

N433 - Active Learning for School Nurse Shadowing Experience

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

This clinical site relates to the course because predicate nursing teaches how to apply the knowledge and skills required in caring for newborns to young adults. In this course, you learn about safe-dose medication, immunizations, illnesses, injuries, milestones, development delays, and more in the course. An elementary school nurse has a role and responsibility of health education to the students and their parents, monitoring student immunization records, providing health screening, providing first aid to injuries, and administering medication. An elementary school nurse helps students and their families by providing health care services and education in the setting of a school.

2. How were you an engaged nursing professional today?

I was engaged in the nursing profession today by asking questions related to the elementary school policy and regulations. A common question that I asked that you see a lot in grade school was about head lice, vaccines, and colds. I observed to see what medicines the students were getting and why when it came time to give them their medication. Due to the recent diagnosis of type 1 diabetes in one of the elementary school students, I was able to monitor the child's lunch intake based on how much carbohydrates he may have. I saw how the kid operated his Omnipod to check his blood sugar.

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

I contributed to the service provided by the school nurse today when a child came into the nurse's office for not feeling well. I took the child's temperature to help assist the school nurse. When the child was in the nurse's office, I used therapeutic communication of active listening and making observations. During active listening, I was interested in what the child had to say. I acknowledged to her that I understood their reasoning for

coming to see the nurse. The child's temperature was 95.4, and by making observations, I noticed she had just come back from playing outside, where it was cold out.

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

The elementary school impacts pediatric health in three ways: by ensuring that students follow an educational program, engage in physical activity, and consume a balanced diet of nutrients. A child in elementary school needs breakfast and lunch for development and growth. The healthiest meal a child can have for a balanced diet of protein, fruit, veggies, and fiber is the breakfast or lunch provided by their school. Children who engage in physical activity benefit from stronger bones and muscles and better posture, balance, flexibility, and immune system support. Schools can provide learning opportunities if a child has a developmental delay. A kid can undergo physical, occupational, and speech therapy, for example, to help them meet their developmental milestones by a specific age.

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

The health risks of the population served during today's clinical, based on my observations today, were the flu and strep throat. The respiratory system's nose, throat, and lungs can get infected with the flu, commonly known as influenza. A virus is responsible for the flu. Flu symptoms included fever, sore throat, runny nose, and headache (MayoClinic, 2021). A bacterial illness known as strep throat can cause itchy, painful throat pain. Most cases of strep throat occur in youths. A fever, headache, nausea, vomiting, red and swollen tonsils, and difficulty swallowing are all indications of strep (ClevelandClinic, 2019). A child who was unwell had a headache and body aches and visited the nurse's office. In addition to redness and swelling in his throat, he has a temperature of above 101.4. He could have strep throat or the flu, according to the school nurse.

6. Choose one of the health risks identified in question 5 and develop a plan of care to address this. Included a Nursing diagnosis, a measurable goal, and at least 3 Nursing Interventions to achieve this goal.

A plan of care to address influenza for a child is to ensure that the child covers coughs and sneezes. To prevent dehydration, encourage lots of rest and consume lots of fluids. The child's primary care physician can advise the parents on medications that lower fevers. Inform the parents about the importance of obtaining the flu shot every year. The nursing diagnosis for the child would be Acute pain related to the influenza virus as evidenced by body aches. The patient's goals will be to maintain a normal temperature and achieve relief from aches and pain. Nursing interventions for a patient with influenza would be to achieve normal temperature, educate parents on the virus, and manage pain and discomfort.

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

My experience during the school nurse job shadowing will impact my nursing practice by learning different ways to care for pediatrics compared to adults. I learned and saw hands-on how to care for and treat a pediatric patient differently. When caring for a child, I learned to create a friendly space for them to feel comfortable coming to you. Physically get down to the child's level to demonstrate that you're listening to them. Most younger children use the form of play to tell you what's wrong with them. These are some ways that I will use in my nursing practice.

Reference

Mayo Clinic. (2021, November 1). *Influenza (Flu) - Symptoms and Causes*. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/flu/symptoms-causes/syc-20351719>

Cleveland Clinic. (2019, September 18). *Strep Throat: Symptoms, Treatments*. Cleveland Clinic. <https://my.clevelandclinic.org/health/diseases/4602-strep-throat>