

N433 – Active Learning for School Nurse Shadowing Experience

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

Many people view pediatrics as caring for children 13 and younger, but the reality is pediatric care is provided to those 18 and younger. The Charleston High School is filled with a pediatric population that has special health care needs. Adolescents require education about many complex health related topics that may be difficult to discuss.

2. How were you an engaged nursing professional today?

During our observation at Charleston High School, the nurse had us sit and observe as students walked in for care. Most students do not start classes until 0900, so at that time, we discussed the nurse's responsibilities and duties. She stated that the beginning of the year is the busiest time for her because of state-regulated paperwork such as vaccination records and documentation from physicals. The number of students who are seen by the nurse varies day by day. The reason for the visits is unpredictable and comparable to a walk-in clinic. School nurses can administer medications with a parent's written consent on file.

We observed one student wait for a parent to pick her up because she had vomited. Another student visited the nurse for an ice pack. Like all areas of nursing, documentation is a big responsibility of the nurse. Every student has a chart that the nurse documents why they visited the nurse's office and any intervention needed.

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

Though we were not able to provide care to the students, we were able to gain insight on the daily tasks of the school nurse and ask questions about policies and procedures.

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

High schools are great sites to provide education to a large group of people (ex. Sex education). Faculty are around students everyday and can provide health care and education relevant to daily needs. The high school nurse helps teens with the transition to adulthood by allowing them to administer their own medications under her supervision.

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

Fliers hang in the nurse's office, discussing underage drinking and car safety. The nurse also monitors the nine students who have diabetes. One student received an ice pack for an injured ankle. Another student had a gastrointestinal issue, which may or may not have been contagious.

According to the World Health Organization (WHO), several health risks exist for teens, including depression, suicide, self-harm, teen pregnancy, infectious diseases including sexually transmitted infections (STIs), poor nutrition, and obesity.

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.

Nursing diagnosis: Risk for self-harm (Carpenito-Moyet, 2010).

Goal: the adolescent will list alternative outlets that are not harmful

Nursing interventions:

1. Re-orient the adolescent as needed
2. Encourage positive affirmations and other self-esteem building exercises
3. Anticipate future triggering episodes and encourage the adolescent to develop a plan of action including phone numbers of family members or friends to contact in case of an emergency

7. How will your experience during the School Nurse job shadowing impact your Nursing practice?

Based on my observations, I don't feel this experience will impact my nursing practice. There were limited opportunities to watch the nurse work due to very few students using the service.

References

Adolescents: health risks and solutions. (n.d.). Retrieved from

Evans, Whitney

<https://www.who.int/news-room/fact-sheets/detail/adolescents-health-risks-and-solutions>

Carpenito-Moyet, L. (2010). *Handbook of Nursing Diagnosis*. (13th ed). Philadelphia: Wolters Kluwer.