

## N433 – Active Learning for School Nurse Shadowing Experience

Complete this Active Learning activity after your clinical with the School 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 does this clinical site relate to the course?

The clinical site provides practical experience in pediatric nursing in an educational setting emphasizing primary care and preventative health, making it closely aligned with the course material. Basic nursing skills, including health assessment, awareness of common pediatric illnesses, and promotion of health education, are taught in the course. Working with children in low- to middle-income rural settings taught me about the influence of socioeconomic determinants on health outcomes, including access to healthcare and nutrition. Furthermore, the clinical setting portrayed here via Judith Giacomia Elementary School provided real-life scenarios that arise in real life, like inadequate nourishment, test anxiety, and lack of access to healthcare. The topics covered in the course on illness prevention, health promotion, and the nurse's advocacy role for vulnerable populations, especially those living in communities that serve underprivileged areas, were furthered by these experiences.

2. How were you, an engaged nursing professional today?

I showed that I was a dedicated student nurse by actively participating in patient care and helping the school nurse with numerous duties. I assisted in the assessment of students who had complained of injuries, fevers, and stomachaches. I also gave comfort and assurance to kids worried and anxious about exams. I contributed to the students' overall care by properly communicating with them and recording their health issues. In conjunction with my dedication to improving the health of the students, I also partnered with the school nurse to solve problems by talking about possible solutions for persistent problems like stress and forgotten breakfasts.

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

I assisted the school nurse in providing the service by addressing multiple medical concerns related to the students. This included giving students who skipped breakfast a snack and water, checking fevers of those who complained of stomachaches and other illnesses, observing head bumps, tending to nosebleeds, counting carbohydrates, monitoring the student giving insulin, and conversing about nutrition. In addition, I performed assessments, which included collecting temperatures and making sure medical issues were appropriately documented. In our discussion regarding implementing Illinois' "Healthy School Meals for All Program," I made the appropriate inquiries regarding the protocols for getting meals home to children with food deficits. I asked about vaccinations/immunizations due dates and how to deal with anti-vax families. I asked about protocols for students who are not compliant by the due date. Speaking with the nurse gave me important information about preventative health techniques that might improve the well-being of students.

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

A. **Addressing Nutritional Deficiencies:** This clinical site is essential in encouraging adequate nutrition for children since it directly impacts their physical and cognitive development. It does this by recognizing and providing support to children who miss meals.

B. **Managing Complications from Minor Injuries:** Head bumps and nosebleeds are quickly attended to by the school nurse, who ensures that kids return to class without incident.

C. **Reducing Stress and Anxiety:** The school nurse is vital in providing mental health assistance by addressing exam anxiety and stress concerns. This improves academic performance and fosters emotional well-being, both of which are essential for the long-term health of pediatric patients.

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

Today's clinical observations revealed several health challenges within the student population.

Implementing targeted treatments to mitigate these risks could significantly enhance children's academic success and well-being. Many students reported that skipping breakfast impaired their cognitive clarity, academic performance and increased irritability (Graham et al., 2020). Additionally, symptoms like stomachaches and constipation might indicate poor dietary habits and insufficient intake of fruits and vegetables, which are essential for digestive health (Maughan et al., 2021). Furthermore, the stress from educational demands may intensify mental health issues such as exam anxiety, potentially harming students' academic results and emotional well-being (Zeng et al., 2022).

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.

**Health Risk:** Poor Nutrition (due to skipping breakfast and/or having deficiencies in having access to food)

**Nursing Diagnosis:** Imbalanced nutrition: less than body requirements related to insufficient intake of nutritious meals, as evidenced by multiple students reporting skipping breakfast(Phelps, 2021).

**Measurable Goal:** To ensure that 90-100% of the students at the school receive breakfast daily within three months.

**Nursing Interventions:**

1. **Education and Promotion:** Educate students and parents on the importance of breakfast for cognitive function and overall health. Organize school-based campaigns promoting breakfast consumption.

2. **Access Improvement:** Work with the school administration to implement alternative breakfast programs such as "Breakfast in the Classroom" or "Grab N Go" models to make breakfast more accessible (Rise & Shine Illinois, 2023).
  3. **Partnership with Programs:** Collaborate with state-funded programs like the Illinois "Healthy School Meals for All Program," which provides free breakfast and lunch to students under the Community Eligibility Provision. This will ensure that all students, regardless of income, can have access to nutritious meals (Illinois et al., 2023).
7. How will your experience during the School Nurse job shadowing impact your Nursing practice?

This experience highlighted the importance of early health interventions, preventive care, and addressing mental health in pediatric nursing. I observed firsthand how school nurses could identify and mitigate health risks, such as poor nutrition and stress, before they escalate. According to Maughan et al. (2021), school nurses are critical in addressing students' physical and mental health needs, especially in underserved areas. This reinforces the idea that in my future nursing practice, I will emphasize health promotion and early intervention to foster long-term well-being in pediatric patients.

## Works Cited

- Graham, A. M., et al. (2020). The impact of breakfast on cognitive performance in children and adolescents. *Journal of Nutrition Education and Behavior*, 52(1), 22-30.
- Illinois Department of Public Health. (2021). *Guidelines for managing communicable diseases in schools*. IDPH. <https://dph.illinois.gov>
- Illinois General Assembly. (2023). *Healthy school meals for all program*. Illinois General Assembly. <https://ilga.gov>
- Maughan, E. D., Johnson, K. H., Bergren, M. D., & Wolfe, L. C. (2021). *School nursing: Scope and standards of practice* (3rd ed.). National Association of School Nurses.
- Phelps, L. L. (2022). *Nursing diagnosis reference manual* (12th ed.). Wolters Kluwer.
- Rise & Shine Illinois. (2023). *School breakfast programs and resources*. Rise & Shine Illinois. <https://riseandshineillinois.org>
- Zeng, L., et al. (2022). The effects of test anxiety on academic performance: A meta-analysis. *Educational Psychology Review*, 34(2), 405-426. <https://doi.org/10.1007/s10648-021-09573-7>

**N433 Grading Rubric Nurse Shadowing Clinical Paper**  
**50 Total Points Possible**

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

Total Points \_\_\_\_\_