N433 – Active Learning for Ambulatory Nurse Shadowing Experience

Complete this Active Learning activity after your clinical with the Ambulatory Clinic 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 <mark>it must be written with accurate grammar, spelling, and APA format for references.</mark> Your score will be based on this rubric. <mark>Each question must contain at least 100 words minimum.</mark>**

1. **How does this clinical site relate to the course?**
   The clinical site at Carle Clinic Pediatrics relates heavily to our course, N433. It sees children ages 0-18 and does routine health examinations, provides immunizations, and can provide referrals to other specialists as well. In class, we discussed the concept of a medical home model where one provider oversees all aspects of care for a child and this clinical site reflected such a concept. The entire healthcare team was very familiar with almost all of the patients as those patients have consistently received care from those nurses, nurse practitioners and physicians for several years. The healthcare team knew the patients and their history well and this created an atmosphere of trust at the clinic.

2. **How were you an engaged nursing professional today?**
   Today I was engaged in professional nursing by arriving at the pediatric clinic on time and in our proper clinical attire. This is an important part of professional nursing because we want patients to trust and respect us and therefore, it is our responsibility to appear professionally to patients. Furthermore, I strived to be an engaged nursing professional by asking relevant questions to the nurses such as how many patients they typically see in a day and what their day-to-day role involves. We also discussed best practices that the nurses implement in the clinic to help them establish trust with their pediatric patients and help things such as shots go as smoothly as possible. Distraction was the biggest tip they suggested for helping difficult parts of the appointment go more smoothly.

3. **How did you contribute to the service provided by the clinic nurse today?**
   Unfortunately, at this clinical site, it was difficult for us to contribute to the services that were provided. The nurse practitioner preferred that we were not in the room for physical assessments and the medical assistants allowed us to watch them while they gathered vitals, heights, and weights, but did not want us to do them for the patients. Ideally, we would have loved to practice our assessment skills and help the medical assistants obtain vitals and height and weight. However, it was still helpful to observe how the medical assistants provided care to patients of different ages from 6-week-olds to school-aged children. We saw the proper way to measure heights for different ages and how to take a head circumference as well.

4. **Name 3 ways this clinical site impacts Pediatric health?**
   This clinical site impacts pediatric health in many ways. One way that it impacts pediatric health is by providing important immunizations for children. Children especially, need many vaccines throughout childhood and this clinic kept quality records of each patient's immunizations. We heard the nurses make several calls to patient families reminding them of their immunization schedules and need for follow-up appointments as well. Additionally, this clinical site strives to provide holistic care for each patient and will be on the look out for additional services that a child may need. For instance, the nurse practitioner was concerned about the mental health of one of the young teens she saw and was going to put in a referral

for her to speak to a therapist. Lastly, another way that this clinical site impacts pediatric health is by providing education and educational materials to parents. The nurses mentioned that they will often give parents a great deal of education during visits, especially about safety topics for children of different ages such as how car seats should be properly put in the car and what types of car seats are appropriate for different ages and weights.

5. **What are the health risks of the population served during today's clinical based on your observations today?**
One major health risk that I noticed in particular for the population served at this clinic was a risk for respiratory infections. Many of the children seen at the clinic were there for possible flu, COVID, or RSV. Children often have poor hygiene habits so infections like this tend to run rampant around schools where children spend most of their days. Another health risk I observed in the clinic was that of childhood obesity. Not all, but several patients looked to be overweight for their age and as we learned in class physical activity is so important for young children to help them maintain a healthy weight. A final health risk that I noticed at this clinic site was mental health problems. It was mentioned a few times by nurses that many of the teenage patients they see struggle with mental health issues and that it has really become a problem in their area that they are working to address.

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 health risk that I would address is the risk for infection with the nursing diagnosis as follows: Risk for infection related to inadequate environmental hygiene as evidenced by poor hand washing and close contact with many other children (Phelp, 2023). A goal to address this risk is to have patients and their parents verbalize an increased understanding of good hygiene practices and ways to help prevent infection by the end of a clinic appointment. One nursing intervention to achieve this goal would be to physically demonstrate to kids how to properly wash their hands as well as best hygiene practices such as sneezing into their arm (Phelps, 2023). A second nursing intervention would be to provide an annual flu vaccine and encourage each and every one of their patients to get the vaccine each year. Lastly, nurses can also provide the parents with educational packets about best hygiene practices as well as early signs and symptoms of respiratory infections that they can take home with them and read whenever they desire (Phelps, 2023).

7. **How will your experience during the Ambulatory Clinic job shadowing impact your Nursing practice?**
My experience at the Carle Pediatric Clinic will impact my nursing practice because it showed me how creative and adaptive pediatric nurses must be in order to provide the best care to patients of such varying ages and stages. You cannot approach a 2-year-old the same way that you approach an 11-year-old and learning techniques to foster a trusting relationship with each patient takes time and practice. I also saw just how much very young children can remember about doctors' visits. One nurse mentioned that a young patient used to cry immediately upon seeing her because she remembered that nurse giving her a shot when she was only 2 years old. Children clearly can become very easily traumatized in a medical care setting so it showed me how important therapeutic techniques are when caring for pediatric patients.

Reference

Phelps, L. L. (2023). *Nursing diagnosis reference manual* (12th ed.). Wolters Kluwer.

N433 Grading Rubric Nurse Shadowing Clinical Paper
50 Total Points Possible

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 _____