

Ambulatory Clinic Debriefing Journal

Hannah Considine Cothorn

Lakeview College of Nursing

The Carle clinic in Danville oversees the care of hundreds of children in Vermillion County. This care includes well-child visits, acute care, behavioral screenings, and more. This site directly corresponds to what is taught in our N433 course, focusing on the care and well-being of infants, school-aged children, adolescents, and teenagers. I contributed to the clinic workflow by helping the staff prepare rooms for the patients, cleaning the rooms after each visit, drawing up and administering vaccinations, and calling patients regarding upcoming appointments. The clinic on Fairchild impacts the pediatric population by providing preventive care, comprehensive physical assessments, and follow-up care. The main health risk that stuck out to me in this population of patients were obesity and the risk of hyperglycemia. For children and adolescents aged 2-19 years in 2017-2020, the prevalence of obesity was 19.7% and affected about 14.7 million children and adolescents (Centers for Disease and Prevention, 2022). The nursing diagnosis I would pick for these clients is imbalanced nutrition: more than body requirements related to food intake that exceeds body needs, as evidenced by a BMI of 32. A measurable goal for the patient I had in mind would be to achieve a BMI of 29 by losing 20lbs. Three interventions that would help this patient achieve this goal are to explore and discuss emotions and events associated with eating, reassess calorie requirements every 2-4 weeks to stay on track with weight loss, and identify realistic increment goals for weekly weight loss. My experience at the clinic helped me realize the importance of establishing care with a primary care provider so children can stay on track with growth and development and immunizations.

References

Centers for Disease Control and Prevention. (2022, May 17). Childhood obesity facts. Centers for Disease Control and Prevention. Retrieved June 22, 2022, from <https://www.cdc.gov/obesity/data/childhood.html>