

## 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?

The clinical site at the high school relates to the course because it utilizes practices and information taught in the course. Nursing professionals at the clinical site applied simple nursing practices taught in this course, such as good hand hygiene, therapeutic communication, medication rights, and therapeutic communication utilizing Erikson's developmental theory. According to Orenstein & Lewis (2022), adolescents are in stage 5 of Erikson's theory, which is identity versus role confusion. Nurse professionals at the clinical site understand that students are in this stage of identity versus role confusion, as taught in the course. The nurse helps students navigate stage five of Erikson's identity versus role confusion for those struggling with previous experiences, societal expectations, establishing values, and identifying their role in the community. The students at the clinical sites are still considered pediatric patients because they fall under Erikson's stage 5 of developmental theory.

2. How were you an engaged nursing professional today?

I was engaged as a nursing professional by shadowing the nurse and asking questions related to the course and the nurse's experience working as a school nurse. The nurse was able to explain to us her experience working as a school nurse. The nurse stated that unlike working at a hospital, working as a school nurse requires patience because it is very slow-paced. I can attest to this because, throughout the entire day, the nurse attended to only about 5 to 6 students. The nurse's day consists of calling and catching up with patients about medical forms they have not turned in, such as sports physicals, immunizations, and doctor notes.

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

I was not able to contribute to the service provided by the nurse today. The nurse only attended to about five to six patients during clinical. More than half of the students that came to the nurse's office complained about nausea, fever, headache, and dizziness. The nurse took the student's vital signs, but the vital signs indicated that they were fine to continue with school, so the nurse asked the students to take a seat for at least 45 minutes and then return to classes. After a student who had not been in the nurse's office for his entire high school career complained of fatigue and back pain, the nurse recommended that the student lay down on a heating pad to help with his back pain. The only medication the nurse gave out during clinical was metformin for diabetes. The students did not communicate with the nurse but immediately left.

4. Name **three** ways this clinical site impacts Pediatric health.

The clinical site impacts pediatric health by minimizing the transmission of certain diseases in pediatric patients. The nurses at the clinical site can provide medical care for sick students and

detect if the student has a contagious illness. The nurse must decide whether to send the students to the emergency room or send them home to quarantine until the sickness subsides. The clinical nurse educates the students and faculty members about appropriate precautions for air, contact, and droplet diseases. Nurses at the clinical site also impact pediatric health by contributing to the developmental growth of students. Nurses at the clinical site understand growth and development. They detect the needs of students, behavioral changes, and delays in developmental growth. The nurse provides appropriate care or informs the parents about the needs of the students. The nurse can also refer the student for further evaluation if they are major developmental delays in growth. The clinical site nurse also impacts pediatric healthcare by ensuring that students comply with all necessary immunizations to decrease the risk of contracting diseases and transmitting diseases to others.

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

The number one health risk for high school students is automobile accidents or injuries. High school students are more likely to engage in risky behaviors because the brain's prefrontal cortex is not completely developed. The prefrontal cortex functions are reasoning, problem-solving, comprehension, and impulse control (Capriotti, 2020, p. 886). Based on my clinical site observation, students begin driving around this age. Another health risk of concern for high school students is the common cold. During clinical, the nurse attended to around six students, and more than half of the students the nurse attended presented with signs and symptoms of the common cold. The students complained of watery eyes, fever, runny nose, fatigue, pain, and headaches. The nurse provided care after examining each student. Mental health is another health risk for the population served during clinical. I observed that some students who came in were stressed and needed a break from reality. Mental health is very important for this population because the second health risk is a suicide, so educating this population about resources for mental health is critical.

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.

The health risk chosen from question 5 is the common cold. The common cold is a mild viral infection of the nose, throat, and sinus. The signs and symptoms of a common cold are watery eyes, fever, runny nose, fatigue, pain, and headaches. The common cold is contagious. Preventing transmission of this illness is critical. The nursing diagnosis chosen is a deficiency of knowledge related to a lack of knowledge about the illness, as evidenced by the request for information. A measurable goal is that the patient will understand and verbalize appropriate treatment and care for the common cold. Nursing interventions ensure the client is willing and able to listen to information about the disease, evaluate the client's understanding of the illness and educate about the illness, educate the patient about the treatments of the illness, and correct any misconceptions about the illness.

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

My experience during the school nurse job shadowing impacted my nursing practice by changing how I interact with adolescents. Shadowing the school nurse has shown me the importance of utilizing therapeutic communication combined with Erikson's stage of identity

versus role confusion. It has also shown me the importance of understanding what is important to each developmental age group and how to use the things important to each developmental age group to communicate and ensure that patients feel understood. After spending time at the school with the school nurse, I observed that some students come into the nurse's office for guidance. Understanding the identity versus role confusion stage will help me educate patients in this age group about appropriate issues. My experience during the school nurse job shadowing will impact my nursing practice by changing how I think and correlate information.

## References:

- Capriotti, T. M. (2020). *Davis Advantage for Pathophysiology Introductory Concepts and Clinical Perspectives*. [FADavis].
- Orenstein, G. A., & Lewis, L. (2022). Eriksons Stages of Psychosocial Development. In *StatPearls*. StatPearls Publishing.

**N433 Grading Rubric Nurse Shadowing Clinical Paper**  
**50 Total Points Possible**

<b>CRITERION</b>	<b>POOR</b>	<b>FAIR</b>	<b>GOOD</b>
<p><b>-Concise and Complete</b></p> <p><i>Total Weight- 5 points</i></p>	<ul style="list-style-type: none"> <li>- Content is incomplete.</li> <li>- Major points are not clear and /or persuasive</li> </ul> <p><b>Weight-1 point</b></p>	<ul style="list-style-type: none"> <li>- Content is not comprehensive and /or persuasive.</li> <li>- Major points are addressed but not well supported.</li> <li>- Research is inadequate or does not address course concepts.</li> </ul> <p><b>Weight- 3 points</b></p>	<ul style="list-style-type: none"> <li>- Content is comprehensive, accurate, and persuasive.</li> <li>- Major points are stated clearly and are well supported.</li> <li>- Content and purpose of the writing are clear.</li> </ul> <p><b>Weight- 5 points</b></p>
<p><b>Critique of experience-Evaluation and Rationale for your comments</b></p> <p><i>Total Weight- 10 points</i></p>	<ul style="list-style-type: none"> <li>- Organization and structure detract from the message of the writer.</li> <li>- Paragraphs are disjointed and lack transition of thoughts.</li> <li>- Lack of evaluation and rationale for comments</li> </ul> <p><b>Weight- 1 point</b></p>	<ul style="list-style-type: none"> <li>- Structure of the paragraphs is not easy to follow.</li> <li>- Paragraph transitions need improvement.</li> <li>- Lack of adequate evaluation and rationale for comments</li> </ul> <p><b>Weight- 5 points</b></p>	<ul style="list-style-type: none"> <li>- Structure of the paragraphs is clear and easy to follow.</li> <li>- Good evaluation and rationale for comments</li> </ul> <p><b>Weight- 10 points</b></p>
<p><b>Thoughtful Reflection- How will this affect your practice, or will it?</b></p> <p><i>Total Weight- 10 points</i></p>	<ul style="list-style-type: none"> <li>- Paper lacks many elements of correct formatting.</li> <li>- Paragraphs are inadequate or excessive in length.</li> <li>- Unspecific as to how this experience will impact your nursing practice or not.</li> </ul> <p><b>Weight- 1 point</b></p>	<ul style="list-style-type: none"> <li>- Paper follows most guidelines.</li> <li>- Paper is over/ under word length.</li> <li>- Lacks some specifics as to how this experience will impact your nursing practice or not.</li> </ul> <p><b>Weight-5 points</b></p>	<ul style="list-style-type: none"> <li>- Paper follows designated guidelines.</li> <li>- Paper is the appropriate length as described for the assignment.</li> <li>- States clearly as to how this experience will impact nursing practice or not and why.</li> </ul> <p><b>Weight-10 points</b></p>
<p><b>APA Format Correct spelling/Grammar.</b></p> <p><b>Must use 1 scholarly reference (published within the last 5 years)</b></p> <p><i>Total Weight- 10 points</i></p>	<ul style="list-style-type: none"> <li>- Lack of APA format.</li> <li>- Paper contains numerous grammatical, punctuation, and spelling errors.</li> <li>- Language uses jargon or conversational tone</li> <li>- Lack of APA citation use and a Reference page for references used.</li> </ul> <p><b>Weight- 1 point</b></p>	<ul style="list-style-type: none"> <li>- Inappropriate APA format.</li> <li>- Paper contains few grammatical, punctuation, and spelling errors.</li> <li>- Language lacks clarity or includes the use of some jargon or conversational tone.</li> <li>- Inappropriate APA citation use and a Reference page for references used.</li> </ul> <p><b>Weight- 5 points</b></p>	<ul style="list-style-type: none"> <li>- Correct APA format.</li> <li>- Rules of grammar, usage, and punctuation are followed; spelling is correct.</li> <li>- Language is clear and precise; sentences display consistently strong, varied structure</li> <li>- Correct APA citation and a Reference page for references used.</li> </ul> <p><b>Weight- 10 points</b></p>
<p><b>Nursing diagnosis is appropriate for this setting; goal/outcome is measurable; Nursing interventions are appropriate and thorough.</b></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><b>Weight- 1 point</b></p>	<p>- ND accurate for the setting; goal/outcome is not measurable, OR Nursing interventions are inappropriate or inadequate.</p> <p><b>Weight- 5 points</b></p>	<p>- ND accurate for the setting; goal/outcome is measurable; Nursing interventions appropriate and adequate for this setting.</p> <p><b>Weight- 10 points</b></p>
<p><b>Paper submitted to dropbox within 72 hours of the School Nurse shadow experience.</b></p> <p><i>Total Weight- 5 points</i></p>	<p>- Paper submitted to dropbox or discussion board late.</p> <p><b>Weight- 1 point</b></p>		<p>- Paper submitted to dropbox on time.</p> <p><b>Weight- 5 points</b></p>

Total Points \_\_\_\_\_