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BACHELOR OF SCIENCE IN FAMILY AND CONSUMER SCIENCES WITH CONCENTRATIONS IN CHILD LIFE AND CHILD DEVELOPMENT
3 MONTHS EXPERIENCE

“You never really understand a person until you consider things from his point of view- until you climb into his skin and walk around in it” – To Kill A Mockingbird

Can you tell me a little bit about your hospital and the units you cover?

We are a 12-pediatric bed, children's hospital within an adult hospital. I cover the entire hospital – which includes NICU, ED, Pediatrics, adult consultations and sometimes the OR.

What's your typical unit census and about how many patients do you see per day?

For Pediatrics, it's between 6 and 7, NICU usually around 30 and ED it depends on the time of day but at least 3-7 pediatric patients at all times. It varies a lot how many I see on a given day. I would say I see anywhere from 7-14 patients each day.

What does your average day look like?

I work Sunday-Tuesday, 10am-10:30pm. I first start by checking the phone for voicemails and missed calls, checking emails, and print off the census of the pediatric unit (writing down the nurses for each patient and any expected procedures for the day). I typically prioritize any consults that we have had via phone and call back staff that left voicemails. Next, I check if there are any scheduled procedures on the Pediatric unit happening in the morning. I check the ED census and then will do rounds on the Pediatric unit, checking in with the two nurses to see how everyone is doing/be aware of any discharges or admits to the unit. Next, I'll head to the NICU to check in on the patients that I have been consulted to see to provide stimulation/interaction. *LUNCH BREAK* Next, I respond to calls throughout the day and assess where I am most needed (receiving an average of 2-6 calls per day). I'm continuously checking on the ED/Pediatric unit and doing rounds. After about 8pm, I primarily stay in the ED due to patient's on the Pediatric unit going to sleep. I hope to leave by 10:30. There's a lot of communication/check-ins happening throughout the day with patients, families, nurses and other medical staff.

What is your favorite distraction item and how do you use it?

I-Spy/interactive books are the perfect way to block the patient's view from the procedure – and YOU get to the play along too!

What's the best part about your job?

The best part of my day is how my day is always so different but my mission/goal is always the same – to support the pediatric patients and their families. Some days that may look like preparing and distracting 15 different patients for IV starts, spending quality time engaging in a therapeutic activity with a few patients on Peds, or meeting with the ED manager to advocate for continuous education to staff for the use of topical anesthetics for Peds patients. I never really know what to expect when I walk in the door but I always have that mission on the forefront of my mind.

What's the hardest part in doing your job?

Sometimes questioning whether I am making an impact/difference. Because the work I do is sometimes behind the scenes, it can go unnoticed and occasionally I'll wonder if my presence matters.

What's a facet of your job that people wouldn't expect?

I think a lot of people think I just get to “play all day” or blow bubbles and give out prizes all day long. I do those things and my job **IS** fun, but not all the time. There are difficult aspects of it that are heartbreaking and difficult.

What's something you wish you knew when you started on this unit?

When you start your first CCLS job, it is a learning process, so give yourself some grace. It is okay to mess up and wish you had said or done things differently. After each intervention, I always self-evaluate and assess one thing that went well and one thing I would do differently for next time. We are continuously learning in this field; even the most experienced CCLS still has room for growth and new experiences. It is important to ask questions and learn from each other.

Do you have anything else you'd like to share about your job, tips for students, or thoughts?

It is worth all the hard work and waiting! I am constantly saying to myself throughout the day, I LOVE my job! It truly feels like I was made to do this and am using all my gifts so well. Grow in your confidence and learn how to trust and believe in yourself – you will need it! Feel free to reach out if you have any comments/questions – jlshaub@bsu.edu

