

## Time Management—Classroom Exercise

Group assignment: Organize this pediatric nurses morning from 0700-1200. List the things that must be done beginning with receiving report from the night nurse. Try to prioritize each patient and explain why. You can approach this as a time management exercise and break it down by what must be done each hour. Assign one person from your group to record your decisions.

This is an exercise for you to think out side the box---

- Include questions that you may need to answer early in your shift
- Include bath times, play time, meal time—do they even eat?
- Procedures/Surgery plans
- Include assessment and re-assessment time
- Include your priority assessment---who needs your attention first?

Have fun with it!

You come on duty to the following scenario. You are the only 7a-3p pediatric nurse on a small pediatric unit.

### **PATIENT #1**

8 day old Kevin was admitted at 0600 with an elevated bilirubin (baby is yellow/jaundice) and will be placed under a phototherapy light. Kevin is a breast fed baby. His mother stayed overnight with him and is sleeping on a cot in his cubicle.

### **PATIENT #2**

9 yr old Stella was admitted at 1900 last evening with a severe headache and vomiting intermittently. Stella had a V-P (Ventricular-Peritoneal) shunt inserted when she was 8 months old. (This helps to shunt cerebral-spinal fluid so that the baby doesn't have hydrocephalus) She is undergoing diagnostic studies today for a possible revision of her shunt this afternoon or tomorrow. Her mother is with her and father comes in during the day. Stella has an IV in her left arm.

### **PATIENT #3**

17 mo old Danny has been on the unit for 2 weeks. He has a central IV line where he is getting his antibiotic therapy for acute osteomyelitis. (inflammation of the bone in this case, due to infection) in his left femur. He is a very active toddler. His family is no longer staying overnight with him.

### **PATIENT #4**

At 8:45, you get a call from the ER that you will be getting Marcy Ann age 7 yrs who fell off her bike on the way to school this morning and fractured her left arm. She will be going to the OR some time this morning to have the arm aligned and casted.

Place your patients in priority order---who will you see first, second, third, fourth and WHY?

**Patient # 2**—assessment is unstable; unsure about diagnostics and I need to know the time of the tests

**Patient #3**—based some of my decision to prioritize him second on the time that antibiotics are due—I need to look at MAR first

**Patient #1**—stable and mom stayed with the baby.

**Patient #4**—because she is not on the unit yet---finish everyone else first

	<b>Your Plan of Care</b>			
	<b>#1--8 days old</b>	<b>#2 -- 9 yrs old</b>	<b>#3 -- 17 mo old</b>	<b>#4-- 7 yr old</b>
0700	<ul style="list-style-type: none"> <li>▪ How long can Kevin be out from under the light?</li> <li>▪ Feeding schedule (STABLE)</li> <li>▪ Send mom out for coffee/self care if she wants</li> <li>▪ Is this a 1<sup>st</sup> time mom?</li> </ul>	<ul style="list-style-type: none"> <li>• Are diagnostics early in day? Find out from the dept.—</li> <li>• Can Stella eat/drink since she has test? Maybe NPO because of vomiting</li> <li>• Assessment-plus IV</li> </ul>	<ul style="list-style-type: none"> <li>▪ Review MAR for antibiotic schedule—</li> <li>▪ when does he get meds?</li> <li>▪ Assessment-plus IV; base line assessment changes</li> </ul>	
0800	<ul style="list-style-type: none"> <li>▪ Assessment—latching on w/ breast feeding; weight of baby</li> <li>▪ Bath by mom (if ok with mom)</li> <li>▪ Schedule for light (safety considerations—eye protection?)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Breakfast?</li> <li>▪ Depending how she feels, she can wash up by her self</li> </ul>	Breakfast for Danny—need help with feeding? When does family come in?	0845 admission assess—modest? own jammie bottoms; support system?
0900	Light	Reassess—Neuro/IV	Play time for Danny—in bed or over in play area  0930--bath	<ul style="list-style-type: none"> <li>• NPO (nothing by mouth)</li> <li>• Implement new orders</li> <li>• Fill out PreOp sheet</li> </ul>
1000	Eating schedule?  Light  Re-assess	<ul style="list-style-type: none"> <li>▪ Reassess—Neuro/IV</li> <li>▪ Play if she feels better and hanging out for tests</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cartoons</li> <li>▪ Nap</li> <li>▪ Re-assess-left leg and IV site</li> </ul>	<ul style="list-style-type: none"> <li>• Re-assess lt. Arm—how frequent should you do that?</li> <li>• When is surgery?</li> <li>• Is anesthesia here?</li> </ul>
1100	Light  Re-assess	Reassess—Neuro/IV		
1200	Eating schedule?  Light  Re-assess/Vitals	Reassess—Neuro/IV  Can she eat yet?	Reassess/vitals  Lunch  Antibiotics?	vitals

## How Many Hours in a Day? 24

**6-8 hours** sleep

**3 hours** food and food/prep

**1.5 hours** shower, dress, groom

**1.0 hours** drive the kids

**1-2 hours** kids sports/homework

**2,4,6 hours** class (clinical days are 9 hours)

**Factor in** grocery shopping, auto repairs; MD/Dentist appt

**4.5 hours** study time (in the perfect world)

**Questions to Answer----All about you being successful!!**

**On the heavy days, who helps you?**

**What is your plan A, B, C, D?**

**When do you study---evaluate its effectiveness**

**Where do you study--- evaluate its effectiveness**