

N433 Pediatrics School Nurse Experience

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There were many ways the clinical site related to the course. During our unit covering health assessment, we were shown how to properly check temperatures with children. Assessing the children's temperature was the only physical assessment that the nurse performed on the children. The nurse demonstrated this by first laying the back of her hand over the child's forehead for an initial assessment and followed by using a thermometer to verify the temperature. Another way the clinical site related to the course is by verifying immunizations. The nurse has a schedule available that she references showing the various vaccinations each child should receive by certain ages, which was also taught during our unit covering immunizations.

During my time at the school, I had many opportunities to be an engaged nursing professional. I spoke with the children that came into the nurse's office and interacted with them by asking them questions about themselves or expressing interest during communication. There was a large amount of time I was able to spend alone with the nurse and have many opportunities to ask her questions regarding her experience as a school nurse and how it varies from other forms of nursing. She explained how a large portion involves documentation of the children's physical examinations and vaccine records. Another part of her job entails charting. She emphasized the importance of charting when children come into her office, even if the nursing intervention is as simple as providing a child with a band-aid.

I was able to contribute to the service provided by the school nurse in various ways. I assisted the nurse with different tasks such as helping take children's temperatures, providing ice packs to children when needed, and watching children as they take their prescribed medications. Every child who came to the nurse's office had to receive a temperature check, so assisting the nurse with those was very helpful to her. I practiced therapeutic communication when communicating with the children as well. Some examples of therapeutic communication techniques that I used when interacting with the children were making eye contact, speaking clearly, and having positive body language.

The school site did an excellent job of positively impacting pediatric health. The school site was very organized and provided exceptional patient care. The nurse did a great job of promoting vaccines. She explained the need for specific vaccinations to a parent that came into her office. These vaccinations are required to start school. The school is in the process of hosting a drive before school starts next fall to help children get caught up on immunizations and physicals for the next school year. The school nurse also did a fantastic job coordinating care with parents and school staff. An example of this occurred when the nurse effectively communicated with a parent over the phone regarding their child's symptoms and temperature. The school nurse did an amazing job of providing health care by addressing the physical, mental, emotional, and social needs of the children. The nurse demonstrated this by asking various follow-up questions regarding their life outside school to a child that continuously comes to her office wanting to go home.

There are many health risks associated with the pediatric population. Because of the time of year, RSV is a common respiratory virus that is very contagious among children. Social groupings such as households and schools are responsible for a significant percentage of infant infections and school-age children are the main source of infection within the household (Giersing et al., 2019). Based on observation from my visit to the school, another health risk associated with the pediatric population is obesity. Considering the special circumstances derived from COVID-19, research on the impact of weight gain and the possible increase in the prevalence of childhood and adolescent obesity rates is highly recommended (Stavridou et al., 2021). With adequate training, school nurses can lead in the development of local school health policies that will help support children's wellness and healthy nutritional needs.

A crucial health risk for the school pediatric population is obesity. The nursing diagnosis is imbalanced nutrition related to food intake that exceeds body needs as evidenced by intake of more than the daily recommended calories. The goal for the patient's nursing diagnosis is for the patient to display weight loss with optimal maintenance of health. The priority intervention

would be to review the individual cause of obesity. Assessing the cause of obesity is crucial and can influence choices of other interventions. Along with identifying the cause, assessing the child's BMI is important. Calculating the child's BMI using their height and weight will help determine the severity of obesity. Furthermore, determine the child's current activity levels and plan progressive exercise throughout the day such as productive recess time or the possibility of incorporating a sport.

My experience during the school nurse job shadowing will impact my nursing practice in different ways. From this experience, I learned so much from talking with the nurse. She emphasized the importance of charting everything when caring for children that come into her office. Having good medical documentation promotes patient safety and quality of care. Furthermore, I learned how crucial it is to advocate for the children's health and safety by working and communicating with other staff members. I will incorporate this into my nursing practice by always having effective communication with various members of the healthcare team. Throughout the day, children came into her office for different reasons, but one of the more popular reasons was for an upset stomach from not having proper nutrition. The nurse would offer the children a snack and utilize this as a teaching opportunity regarding the importance of eating breakfast and maintaining proper nutrition. Within nursing, patient education is a significant part of a nurse's job that I will always incorporate into my practice. I observed excellent patient care for the school children that will forever impact my nursing practice.

References:

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