

Active Learning for Ambulatory Nurse Shadowing Experience

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N433- Pediatrics

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

This clinical site is related to this course by being a pediatric clinic. All the patients are under the age of 18. During my clinical, I saw a bunch of immunizations administered to all ages of kids. In this course, we have talked about all the different immunizations children receive and the ages at which they receive them. My nurse gave me a chart that she says she looks at still when she needs a reminder. There are many kids who are not up to date on their immunizations. I also saw a few well child checkups, sick visits, and medicine refill appointments.

2. How were you an engaged nursing professional today?

At clinical, I was engaged and participated in taking vitals, talking to the patients, and assisting in the immunizations. As soon as a patient was called back, they got their height and weight checked by the medical assistant. Then they would get directed to a room, where I would then take their temperature, O₂, and blood pressure. It was nice getting some practice with manual blood pressure again. I attempted to do one on a 3 year old who would not sit still or stay quiet, but I could not get an accurate blood pressure. The medical assistant then tried it and got the little boy to calm down and be quiet. It is surprising how all the nurses and medical assistants are so good with the children.

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

I contributed to the clinic today by helping change the sharps container and assisting with vitals. A patient noticed that the sharps container was overflowing and brought attention to the medical assistant. She then brought me to get a new bin, and we changed multiple containers. I also took vitals for the medical assistant today and helped her. She was super helpful in giving me tips on taking a child's blood pressure. She told me how much she struggled with manual blood pressure

at first, and now it comes naturally to her. I really enjoyed the medical assistant that I was with most of the day.

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

Three ways this clinical site impacts pediatric health is immunizations, school physicals, and sick visits. Younger children often get sicker more often as their immune systems get stronger due to their immune system not being fully developed. They had lots of sick visits that day at the clinic. Most of the appointments that day were sick visits. The office swabs the majority of those patients for COVID, flu, or strep. Immunizations are important to pediatric health because vaccines protect children from serious and potentially life-threatening diseases. Vaccinating children does not only protect the individual child but also the population as a whole.

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

The population that is largely served at the clinical rotation today is mostly underserved. A lot of health disparities were noted, with numerous risks. The patients are mostly Medicaid patients with major financial difficulties and knowledge difficulties. Lack of knowledge of routine screenings, preventative measures, and the value of early interventions can alter a person's health greatly. It is important to educate the parents of children to ensure their child is getting the proper nutrients. Many diseases can be prevented with proper education and healthy lifestyle habits. Informing parents and patients of ways diseases can be prevented is crucial in caring for pediatrics.

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.

The risk of knowledge deficits related to Medicare is evidenced by missed immunizations (*Knowledge deficit nursing diagnosis & care plan*, 2023). A measurable goal for this diagnosis is to educate on immunizations and then keep track of the immunizations that are scheduled and the ones that are late. Immunization regimens are created to offer the best possible protection for children at particular developmental periods. Ensuring kids are getting vaccinated at the appropriate time is to give them the best immunity. Three nursing interventions for this nursing diagnosis are giving out handouts of each immunization, including the patient and patients family in the plan of care, and encouraging questions.

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

My experience during the ambulatory clinic will impact my nursing practice by making me more aware of how to handle children when doing vitals and immunizations. One of the nurses I followed administered the shots so quickly and did not waste any time. She was in and out of the room in less than two minutes. At first, I was surprised that she was going as fast as she did and not staying with the child afterwards. She said she tries to rush and get out of the room so the baby does not see her and cries more. She wants the patient to only see the mother or father and let them comfort their child. I do not think I will work in pediatrics once I graduate nursing school, but it was an interesting experience.

References

Maegan Wagner is a registered nurse with over 10 years of healthcare experience. She earned her BSN at Western Governors University. Her nursing career has led her through many different specialties including inpatient acute care. (2023, January 9). *Knowledge deficit nursing diagnosis & care plan*. NurseTogether.
<https://www.nursetogether.com/knowledge-deficit-nursing-diagnosis-care-plan/>