

### N433 - Developmental Observation Debriefing Journal

After observing at the YMCA Summer Camp, complete the following questions. Submit your completed assignment to the dropbox within 72 hours of this clinical rotation (Saturday @ 2359). **You must include at least one (1) scholarly source within the last five (5) years in at least one of the questions.** This source must be properly cited with in-text citations and the full citation must be provided in APA format. **The total word count for this assignment is to be no less than 100 words per question** (this only applies to the content of your answers, not the questions or citations).

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?

The age groups at this location were 4 to 12 years old. At the beginning of the day, all age groups were together until they split into groups by age. The student continued observing two 6-year-old children for the remainder of the day. These children were in Industry versus inferiority stage in Erikson's developmental theory (Ricci et al., 2021). The student would expect these children to be interested in how and why things work by asking many "why" questions. The student would also expect them to look to older persons in their life they trust for encouragement and support when trying new things. The children asked many questions about why we were there and looked like we worked in a hospital and then told stories about their interactions in hospitals or doctors' offices. During education instructions, one child became frustrated with writing and looked to her older sibling for reassurance.

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.

This age group fits into Piaget's concrete operational stage (Ricci et al., 2021). The student would expect to see children making connections between actions and seeing things through another's point of view. The student observed one child noticing when a friend was becoming upset and tried to cheer her up by saying, "It is ok it mess up," and "where-is my smiling friend?" which the student thought was very sweet and observed that the child was able to see why her friend was upset from her friend's point of view. One child was telling stories about an older sibling getting grounding and made the connection that she did not want to break the rules and get grounded because "it would be so terrible!".

3. What are some potential health risks (short-term and/or long-term) for the children you observed today?

A short-term potential health risk these children may experience is an injury during playtime. Many children were running around and playing with toys in the gym, such as balls, scooters, and tennis rackets. The student observed children almost get hit in the head by a flying ball many times. A small child could get knocked over and hit their head.

The student observed that a long-term potential health risk was poor nutrition and overweight in some children. Several children looked over the healthy weight recommendations and would become tired quickly while playing. The YMCA provided a well-balanced lunch of turkey subs, a pear, cherry tomatoes, a cookie, and bottled water. Several children brought ramen noodles and did not accept the lunch provided, while others only ate the pear and cookie and threw away the sandwich and tomatoes.

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. Nursing diagnosis: Ineffective child eating dynamics related to inadequate choice of food as evidence by child eating poor quality foods at lunch and refusing fruits and vegetables offered.
  - b. Measurable Goal: Child chooses to incorporate healthy fruits and vegetables at lunch time.
  - c. Intervention 1: Encourage child identify fruits and vegetables she prefers.
  - d. Intervention 2: Monitor food consumption and record foods consumed.
  - e. Intervention 3: Provide interactive, fun, education about healthy foods that will peak the child's interest.
5. How will the knowledge gained during this observation influence your nursing practice?

Knowledge gained during this experience will help the student identify psychosocial developmental milestones in children. Through this observation, the student could connect behaviors and Erickson and Piaget's psychosocial development stages. Each age group interacted with each other in different ways, and the student was able to take note of these differences in relationships. The student can use these observations as tools to use while interacting with different age groups in a clinical setting. Communicating appropriately with children of all ages will help the nurse build a trusting relationship with clients. It is also essential to build the client's confidence in their care, which is done by treating them appropriately per their developmental stage.

References:

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

## Debriefing Journal Rubric

**Minimum Words: 100 per question/ 50 Total Points Possible**

CRITERION	POOR	FAIR	GOOD
<p><b>-Concise and Complete</b></p> <p><i>Total Weight- 5 points</i></p>	<ul style="list-style-type: none"> <li>- Content is incomplete.</li> <li>- Major points are not clear and /or persuasive</li> </ul> <p><b>Weight-1 point</b></p>	<ul style="list-style-type: none"> <li>- Content is not comprehensive and /or persuasive.</li> <li>- Major points are addressed but not well supported.</li> <li>- Research is inadequate or does not address course concepts.</li> </ul> <p><b>Weight- 3 points</b></p>	<ul style="list-style-type: none"> <li>- Content is comprehensive, accurate, and persuasive.</li> <li>- Major points are stated clearly and are well supported.</li> <li>- Content and purpose of the writing are clear.</li> </ul> <p><b>Weight- 5 points</b></p>
<p><b>Critique of experience-Evaluation and Rationale for your comments</b></p> <p><i>Total Weight- 10 points</i></p>	<ul style="list-style-type: none"> <li>- Organization and structure detract from the message of the writer.</li> <li>- Paragraphs are disjointed and lack transition of thoughts.</li> <li>- Lack of evaluation and rationale for comments</li> </ul> <p><b>Weight- 1 point</b></p>	<ul style="list-style-type: none"> <li>- Structure of the paragraphs is not easy to follow.</li> <li>- Paragraph transitions need improvement.</li> <li>- Lack of adequate evaluation and rationale for comments</li> </ul> <p><b>Weight- 5 points</b></p>	<ul style="list-style-type: none"> <li>- Structure of the paragraphs is clear and easy to follow.</li> <li>- Good evaluation and rationale for comments</li> </ul> <p><b>Weight- 10 points</b></p>
<p><b>Thoughtful Reflection- How will this affect your practice, or will it?</b></p> <p><i>Total Points- 10 points</i></p>	<ul style="list-style-type: none"> <li>- Paper lacks many elements of correct formatting.</li> <li>- Paragraphs are inadequate or excessive in length.</li> <li>- Unspecific as to how this experience will impact your nursing practice or not.</li> </ul> <p><b>Weight- 1 point</b></p>	<ul style="list-style-type: none"> <li>- Paper follows most guidelines.</li> <li>- Paper is over/ under word length.</li> <li>- Lacks some specifics as to how this experience will impact your nursing practice or not.</li> </ul> <p><b>Weight-5 points</b></p>	<ul style="list-style-type: none"> <li>- Paper follows designated guidelines.</li> <li>- Paper is the appropriate length as described for the assignment.</li> <li>- States clearly as to how this experience will impact nursing practice or not and why.</li> </ul> <p><b>Weight-10 points</b></p>
<p><b>APA Format Correct spelling/Grammar.</b></p> <p><b>Must use 1 scholarly reference (published within the last 5 years)</b></p> <p><i>Total Weight- 10 points</i></p>	<ul style="list-style-type: none"> <li>- Lack of APA format.</li> <li>- Paper contains numerous grammatical, punctuation, and spelling errors.</li> <li>- Language uses jargon or conversational tone</li> <li>- Lack of APA citation use and a Reference page for references used.</li> </ul> <p><b>Weight- 1 point</b></p>	<ul style="list-style-type: none"> <li>- Inappropriate APA format.</li> <li>- Paper contains a few grammatical, punctuation, and spelling errors.</li> <li>- Language lacks clarity or includes the use of some jargon or conversational tone.</li> <li>- Inappropriate APA citation use and a Reference page for references used.</li> </ul> <p><b>Weight- 5 points</b></p>	<ul style="list-style-type: none"> <li>- Correct APA format.</li> <li>- Rules of grammar, usage, and punctuation are followed; spelling is correct.</li> <li>- Language is clear and precise; sentences display consistently strong, varied structure</li> <li>- Correct APA citation and a Reference page for references used.</li> </ul> <p><b>Weight- 10 points</b></p>
<p><b>Nursing diagnosis is appropriate for this setting; goal/outcome is measurable; Nursing interventions are appropriate and thorough.</b></p> <p><i>Total Weight- 10 points</i></p>	<p>ND is inaccurate for the setting; goal/outcome is not measurable, or Nursing interventions are inappropriate or inadequate.</p> <p><b>Weight- 1 point</b></p>	<p>- ND is accurate for the setting; goal/outcome is measurable, but Nursing interventions are inappropriate or inadequate.</p> <p><b>Weight- 5 points</b></p>	<p>- ND is accurate for the setting; goal/outcome is measurable; Nursing interventions appropriate and adequate for this setting.</p> <p><b>Weight- 10 points</b></p>
<p><b>Paper submitted to dropbox within 72 hours of the School Nurse shadow experience.</b></p> <p><i>Total Weight- 5 points</i></p>	<p>- Paper submitted to dropbox or discussion board late.</p> <p><b>Weight- 1 point</b></p>		<p>- Paper submitted to dropbox on time.</p> <p><b>Weight- 5 points</b></p>

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