

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?
 - a. In many ways, the clinical site and course content had a relation. In class, the student learned about pediatric vaccinations and their timelines. The student assisted with a Gardasil vaccination in a teenage girl. The student observed how the nurse provided education on the importance of the vaccination and possible adverse reactions. The student learned the importance of therapeutic communication and educating patients and their families in the course. The student witnessed multiple scenarios of nurses educating patients and demonstrating therapeutic communication. As learned in the course, the nurses at the clinical site focused on providing atraumatic care to each pediatric patient to reduce stress and anxiety. The student also observed vital signs assessment, all within the normal ranges we learned in class.
2. How were you an engaged nursing professional today?
 - a. Today, the student closely followed the nurse around to understand her role at the pediatric clinic fully. The student assisted with vital signs and observed while the nurse administered vaccinations. The student asked many questions to the nurses whose job was to call patients back and review messages within the online patient portal. The student helped the nurse during the administering of injections by distracting the children and using therapeutic techniques. The student also felt confident in comforting anxious children and parents and providing education on vaccinations. Despite the slower-paced environment, the student did her best to stay engaged and take advantage of learning opportunities.
3. How did you contribute to the service provided by the clinic nurse today?
 - a. The nursing student contributed to services provided by the clinic nurse in various ways. As mentioned in the question above, the student nurse assisted with vital signs, vaccinations, comforting patients and their parents, and providing atraumatic care. The student relaxed a teenage patient before injection administration by distracting her with questions about her gymnastic team, her summer activities, and her favorite school subjects. The patient seemed comfortable and reacted well to the injection. The student assisted the nurse with an infant's injection by helping hold the infant and providing comfort. The mother was appreciative of the help and felt more at ease.
4. Name 3 ways this clinical site impacts Pediatric health?
 - a. The pediatric clinic drastically impacts pediatric health in many ways. The clinic focuses on the primary prevention of illnesses and diseases by administering vaccinations at child wellness checks. The clinic also provides newborn care by checking bilirubin levels, weights, feeding assessments, vital signs, vision checks, measuring growth and head circumference, and

monitoring development as the child grows. The clinic contributes considerably to pediatric health by providing a vast amount of education. The nurses educate parents on car seat safety, sleep safety, breastfeeding, medication safety, safe sex and birth control options for teenagers, the vaccination schedule and purpose, and how to prevent injury and illness, which improves pediatric health and safety overall.

5. What are the health risks of the population served during today's clinical based on your observations today?
 - a. The pediatric population comes with various health risks. Childhood obesity is rising, putting children at risk for comorbidities such as diabetes, heart disease, and hypertension (Holman et al., 2019). Children are also at significant risk for contracting illness due to improper hand washing, attending schools and daycares, and immature immune systems (Holman et al., 2019). The student observed a sick infant in the clinic exposed to other sick children at daycare and developed a high fever and respiratory symptoms. Infants and children are also at significant risk of accidents and injuries. Teenagers are also at risk for substance use disorders such as tobacco, drug, and alcohol (Holman et al., 2019).
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. Nursing diagnosis: Risk of obesity related to unhealthy eating patterns as evidenced by BMI above the normal range.
 - b. Measurable Goal: The child will eat one serving of fruits and vegetables with every meal for one month.
 - c. Intervention 1: Educate the patient on healthy food and drink options and portion sizes.
 - d. Intervention 2: Assess the patient's motivation for improving their eating habits.
 - e. Intervention 3: Encourage daily exercise and physical activity for at least 60 minutes daily.
 - f. The best care plan for this child will revolve around nutrition and activity levels. The recommendation is that the child eats five servings of fruits and vegetables per day, two hours of screen time maximum, 0 servings of sugar-sweetened beverages, and one hour of physical activity per day (Holman et al., 2019). The student would recommend that the child do more outside activities like riding a bike or playing at the park instead of playing video games.
7. How will your experience during the Ambulatory Clinic job shadowing impact your Nursing practice?
 - a. The student learned a lot at the ambulatory clinical site. The student now has more experience providing atraumatic care to infants and can use this skill and apply it to her future nursing job when providing newborn care. The nursing student gained confidence in talking to parents and providing education which will allow her to provide comfort and reassurance to future families as a nurse. The student nurse learned more about breastfeeding and proper feeding techniques during a newborn wellness check. The student will be able to provide comfort, compassion, and education to new mothers during their breastfeeding journey. The student also gained a better understanding of children and their developmental milestones, which can help her be a more knowledgeable, well-rounded nurse overall.

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.

N433 Grading Rubric Nurse Shadowing Clinical Paper
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><i>Total Weight- 10 points</i></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 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;</p>	<p>ND is inaccurate for the setting; goal/outcome is not measurable, or Nursing interventions are</p>	<p>- ND accurate for the setting; goal/outcome is measurable, but Nursing interventions are inappropriate or inadequate.</p>	<p>- ND accurate for the setting; goal/outcome is measurable; Nursing interventions appropriate and adequate for this setting.</p>

<p>Nursing interventions are appropriate and thorough.</p> <p><i>Total Weight- 10 points</i></p>	<p>inappropriate or inadequate.</p> <p>Weight- 1 point</p>	<p>Weight- 5 points</p>	<p>Weight- 10 points</p>
<p>Paper submitted to dropbox within 72 hours of the School Nurse shadow experience.</p> <p><i>Total Weight- 5 points</i></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 _____