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N433: Infant, Child and Adolescent
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Active Learning for School Nurse Shadowing Experience

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

This clinical site is the school nurse's office at Pine Crest Elementary School in Georgetown, Illinois. This school has 462 students. Students are divided into seven groups: Pre-kindergarten (PK), Kindergarten (K) children, and school-age students from 1st to 5th grade. All the children are from the pediatric population and relate this clinical site to the pediatric course. This site is also an example of a school nurse's job. The school nurse has been a nurse for seventeen years, for which she spent ten years working in this school. The school nurse described to this nursing student her job, her patients, and excellent or complex things in her work.

2. How were you an engaged nursing professional today?

At first, this nursing student was observing what the school nurse was doing. At the same time, the nurse explained her actions. That made things easier to understand. The little patients were coming into the office with their requests and problems, and

the school nurse would advise them or give them ice packs for pinched fingers or lip bites. After a while, this nursing student started doing temperature checkups, providing clean clothes for some students, and giving ice packs to those who fell and had a painful knee. These actions were joyful and not complicated because talking to little children was very “entertaining.”

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

This nursing student asked the school nurse if there was something she could help her with. The school nurse was preparing a short presentation on dental hygiene for all students. She had to give all students a small package with essential tools for dental hygiene like toothpaste, floss, and toothbrush. These little packages needed to be organized and divided among classes and teachers. This was not difficult, but it would take too much time from the school nurse’s busy schedule. This nursing student reorganized the material and packed it separately for each class.

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

This clinical site impacts Pediatric health in many ways. One way is to help students with chronic diseases to take their medications at school. They do not need to stay at home because of their treatments. Getting their medications at school allows them to attend school regularly and succeed academically. The medications must be prescribed by the doctor and provided by the family.

Second, the school nurse is also an educator for the students and their parents. There is much advice that a school nurse can offer. The topics can be nutrition (obesity, DM), physical activity, hygiene in general, and dental hygiene.

Finally, the school nurse followed the immunizations each student had. She reminds the family about the following immunizations to be taken in order to prevent infectious diseases in students.

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

There are some health risks in the population this nursing student observed today. There was a case of Diabetes mellitus, which required rigorous control and coordination of blood glucose and the amount of carbs taken for each meal. There are cases of seasonal allergies that require nebulizer treatment. There were noncomplicated injuries like scratches or bruises. There was one serious case of broken arm when a girl jumped from a swing and fell. This nursing student asked the school nurse this question. According to school nurse there are health risks related to financial problems. The families are not well off in this area. Not all children have health insurance, and parents cannot afford the necessary medications. There are problems with transportation because if the family does not have a car, then they cannot take the child to the doctor. Georgetown has no dentists or eye doctors, and the family has to go far to find the doctor. Sometimes, the only help they can get is the school nurse's advice.

6. Chose 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.

This nursing student chose a patient with seasonal allergies. This girl has airways clogged and is breathing through the mouth. She has hyperproduction of thick mucus. She is on nebulizer treatment.

Nursing diagnosis: Ineffective airway clearance r/t obstruction by thick secretions.

Rationale: The patient has stuffy nose and is breathing through the mouth (Ackley et al., 2022).

Goal/outcome: The patient will improve her breathing, and airways will be patent (Ackley et al., 2022).

Interventions: 1. Advise patient parents to use humidifier
2. Use nebulizer treatment if proscribed by the doctor
3. Take OTC medications like mucolytics, decongestants (consult the doctor first)
4. Antihistamines

Evaluation: 1. Patient's voice sounds better, not anymore nasal.
2. Airway is patent, patient can breathe through the nose.

7. How will your experience during the school nurse job shadowing impact your Nursing practice?

According to this nursing student, the experience was good. It was only one shift but rich in information about a school nurse's job. The nurse was working hard because she was the only nurse in the building. This student is thankful for the experience and knowledge given about pediatric nursing. The new knowledge/experience is always welcome. That will be the only impact on the nursing practice for this nursing student.

References

Ackley, B. J., Ladwig, G. B., Makic, M. B. F., Martinez-Kratz, M., & Zanotti M., (2022).

Nursing diagnosis handbook. An evidence-based guide to planning care (12th ed.). Elsevier.