

Active Learning for Ambulatory Nurse Shadowing Experience

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

This clinical site relates to this course because this course focused on ages from infant to adolescent, and this clinical site focused on treating children from infant to adolescent. It is essential to learn about children of all ages because a nurse will treat young and old patients when they come into the hospital or even work at a pediatric clinic. This course discusses how to care for children of all ages, so going to this clinical site allowed this student nurse to be more hands-on with children. Everything we learn in class, being at the clinical site, and being hands-on allows this student nurse to see things firsthand.

2. How were you an engaged nursing professional today?

This student nurse came in to learn and listen but also participate. This student nurse listens to the concerns of children and adolescents when they come into the pediatric clinic. This student nurse followed the nurses in the pediatric clinic from patient room to room, and when this student nurse did not know something, she asked. This student nurse understood how being a nurse in a pediatric clinic is. When the nurses at the pediatric clinic explained certain vaccines that are beneficial for children to get at a certain age, this student nurse took time to ask for printouts so that she would have something to look back at for future reference.

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

This student nurse contributed to the service provided at the pediatric clinic by helping nurse Kassie in doing assessments on infants and adolescents. This student nurse got to measure the head circumference, take vitals weight, and measure the infants' length. This student nurse got to give immunization shots to adolescents coming into the clinic. This student nurse got to talk to parents concerned about their child's mental status. Children came in with thoughts of suicide, and it was important for this student nurse to help this young lady understand her worth in being here on Earth. In the end, the young lady felt better and walked out with a smile.

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

This pediatric clinic benefits children by allowing them to see well-qualified providers to ensure their health is considered severe. Children are getting up-to-date care. Pediatric visits ensure that everything is on track with a child's developmental process. This clinical site is also essential to pediatric health because a pediatric clinic is a quicker way to be seen and a much smaller place than a hospital. Families can be more trusting of

providers at a pediatric clinic since it is a place where the provider stays the same, and the children will see the same nurses. It is easier for families and possibly the providers.

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

During the time this student nurse was at this clinical site, this student observed children coming in with malnutrition issues, sexual abuse was a concern, and financial stability was an issue as well. These are three severe issues, and the nurses and providers at this clinical site did very well with the concerns coming from these families, but they took sexual abuse and the well-being of these children seriously. This student nurse was surprised to see how many children are going through so many concerning issues, and it is heartbreaking to know that some of these children are going through some of these issues.

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.

Malnutrition is a severe health risk, and this student nurse chose this health risk because malnutrition seems to be a concern for some of these children.

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 every day and the patient will weigh within normal ranges for their height and age (Phelps, 2020). The patients will weigh themselves in the morning.

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 Ambulatory Clinic job shadowing impact your Nursing practice?

This clinical site will impact this student nursing practice going forward because this student nurse was able to get a view of what nurses in a pediatric clinic do. When working with children, being more sensitive to their needs is good. It is good to build a trustful relationship with any person, and the same goes for children. Some of these children have experienced issues where they do not feel comfortable talking with their parents, so it is good to advocate for children who may not feel comfortable talking about certain situations. This student nurse will do her best to listen, learn, and be understanding.

Reference

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