N433 – Active Learning for NICU Shadowing Experience

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

    I contributed to the service provided for the NICU patient by being actively present and doing everything the NICU nurse did to ensure that the patient received the care she needed and that her vital signs and labs stayed within normal limits. I helped change the bed linens, which were changed once a week. I assisted with cluster care while the infant was receiving an X-ray. We monitored the vitals closely and read the oxygen level continuously as it would get below 70%. I also provided care by assisting the parents in holding their babies so they could achieve their skin-to-skin goal.

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

    There are many health risks to this population. Because the infant was a micro preemie, she was at even greater risk for certain things. The highest health risk is morbidity. Morbidity is the most significant health risk that this population faces. The other major health risks are infection. Their organs are not developed fully, which puts them at a higher risk of infection (Kauffman, 2023). They may face feeding intolerance along with aspiration from the underdeveloped GI tract. Development delays will also be a health risk because these micro-preemies are so premature, but this will not show until the baby grows. It is essential to educate the parents about these health risks.

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 diagnos**is: At risk for infection related to the immune system as evidenced by the WBC being at 25 (4.5 to 11.0 × 10 9/L).

   b. **Measurable Goal:** The infant's measurable goal would be for the white blood cell (WBC) count level to go down. The level is at 25 (4.5 to 11.0 × 10 9/L). The goal would be to get the level down to 18 after the antibiotics are completed.

   c. **Intervention 1:** The first intervention would be administering antibiotics as prescribed to help fight the infection.

   d. **Intervention 2:** The second intervention would be to provide a clean environment. This includes doing adequate hand hygiene.

   e. **Intervention 3:** Monitor the patient's temperature every hour and monitor labs like the WBC to see if there is an infection currently.

4. **How will your experience during the NICU shadowing impact your nursing practice?**
   The NICU shadow experience will impact my nursing practice by providing me with a different type of education. I am used to patients who can verbally tell me what is wrong or a family member telling me what happened to cause an issue. For example, if I were to pursue a career in the ER, I would need to know and understand the different ranges of vital signs and labs for each age group. The NICU showed that in certain circumstances, you must also provide education and care to the family. In this case, it was the infant's parents. It showed me that involving the parents will, in return, be beneficial to this infant's health and recovery. This will impact my nursing career by believing that emotional and mental wellness can help heal the body.

References

Kauffman, J. (2023, May 3*). Bloodstream infections in preemies may originate from their gut microbiomes.*

Washington University School of Medicine in St. Louis. . https://medicine.wustl.edu/news/dangerous-

bloodstream-infections-in-preemies-may-originate-from-their-gutmicrobiomes/#:~:text=Preterm%20infants

%20are%20at%20high,antibiotics%20as%20a%20preventive%20measure.

CRITERION	POOR	FAIR	GOOD
-Concise and Complete *Total Weight- 5 points*	- Content is incomplete. - Major points are not clear and /or persuasive **Weight-1 point**	- 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**	- 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 *Total Weight- 10 points*	- 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**	- Structure of the paragraphs is not easy to follow. - Paragraph transitions need improvement. - Lack of adequate evaluation and rationale for comments **Weight- 5 points**	- 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? *Total Weight- 10 points*	- 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**	- 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**	- 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)== *Total Weight- 10 points*	- 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**	- 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**	- 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. *Total Weight- 10 points*	ND is inaccurate for the setting; goal/outcome is not measurable, and Nursing interventions are inappropriate or inadequate. **Weight- 1 point**	- ND accurate for the setting; goal/outcome is not measurable, OR Nursing interventions are inappropriate or inadequate. **Weight- 5 points**	- 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. *Total Weight- 5 points*	- Paper submitted to dropbox or discussion board late. **Weight- 1 point**		- Paper submitted to dropbox on time. **Weight- 5 points**

Total Points _____