

N433 – Active Learning for School Nurse Shadowing Experience

Complete this Active Learning activity after your clinical with the School 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. Each question must contain at least 100 words minimum.**

1. How does this clinical site relate to the course?

This clinical site relates to the N433 course by promoting health promotion, screenings, and vaccinations to the population of children in Charleston Middle and High School. In N433, students received a list of vaccinations required for school and at what age the vaccines are required. While observing, the school Nurse showed this student some examples of the student's vaccination records and where she submits them after every student is compliant. The school nurse also told this student that if they remain non-compliant, they are not allowed to attend school until they comply with all the required vaccines and have given the school nurse the paper works proving vaccination status. In N433 were learned about the importance of vaccines. Vaccines are essential for both the student's safety as well as the safety of the school population. Before observing this clinical site, this student did not realize that school nurses were responsible for obtaining every student's vaccination record and submitting them to the state each year.

2. How were you an engaged nursing professional today?

I was an engaged nursing professional during my clinical observation with the school nurse by assisting her during patient care and observing how she documented that care. For example, a child had come into the nurse's office after gym class because he had shooting pain after throwing and ball while playing football. The nurse asked the patient about the onset of pain, location of pain, duration of pain, characteristics of the pain, and severity of the pain. After talking with and assessing the patient's arm, the nurse concluded that the child may have pinched a nerve when throwing the football during gym class. We gave the client some ice and sent him back to class. After this patient encounter, the nurse showed me her documentation different from EPIC and Cerner. She showed me how she documents patient information and what she most often uses in her day-to-day practice as a school nurse. The school nurse also planned hearing and vision tests for elementary, middle, and high school students for the following weeks. One of the school nurses is on medical leave; therefore, the remaining nurses will have to do more screening tests than usual. Throughout the day, the nurse planned out all the remaining screenings. Her goal is to have all screenings done by Christmas break. Learning how to adapt when less staffing is available is a skill that all nurses must learn, no matter the clinical setting.

3. How did you contribute to the service provided by the school nurse today?

I contributed by assisting the nurse and the students in every way possible. When the nurse gave a student some ice, she realized the ice cooler was empty, so I helped refill it with the nurse. When another student came in with an upset stomach, I brought the trash can over just in case the student vomited. Another student

requested a Tylenol that her parent brought to the school, so I got the student a glass of water while the nurse was obtaining the medication. Although it may seem that I did not do many of my learned nursing skills, I was happy to help in any way I could. I realized that the nurse was stressed trying to complete all of the screenings for the remaining students, so I wanted to do what I could.

4. Name 3 ways this clinical site impacts Pediatric health?

Schools play a vital role in promoting children's health and safety and helping them establish lifelong healthy behavior (Centers for Disease Control and Prevention [CDC], 2019a). School nurses help students and their families gain access to health insurance (CDC, 2021). School nurses also help to coordinate care between families and healthcare providers (CDC, 2021). Moreover, school nurses educate families on what healthcare services are available for their children at school (CDC, 2021). The high school environment also helps reduce risky health behaviors. The methods used to help reduce risky health behavior include quality sexual health education, youth access to sexual health services, and policies and programs to help prevent HIV, sexually transmitted diseases (STDs), and pregnancy (CDC, 2019b).

5. What are the health risks of the population served during today's clinical based on your observations today?

The health risks of the population served during my clinical observation at the middle school include concussions, bumps, scrapes, headaches, hearing loss, infections such as ear infections, strep throat, and bronchitis (American Academy of Pediatrics, 2019). Health risks of high school students include unintentional injuries such as motor vehicle accidents, drowning, interpersonal violence, depression, alcohol and drug use, HIV and AIDS, diarrhea, pneumonia, meningitis, HPV, early pregnancy, nutritional deficiencies, obesity, physical inactivity, and tobacco use (World Health Organization, 2022). Some health risks I encountered while observing the school nurse included allergy exacerbation, headaches, nausea, unintentional injury, and a student recovering from an infection.

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.

Nursing Diagnosis: Impaired comfort related to headache pain as evidenced by expressed pain.

Rationale: I chose this nursing diagnosis because some students complained of headache pain while observing at both the middle school and high school. It is difficult to concentrate during an acute headache, and alleviating it will help the student return to class ready to learn.

Nursing interventions: 1. Administer medications as needed, such as acetaminophen or ibuprofen. 2. Establish a reliable and trusting relationship with the patient to help increase adherence to the treatment plan. 3. Minimize noise and stimuli to induce comfort.

Goal: The patient will verbalize an improved sense of comfort after decreased manifestations of the headache and will be able to return to class in 30-45 minutes, allowing enough time for the medication to work.

7. How will your experience during the School Nurse job shadowing impact your Nursing practice?

The experience I gained while shadowing the school nurse opened my eyes to a bias I did not even realize I had. Before the clinical, I thought that I was not going to learn anything and that I was going to be

bored all day. I also had the preconceived notion that the school nurse would not be able to teach me anything because she had not worked in the school environment for five years. I was proved very wrong. The school nurse has a lot on her plate. She is responsible for multiple schools in the area, not just one. The school nurse must obtain all medical records and vaccination records. The school nurse must find time to do all vision and hearing screening tests for all students while providing care for any student that needs her. If a student requires total parental nutrition, the nurse is responsible for administering those feedings and giving any medications. My big takeaway is that all nurses, no matter the setting work hard and must manage their time effectively to get everything done. No matter what setting a nurse chooses, stress comes with the job because there is always something more to do. I am grateful for this experience because I never want my biases to take away the accomplishments of others or cloud my judgment and possibly lose out on rewarding opportunities. I saw firsthand how rewarding it could be to be a school nurse because you build a bond with these students that you see every day while giving them their medications or their annual screenings. After this clinical experience, I believe that school nurses deserve more recognition for what they do because they do impact the lives of children and their families.

References:

American Academy of Pediatrics. (2019). *Health problems at school*. HealthyChildren

<https://www.healthychildren.org/English/ages-stages/gradeschool/school/Pages/Health-Problems-at-School.aspx>

Centers for Disease Control and Prevention (CDC). (2019a). *Health and academics*.

https://www.cdc.gov/healthyyouth/health_and_academics/index.htm

CDC. (2019b, July 19). *Why schools? Adolescent and school health*.

https://www.cdc.gov/healthyyouth/about/why_schools.htm

CDC. (2021, April 27). *Recognizing school nurses*.

https://www.cdc.gov/healthyschools/features/school_nurse.htm#:~:text=School%20nurses%20help%20students%20and%20families%20in%20many%20ways.&text=A%20school%20nurse%20can%20help

Wagner, M. (2022, August 24). *Headache & migraine nursing diagnosis & care plan*. NurseTogether.

<https://www.nursetogether.com/headache-migraine-nursing-diagnosis-care-plan/>

World Health Organization. (2022, August 10). *Adolescents: Health risks and solutions*.

<https://www.who.int/news-room/fact-sheets/detail/adolescents-health-risks-and-solutions>

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 Weight- 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; Nursing interventions are appropriate and thorough.</p> <p><i>Total Weight- 10 points</i></p>	<p>ND is inaccurate for the setting; goal/outcome is not measurable, and Nursing interventions are inappropriate or inadequate.</p> <p>Weight- 1 point</p>	<p>- ND accurate for the setting; goal/outcome is not measurable, OR Nursing interventions are inappropriate or inadequate.</p> <p>Weight- 5 points</p>	<p>- ND 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><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 _____