

**Debriefing Journal: School Nurse**

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N433: Infant, Child, and Adolescent Health

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## Debriefing Journal: School Nurse

1. How does this clinical site relate to Infant, Child, and Adolescent Nursing Care?
  - The clinical site I was at was an elementary school named Meade Park Elementary School, located in Danville, Illinois. This site directly relates to infant, child, and adolescent nursing care due to the age of the students and the care the nurse provides. This school taught Kindergarten through 4th grade, with ages ranging from 5 to 10 years old. The role of the school nurse is to be knowledgeable about common childhood illnesses, developmental milestones, and medications prescribed to the patients (Rudd & Kocisko, 2023). From my experience at this clinical site, the nurse showed competence and quality care to all the students who were seen. Since parents are not physically there to be involved in the child's care at school, the school nurse showed a trusting relationship with the students and maintained consistency in allowing the children to be directly involved in their care. This practice benefits the school-aged child, as it boosts their self-esteem and independence. According to Erikson's Stages of Development in the Industry vs. Inferiority stage (ages 6 to 11), negative experiences of the child cause the feeling of inadequacy, and they develop a sense of inferiority (Altundag & Calbayram, 2024).
2. How were you an engaged pediatric nursing professional today?
  - I asked many questions while shadowing the nurse, and I developed a deeper understanding of the role and importance of providing quality care to school-aged children. One of the questions I asked was regarding the school nurse's vaccination records in the electronic health record. I was curious about vaccine exemptions and how they occurred if a family had reason to decline their child's vaccination. I learned that the family must have a religious reason written and signed by both the parents and school administrators to have an exemption from necessary immunizations.
3. How did you contribute to the service provided by the clinic nurse today? If you think you did not contribute, why not?

- I contributed directly to the service provided by the clinic nurse by providing wound care, applying topical analgesics for insect stings, and assessing lung sounds on a student. I felt confident in my ability to provide care and engage with the children, and learned I enjoy educating and communicating with school-aged children as a nurse. I also contributed to the nurses' workflow by preparing and organizing clinical paperwork that needed to be scanned into numerous students' electronic health records. Doing this ensures that each student's records are up to date and input correctly, so the district and state can access correct information when auditing and collecting data.

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

- Firstly, this clinical site impacts pediatric health by providing routine screenings such as vision and hearing. Doing this for school-aged children provides equal access to health services and ensures timely interventions can be done if needed. Secondly, nursing school-aged children at this site with consistent and quality care assists in the psychosocial development of children, such as learning to trust adults who show supportive and caring relationships. When caring for this age group, it is important to gain the child's trust before beginning assessment or procedures by explaining the procedures age-appropriately and maintaining consistent and positive communication with students (Rudd & Kocisko, 2023). Thirdly, the site provides free breakfast and lunch to all students, which impacts pediatric health in such a positive way. Many of the students in this area come from homes that do not have the funds for healthy food choices, and having healthy options available to all students provides a quality source of nutrition that supports growth and development.

5. What are the health risks of the population served during today's clinical, based on your observations today? List and describe at least three health risks.

- Three health risks that can affect the students I saw today include poor nutrition, emotional well-being, and inadequate access to healthcare. As stated, the school provides free breakfast and

lunch for all students. The area in Danville that this particular school pulls from is low-income and includes many social determinants of health factors that can have a negative impact on the children. Speaking with the nurse and principal gave me an understanding of how hard some students' lives were outside of school, and it put reality into perspective. Also, I was told about some more difficult student cases that involved complex traumatic experiences that influence their daily lives. A child's emotional well-being is crucial for healthy mental development and coping mechanisms. Some of these young students have gone through terribly traumatic experiences, so maintaining a safe and trusting environment for them is crucial for their sense of safety and well-being. Finally, inadequate access to healthcare can influence a school-aged child's physical, mental, and academic success. The Danville school district has implemented a student liaison, a newer role. The liaison I communicated with at this site took 2 students for their vision appointments at the eye doctors, because the parents declined to take them, even though they had obvious visual impairments that affected their schooling. I was extremely impressed with the implementation of the liaison role, and appreciated how directly they worked with the school nurse.

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 I chose is inadequate access to healthcare. I chose this due to how crucial access to healthcare is, especially to school-aged children. There are many interventions the nurse can take to achieve the goals of improved access to services, which directly benefit all of the children's overall health and well-being.
  - Nursing Diagnosis:
    - Ineffective health maintenance related to limited parental resources, as evidenced by inconsistent follow-up care (Phelps, 2023).
  - 3 Nursing Interventions:

- The first nursing intervention is to complete school screenings timely and correct manner and provide follow-up care. Secondly, the nurse should advocate for the child's healthcare needs with providers, social workers, and community resources. Thirdly, assess the barriers to accessing healthcare, such as financial difficulties, transportation, and parental knowledge.

7. How will your experience during the School Nurse job shadowing impact your Nursing practice? Does this type of nursing practice appeal to you? Why or why not?

- My experience at this elementary school will impact my nursing practice by broadening my understanding of how important it is to provide quality care, advocate for, and support school-aged children. I got first-hand experience in maintaining essential documentation in the public elementary school sector, which was something new for me in my nursing journey. I also gained insight into how so many social factors influence the health and safety of a child, and how important it is to recognize the needs of a population of patients that may not have the understanding of how their family's lives influence their health needs and safety. I really appreciated how fun and innocent all the students I saw today were. The respect they showed the nurse and me was a breath of fresh air, and I gained a deeper appreciation for interacting with elementary school children. This type of nursing does appeal to me. The principal asked if I was able to become a substitute nurse for the district since he saw my potential. Although I am unable to fulfill that request at this time, I would love to become an as-needed substitute nurse in addition to a full-time acute care position once I obtain my license! Doing so would fulfill the love I have for school-aged children, and I would love to become a safe space for them when they are in need at school.

## References

Altundag, S., & Calbayram, N. C. (2024). The use of Ericson's psychosocial theory in nursing care in pediatric clinics. *International Journal of Caring Sciences*, 17(1), 371–379.

<https://internationaljournalofcaringsciences.org/docs/36.calbayram.pdf>

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

Rudd, K., & Kocisko, D. (2023). *Davis Advantage for Pediatric Nursing: Critical Components of Nursing Care* (3rd ed.). F. A. Davis.

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

<b>CRITERION</b>	<b>POOR</b>	<b>FAIR</b>	<b>GOOD</b>
<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>	<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>	<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</li> </ul>	<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>

<b>Total Weight- 10 points</b>	<b>Weight- 1 point</b>	references used. <b>Weight- 5 points</b>	
<b>Nursing diagnosis is appropriate for this setting; goal/outcome is measurable; Nursing interventions are appropriate and thorough.</b>	ND is inaccurate for the setting; goal/outcome is not measurable, and Nursing interventions are inappropriate or inadequate.	- ND accurate for the setting; goal/outcome is not measurable, OR Nursing interventions are inappropriate or inadequate.	- ND accurate for the setting; goal/outcome is measurable; Nursing interventions appropriate and adequate for this setting.
<b>Total Weight- 10 points</b>	<b>Weight- 1 point</b>	<b>Weight- 5 points</b>	<b>Weight- 10 points</b>
<b>Paper submitted to dropbox within 72 hours of the School Nurse shadow experience.</b>	- Paper submitted to dropbox or discussion board late.		- Paper submitted to dropbox on time.
<b>Total Weight- 5 points</b>	<b>Weight- 1 point</b>		<b>Weight- 5 points</b>

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