

Angelina Thomas

Pediatrics-N433

Lakeview College of Nursing

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### Clinic debriefing journal

1. How does this clinical site relate to the course?
  - a. This clinical relates to this course because it involves treating, assessing, and implementing care for young children, and this course discusses the growth and development of this population. During the clinical, I observed children receiving the necessary vaccinations for their development. These shots aided in their active immunity. I observed an 18-month-old child receive their second Hepatitis B vaccine, a six-year-old child receive a physical examination for the exam, and a fifteen-month-old toddler receive her DTAP vaccine. Educating students on successfully and adequately administering vaccinations to children is another aspect of this course, demonstrated at the clinical site today. How were you an engaged nursing professional today?
2. How were you an engaged nursing professional today?
  - a. Today, I asked many questions to see if I could give vaccinations. I asked about the possibility of observing the nursing aid and seeing the nurse's role as well. I maintained a positive, encouraging attitude with the patients and their families. I did not perform anything outside of my scope of practice. I also performed lots of hand hygiene to promote infection control since many hospital-acquired infections may occur and infect the maturing lungs of the children. I wrote down information about conditions I did not understand so that I could research it at home, and I also watched out to weigh a client properly on a scale.
3. How did you contribute to the service provided by the school nurse today?

- a. I contributed to the clinic nurse's service today by observing what she does daily. In this clinical experience, the nurse did not allow students to be "hands-on" with patient care. Although, I asked several times for opportunities to get more involved. So, I primarily observed today. The nurse informed me that her supervisor would not allow me to be more physically involved but to watch and learn. It was acceptable not to be hands-on today because most children were scared and did not want to receive their vaccines, so having a familiar face helped them accept their vaccines and reduced their fears.
4. Name 3 ways this clinical site impacts Pediatric health?
    - a. First, the clinical site provided routine vaccinations to children to prevent the development of vaccine-preventable infections, such as DTAP, Hepatitis B, and Influenza. Next, they provided school physical examinations to monitor patients' growth and development. Physical examinations give insight into if the patient is not progressing if they have developed any allergies, or any conditions that can impact their ability to perform activities of daily living. Last, the clinic practice infection control by using hand hygiene and wearing PPE. Children's immune systems and lungs are underdeveloped. So, it is essential to practice infection control to reduce their risk of developing an infection.
5. What are the health risks of the population served during today's clinical based on your observations today?
    - a. The health risks observed from the population served today was RSV, Strept, and COVID-19. This population has a high risk of developing respiratory and bacterial infections because their lungs are tiny, and they trap microbes more readily (Lighter et al., 2022). Their immune systems are also developing and strengthening to fight off infections (Lighter et al., 2022). Multiple cases were positive for RSV today and Strept. The nurse said most visits for these upper respiratory infections are typical in winter. However, those visits are less common in the spring and summer times. Nurses usually

educate parents about prevention and disease reduction during those times, especially for new moms.

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 infection related to upper respiratory acquired diseases as evidenced by multiple patients testing positive for RSV in the clinic and children having smaller lungs.  
  
Rationale: Children have smaller airways, which trap infections. “The smaller airways lower in the lungs get inflamed and get more plugged up and narrow” (Lighter et al., 2022). Measurable goal: For 20 fewer hospital visits from RSV infection, teaching parents at home was to reduce transmission. Interventions: Parent and patient education on proper hand hygiene, wearing masks in public or around anyone ill, and staying home when sick so the infection will not transmit to other children.
  
7. How will your experience during the School Nurse job shadowing impact your Nursing practice?
  - a. In my nursing practice, I will educate myself about this population on the common preventable illnesses and ways to reduce transmission. I will also use appropriate language when expressing to patients what they will receive for treatment and care so that they better understand what will occur. I will ask more questions and stay proactive in finding solutions. Additionally, it will encourage me to be more personable with my patients so that when they are having difficult visits, a familiar friendly face will help to ease their worry. It will help me to remember that patient safety and comfort during their visits are always top priorities.

## References

Lighter, J., Chopra, A. (2022, November 14). *RSV is spreading among children—Here's why & when to see a doctor*. <https://nyulangone.org/news/rsv-spreading-among-children-heres-why-when-see-doctor#:~:text=Infants%2C%20especially%20those%20who%20are,more%20plugged%20up%20and%20narrow.%E2%80%9D>