

## N433 – Active Learning for Ambulatory Nurse Shadowing Experience

Complete this Active Learning activity after your clinical with the Ambulatory Clinic 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 Carle clinic's pediatrics unit on Fairchild Street in Danville, Illinois, relates to our N433 Infant, Child, and Adolescent Health course in many ways. It connects by going through the growth and developmental levels that we had learned about in our pediatric class on Monday. We learned about the growth and development stages from an infant to a 12-year-old adolescent child. The four-week-old male infant received three immunizations while the 12-year-old female was getting a physical or sports physical for school. The 12-year-old also received a depo shot in her Ventrogluteal region. The Depo (Depo-Provera) shot is given for birth control to prevent pregnancy and manage medical conditions related to menstrual cycles by stopping ovulation (Staff, 2020)

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

Today at Carle Clinics Pediatric unit, The students engaged by asking many questions to the nurse Dana and Kim. One of the first questions asked was what the green, yellow and red plastic tabs meant outside the door. The green meant they were waiting for a provider, yellow meant the patient was with a CMA, and red meant they were ready to clear the room. The students were also busy helping the nurse obtain the children's height and weight for their average age before the doctor could see them, and the students also observed a 4-

week-old baby receive his newborn shots. Lastly, the students were also able to observe a 12-year-old female receive a depo shot in her ventrogluteal region for birth control.

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

We students kept some of the children occupied during the doctor's appointment. While the nurses were taking down vitals, some of the children did not want to stand on the weighing scale, so we had to play a game to get them to stand still until the weight calculation finished. Another child was running around the clinic room while the CMA was trying to take down the child's symptoms, so by entertaining the child, we had to play peek-a-boo to keep him occupied. After the CMA was able to take down the information, we students helped the nurse hold the child's hands in place while the nurse swabbed his nose 15 times on each side of the nostril for a covid swab. We contributed by helping the nurses out with their daily tasks.

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

The nurses in this clinical setting set an outstanding example for nursing students. They document and keep track of immunizations, physicals, medical history, and complete wellness checks. On a typical day, the nurses see 30 patients a day on average. The nurses have to schedule patients for appointments, and they also have to call insurance companies to make sure immunizations are approved. If they are not approved, they have to have them approved through the state so that the children can get them for free. The state gives Carle clinic a certain amount of free immunizations to help families whose insurance does not approve or can not financially afford them. Finally, this clinical impacts pediatric health because it sets proper expectations on how care should occur. Students that use this clinical site will always have pediatric patients. Future pediatric patients will receive good care because they attended this clinical site that personifies proper patient care.

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

Some of the primary health risks of this population are obesity, asthma, RAD (Reactive airway disease), pneumonia, and cardiovascular disease at older ages. To further extend the topic of pneumonia, cases in children with pneumonia have risen due to COVID 19. The percentage of students that receive free lunch is 85% due to poverty. Most people who live in poverty are forced to purchase cheap food containing too much fat, sodium, and not enough essential nutrients. This lifestyle promotes hypertension, myocardial infarction, hyperlipidemia, obesity, stroke, atherosclerosis, and diabetes. Most of these diseases would occur beyond school age, but diabetes and obesity can affect this age bracket. The children of this population are at risk of impaired mental health. Poverty manifests obstacles that tax the mind. It becomes a nearly unending cycle that is difficult to escape due to a lack of money, making life feel hopeless. Children are often bullied for situations that arise from poverty, which exacerbates the toll on mental health.

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.

A proper nursing diagnosis would be impaired airway clearance related to bronchospasms as evidenced by dyspnea. The measurable goal is to maintain an adequate airway. The primary intervention is to Assess respiratory rate, depth, and rhythm. Changes in the respiratory rate and rhythm may indicate an early sign of impending respiratory distress. The second would be to assess for color changes in the buccal mucosa, lips, and nail beds. Cyanosis indicates low oxygenation and that breathing is ineffective in maintaining adequate tissue oxygenation. The third intervention would be to auscultate the lungs for adventitious breath sounds such as wheezes and rhonchi. Wheezes suggest partial obstruction or resistance. In contrast, rhonchi may indicate retained secretions in the lungs (Ricci et al., 2021).

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

The nurse, Dana, stated that child abuse is more common than initially realized. This experience reminds us that symptoms of abuse and neglect need to be recognized as it sets the mental health record high. An active effort will detect patients experiencing abuse to prevent further harm.

To further extend, extra efforts from nurses will be made to educate parents on managing their child's condition and contacting the parents to check their progress if possible. A child's blood sugar was uncontrolled, and some parents administered incorrect amounts of insulin. Teaching the parents needs to be taken more seriously. Otherwise, it puts the child at significant risk.

#### References:

Ricci, S. S., Kyle, T., & Carman, S. (2021). *Maternity and pediatric nursing* (4th ed.). Wolters Kluwer.

Staff, F. E. (2020, September 11). *Depo-Provera: An injectable contraceptive*. familydoctor.org. Retrieved June 3, 2022, from <https://familydoctor.org/depo-provera-an-injectable-contraceptive/>

### N433 Grading Rubric Nurse Shadowing Clinical Paper 50 Total Points Possible

CRITERION	POOR	FAIR	GOOD
- <b>Concise and Complete</b>	- Content is incomplete. - Major points are not clear and /or persuasive	- Content is not comprehensive and /or persuasive. - Major points are addressed but not well supported. - Research is inadequate or does not address course concepts.	- Content is comprehensive, accurate, and persuasive. - Major points are stated clearly and are well supported. - Content and purpose of the writing are clear.
<b>Total Weight- 5 points</b>			

	<b>Weight-1 point</b>	<b>Weight- 3 points</b>	<b>Weight- 5 points</b>
<b>Critique of experience-Evaluation and Rationale for your comments</b>  <i>Total Weight- 10 points</i>	- 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 <b>Weight- 1 point</b>	- Structure of the paragraphs is not easy to follow. - Paragraph transitions need improvement. - Lack of adequate evaluation and rationale for comments <b>Weight- 5 points</b>	- Structure of the paragraphs is clear and easy to follow. - Good evaluation and rationale for comments <b>Weight- 10 points</b>
<b>Thoughtful Reflection- How will this affect your practice, or will it?</b>  <i>Total Points- 10 points</i>	- 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. <b>Weight- 1 point</b>	- 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. <b>Weight-5 points</b>	- 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. <b>Weight-10 points</b>
<b>APA Format Correct spelling/Grammar.</b>  <b>Must use 1 scholarly reference (published within the last 5 years)</b>  <i>Total Weight- 10 points</i>	- 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. <b>Weight- 1 point</b>	- 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. <b>Weight- 5 points</b>	- 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. <b>Weight- 10 points</b>
<b>Nursing diagnosis is appropriate for this setting; goal/outcome is measurable; Nursing interventions are appropriate and thorough.</b>  <i>Total Weight- 10 points</i>	ND is inaccurate for the setting; goal/outcome is not measurable, or Nursing interventions are inappropriate or inadequate. <b>Weight- 1 point</b>	- ND accurate for the setting; goal/outcome is measurable, but Nursing interventions are inappropriate or inadequate. <b>Weight- 5 points</b>	- ND accurate for the setting; goal/outcome is measurable; Nursing interventions appropriate and adequate for this setting. <b>Weight- 10 points</b>
<b>Paper submitted to dropbox within 72 hours of the School Nurse shadow experience.</b>  <i>Total Weight- 5 points</i>	- Paper submitted to dropbox or discussion board late. <b>Weight- 1 point</b>		- Paper submitted to dropbox on time. <b>Weight- 5 points</b>

Total Points \_\_\_\_\_