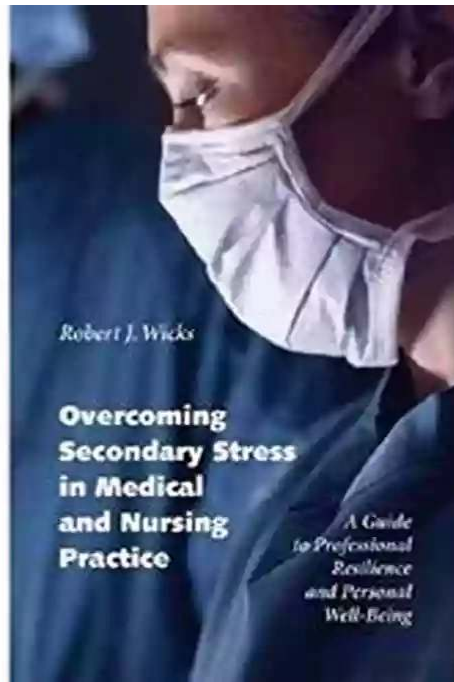


# 10 Things I Wish I Knew Before Starting My Nursing Career



Starting a career in nursing is an exciting journey filled with opportunities to make a difference in people's lives. However, there are a few things I wish I had known before embarking on this path. Whether you're considering a career in nursing or you're already a nurse, these insights might help you navigate the challenges and rewards of the profession. Read on to discover the things I wish I knew before I started nursing!

## 1. Emotional Resilience is Key



## BREASTFEEDING Tips and Tricks: What I Wish I Knew BEFORE I Started Nursing!: A Mother's Quick Guide for Successful Breastfeeding

by B. Johnson (Kindle Edition)

★★★★★ 5 out of 5

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Nursing is a demanding profession that often requires you to deal with emotionally challenging situations. While your training will equip you with the

necessary skills, developing emotional resilience is equally important. You need to be able to empathize with patients while also maintaining a level of detachment to protect your own well-being.

## 2. Time Management is Everything

**How to Effectively Manage Time as a Nurse**

Transitioning from full-time student to a full-time nurse can be challenging. Jumping into the real world requires the ability to make quick decisions and multi-task. Naturally, feelings of stress and anxiety may arise. But adopting and practicing good time management skills can help new nurses transition into seasoned professionals in no time.

**A Day in the Life**

On a typical day, a nurse spends:

- 76% of time on medication
- 37% of that time is spent with patients

Completed: 72 tasks in 8 hours, 2 minutes

**Build Up Your Skills**

According to a ANA healthcare survey, the number one concern shared by professional nurses is the pressure they feel not make mistakes.

**Prepare For Pressure by:**

- Organizing their schedule
- Developing relationships with peers
- Learning from experience
- Continuously learning and improving
- Asking questions and requesting help

**Build Confidence by:**

- Seeking an end goal and celebrating milestones
- Being prepared and ready to answer questions
- Being confident in their own abilities
- Continuously learning and improving
- Being confident in their own abilities

**Perfect Your Routine**

By enhancing your skills and forming good habits and routines, your days will go smoothly, and your confidence level and job satisfaction will both rise.

- Active Early**
  - Leave 15-20 minutes early
  - Check for any issues
  - Read patient reports & map out care
  - Put things on your to-do list
  - Check for any issues
  - Check for any issues
- Prioritize**
  - Rank items on list with good judgment
  - Put things on a to-do list
  - Check for any issues
  - Check for any issues
- Reduce Interruptions**
  - Put yourself in a room where you can work without interruptions
  - Check for any issues
  - Check for any issues
- Organize**
  - Keep an organized workspace and supply list
  - Check for any issues
  - Check for any issues
- Anticipate**
  - Anticipate needs of your patients
  - Check for any issues
  - Check for any issues
- Take Breaks**
  - Check your thoughts, feelings and focus
  - Check for any issues
  - Check for any issues
- Don't Be Too Hard on Yourself**
  - It's okay to be imperfect
  - Check for any issues
  - Check for any issues

**Manage Your Time and Your Career**

Establishing effective time management skills is essential to remaining focused. Equally important, these skills enable nursing professionals to give patients the care they deserve.

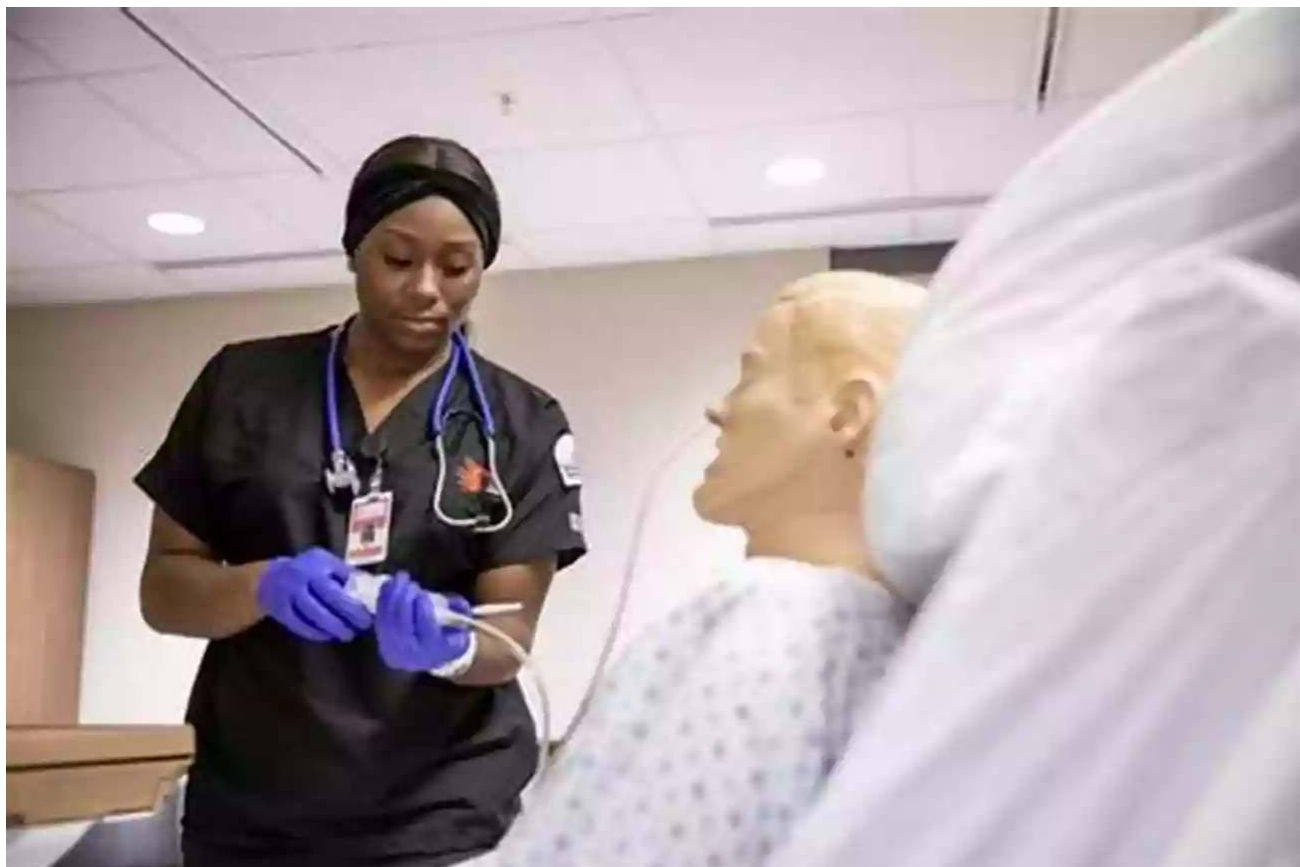
Use these tips as a starting point. But don't stop there. Communicate with colleagues and explore additional time-management techniques. This helps ensure growth and improvement -- as well as reduced stress.

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Nursing is a fast-paced profession that requires excellent time management skills. From administering medications to attending to various patient needs, you'll

be juggling multiple tasks simultaneously. Learning effective time management techniques early on will help you stay organized and reduce stress.

### **3. Continuous Learning is Essential**



Medicine is an ever-evolving field, and nursing is no exception. Embrace the fact that you will be continuously learning throughout your nursing career. Stay updated with the latest research, advancements, and best practices to provide the best possible care to your patients. Maintaining professional development also opens doors to new opportunities and specializations.

### **4. Self-Care is Not Selfish**



Nurses are known for their dedication and selflessness, often putting their patients' needs before their own. However, neglecting self-care can lead to burnout and affect the quality of care you provide. Prioritize your physical and mental well-being by incorporating self-care practices into your routine.

## **5. Collaboration is Key**



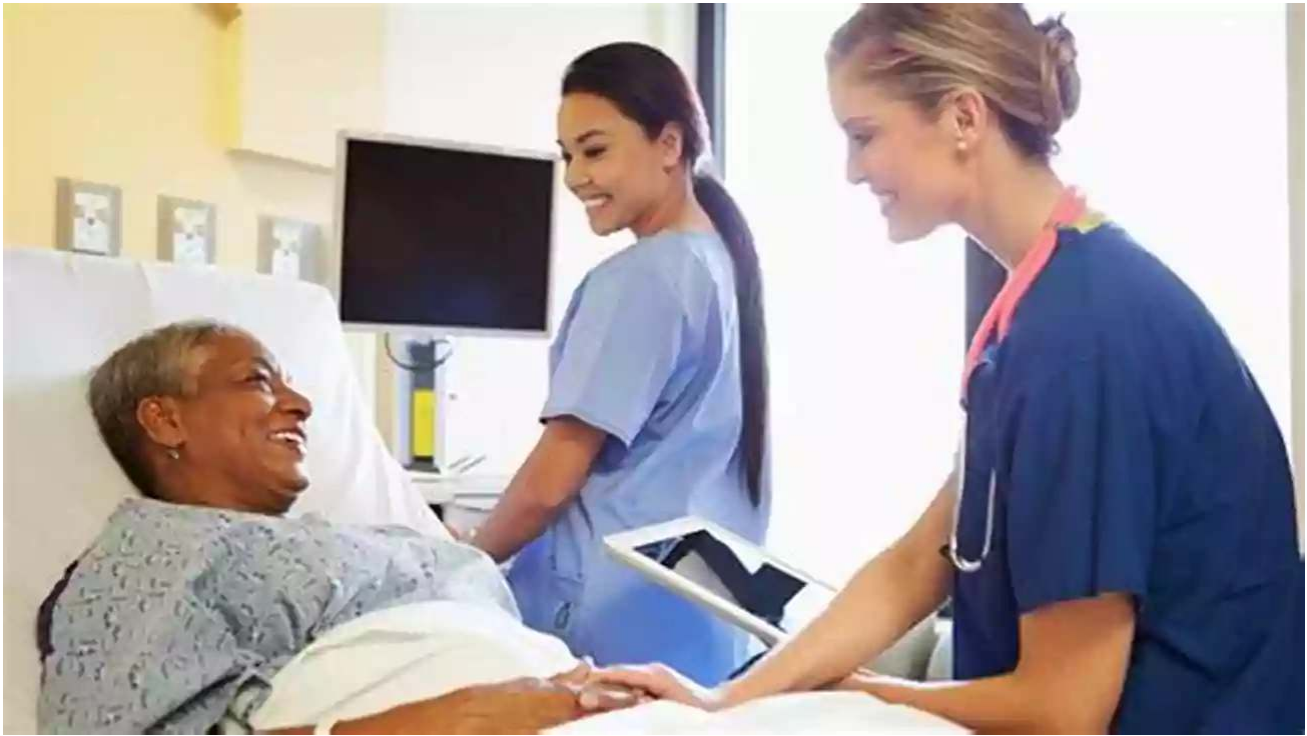
Success in nursing is rarely achieved alone. Collaboration with healthcare teams, doctors, and other nurses plays a crucial role in delivering comprehensive patient care. Build strong professional relationships and foster effective communication to ensure the holistic well-being of your patients.

## **6. Compassion Fatigue is Real**



Nurses are exposed to emotionally charged situations daily, which can take a toll on their emotional well-being. Compassion fatigue, characterized by emotional exhaustion and decreased empathy, is a common occurrence in nursing careers. Learn to recognize the signs and seek support when needed to prevent burnout.

## **7. Your Voice Matters**



As a nurse, you possess valuable insights and experiences. Don't hesitate to advocate for your patients and share your ideas within the healthcare team. Your voice matters and can contribute to improving patient outcomes and shaping healthcare policies.

## **8. It's Okay to Ask for Help**





Nursing can be overwhelming at times, and it's okay to ask for help. Recognize your limits and reach out to your colleagues, mentors, or support networks when you need assistance. Asking for help shows strength and ensures that you can continue providing the best care to your patients.

## **9. Flexibility is Essential**

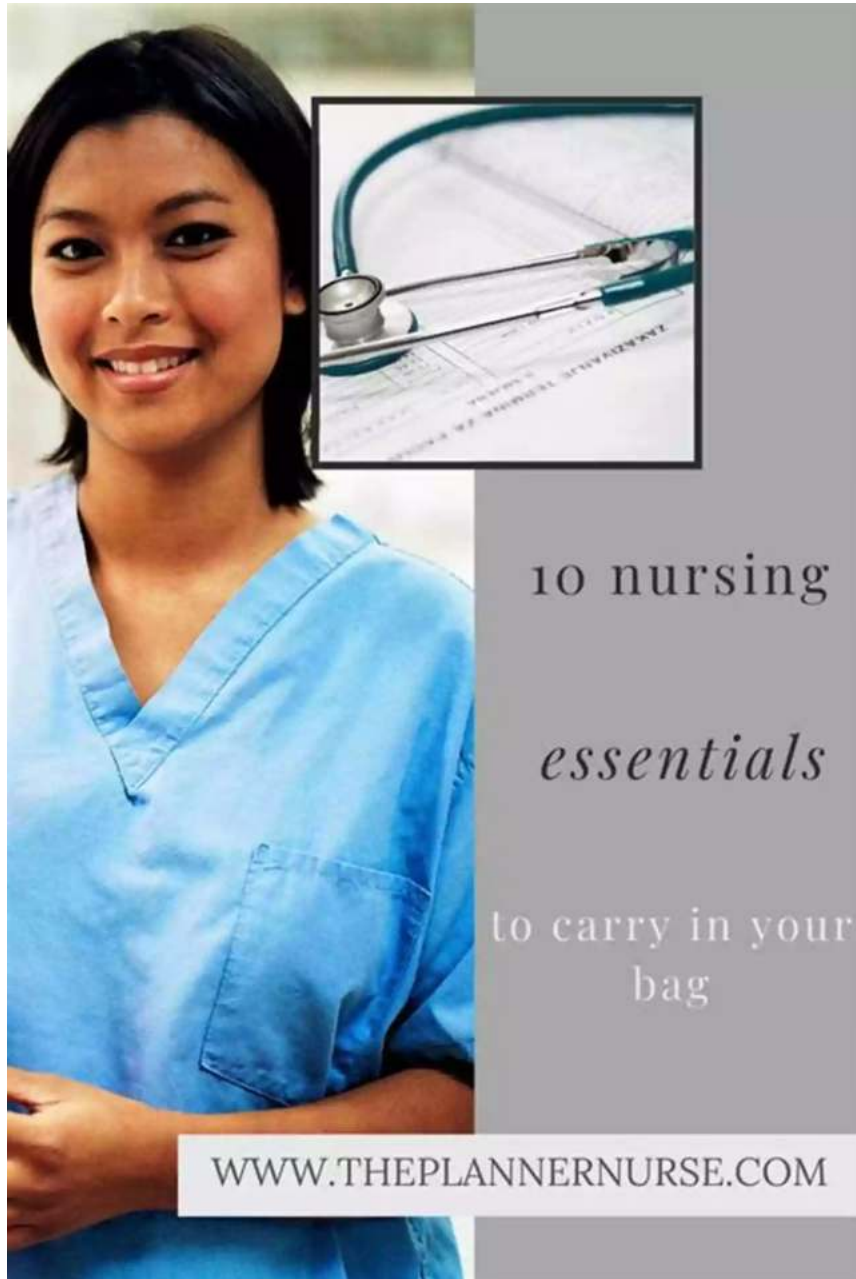


You were born  
with the ability to  
change someone's  
life, don't waste it.

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The nursing profession is unpredictable, with ever-changing circumstances and patient needs. Being adaptable and open to change is crucial to thrive in this environment. Embrace flexibility as a skill and be prepared to adjust your plans when necessary.

## **10. You Are Part of Something Bigger**



10 nursing

*essentials*

to carry in your  
bag

[WWW.THEPLANNERNURSE.COM](http://WWW.THEPLANNERNURSE.COM)

As a nurse, your work goes beyond individual patients. You are part of a profession that plays a vital role in society's well-being. Recognize the impact you have on people's lives and find fulfillment in knowing that you are making a difference every single day.

, nursing is a rewarding yet challenging profession. By understanding these invaluable insights, you can navigate your nursing career with greater confidence

and success. Remember to prioritize self-care, embrace continuous learning, and value collaboration. Your role as a nurse is essential, and by following these tips, you can thrive personally and professionally on your nursing journey.



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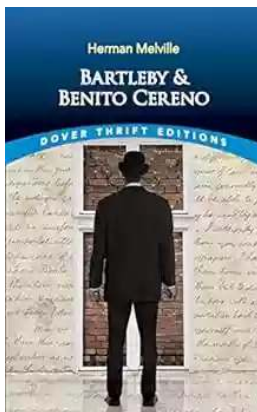


Breastfeeding isn't a one size fits all and all women have their own combination of problems and concerns! Even those women who seem to have it easier. But stress no more (or at least stress a little less about nursing),in this book you'll find different tips and tricks, that helped me throughout my entire breastfeeding journey! What I hope mommies get out of this book is tips and tricks to make breastfeeding as smooth as possible with as few obstacles as possible. All the things I wish I knew before I started! This book is for Women intending to be mothers, currently expecting mothers, new and first time mothers, as well as family members of those mentioned. I also include yummy milk boosting recipes! What you will get from this book;

- My experience as a first time mother and what helped me get through those

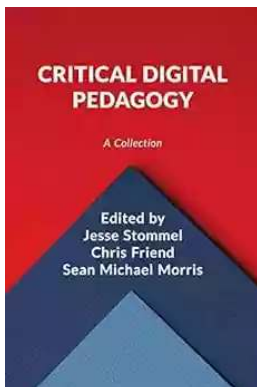
tough times.

- How to prepare yourself for the breastfeeding task ahead of you. If you are not well prepared and do not have prior information on breastfeeding, you may get frustrated if it does not go as you had envisioned.
- Latching; how to hold your baby in a proper position while breastfeeding to help him/her attach well to the breast.
- Sometimes breastfeeding can be painful, ouch! What do you do in such a case? Read on and find out.
- We will also talk about your diet as a breastfeeding mom. Is there a connection between your diet and colic in your breastfeeding baby?
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- What is weaning? When and how should it be done?



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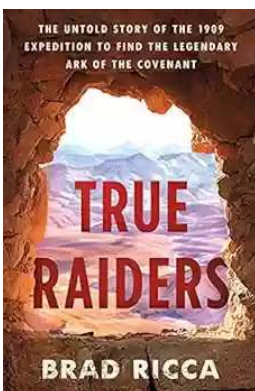
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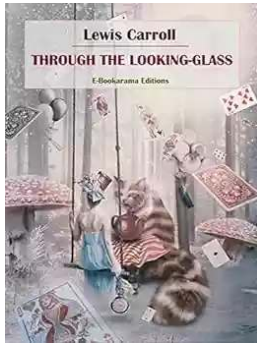
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