

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?

This author mainly observed preschool-aged children during the YMCA Summer Camp. The author observed some school-aged and significantly few adolescent children, but the author did not spend much time around those age groups, so the preschool age group is the focus of this reflection.

The preschool-aged children fit in the initiative vs. guilt Erikson stage (Ricci et al., 2021) and may over-celebrating small accomplishments and ask another person to teach a task to learn something new (Ricci et al., 2021). The children enthusiastically celebrated while bowling and knocking down a few pins. Some children in the age group tried braiding this author's hair, and one child tried to teach another child how to braid. The "student" was eager to learn from the "teacher" how to braid hair.

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.

The preschool-aged children are in Piaget's preoperational thought stage and can be seen interacting with an imaginary friend and will pretend inanimate objects are alive (Ricci et al., 2021). This author observed the children play "restaurant" and give this author and a classmate fake food for "eating." The

children pretended it was real food and pretended to eat it. The children also handed out books as menus for the “patrons” to use.

Preschool-aged children tend to have vocabulary centered around nouns like essential people, animals, and foods. The vocabularies also include animal sounds, sound effects, and words used during social routines like “uh oh” and “bye-bye” (Laubscher & Janice, 2020). This age group can say, “the sky is blue and has white clouds,” “my doggy likes to play with the ball,” or “the kitty says meow.”

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

Some potential health risks for these preschool-aged children include the potential for being overweight, imbalanced nutrition, and ineffective child-eating dynamics. Most children observed at the YMCA discarded the pear and cherry tomatoes in the lunches provided. Those children only ate the small sub sandwich with cold-cut meat and cheese, and most chose chocolate milk to drink. Two children only had ramen for lunch without any protein, fruits, or vegetables to supplement the meal.

These meal choices are common for children this age due to children only choosing to eat familiar foods and those foods tend to be non-nutritious like fast foods (Ricci et al., 2020). Children this age being fussy eaters can lead to imbalanced nutrition, poor eating habits, and obesity.

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: Risk for imbalanced nutrition related to insufficient dietary intake as evidenced by the children having insufficient interest in fruits and vegetables.
 - b. Measurable Goal: Each child will try at least two bites from one serving of fruit or vegetable of the child's choosing with lunch each day.

- c. Intervention 1: Give a choice of one fruit and one vegetable for the child to eat.
 - d. Intervention 2: The fruits and vegetable will change every few days to allow the children to try something new.
 - e. Intervention 3: There will be some incentive for children that eat all the serving of fruit or vegetable like stickers, extra play time, or some other identified incentive.
5. How will the knowledge gained during this observation influence your nursing practice?

The observations made during this experience will help the author understand how to engage with this age group. Learning to talk to and play with this age group is vital to understand when nursing. Describing nursing procedures and interacting appropriately with this age group is essential to providing atraumatic care. A nurse must know what preschoolers can comprehend when explaining a procedure to that child. Playing with a preschooler can assist in gaining the patient's trust.

Observing the children at the YMCA allowed the author to understand the children of this geographical area. Nurses must be aware of the population treated at the hospital and other health care settings. It allows the nurse to educate and care for patients more effectively when the population is more understood.

References:

- Laubscher, E., & Light, J. (2020). Core vocabulary lists for young children and considerations for early language development: A narrative review. *Augmentative and Alternative Communication*, 36(1), 43-53. <https://doi.org/10.1080/07434618.2020.1737964>
- 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>-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>Total Weight- 10 points</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 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. <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>Total Weight- 10 points</p>	<p>ND is inaccurate for the setting; goal/outcome is not measurable, or Nursing interventions are inappropriate or inadequate.</p> <p>Weight- 1 point</p>	<p>- ND is accurate for the setting; goal/outcome is measurable, but Nursing interventions are inappropriate or inadequate.</p> <p>Weight- 5 points</p>	<p>- ND is accurate for the setting; goal/outcome is measurable; Nursing interventions appropriate and adequate for this setting.</p> <p>Weight- 10 points</p>
<p>Paper submitted to dropbox within 72 hours of the School Nurse shadow experience.</p> <p>Total Weight- 5 points</p>	<p>- Paper submitted to dropbox or discussion board late.</p> <p>Weight- 1 point</p>		<p>- Paper submitted to dropbox on time.</p> <p>Weight- 5 points</p>

Total Points _____