the school nurse and Charleston Middle School collaborate to help families find and receive the necessary resources to provide their children with adequate care.

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

Some health risks of the students attending Charleston Middle School are diabetes, Type I and II, Covid-19, obesity, and potential lung issues related to illegal nicotine products and vaping. The number one health risk in the school was Type I and Type II diabetes throughout the student population. Many students have Type I, and a few have Type II. However, recently some students have had a new diagnosis of Type I diabetes. Diabetes is a significant issue at Charleston Middle School, and the school nurse and faculty may need to complete health education and screenings for diabetes. Covid-19 is an ongoing issue at Charleston Middle School as a few students, and some faculty tested positive recently. Obesity is another issue that is prevalent in a majority of students at Charleston Middle school. The school nurse explained that many students after the Covid-19 lockdown came back to school obese. The use of illegal nicotine products and vaping is an epidemic that affects school-age children and adolescents. Vaping and other nicotine products link to potential lung issues upon frequent use and inhalation. Several students had vapes on campus at Charleston Middle School, not just by other students but the school nurse.

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.

I choose Type I diabetes as the health risk to develop a care plan for the students. The nursing diagnosis for diabetes is: at risk for unstable blood glucose level related to insufficient knowledge and non-compliance as evidenced by inadequate blood glucose monitoring, lack of adherence to diabetes management, improper medication and insulin management, lack of accepting the diagnosis, and insulin deficiency or excess (Swearingen & Wright, 2018). A measurable goal is that a stable blood glucose level will be maintained at less than 110 mg/dL (Swearingen & Wright, 2018). One nursing intervention is to assess blood glucose levels before meals and educate about assessing blood glucose before bedtime at home (Swearingen & Wright, 2018). The second nursing intervention assesses the patient's current knowledge and understanding of insulin administration and their specific diet (Swearingen & Wright, 2018). Lastly, the third nursing intervention assesses for signs and symptoms of both hyperglycemia and hypoglycemia (Swearingen & Wright, 2018).

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

Many children and adolescents may be non-compliant with personal health issues and new diagnoses. The school nurse's job is to ensure that students are compliant with their health issues. For example, many students at Charleston Middle School are not compliant with following a diet necessary for diabetes management. Another issue for diabetic students is not knowing how to count carbohydrates and forgetting what they consumed for each meal—ensuring that patients are compliant with their health diagnoses, medication regimens, diets, and other requirements related to their specific diagnosis. Also, several students had insufficient knowledge about their health complications, which may increase exacerbations or cause a decline in health. I want to strongly emphasize education to patients and promote thorough knowledge to all future patients. Using the teach-back method, answering questions, and utilizing papers and pamphlets will help me better educate patients. Lastly, forming a trusting and positive relationship with the students helped the school nurse better care for all the children and adolescents. I want to establish a solid rapport and trusting relationship with as many patients as possible. Realistically, it is impossible to establish a trusting relationship with all patients due to the shortage of nurses and other issues, but I adamantly want to attempt my best.

References

Swearingen, P. L., & Wright, J. (2018). *All-in-one nursing care planning resource: Medical-surgical, pediatric, maternity, and psychiatric-mental health* (5th ed.). Mosby.

N433 Grading Rubric Nurse Shadowing Clinical Paper
50 Total Points Possible

CRITERION	POOR	FAIR	GOOD
<p>-Concise and Complete</p> <p><i>Total Weight- 5 points</i></p>	<ul style="list-style-type: none"> - Content is incomplete. - Major points are not clear and /or persuasive <p>Weight-1 point</p>	<ul style="list-style-type: none"> - Content is not comprehensive and /or persuasive. - Major points are addressed but not well supported. - Research is inadequate or does not address course concepts. <p>Weight- 3 points</p>	<ul style="list-style-type: none"> - Content is comprehensive, accurate, and persuasive. - Major points are stated clearly and are well supported. - Content and purpose of the writing are clear. <p>Weight- 5 points</p>
<p>Critique of experience-Evaluation and Rationale for your comments</p> <p><i>Total Weight- 10 points</i></p>	<ul style="list-style-type: none"> - Organization and structure detract from the message of the writer. - Paragraphs are disjointed and lack transition of thoughts. - Lack of evaluation and rationale for comments <p>Weight- 1 point</p>	<ul style="list-style-type: none"> - Structure of the paragraphs is not easy to follow. - Paragraph transitions need improvement. - Lack of adequate evaluation and rationale for comments <p>Weight- 5 points</p>	<ul style="list-style-type: none"> - Structure of the paragraphs is clear and easy to follow. - Good evaluation and rationale for comments <p>Weight- 10 points</p>
<p>Thoughtful Reflection- How will this affect your practice, or will it?</p> <p><i>Total Points- 10 points</i></p>	<ul style="list-style-type: none"> - Paper lacks many elements of correct formatting. - Paragraphs are inadequate or excessive in length. - Unspecific as to how this experience will impact your nursing practice or not. <p>Weight- 1 point</p>	<ul style="list-style-type: none"> - Paper follows most guidelines. - Paper is over/ under word length. - Lacks some specifics as to how this experience will impact your nursing practice or not. <p>Weight-5 points</p>	<ul style="list-style-type: none"> - Paper follows designated guidelines. - Paper is the appropriate length as described for the assignment. - States clearly as to how this experience will impact nursing practice or not and why. <p>Weight-10 points</p>
<p>APA Format Correct spelling/Grammar.</p> <p>Must use 1 scholarly reference (published within the last 5 years)</p> <p><i>Total Weight- 10 points</i></p>	<ul style="list-style-type: none"> - Lack of APA format. - Paper contains numerous grammatical, punctuation, and spelling errors. - Language uses jargon or conversational tone - Lack of APA citation use and a Reference page for references used. <p>Weight- 1 point</p>	<ul style="list-style-type: none"> - Inappropriate APA format. - Paper contains few grammatical, punctuation, and spelling errors. - Language lacks clarity or includes the use of some jargon or conversational tone. - Inappropriate APA citation use and a Reference page for references used. <p>Weight- 5 points</p>	<ul style="list-style-type: none"> - Correct APA format. - Rules of grammar, usage, and punctuation are followed; spelling is correct. - Language is clear and precise; sentences display consistently strong, varied structure - Correct APA citation and a Reference page for references used. <p>Weight- 10 points</p>
<p>Nursing diagnosis is appropriate for this setting; goal/outcome is measurable; Nursing interventions are appropriate and thorough.</p> <p><i>Total Weight- 10</i></p>	<p>ND is inaccurate for the setting; goal/outcome is not measurable, or Nursing interventions are inappropriate or inadequate.</p>	<p>- ND accurate for the setting; goal/outcome is measurable, but Nursing interventions are inappropriate or inadequate.</p>	<p>- ND accurate for the setting; goal/outcome is measurable; Nursing interventions appropriate and adequate for this setting.</p>

<i>points</i>	Weight- 1 point	Weight- 5 points	Weight- 10 points
Paper submitted to dropbox within 72 hours of the School Nurse shadow experience.	- Paper submitted to dropbox or discussion board late.		- Paper submitted to dropbox on time.
Total Weight- 5 points	Weight- 1 point		Weight- 5 points

Total Points _____