

How does the clinical site relate to the course?

The Carle Clinic relates to my Infant, Child, and Adolescent course because the clinic that I was a part of saw children under 18 years old. Although, they did have adults on the other half of the clinic. This clinical experience allowed me to view the side of what it is like to care for patients close to my age. Taking care of these types of patients include explaining procedures differently, allowing extra time in the rooms due to the younger kids helping with procedures, and calming worried parents. This clinical allows us to put our class and learning perspective into clinical practice.

How were you an engaged nursing professional today?

I tried to be engaged as much as possible. Although, the nurse made several phone calls during my stay which I was unable to listen in on. I was able to engage in the nurse activity with questions. I asked several questions after reading briefly over the charts while the nurse was on the phone. While the patients were seated in the room by the certified medical assistant, I observed their facial cues. This allowed me to watch the patients to see if they looked scared, nervous, agitated, or annoyed to be at the doctors. Several of the patients that came in were not happy to be there.

How did you contribute to the service provided by the clinic nurse today?

I do not feel like I contributed to the service the nurse was providing today. I was unable to chart the information that the nurse was receiving from the phone calls. I answered some of the questions the nursing staff asked about my upcoming career. If I was able to contribute to the service, I would be helping the nurses with the immunizations whether it would be drawing them up or helping to hold the child with the safety holds. I would also help with getting vital signs or observing therapeutic communication with the clients. There was a mother having a difficult time nursing her twin boys. Explaining to her that this is not her fault and that she has healthy babies.

Name 3 ways this clinical site impacts Pediatric Health?

The clinical site impacts pediatric health through physicals, immunizations record, and developmental delays and communication delays. The clinic does physicals which impacts the pediatrics being on track with growth and weight. At this clinical site it can include immunizations administration and records. Receiving these administrations can decrease the spread of several illnesses. These illnesses can also be spread throughout school which is prime time of transmission. Assessing developmental and communication delays can be further assessed during the appointments. When not catching these delays early on it can seriously cause further complications. Parents sometimes do not realize the hallmark findings when being delayed.

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

The nurse I worked with did all adult charting. Some of the health risks are the patient experiences alcoholism, not being compliant with medications, and several chest pain patients. The patient with alcoholism can experience several liver diseases or even liver failure. Some of the patients that weren't being compliant with medication had issues with money and insurance. They did not have money to afford all of these medications monthly or even yearly due to the multitude of medications prescribed. Another one of the patients just refused to take them due to not believing the doctor that was the cause of her pain. Other patients experience chest pain due to diet, smoking, and anxiety.

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.

My patient was an alcoholic and is now wanting to get help. The nursing diagnosis for this patient would be Acute Substance Withdrawal Syndrome related to a family history of alcoholism as evidenced by being hospitalized for withdrawals. One nursing intervention for this patient would be doing a head-to-toe assessment along with the patient's history. "Monitor and record level of consciousness, temperature, heart rate and rhythm, and blood pressure at least every 4 hours, more often if needed" (Phelps, 2020, p. 16). Last nursing intervention would be using appropriate safety precautions. A measurable goal for this patient would be to remain sober for a month and attend AA meetings daily/weekly.

How will your experience during the Ambulatory Clinic job shadowing impact your nursing practice?

Before even starting nursing school I have always felt the easiest to talk to children or older adults. This clinical impacted me through multiple ways. This clinical allowed me to observe what they do in a clinical setting compared to what happens at the hospital. These patients aren't just sick patients coming in, some may include simple physicals or immunizations. There are multiple jobs within the pediatric clinic part. Some nurses are responsible for non-stop charting and calling patients back. Others include one on one contact with the patients and patients' families. Also, understanding there still are several doctors involved that you will be dealing with throughout the job.

References:

Phelps, L.L. (2020). *Sparks and Taylor's nursing diagnosis reference manual* (11th ed.), p. 16. Wolters Kluwer.