

Angelina R. Thomas

School Nurse debriefing journal

N433-PEDS

2/26/2023

Clinical day at Westville Elementary

1. How does this clinical site relate to the course?
 - a. The clinical site was an elementary school that teaches children in grades kindergarten to sixth grade, junior high school (grades seventh and eighth), and high school students (grades ninth through twelfth). It relates to the course because it shows the stages of children where they should be cognitively and physically in terms of development. In a few instances, I witnessed regression in the children when they became sick, a term discussed in the course. Children are a delicate population because gradually meeting certain milestones lays the foundation for their behavior throughout their lives and speaks to the challenges they can overcome. This concept is something this course focuses on as well. If children cannot reach certain milestones, it may stunt their growth, cause them to have a low esteem of how they view themselves as different or weird, or not good enough, and can affect their ability to bond.

2. How were you an engaged nursing professional today?
 - a. During my clinical rotation, I witnessed unfamiliar things. So, I needed to ask the appropriate questions to show full engagement. I noticed that some children would come to the bathroom in the nurse's office instead of going to the bathroom in the hallway where every other child uses the bathroom. The nurse informed me that those children use the bathroom in her office because they have ostomy bags and are afraid to empty them in the public bathroom because of embarrassment. When children came into the office crying, I asked them what was wrong. I tried to see if there was something I could help with that would be in my scope of practice under the

licensed nurse. I also observed how the nurse passed medications, had to address parents with student concerns, and checked students' blood sugars who were diabetic.

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

- a. My involvement was mainly observation. I did not have many things to contribute because, most of the time, the children had specific concerns the nurse addressed herself. I contributed through caution and monitoring to ensure the children were safe. I ensured there were no falls or no further accidental injuries. Additionally, if children came in complaining of pain, I would ask about the location of the pain and if there was any nausea and vomiting to accompany the pain. The students responded with complete trust that I could assist them with their concerns. During clinical time, most students complained of stomach pain. A few students were febrile and needed to be sent home. I contributed by ensuring the students had all their belongings before they left, such as book bags and coats.

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

- a. This clinical site impacts pediatric health by providing prepackaged low-calorie breakfasts and lunches, providing an on-campus school nurse, and having daily recess. Having low-calorie breakfasts and lunches that the former First Lady of the USA, Michelle Obama, opted to implement in elementary schools to combat childhood obesity. Westville elementary school is an example of many schools following this initiative. Additionally, having an on-campus school nurse is excellent for the many emergencies with children. In case of an accidental fall (leading to fractures), diabetic students needing their normal insulin administered, children with drains or tubes needing hygiene care, or children suffering from intense nausea and vomiting, a nurse is present to aid in immediate care. She can call out for more help to first responders and give a

detailed report if needed. Lastly, having daily recess promotes an active lifestyle that gets the heart pumping and the blood flowing in children. It also helps to decrease childhood obesity.

5. What are the health risks of the population served during today's clinical based on your observations today?
 - a. Children came into the office with primarily gastrointestinal concerns such as stomach pain, nausea, vomiting, and diarrhea. There were a few students that presented febrile. Common risk factors for this population are cold or flu, chicken pox, ringworm, lice, scabies, bed bugs, and ear infections. Children do not fully understand the concept of hand hygiene or social distancing. They also do not understand that tiny bugs can transfer from one person to another, so they must be careful when interacting with their peers. I often observed the students sharing clothes, coloring utensils, and food. Sharing is excellent as long as they are careful, and children do not consider carefulness.

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.
 - a. Risk for dysfunctional gastrointestinal motility related to children's slower gastric emptying as evidenced by their frequent complaints of stomach pain, nausea, vomiting, and diarrhea (Ricci et al., 2021). A goal to combat this is to have fewer than five nurse office visits per month by including more fiber in the children's breakfasts and lunches, limiting foods that require longer times to digest (ex: red meats), and maintaining a list of foods given and how it affects the children after consumed. The most important intervention of the three is to track the foods given to the children because the nurse and teachers can see what agrees with the children's stomachs and what does not. Also, parents are discovering intolerances or foods their children might be allergic to, and keeping a record helps monitor that.

7. How will your experience during the School Nurse job shadowing impact your Nursing practice?
- a. My experience during the school-nurse job shadowing impacted my nursing practice because I decided to work with children and neonates. It allowed me to notice certain signs of stunt growth and development. It also taught me to address signs that children are growing according to their developmental stage, according to Piaget and Erickson. If, as the nurse, I do not focus on these findings, a child may not receive early intervention for delays. I will also become more aware of the individual health needs of each student instead of grouping conditions based on age. I also need to know what conditions are common in children and those that are not so I can report them to the parents for further observation, treatment, and monitoring.

Reference

Ricci, S. S., Kyle, T., & Carman, S. (2021). *Maternity and pediatric nursing* (4th ed.). Wolters Kluwer.

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>	<p>- Content is incomplete.</p> <p>- Major points are not clear and /or persuasive</p> <p>Weight-1 point</p>	<p>- Content is not comprehensive and /or persuasive.</p> <p>- Major points are addressed but not well supported.</p> <p>- Research is inadequate or does not address course concepts.</p> <p>Weight- 3 points</p>	<p>- Content is comprehensive, accurate, and persuasive.</p> <p>- Major points are stated clearly and are well supported.</p> <p>- Content and purpose of the writing are clear.</p> <p>Weight- 5 points</p>
<p>Critique of experience-Evaluation and Rationale for your comments</p> <p><i>Total Weight- 10 points</i></p>	<p>- Organization and structure detract from the message of the writer.</p> <p>- Paragraphs are disjointed and lack transition of thoughts.</p> <p>- Lack of evaluation and rationale for comments</p> <p>Weight- 1 point</p>	<p>- Structure of the paragraphs is not easy to follow.</p> <p>- Paragraph transitions need improvement.</p> <p>- Lack of adequate evaluation and rationale for comments</p>	<p>- Structure of the paragraphs is clear and easy to follow.</p> <p>- Good evaluation and rationale for comments</p> <p>Weight- 10 points</p>

		Weight- 5 points	
<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>	<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. 	<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 	<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>Total Weight- 10 points</p>	<p>Weight- 1 point</p>	<p>Reference page for references used.</p> <p>Weight- 5 points</p>	<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>Total Weight- 10 points</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>Total Weight- 5 points</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 _____