

## ROLE OF PEDIATRIC NURSE

### INTRODUCTION:

The professional pediatric nurse has the responsibility to provide high quality care no matter the setting nor the role practiced. Setting where the pediatric nurse are involved in caring for the children include schools, acute care settings, clinics, physical office, home health agencies, rehabilitation centers, hospice programmes, day care centers, psychiatric center and summer camps. Nurse may also work as administrators or nurse executives. Although each setting may have separate roles and responsibilities, the role that the nurse take universal.

### PRINCIPLES OF CARING FOR CHILDREN:

To the better understand of the contemporary child health nursing the nurse need to understand the history of the trends and issues affecting contemporary practice in the pediatric setting. The principles on which child health nursing care is focused including the following:

**Growth & Development:** - Nurses who care for children must apply knowledge of growth & development to meet the child's physical and emotional needs. An understanding of normal physiology process that occur during the child's maturation must guide all nursing care of children physiologic in maturity affects the child's immunity, fluid balance, function of organ systems & response to illness. All aspects of care must be carefully tailored to each child's chronological and developmental age.

**Health Promotion:** - Education and counseling promote health in the pediatric setting. The goal is to guide the child and the family toward independence and to help them to take responsibility for their health. In some families this may never be completely accomplished, however, the goal remains the same even if the methods must change. Education that is developmentally based helps parents to understand anticipatory guidance. Inherent in health promotion is conveying information about nutrition, well-child care, exercise, parenting and safety. Through education and health promotion, the number of children being immunized has increased, the mortality rate has declined, accidental poisoning have dramatically decreased, and the rate of children injured in motor vehicle accidents has decreased.

**Focus on the Family:** - Family centered care is at the care of the child health nursing. The child's health and development are profoundly influenced by the values, beliefs, attitudes and health practices of the family. The child's need for support, love and security, which are essential to normal growth and development, is suddenly increased during illness. The nurse cares not only for the ill child but also for the child's family because families need to be partners in the child care carrying for the whole family includes providing accurate information for appropriate decision making, assessing family needs and referring the family to appropriate resources within the community.

**Child Advocacy:** Legally and ethically, nurse must assume the role of advocate for the child. All nurses have legal and ethical responsibilities. Pediatric nurses have specific responsibilities as child advocates in the areas of health promotion, violence, abuse, neglect, drug abuse, infant morbidity and mortality and access to care. The nurse may be only voice for a child seen in the emergency room for suspected neglect or abuse. Nurse should exercise responsibility cautiously but must be aware of their accountability.

**Concepts Applied Across Age Groups:** Central concepts fundamental to the care of children extended across many disorders and through all age groups. During any given health care encounter, the child may have needs related to play and activity, pain, nutrition, illness and family. Each of these concepts requires a knowledge base that extends across age groups and settings of care.

**Communication:** To care for infants and children, nurse must communicate effectively with children and their families. Communicating with children can be intimidating, especially if the nurse has had limited experience with or exposure to children. Using play and other creative and developmentally appropriate communication techniques can help nurse in this effort.

#### **Attributes Of A Pediatric Nurse:**

1. The pediatric nurse should have genuine love for children and a special knack to handle them in a playful manner to elicit their best co-operation.
2. She should establish a good rapport with children under her care despite the fact that she has to perform certain unpleasant tasks like giving injections, setting up an IV line, inserting a catheter or nasogastric tube etc.
3. She should interact and communicate both with children and their parents in a relaxed manner without showing any hurry, worry and anger.
4. She should have the expertise to undertake all the pediatric nursing skills with due competence and confidence.

***Roles of the pediatric nurse:*** The roles that the nurse takes in these settings are based on the level of performance expected by practice authorities.

<b>Primary Roles</b>	<b>Secondary Roles</b>	<b>Differentiated Practice Roles</b>	<b>Advance Practice Roles</b>
<ul style="list-style-type: none"> <li>• Care giver</li> <li>• Advocate</li> <li>• Educator</li> <li>• Researcher</li> <li>• Manager/Leader</li> </ul>	<ul style="list-style-type: none"> <li>• Coordinator</li> <li>• Collaborator</li> <li>• Communicator</li> <li>• Consultant</li> </ul>	<ul style="list-style-type: none"> <li>• Clinical care coordinator</li> <li>• Case manager</li> <li>• Clinical nurse</li> </ul>	<ul style="list-style-type: none"> <li>• Nurse practitioner</li> <li>• Clinical nurse specialist</li> <li>• Case manager</li> </ul>

## 1. PRIMARY ROLES:

### ***CARE GIVER:***

Patricia Benner (1984) identified several domains of nursing practice that are inherent in the care giver role. They include helping, patient diagnosing / monitoring, administering / monitoring therapeutic interventions / regimens, monitoring / ensuring the quality of health care practices, organizational and work role competencies and effectively managing rapidly changing situations. The care givers deliver direct nursing care to the children and their families that is based on the nursing process. This requires skill in critical thinking coordinating, collaborating and consulting as well as the ability to incorporate and integrate knowledge of pathophysiology. Pediatric illness, human growth and development, the biological science and the finding from the physical / cultural / spiritual assessment into a plan that accurately reflects child and family needs. Care provided also should demonstrate knowledge of pediatric pharmacology, including methods of administration, dosage, side effects and the ability to accurately administer medication by various routes to children of all ages.

### ***ADVOCATE:***

The advocate pleads causes for assists other in making informed decisions that are in the child and family best interest. Pediatric nurses activity as advocates inform client and family of their rights and options as well as consequences of those options. Pediatric nurse advocates function by allowing client / families to make their own informed decision and then supporting those decisions. Even though advocates do not need to approve the decision, they do need to respect that decision and the right to make that decision. In fact, advocates shouldn't make decisions for their clients but rather should facilitate decision making.

Advocates in pediatrics are concerned with informing children and their families about their health care decisions and providing information about research, experimental protocols and alternative treatments. They also provide complete, clear, concise, understandable and accurate information concerning treatment and procedures as well as inherent risks provide for privacy and respect and allow clients/ families to refuse a drug, treatment, test or procedure. Advocates also need to be careful not to impose their own personal values and standards but to allow the child and family to make autonomous decisions.

Nurse who advocate for clients and families who are vulnerable or cannot speak for themselves; for those who do not know how to speak for themselves because of their lack of knowledge, difficulty in articulating need / ideas, fear, physical or mental disability or perceived lack of power; or for those who are afraid to speak out. Effective advocates should be assertive, attentive, knowledgeable and trust worthy and have the ability to openly communicate with members of the health care team and remain educated about current legal and ethical trends.

**EDUCATOR:**

One of the important roles of pediatric nurse's takes is that of educator or teacher, because education is one of the major avenues that the nurse uses to enable clients and families to make informed decisions. Nurse teaches children and their families in a variety of settings, on a fairly wide range of topics and in many circumstances.

To an effective educator, the nurse must initially have knowledge of cognitive development since teaching a preschool child and family about an experience will be different than teaching an adolescent and family about the same experience. Techniques based on developmental levels include imitation, repetition, association, trial and error, conditioning and the development of concepts.

The nurse working with children and families will act in the educator role as they prepare children and families for procedures, surgery or the hospitalization experience itself. Educators will also answer questions about experience and treatment help interpret and integrate parents in learning how to care for their child. They also will be called on to provide information related to child rearing, to answer questions about human development, to discuss injury / illness prevention, health promotion and maintenance, immunization schedules, to clarify diagnosis and treatment plans, to supply children and their families with appropriate literature and to refer to lay or professional groups that might be helpful.

**Learning takes place in 3 domains: Cognitive, Affective, and Psychomotor.**

**Cognitive Learning:** Is concerned with intellectual activities can be compared to thinking and involves describing or explaining something or answering questions.

**Affective Learning:** Is learning that takes place in relation to feelings and emotions; as for example in role playing, modeling or one to one discussion where learners are asked to share their feelings and ideas about the information taught.

**Psychomotor Learning:** Is concerned with physical skills as when the opportunity actually practices what is being taught is offered. Often psychomotor learning is accompanied by explanation, demonstration and then the practice with hands on experiences, repetition and immediate feedback.

Nurse also is responsible for teaching their colleagues. For example they may need to teach other nurses or health providers about new information relative to a specific disease / condition or treatment or how to improve their skills trouble shoot when things go wrong.

***RESEARCHER:***

Nursing has traditionally borrowed from the nature and social science and has recently begun to concentrate on establishing a unique body of knowledge allowing clear identification as a distant profession. Scientific research is a valid way to develop this knowledge and pediatric nurses are in an important position to improve this knowledge. Nurse researchers have a responsibility to identify the problems that warrant scientific investigation and integrate into their practice, evidence based research. Professional accountability demands nurse utilize the research findings and determine the usefulness of these findings in practice. Pediatric nurses are also called upon to evaluate the methods used to carry out research projects and estimate how confident they are in the results. Involving all levels of education in a research study improves the project since each nurse brings different knowledge and skills to be them. Nurses can be a principal investigator on a research project, although special preparation is often necessary or a member of a research team. As a team member they could be involved as a data collector, responsible for administering a new nursing intervention, create, manage and analyze the data files, develop questionnaires, interviews and observe subjects, transcribe and analyze audio tapes and interviews, analyze diaries, journals, photographs and drawings conduct literature searchers, synthesis and critique articles or assist in writing proposals and editing manuscripts. Being a member of a team may also raise interest and enthusiasm for nurses to conduct their own research and should be encouraged.

***MANAGER / LEADER:***

A manager / leader include management of one's own client if caring for more than one client, as well as managing staff. Managing requires prioritizing, planning and organizing comprehensive and accountable nursing care for a group of clients. It also requires one to differentiate care that is important from care that is urgent so that children and their families have needs met in a timely fashion.

Managing also means delegating aspects of care to others in the nursing staff consist with their level of experience and education. Managing also requires that one assume a leadership role in health care management, that is effective pediatric nurse managers need to have knowledge of the care requirements of children and their families even though they may not be personally delivering the care in order to efficiently and effectively surprise the care given by others. Effective nurse managers interact with clients and their families both directly and indirectly by visiting clients on rounds, reviewing orders, receiving reports on client status and answering questions from staff and requests from clients and families.

Nurse Managers are also responsible for representing the institution to the client/ family and the client/family to institution and must also work with in the bureaucratic environment which sometimes means subordinating the needs of individuals to the needs of the institution. Nurse Managers determine the character of the unit, attitudes and behavior of staff and relationship with other professionals at the agency. If the manager's interactions with physicians, radiology,

pharmacy and housekeeping; the professional relationships with these departments have with the staff will be also be professional. If the manager is quite and efficient, these feelings will be communicated to children and their families; if the manager is stressed and seemingly unrecognized this too will be communicated.

### **1. DIFFERENTIATED PRACTICE ROLES:**

A nursing practice model currently being implemented in some care settings refer to a philosophy that delineates a nurse's role and functions according to experience, competence and education. It also promotes contribution and recognizes and values all nursing personal delivering care to clients regardless of their role, position or educational preparation. The integrated care delivery system was developed to improve use of resources, care quality and career statistics and seeks to divide work responsibilities according to educational preparation.

#### ***CLINICAL NURSE:***

The clinical care nurse (who holds an associate degree in nursing) provides care for clients in structured setting where procedure and policies are established and followed. It means being responsible for managing the care of pediatric clients for one shift, monitoring, evaluating and documenting responses to treatment, a plan of care, performing nursing skills within the scope of practice; delegating aspects of care to other team members according to their role/responsibilities; actually implementing the individualized plan of care; assessing clients to determine needs and learning readiness and networking with team members to enhance the continuity of care.

#### ***CASE MANAGER:***

The case manager (who holds a baccalaureate degree in nursing) is responsible for integrating client from preadmission to post discharge and uses independent nursing judgment. This nurse may or may not be established procedures /policies. This means assessing and developing a plan of care reflecting client discharge needs; designing; implementing and evaluating teaching plans that restore, maintain or promote health, determining long term goals for clients in collaboration with the family collaborating with health care team members to implement care plans both within and outside the acute care setting, assuming responsibility for care plan outcomes completing discharge planning assessment and collaborating with other disciples as needed to facilitate refers to other agencies within the community.

#### ***THE CLINICAL CARE CO-ORDINATOR:***

The clinical care coordinator (who holds a master's degree in nursing) provides leadership function in a variety of settings use independent nursing judgment based on specialized knowledge, research and theory and promotes health care out comes for clients. This means assessing nursing resources and staffing needs and then implementing as staff pattern reflective of this assessment; facilitating communication within the health care team, fostering development

and education of students and staff using unit resources effectively and providing administrative and clinical assistance as needed.

## **2. ADVANCED PRACTICE ROLES:**

### ***PEDIATRIC NURSE PRACTITIONERS:***

PNP role evolved to meet the need of primary care providers of routine health maintenance and preventive service in ambulatory settings. The PNP usually is an RN who has received advanced education (often a master's degree) and has graduated from a nurse practitioner programme. In the past the PNP traditionally worked in ambulatory/ clinic settings and focused on disease prevention, minor disease management and well children and families. Today the PNP may be employed in acute care settings and focus on management of particular disease entities or partner with physician groups or other types of managed care organizations.

Practitioners are independent, autonomous and highly skilled at performing nursing assessment and physical examination, counseling, treating minor health problems and teaching. The PNP also able to order, carry out and evaluate laboratory studies; discriminate between normal and abnormal findings that require treatment, referral or collaboration with other health care professional and identify topics, interpret results and implement evidence based findings into practice.

### ***CLINICAL NURSE SPECIALIST:***

CNS provides an expert approach to health focused on a refined body of knowledge and specialized practice competencies and usually has a master's in nursing. CNS provides expert physical, social and psychological support and care, consults with nursing staff and other health care management, conduct practice outcome research serves as a role model for staff and validates the nursing observation and intervention that staff make. CNS can be working in clinics, community agencies or long term facilities. Many work in acute care facilities and have prescriptive practice privileges. Others are used as staff educators / consults to the health care team, managers, expert, clinicians or researchers.

### ***CASE MANAGER:***

It is a practice model initially developed to minimize fragmentation of services and maximize individualization of care. It uses a systematic approach ensuring optimal outcomes by developing clinical pathways that are designed to achieve specific patient outcomes in a defined time frame. Length of the hospital stay can be decrease when this method is used. Case management also allocates and co- ordinates services for the individuals who cannot manage their own care or cannot negotiate the health care system. The case manager obtains services that the client needs and then monitors the effectiveness of the interventions provided to meet those needs. The plans developed are based on evidence based research and past medical decisions, so that the

most effective practice considering the clients condition are used. These critical pathways guided the team through the clients course of therapy indicating key events that must occur each day in order to achieve an appropriate length of stay.

### **ROLES OF PEDIATRIC COMMUNITY HEALTH NURSE:**

1. **Clinician:** combines nursing, epidemiology, case management, resource coordinators expertise in working with families into formulating the health policy, assessing communities and carrying out all phases of population focused programmes.
2. **Advocate:** advocates for the child and their family by promoting their needs and desires.
3. **Collaborator:** collaborates with other health care members, social service agencies, judicial systems and schools to ensure holistic care.
4. **Consultant:** serves as an expert (teacher, leader, resource person) who is able to propose solution for the identified problems.
5. **Counselor:** helps clients to choose appropriate solutions to their problems.
6. **Educator:** Teaches health promotion and disease prevention activities as well as maintains optimal levels of health and wellness.
7. **Researcher:** participates in research that will be of benefit to the community should include identifying problem areas; collecting, analyzing and interpreting data, applying findings; and evaluating, designing and conducting research.
8. **Case manager:** Develops and co- ordinates services for a selected client and family.

### **IMPLICATION OF CHANGING ROLES FOR NURSE:**

As nursing care has changed, so also have the roles of pediatric nurse with both basic and advanced preparation. Some of the settings for care of children in which the nurse work includes the following.

- Active care setting general hospital units, intensive care units, surgical units, post anesthesia care units, emergency care facilities and on board emergency transport craft.
- Clinics and physicians office.
- Home health agencies
- Schools, summer camps and day care centers.
- Rehabilitation centers or long term care facilities,
- Hospice programmes or respite care programs.
- Psychiatric centers.

**CONCLUSION:**

The practice of child health nursing requires access to specific information about normal growth and development parameters, appropriate preventive care and guidance for specific age groups, medication, laboratory values, vital signs in children of different ages and immunization schedules. The nurse also needs to understand the importance of adapting procedures to the specific needs of the children and to think critically about, their developmental differences. These different roles will help the nurse to provide the child care in a better way and for the child, the care will be benefitted for their betterment.

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