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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?**

Carle Danville Medical Office Center at the Riverfront has several medical offices, including the pediatric medical office. This office is committed to the health of the youngest population. In addition, pediatrics is a branch of medicine that studies the medical problems and medical care of infants, children, adolescents, and young adults. In the pediatrics course, students learn about children's health problems. The pediatrics clinic is where the theory of the course becomes a reality that is applied through the work of healthcare professionals. It is the place where the health problems are getting solved. For that reason, this clinical site relates to the course.

### **2. How were you an engaged nursing professional today?**

Several patients were brought to the office during the shift for regular checkups and immunizations. Most of the children were infants. These patients were attended by Certified Medical Assistants (CMAs). This nursing student was advised to shadow Sarah, a CMA. Observing the CMA's work was very interesting. She followed the provider's orders and prepared vaccines for administration according to protocol. All vaccines were stored in a special refrigerator at 41.5 F. The children were getting more than one vaccine at the time. The vaccines were given in vastus lateralis on both legs. The CMA was swift, and the

child started crying after administering the vaccines. All parents were given a written explanation of the vaccines.

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

During the clinical, this nursing student shadowed CMA Sarah and helped her with her work. It was a simple work. It just helped with vitals, preparing, and disinfection of the exam room before and after the exam. In these pediatric clinics, students do not do more than that. It can be assumed that any student would need to learn much more before he or she could be allowed to administer injections to an infant or a toddler. Besides the mentioned work, this student asked many questions. The information received was excellent. For example, every state has slightly different requirements for vaccines, especially when talking about the ages of patients. Also, Carle does not use the nasal flu vaccine for children because it is inefficient.

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

This clinical site impacts pediatric health through preventive care, screenings, and regular refills. The preventive care example includes immunizations from birth to the age of eighteen. Nurses follow each child for immunizations and remind parents to bring the child to the office to get vaccines on time. This way the immunized children are less likely to get infectious diseases and get their health damaged. Screenings of children are numerous. All children have screenings for blood pressure, body weight, height, and BMI. These screenings are done to control obesity in children. There are screenings for autism for children at 18 months and 24 months, and many others. In addition, nurses ensure that all refills are done on time on this clinical site. There are children with chronic diseases and they should not have any interruptions in their therapy. Therefore, the nurses constantly check who needs refills and fax them to the pharmacy.

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

Health risks for the population served today depend on the child's age. The most common diseases for infants are rashes like diaper rash, ear infections, and respiratory diseases like colds and coughs. Also, there are digestive issues like vomiting and diarrhea. These problems are commonly caused by viruses like Rota virus or Noro virus. Rota virus can cause severe diarrhea and dangerous dehydration in infants. In toddlers and school-age children, there are problems with injuries from falling, poisonings, and burns. Also, it is common for toddlers and school-age children to have infectious diseases, like stomach flu, measles, pink eye, chicken pox, hand-foot-mouth disease, and whooping cough.

**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.**

Viral infections like Rota virus are causing gastroenteritis in infants. The gastroenteritis leads to severe vomiting and diarrhea which again causes dehydration or fluid disbalance.

Nursing diagnoses: Fluid volume deficit (Dehydration) r/t severe diarrhea/vomiting (Ackley et al., 2022).

Rationale: The patient has sunken eyes and fontanelles, loss of skin turgor delayed capillary refill and rapid pulse (Ackley et al., 2022).

Goal/outcome: The patient will improve in five days with therapy. There for pain will not be N/V and diarrhea and other symptoms will improve.

Interventions: 1. Keep patient hydrated. 2. Child needs to rest. 3. Give a child acetaminophen for pain. 4. Give child electrolyte replacement.

Evaluation: 1. Patient has no diarrhea after five days. 2. Skin turgor improved; fontanelle not sunken anymore.

## **7. How will your experience during the Ambulatory Clinic job shadowing impact your Nursing practice?**

This student's experience during the Ambulatory Clinic Job will have a minor impact on her Nursing practice. One of the reasons is that the experience needed to be more elaborate to get a complete picture of pediatric nursing. It was not a life-changing experience. The two nurses who worked during the shift had no patients in the office that needed nurses' attention. All their work was on the computer, reading or sending emails to patients or their parents, or making telephone calls to remind the parents to bring their children to checkups. On the other hand, the experience was, from some other aspect, good. This student got some idea or understanding of pediatric nursing nowadays, which is appreciated.

### **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* (12<sup>th</sup> ed.). Elsevier.