

N433 – Active Learning for NICU Shadowing Experience

Complete this Active Learning activity after your clinical with the Neonatal Intensive Care Unit (NICU) Nurse. Submit your completed assignment to the dropbox within 72 hours of this clinical rotation (Monday @ 2359). **Be sure you look at the attached rubric as you write up this assignment because it must be written with accurate grammar, spelling, and APA format for references. Your score will be based on this rubric. Each question must contain at least 100 words minimum.**

1. How did you contribute to the service provided by the NICU nurse today?

In the NICU I helped the nurse do an assessment on a 27-week-old baby, who had a bowel perforation and a PA hole in the heart. The nurse gave the baby morphine before we started the assessment to help control the baby's pain, but the IV that was in the baby's foot went bad. I helped hold the vein finder while one nurse was holding the baby and the other nurse was placing the IV in the baby's scalp. The baby was septic, and her temperature kept fluctuating, so we were monitoring her temperature. I also helped a different nurse do an assessment on another baby by holding the baby still, so that the baby could not wiggle around. Lastly, one other task that I helped the nurse with was going to the milk room and helping the nurse collect the milk for each baby in the small baby unit and taking the milk to the fridge in there.

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

There are several different health risks of the population that I served in this clinical. The risk that I observed the most was risk for infection. I was in the small baby unit for clinical and the baby's ranged from 22 weeks to 29 weeks. These baby's body systems are not fully developed yet. This causes a huge risk for infection. Another health risk is that NICU babies are at risk for skin integrity. I noticed that almost all the babies in the small baby unit had lesions. This is another risk that will also increase the risk for infection. Babies this young also have a hard time thermoregulating. In the small baby unit, they keep their lights dim and keep the room warm. This helps simulate the feel of the mother's womb to the babies. This helps the babies to continue to grow. All the babies are in an incubator and are swaddled, the incubator is warm inside, and the nurses keep an eye on the incubator temperature as well as the baby's temperature.

3. Choose one of the health risks identified in the above question and develop a plan of care to address this. Include a nursing diagnosis, a measurable goal (SMART), and at least three nursing interventions to achieve this goal.
 - a. Nursing diagnosis: Ineffective thermoregulating as evidence by the baby's temperature kept fluctuating related to the baby not being fully developed and being septic (Phelps, 2021).
 - b. Measurable Goal: By the time the baby moves out of the small baby unit, the baby should be able to maintain her body temperature. The baby's temperature should be between 97.6F and 99.0F (Dolezel, 2020).

- c. Intervention 1: Monitor the baby's temperature at least every 4 hours or more if needed. Also monitor the baby's incubator temperature to maintain a warm environment for the baby (Phelps, 2021).
- d. Intervention 2: Monitor the baby's heart rate, blood pressure, and respiratory rate. A change in the baby's breathing and pulse can indicate a change in the baby's body temperature (Phelps, 2021).
- e. Intervention 3: Administer medication that can help reduce a fever if one occurs. The nurse will need to administer an analgesic and monitor the baby (Phelps, 2021).

4. How will your experience during the NICU shadowing impact your nursing practice?

I really enjoyed the NICU shadowing clinical rotation. This clinical rotation will help my nursing practice because I want to work with children. But it will also impact my nursing practice because of all the different things that I learned. I learned that caffeine helps babies to remember to breathe and Tylenol helps close the PA hole in the heart. I knew that infection control was a big component, but when the nurses talked and explained it to me, I understood it even more. These babies are not fully developed and have little to no immune system, so trying to keep things sterile and have aseptic technique as best as possible is a huge component when taking care of these babies. Two of the nurse's and I had a conversation about hand hygiene and gloving. One of the nurses stated that she sees a lot of people not gel or wash their hands before gloving or regloving. If you do not wash your hands or gel before gloving then the gloves are worthless, because once you grab the gloves everything that you have touched is now on the gloves.

References

Phelps, L. (2021). *Nursing diagnosis reference manual* (12th ed.). Wolters Kluwer.

Dolezel, J. (2020, October 21). *Top 4 NICU discharge questions about temperature*. Verywell family. <https://www.verywellfamily.com/top-nicu-discharge-questions-about-temperature-2748714>

N433 Grading Rubric Nurse Shadowing Clinical Paper
50 Total Points Possible

CRITERION	POOR	FAIR	GOOD
-Concise and Complete <i>Total Weight- 5 points</i>	<ul style="list-style-type: none"> - Content is incomplete. - Major points are not clear and /or persuasive Weight-1 point	<ul style="list-style-type: none"> - Content is not comprehensive and /or persuasive. - Major points are addressed but not well supported. - Research is inadequate or does not address course concepts. Weight- 3 points	<ul style="list-style-type: none"> - Content is comprehensive, accurate, and persuasive. - Major points are stated clearly and are well supported. - Content and purpose of the writing are clear. Weight- 5 points
Critique of experience-Evaluation and Rationale for your comments <i>Total Weight- 10 points</i>	<ul style="list-style-type: none"> - Organization and structure detract from the message of the writer. - Paragraphs are disjointed and lack transition of thoughts. - Lack of evaluation and rationale for comments Weight- 1 point	<ul style="list-style-type: none"> - Structure of the paragraphs is not easy to follow. - Paragraph transitions need improvement. - Lack of adequate evaluation and rationale for comments Weight- 5 points	<ul style="list-style-type: none"> - Structure of the paragraphs is clear and easy to follow. - Good evaluation and rationale for comments Weight- 10 points
Thoughtful Reflection-How will this affect your practice, or will it? <i>Total Weight- 10 points</i>	<ul style="list-style-type: none"> - Paper lacks many elements of correct formatting. - Paragraphs are inadequate or excessive in length. - Unspecific as to how this experience will impact your nursing practice or not. Weight- 1 point	<ul style="list-style-type: none"> - Paper follows most guidelines. - Paper is over/ under word length. - Lacks some specifics as to how this experience will impact your nursing practice or not. Weight-5 points	<ul style="list-style-type: none"> - Paper follows designated guidelines. - Paper is the appropriate length as described for the assignment. - States clearly as to how this experience will impact nursing practice or not and why. Weight-10 points
APA Format Correct spelling/Grammar. Must use 1 scholarly reference (published within the last 5 years) <i>Total Weight- 10 points</i>	<ul style="list-style-type: none"> - Lack of APA format. - Paper contains numerous grammatical, punctuation, and spelling errors. - Language uses jargon or conversational tone - Lack of APA citation use and a Reference page for references used. Weight- 1 point	<ul style="list-style-type: none"> - Inappropriate APA format. - Paper contains few grammatical, punctuation, and spelling errors. - Language lacks clarity or includes the use of some jargon or conversational tone. - Inappropriate APA citation use and a Reference page for references used. Weight- 5 points	<ul style="list-style-type: none"> - Correct APA format. - Rules of grammar, usage, and punctuation are followed; spelling is correct. - Language is clear and precise; sentences display consistently strong, varied structure - Correct APA citation and a Reference page for references used. Weight- 10 points
Nursing diagnosis is appropriate for this setting; goal/outcome is measurable; Nursing interventions are appropriate and thorough. <i>Total Weight- 10 points</i>	<ul style="list-style-type: none"> ND is inaccurate for the setting; goal/outcome is not measurable, and Nursing interventions are inappropriate or inadequate. Weight- 1 point	<ul style="list-style-type: none"> - ND accurate for the setting; goal/outcome is not measurable, OR Nursing interventions are inappropriate or inadequate. Weight- 5 points	<ul style="list-style-type: none"> - ND accurate for the setting; goal/outcome is measurable; Nursing interventions appropriate and adequate for this setting. Weight- 10 points
Paper submitted to dropbox within 72 hours of the School Nurse shadow experience. <i>Total Weight- 5 points</i>	<ul style="list-style-type: none"> - Paper submitted to dropbox or discussion board late. Weight- 1 point		<ul style="list-style-type: none"> - Paper submitted to dropbox on time. Weight- 5 points

Total Points _____