

N433 – Active Learning for Ambulatory Nurse Shadowing Experience

1. How does this clinical site relate to the course?

This clinical site relates to Infant, Child, and Adolescent Health by providing care to a vast range of ages, including infants who are newborns to adolescents who are 18 years old, for various reasons. Some of that care includes completing vital signs for various ages, administering immunizations, performing physicals, assessing the growth of newborns and infants, and performing other health-related tasks such as swabbing for streptococcal pharyngitis. All this information is taught in the classroom, which should be applied in practice, just like during the clinical rotation today. However, nursing is more than just the hands-on aspect students see in the classroom. Pediatric nurses at Carle usually attend to MyCarle messages, return phone calls to patients, advise patients on what action they should seek about their care, answer questions that they have regarding their health, and be a translator between patients and doctors to ensure that the patient gets the most efficient and beneficial care. These behind-the-scenes skills experienced during clinical rotations provide a comprehensive understanding of nursing, allowing student nurses to utilize critical thinking skills and professionalism taught to them in the classroom.

2. How were you an engaged nursing professional today?

I engaged in nursing professionally by assisting the nurse and the certified medical assistant (CMA) with daily healthcare-related tasks surrounding pediatric care. I demonstrated this professionalism by getting consent from the parents of the child to assist with care today, explaining everything to the child before it happened and why it needed to be done in a way that both the parent and child would understand, by providing confidentiality that adhered to HIPPA, and by speaking professionally and respectfully to patients and staff. I engaged in professional nursing today by listening and adhering to the CMA and the nurse's instructions regarding patient care and when accomplishing tasks they wanted me to perform.

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

Mostly, today was watching the nurse answer questions, return phone calls, and relay information to the provider regarding patients' care. Tasks that I was able to do today that were in my scope of practice as a student nurse, which contributed to Carle, included assisting the certified medical assistant (CMA) with getting the height and weight of a couple of children, getting vital signs on a couple of children, weighing and measuring the height of two infants, measuring the head circumferences of two infants, administering three immunizations to a child, proving postpartum mother a depression screen, and assisted with

restraining an aggressive and combative child by holding their arms above their head, in order to receive a swab for streptococcal pharyngitis (as instructed by the nurse).

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

Carle Clinic impacts Pediatric health firstly by following hospital protocol to protect patients from getting communicable diseases spread from one patient to another. The staff promotes and adheres to proper hand hygiene, wearing the correct PPE with children and families presenting with communicable illnesses, educating parents and children on proper hygiene, and adequately sanitizing equipment and rooms after each use. Secondly, due to being a more prominent organization located in different areas across Illinois and Indiana, with multifaceted specialties, this clinic can refer children to other facilities within the Carle Foundation, which makes getting treatment a more accessible and more convenient process. Thirdly and most importantly, this clinical site adheres to proper care directed toward children by using communication skills that are comprehensible to both children and parents, especially regarding procedures and why they are done, ensuring proper dosing and administering of immunizations and medications, and providing an environment that is child-friendly, which can help promote comfort and health of the child.

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

Healthcare risks that threaten the population, seen during the clinical rotation at Carle Clinic in Danville, included communicable diseases, unhygienic practices, and unvaccinated children. Specific unhygienic practices included sick children who were sneezing and coughing into the air or their hands, then touching toys in the waiting room, a child picking his nose then eating some of the boogers and wiping some on the exam table, and a mother of an infant dropping a pacifier on the ground, then immediately put it back into the newborn's mouth without sanitizing it first. These unhygienic practices of both the children and the families assist in spreading illnesses and bacteria, which can lead to infection, especially in a healthcare facility where the child becomes exposed to many different illnesses and bacteria.

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.

Risk for infection related to insufficient knowledge to avoid exposure to pathogens, insufficient knowledge of proper hygienic practices, contact with contagious agents, increased vulnerability of infants, and lack of immunizations as evidenced by sick children who were sneezing and coughing into the air or their hands, then immediately touching toys in the waiting room, a child picking his nose then eating some of the boogers and wiping some on the exam table, and a mother of an infant dropping a pacifier on the ground, then immediately put it back into the newborn's mouth without sanitizing it first (Phelps, 2020). A

goal to prevent infection could include children and families demonstrating hygienic practices by the next office visit, such as vaccinating children, wearing a mask if showing respiratory symptoms, proper sanitation practices of toys and household items, and performing proper hand hygiene. The first nursing intervention could include educating the family and children on why it is essential to vaccinate their children to prevent illnesses. A second intervention would be educating the family on why it is essential to promote proper healthcare practices, especially in a healthcare family or around other children and susceptible populations. A third intervention would be to demonstrate to the child how to properly wash or sanitize their hands and have them use the teach-back method to ensure they understand.

7. How will your experience during the Ambulatory Clinic job shadowing impact your Nursing practice?

This experience of shadowing a clinic nurse allowed me to see that there is another side to Pediatric nursing. Rather than being in a hospital setting where a child is connected to all kinds of wires and monitors, which can be overstimulating, clinic nursing provides acute care in a more child-friendly environment that appears less threatening. Acute, ambulatory care focuses on maintaining a child's health, promoting good healthcare practices, and improving a child's health (increasing BMI, speech therapy for sucking, physical therapy for ambulation). Aspects I learned today that I would carry on in my nursing career include communication skills that are comprehensible to parents and children, making tasks that a child needs to complete seem like a game for them to complete them, and acknowledging that acute care utilized many outside resources (referrals and multidisciplinary teams) to help promote a child's health and well-being.

References

Phelps, L. (2020). *Sparks & Taylor's nursing diagnosis reference manual*. Wolters Kluwer.