

N433 Pediatrics Ambulatory Nurse Shadowing Experience

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The pediatric clinic experience was very similar to the pediatric course in various ways. In class and during lab, we were shown how to do a proper assessment on a child related to measurements. I was able to observe a medical assistant perform this assessment by measuring the baby's head circumference and the baby's height and weight. In class, we are taught how these measurements are a vital part of pediatric evaluations. I was also able to observe vaccinations be administered to children at the clinic as well. The most common vaccines I observed at the clinic were flu and MMR. The healthcare staff at the clinic did a great job showing us their techniques to efficiently administer vaccines to children. An immunization schedule for children was emphasized during class related to the time periods that children should receive certain vaccines.

During my time at the clinic, I had many opportunities to be an engaged nursing professional. I took turns with Kerrigan to follow the healthcare provider into the patient's rooms to observe and be involved in their care. I was also able to observe vaccinations, physical assessments, and vitals that were done by the healthcare staff. I was able to ask questions or address any concerns that I had regarding patient care. There were many patients that were scared and uncomfortable receiving vaccinations. I was able to talk and comfort the patient and do my best to reassure them when needed.

I was able to contribute to the service provided by the clinic nurse in various ways. I assisted with various patients by holding them still during measurements or vaccinations. I also made sure to greet and interact with each patient to provide a pleasant experience. Keeping a clean and hygienic environment is essential in a healthcare setting, which I contributed to by cleansing the exam beds and the pediatric scales. I practiced therapeutic communication by maintaining eye contact with the patient and their family members, as well as performing active listening. I communicated to the healthcare staff that I was available if they needed assistance with anything.

The clinic site does an excellent job of positively impacting pediatric health. The clinic was very clean, and organized, and delivered thorough patient care. The healthcare providers did a great job addressing the patient's concerns. I observed the nurse asking follow-up questions regarding an abnormal rash that a patient developed. The healthcare providers did an excellent job communicating on the child's level. They did this by physically getting down to the child's level, giving the children a helping role, and by incorporating the caregivers during patient care. The healthcare professionals at the clinic site did a fantastic job recognizing the child's bravery. They provided words of encouragement throughout patient care and gave stickers to the patients at the end of their appointment.

There are many health risks associated with the pediatric population. After vaccine administration, there is potential for side effects. Vaccines can cause side effects such as low-grade fever, soreness, or even nausea (Weinman et al., 2019). Children might also experience severe allergic reactions. Another health risk for the pediatric population is RSV. RSV is a common respiratory infection that causes childhood illness. Outbreaks of RSV disease occur each winter in temperate regions beginning in autumn and early winter (Coultas et al., 2019). Age is the biggest risk factor, with young children having small-diameter airways, impaired respiratory capacity, and low respiratory reserve (Coultas et al., 2019).

A crucial health risk for the pediatric population is RSV. The nursing diagnosis is impaired gas exchange related to infection as evidenced by diminished breath sounds. The goal for the patient's nursing diagnosis is for the patient to demonstrate effective coughing and clear breath sounds free of cyanosis and dyspnea. The priority intervention would be to maintain a patent airway. Assessing the patient's respirations and noting their quality, rate, pattern, and depth while breathing is crucial. Elevating the head of the bed at least 30 degrees will help promote better lung expansion and improve air exchange. Furthermore, providing periods of rest for the patient will help them prevent unnecessary energy expenditure.

My experience at the clinic will impact my nursing practice in different ways. From this experience, I gained much confidence when it comes to providing patient care for pediatric patients. There is a difference in care compared to older patients. When providing care to pediatric patients, they require excellent communication skills and a high degree of patience. I learned the importance of forming a strong bond with the patient so a trusting relationship can develop. Pediatric patients require special handling, and the clinic did an excellent job of this. I observed excellent patient care for pediatric patients that will forever impact my nursing practice.

References:

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