

N433- Active Learning for School Nursing Shadowing Experience

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

This nursing student went to Pine Crest Elementary School. The age group in this school is kindergarten to 5th grade; this course focuses on newborns up to adolescent children. This clinical site was relevant to this course because this student nurse could see certain developmental levels from kindergarten to 5th grade. It is essential to learn about children of all ages because nurses will treat young and old patients when they come into the hospital or when they come to school. This course focuses on helping nursing students understand children of all ages, so going to this clinical site allowed this student nurse to be more hands-on with children.

2. How were you an engaged nursing professional today?

This student nurse was an engaged nursing professional coming in and learning and listening to the children's needs from nurse Brandi. This student nurse asked many questions about what it takes to do what a school nurse does. This student nurse followed nurse Brandi around the school and took notes. When the children came into the nurse's offices, this student nurse interacted with them to get a feel of what it is to listen to them describing their symptoms or what is bothering them. Nurse Brandi allowed this student nurse to answer questions from the children and listen to see if she gave the correct information.

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

Nurse Brandi, whom this student nurse shadowed, allowed this student nurse to administer medication and assist students with their concerns coming into the nurse's office. This student nurse walked around the school getting to know some of the kids, and when the kids came into the nurse's office, this student nurse helped nurse Brandi assist them. This student nurse helped a parent with their child due to a fever and a blowout. This student nurse assisted the child to the car and helped the parent clean the kid up. This student nurse made it her business to ask essential questions relevant to this clinical rotation.

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

Early education programs' quality, length, and intensity impact well-being, including physical and mental health. Quality education in elementary schools is necessary to reinforce early childhood interventions and prevent their positive effects from fading.

Schools play a critical role in supporting children and adolescents in eating healthy and getting regular physical activity. Schools can provide learning opportunities to reinforce these healthy behaviors by implementing wellness policies and practices and using effective health education curricula. Children being in school and learning helps to keep the brain healthy, so students getting a proper education is suitable for children to have brain and physical development. Education can lead to more accurate health beliefs and knowledge, thus better lifestyle choices, skills, and greater self-advocacy. Education is essential in pediatric health because it improves skills such as literacy, develops effective habits, and may improve cognitive ability.

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

While at this clinical site, this student nurse observed many students taking medication for asthma. Just off observation and listening to the staff, some of these children are at risk for poor nutrition because some of these families count on meals from school to help feed their children. The staff was concerned about some of these kids' home lives because they do not have the best of parents or are not in the best living situation, and some of these families are good families but do not have the means to pay all their bills and keep food on the table for their children. Another health risk this student nurse observed was students coming in or going home due to stomach viruses. At the beginning of this clinical, two kids stated they were not feeling good, and both kids had a blowout and symptoms of cough, sneezing, runny nose, diarrhea, and stomach pain. Head lice were also a concern during this clinical rotation. Three little kids came into the nurse's office because they had terrible head itching; it turned out it was just dirt for all three students. Head lice can spread by direct head-to-head contact, and nurse Brandi stated that these three students always seem to play in each other's hair or for nap time, lay close together.

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.

This student nurse decided that because this is an essential concern for children of all ages, Malnutrition was the best health risk to choose because kids are growing every day. As they grow, they get hungrier, so it is essential to ensure kids eat proper portions so they can get full and do not have to feel like they are not getting enough to eat. Because of home concerns, meals at school must be healthy enough for children, and because that may be one of the sources, they are getting their meals, it is essential to ensure they are eating enough.

Nursing diagnosis: imbalanced nutrition: less than body requirements related to insufficient dietary intake as evidenced by food intake less than recommended daily

allowance and body weight being below ideal weight for the size of this kid (Phelps, 2020).

Measurable goal: The patient will eat proper meal portions and the patient will weigh within normal ranges for their height and age (Phelps, 2020).

Nursing interventions:

- Make sure to weigh the patient daily to be sure this goal is met (Phelps, 2020).
- Determine the etiological factors responsible for decreased nutritional intake and fix the problem (Phelps, 2020).
- Assemble the patient's nutritional history with the help of family members and caregivers (Phelps, 2020).

7. How will your experience during the School Nurse job shadowing impact your Nursing practice?

This student nurse believes that this clinical rotation will impact her nursing practice because it allowed this student nurse to treat children in a different setting than older adults. Being on this clinical rotation allowed this student nurse to see that treating adult patients differs entirely from treating children. The conversation is different; these are small kids, so they do not understand some things, so being gentler with children and hands-on is helpful. Based on this student nurse's observation and talking to staff and these children, going forward in this student nursing career, this student nurse will be an advocate for all patients. However, children need someone to stand up for them, and listening to some of these children's stories made this student nurse want to speak up for them and ask questions.

References

Phelps, L L. (2020). Sparks & Taylor's Nursing Diagnosis Reference Manual. Wolters Kluwer.