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Ambulatory Nurse Shadowing Experience

Having the opportunity to have a pediatric clinical rotation at the Polyclinic in Danville, IL, was beneficial. It was conducive to someone not typically around a pediatric setting. It was nice to correlate coursework discussed in class to real-life experiences. Upon arrival, the pediatric clinic informed me of their most popular tasks, such as administering vaccines, conducting well-child visits, interacting with DCFS cases, and participating in medication checks. This rotation was beneficial due to the constant variety of tasks performed throughout the day. This clinical site relates to this course because of the experiences that were acted out at this facility. Acting out these specific experiences slightly decreased the stress of being around children in a healthcare setting.

While at the Polyclinic, I was an engaged nursing professional by taking vitals on patients, showing patients to their exam rooms, and explaining vaccines through a handout. It was beneficial to practice taking vitals on children of all ages, not just adults. The blood pressure was only performed on the older children, but we still received vitals for temperature and respirations for the younger children. At first, calling patients back to the exam rooms could be frightening, but it got easier with repetition for the day. As for the vaccines, as a student, they would not allow us to administer vaccines, but we were allowed to explain to the patient the critical points of the vaccines and the adverse effects to watch out for. It was also important that

after watching the nurse administer the vaccines, I would then hand either the patient or legal guardian the paper handout for the vaccine just administered.

I contributed to the service provided by the clinic nurse today by helping out wherever the clinic needed my assistance. After arriving at the Polyclinic, I handed my skills sheet to my primary nurse, who said I would be of any service that would help the clinic. I felt extremely fortunate to have been such a substantial help to the pediatric clinic during their busy time. I performed various nursing tasks throughout the day, alongside some cleaning and organizational tasks. Some of the cleaning tasks included cleaning the exam rooms. One of the most essential organizational tasks was restocking cabinets with supplies needed for the exam room visits.

This specific clinical site impacts Pediatric health by providing focused care in a specific environment, housing children with a safe place to voice their concerns, and providing medical care. All the staff in this pediatric clinic had vital roles in caring for their patients. All staff must know their exact roles in caring for the patients to provide the best care. The staff members are extremely friendly with the patients because it is crucial to gain their trust. Children might not have a safe place to talk about things at home, so the nurse must be someone they can confide in. Pediatric patients must talk about how they feel; that way, they can receive help earlier and prevent further problems.

While at the Polyclinic in Danville, I noticed many pediatric patients dealing with various reasons for visits. I had explicitly noticed seeing many patients for visits regarding obesity, asthma, and mental health issues. I was utterly blown away

at the number of patients we saw of numerous ages, most of whom were overweight. Being overweight drastically impacts the body, especially a human body still developing over time. The vast majority of patients seen at the clinic were also having asthma problems. Asthma is one of the leading causes of acute illnesses in children. I feel that large populations of children have asthma problems due to the factors that can essentially trigger asthma symptoms. Some things that may inevitably cause a child to have an asthmatic episode could be caused from stress, odors, medications, smoke, and exercise. Mental health is also a rising problem among patients of all ages. While at the pediatric clinic, several children were being seen for various mental health problems.

“Asthma is a condition in which your airways narrow and swell and may produce extra mucus. This can make breathing difficult and trigger coughing, a whistling sound (wheezing) when you breathe out, and shortness of breath. For some people, asthma is a minor nuisance. For others, it can be a major problem that interferes with daily activities and may lead to a life-threatening asthma attack” (Mayo Clinic, 2022). Nursing Diagnosis: Ineffective airway clearance related to increased mucus production and bronchospasm (Phelps, 2021). Measurable Goal: The client will maintain an optimal breathing pattern, as evidenced by relaxed breathing, standard respiratory rate or pattern, and absence of dyspnea. The client will have no asthma symptoms during the day or night. If the patient knows that one of the asthma triggers is dust, then have a goal to keep the house clean of dust.

Make the time to plan to dust the house every day for one month, and then reevaluate to see if there need to be any changes made after that. If the patient

notices more asthma in the bedroom, keep that area dust-free. Make this a measurable task by putting in the calendar app on a cellular device to dust the bedroom daily using a damp dusting rag. Make sure that the goal for the asthma will be achievable. For example, if the patient vacuums every day, then adding the damp dusting will be fine. Lastly, have the goal be relevant. Keeping the dust under control in the bedroom will help the patient control the asthma trigger better. Altogether, this creates a realistic plan for a patient's parents to follow through with or for the older children to join in with. Nursing intervention 1: Improving breathing pattern and gas exchange by encouraging the patient to use breathing exercises. Nursing Intervention 2: Promoting rest and energy conservation by encouraging quiet play, reading, watching movies, and games during rest. Nursing Intervention 3: Providing patient education and health teachings by assessing the past and present therapies, including the patient's response to them (Phelps, 2021).

My experience during my pediatric rotation at the Polyclinic made me realize there is more to pediatrics than just smiles and stickers. By going through this rotation, I quickly realized that the nurses I worked closely with were helping to diagnose medical conditions alongside the pediatricians. It was also the nurse's job to disclose information about vaccines, asthma, and workout activities for their children, and much more. This rotation has sparked an interest in me that I never saw myself enjoying. This rotation gave me a better understanding of pediatric nursing and that sometimes distraction for a child is vital.

Reference Page

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Phelps, L. L. (2021). *Sparks & Taylor's nursing diagnosis pocket guide* (4th ed.).

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