

# Reflection Activity

Noticing	Interpreting	Responding	Reflecting
<p>During a 2-year-old well-child visit, I observed a routine checkup that focused on growth and development. The child's height and weight were measured, and a developmental screening was completed. The child was using short phrases, running, and stacking blocks, which are appropriate milestones for this age. I learned how important these screenings are in identifying delays early. Parents were educated on nutrition, safety, and toilet training readiness.</p> <p>I observed a 4-year-old who came in for a sick visit with coughing, mild wheezing, a runny nose, and a low-grade fever. On assessment, the provider noted expiratory wheezing but no signs of an ear infection. The child was diagnosed with a likely viral upper respiratory infection. I learned how to assess respiratory symptoms and educate parents on warning signs like increased work of breathing or high fever.</p>	<p>A developmental screening was completed using the Ages and Stages Questionnaire. The child was meeting milestones for speech, motor, and social skills.</p> <p>Vaccines were given:</p> <ul style="list-style-type: none"> <li>• Hepatitis A (2nd dose) – to complete the series and protect against liver infection.</li> <li>• Influenza vaccine– to protect against the flu.</li> </ul> <p>I learned how important it is to review immunization records and educate parents on why vaccines prevent serious illnesses.</p> <p>For the sick visit with coughing, wheezing, and low-grade fever, a respiratory viral panel swab was ordered. No chest X-ray was needed because symptoms were mild and lungs were clear except for slight wheezing.</p> <p>Diagnosis: Viral upper respiratory infection with mild reactive airway symptoms.</p> <p>I learned how providers decide on testing based on symptoms and how important respiratory assessment is in children.</p>	<p>The nurse's role during the well-child visit was to obtain vital signs, measure height and weight, and review the immunization record. The nurse also completed the developmental screening and asked the parents questions about milestones and behaviors. Another important role was administering the scheduled vaccines and educating the parents about possible side effects and the importance of routine checkups. I saw how much the nurse focuses on prevention and early identification of concerns.</p> <p>During the acute visit, the nurse's role was more focused on assessment and symptom management. The nurse obtained vital signs, assessed lung sounds, and asked detailed questions about the cough, wheezing, and fever. The nurse also assisted with the respiratory swab and educated the parents on medication use and warning signs to watch for at home. I learned how the nurse plays a key role in recognizing changes in a child's condition and supporting the family during illness.</p>	<p>I noticed several differences between the well child visit for the 2-year-old and the acute visit for the 4-year-old. Purpose of the visit, the well child visit focused on prevention, growth, development, and vaccines, while the acute visit focused on identifying and treating an illness, specifically coughing and wheezing.</p> <p>Type of assessment, during the well child visit, the nurse focused on developmental screening, growth measurements, and overall health. During the acute visit, the nurse focused more on respiratory assessment, vital signs, and symptoms like wheezing and fever.</p> <p>Nursing interventions in the well child visit, the nurse administered vaccines and provided education on safety and development. In the acute visit, the nurse assisted with diagnostic testing, monitored symptoms, and educated the parents on managing the illness at home.</p> <p>Looking back, I can clearly see how important the nurse's knowledge and skills are in this setting.</p>

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			<p>The nurse must understand normal growth and development to recognize delays during well child visits. During acute visits, the nurse must be able to recognize abnormal findings, like wheezing, and respond appropriately. I learned that the nurse plays a critical role in both preventing illness and identifying health problems early, which helps ensure the child receives proper care and stays healthy.</p>
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