N433 - Developmental Observation Debriefing Journal

1. **What age groups did you observe today? Which of Erikson's stages does this age group fit in? Give two (2) examples of behaviors would you expect from this age group. What behaviors did you observe?**
   a. Today I observed the younger section of children, I asked a few kids their ages, and they seemed to range from five to seven years old. Their psychosocial developmental stage, according to Erikson, is initiative vs. guilt. Preschoolers are energetic learners; however, they lack many skills to succeed at new tasks (Holman et al., 2019). A behavior you would expect from this stage is guilt when they believe they have misbehaved. I noticed this behavior a lot. One specific example was when all the children had free time, a pair playing catch got a bit out of hand, and the ball hit another child not playing. When scolded by the staff, they seemed to avoid eye contact and place blame on the other. Independence in performing and completing tasks is also enormous at this age, and I noticed a few children cleaning up the room, like sweeping and using a dustpan.

2. **Which of Piaget's stages does this age group fit in? Give two (2) examples of behaviors would you expect from this age group. What behaviors did you observe? Give two (2) examples of vocalization of this age group.**
   a. This age group fits into Piaget's cognitive developmental preoperational stage. The preoperational stage is when a preschooler becomes less egocentric and more aware of the viewpoints of others (Holman et al., 2019). A behavior typical in this phase is animism or giving lifelike qualities to inanimate objects. One behavior that was a perfect example of animism was a little girl picking a unrip peach from the tree outside and proudly naming it "Gurdy" she even got a tiny cup home for it and everything. This action encouraged the girl's friend to do the same thing, and they had pet peaches together. Children this age also develop a sense of time, which was apparent when our walk outside was scorching hot out and questions like "how far away are we" were asked frequently. This age group enjoyed talking, often requiring countdowns so the staff could guide them to the next activity. They were also using 5-6 word sentences; however, some were still in the 4-5 word stage.

3. **What are some potential health risks (short-term and/or long-term) for the children you observed today?**
   a. Health risks I noticed in this group were poor diet and obesity. The lunches brought for breakfast were very unhealthy; one child I even overheard bragging about bringing in an entire bag of marshmallows to his table of friends. I also noticed a lot of bullying. For example, when we were outside in the garden rinsing out pots with the kids, I saw an Asian boy get sprayed down with the hose by another, which made him cry.

Bullying is a long-term health risk that could lead to impaired self-esteem and depression. I also saw a child pick up a feather from outside and place it inside his mouth, which was disgusting considering all the bird flu going around. Bird flu from licking a feather would be a short-term risk associated with infection.

4. **Choose one of the health risks identified in the above question and develop a plan of care to address this. Include a Nursing diagnosis, a measurable goal (SMART), and at least three nursing interventions to achieve this goal.**

   a. The health risk from above that I think was most important was obesity, because multiple children did look overweight. A nursing diagnosis for obesity is Imbalanced nutrition, more than the body requires. A measurable goal for obesity is weight and BMI within the normal range for age, height, and sex. The first intervention would be to have the child or parent keep a daily food diary so that we can find the cause of the weight gain. The second intervention would be to form an eating plan, which includes input from the child, and to discuss factors interfering with success. Lastly, I would teach and educate about exercise and how children should get about 60 minutes of physical activity daily.

5. **How will the knowledge gained during this observation influence your nursing practice?**
   a. I haven't had much experience working with children, so I learned much from this day. I found out that the children were more likely to converse with me if I sat on the floor rather than stood above them. For the first hour, my fellow students and I just stood in the corner, and only one child came up to us, asking, "are you doctors" which was funny, but when we sat on the floor, they were all over us trying to get attention. I also learned children don't always speak up when they require something, so it is essential to ask if they have water or need the bathroom often. In my nursing practice, I hope to make children feel comfortable enough around me to ask questions or for help.

References

Holman, H.C., Williams, D., Sommer, S., Johnson, J., Wheless, L., Wilford, K., & McMichael, M. G. (2019). *RN nursing care of children review module* (11th ed.). Assessment Technologies Institute, LLC.

Debriefing Journal Rubric

Minimum Words: 100 per question/ 50 Total Points Possible

CRITERION	POOR	FAIR	GOOD
-Concise and Complete *Total Weight- 5 points*	- Content is incomplete. - Major points are not clear and /or persuasive **Weight-1 point**	- Content is not comprehensive and /or persuasive. - Major points are addressed but not well supported. - Research is inadequate or does not address course concepts. **Weight- 3 points**	- Content is comprehensive, accurate, and persuasive. - Major points are stated clearly and are well supported. - Content and purpose of the writing are clear. **Weight- 5 points**
Critique of experience- Evaluation and Rationale for your comments *Total Weight- 10 points*	- 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 **Weight- 1 point**	- Structure of the paragraphs is not easy to follow. - Paragraph transitions need improvement. - Lack of adequate evaluation and rationale for comments **Weight- 5 points**	- Structure of the paragraphs is clear and easy to follow. - Good evaluation and rationale for comments **Weight- 10 points**
Thoughtful Reflection- How will this affect your practice, or will it? *Total Points- 10 points*	- 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. **Weight- 1 point**	- 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. **Weight-5 points**	- 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. **Weight-10 points**
APA Format Correct spelling/Grammar. ==Must use 1 scholarly reference (published within the last 5 years)== *Total Weight- 10 points*	- 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. **Weight- 1 point**	- Inappropriate APA format. - Paper contains a 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. **Weight- 5 points**	- 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. **Weight- 10 points**
Nursing diagnosis is appropriate for this setting; goal/outcome is measurable; Nursing interventions are appropriate and thorough. *Total Weight- 10 points*	ND is inaccurate for the setting; goal/outcome is not measurable, or Nursing interventions are inappropriate or inadequate. **Weight- 1 point**	- ND is accurate for the setting; goal/outcome is measurable, but Nursing interventions are inappropriate or inadequate. **Weight- 5 points**	- ND is accurate for the setting; goal/outcome is measurable; Nursing interventions appropriate and adequate for this setting. **Weight- 10 points**
Paper submitted to dropbox within 72 hours of the School Nurse shadow experience. *Total Weight- 5 points*	- Paper submitted to dropbox or discussion board late. **Weight- 1 point**		- Paper submitted to dropbox on time. **Weight- 5 points**

Total Points _____