N433 – Active Learning for Ambulatory Nurse Shadowing Experience

Complete this Active Learning activity after your clinical with the Ambulatory Clinic 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 <mark>it must be written with accurate grammar, spelling, and APA format for references.</mark> Your score will be based on this rubric. <mark>Each question must contain at least 100 words minimum.</mark>**

1. How does this clinical site relate to the course?
- This clinical site relates to the course as it allowed this student to see what other nurses do in different settings. This is also associated with this student's pediatric course. This student saw how a nurse would take a temp on a younger child who cannot put the probe under their tongue—also got to observe how to do immunization on children. This clinical site was enjoyable as this student nurse learned how children are cared for in a clinical setting. This also allows this student nurse to be around children younger than the typical adults their used to working with in med-surge.

2. How were you an engaged nursing professional today?
- This nursing student was engaged in today's nursing profession by remembering assessment tools and visually assessing the children that came in. This nursing student also was very attentive to the children. This nursing student told them she hoped they felt better and to have a nice day. This nursing student assisted the MA in getting all the patients' vitals, height, and weight. This nursing student helped the MA with a couple of IM shots. This nursing student also ensured that this nursing student was on time and asked the nurse if she needed assistance. This nursing student was also engaged by asking questions and listening to the clinic nurse.

3. How did you contribute to the service provided by the clinic nurse today?
- This nursing student contributed to the service today by assisting the clinic nurse with anything she needed. This nursing student also helped with checking in patients, vitals, and getting weight and height. This nursing student asked a child a few questions regarding the pain she had in her forehead. This nursing student also contributed to the students by making them feel comfortable talking about what was wrong. This nursing student also attempted to take a child's temperature, but he was so upset and anxious that this student could not. This student helped the child calm down, so this student felt good about that.

4. Name **3** ways this clinical site impacts Pediatric health?
- This clinical site impacts pediatric health in many ways in the community. One of the ways a pediatric clinic can be beneficial to the community is as a resource center. Many families can bring their children by appointment for their yearly checkups, immunization, and sports physical exams.
- Parents can also come to the clinic for any questions regarding any resource. They can also come for education, such as proper nutrition, weight management, and mental health issues among young children. Families can also find out any food and shelter resources through the clinic.

- Parents can also take their kids to the walk-in clinic if they are sick or have something they should not have for the provider to check out.

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

- During this clinical rotation, this student nurse noticed many children that were overweight for their age. Children at an early age do not know much about nutritional food, so parents must watch out. It is important to limit junk food for children. A poor diet can impact children's developmental factors in early life and influence their long-term health. Obese children are more likely to develop various health issues, including asthma, sleep apnea, type 2 diabetes, hypertension, high cholesterol, heart disease, stroke, osteoarthritis, and several malignancies (Singhal, 2020). Bullying, social isolation, low self-esteem, and depression are more likely to occur among obese kids (Singhal, 2020).

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.

    Nursing Diagnosis: Risk for overweight related to the children's physical appearance, as evidenced by the children's weights (Phelps, 2020).
    Nursing interventions include:
    1. Monitoring the children's weight (Phelps, 2020).
    2. Education on a diet and physical exercise for both the child and their family (Phelps, 2020).
    3. Enhancing self-care and self-esteem (Phelps, 2020).
    Goal: The measurable goal is to have the patient weigh within normal limits according to weight and height (Phelps, 2020).

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

- This experience during the ambulatory clinic shadowing impacts this student nurse allowing them to view the nursing practice from a different perspective. This student is used to the hospital setting, where things can be chaotic and overwhelming. This opportunity made this student nurse consider being a clinic nurse. This student nurse loves when things are settled, and it can help to do the job without interruptions. This student nurse enjoyed caring for children and watching how this are done at the clinic. So this opportunity opened this nursing student's eyes to so much more new pieces of information and possibility out there other than the hospitals.

Reference

Phelps, L. (2020). *Sparks & Taylor's nursing diagnosis reference manual* (11th ed.). LWW.

Singhal A. (2020). Obesity in Toddlers and Young Children: Causes and Consequences. *Nestle Nutrition Institute*

workshop series, *95*, 41–51. https://doi.org/10.1159/000511510

N433 Grading Rubric Nurse Shadowing Clinical Paper
50 Total Points Possible

CRITERION	POOR	FAIR	GOOD
-Concise and Complete *Total Weight- 5 points*	- Content is incomplete. - Major points are not clear and /or persuasive **Weight-1 point**	- Content is not comprehensive and /or persuasive. - Major points are addressed but not well supported. - Research is inadequate or does not address course concepts. **Weight- 3 points**	- Content is comprehensive, accurate, and persuasive. - Major points are stated clearly and are well supported. - Content and purpose of the writing are clear. **Weight- 5 points**
Critique of experience-Evaluation and Rationale for your comments *Total Weight- 10 points*	- Organization and structure detract from the message of the writer. - Paragraphs are disjointed and lack transition of thoughts. - Lack of evaluation and rationale for comments **Weight- 1 point**	- Structure of the paragraphs is not easy to follow. - Paragraph transitions need improvement. - Lack of adequate evaluation and rationale for comments **Weight- 5 points**	- Structure of the paragraphs is clear and easy to follow. - Good evaluation and rationale for comments **Weight- 10 points**
Thoughtful Reflection- How will this affect your practice, or will it? *Total Weight- 10 points*	- 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. **Weight- 1 point**	- 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. **Weight-5 points**	- 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. **Weight-10 points**
APA Format Correct spelling/Grammar. ==Must use 1 scholarly reference (published within the last 5 years)== *Total Weight- 10 points*	- 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. **Weight- 1 point**	- 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 Reference page for references used. **Weight- 5 points**	- 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. **Weight- 10 points**
Nursing diagnosis is appropriate for this setting; goal/outcome is measurable; Nursing interventions are appropriate and thorough. *Total Weight- 10 points*	ND is inaccurate for the setting; goal/outcome is not measurable, and Nursing interventions are inappropriate or inadequate. **Weight- 1 point**	- ND accurate for the setting; goal/outcome is not measurable, OR Nursing interventions are inappropriate or inadequate. **Weight- 5 points**	- ND accurate for the setting; goal/outcome is measurable; Nursing interventions appropriate and adequate for this setting. **Weight- 10 points**
Paper submitted to dropbox within 72 hours of the School Nurse shadow experience. *Total Weight- 5 points*	- Paper submitted to dropbox or discussion board late. **Weight- 1 point**		- Paper submitted to dropbox on time. **Weight- 5 points**

Total Points _____