



Nursing 101

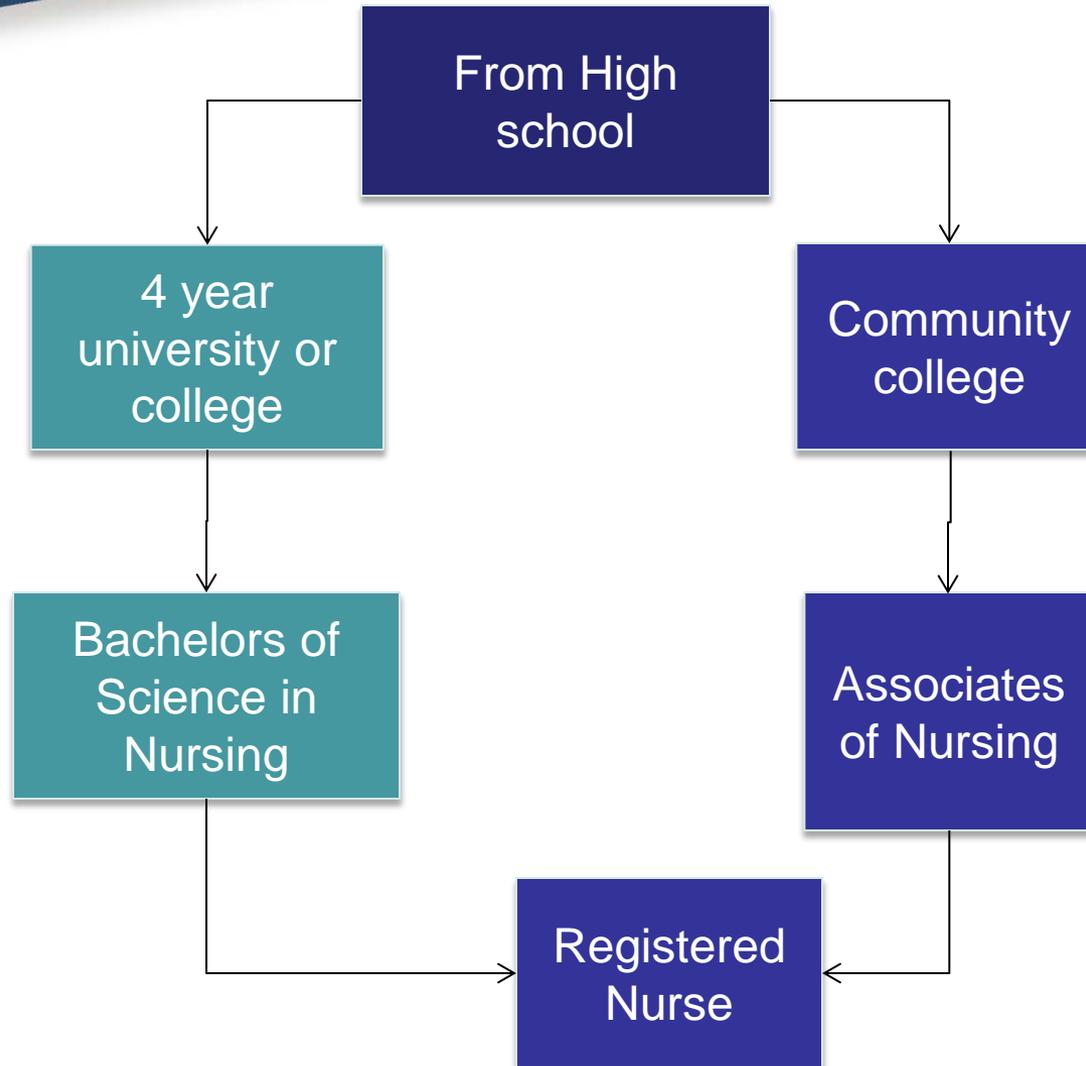
OHSU School of Nursing
www.ohsu.edu/son

What is Nursing?

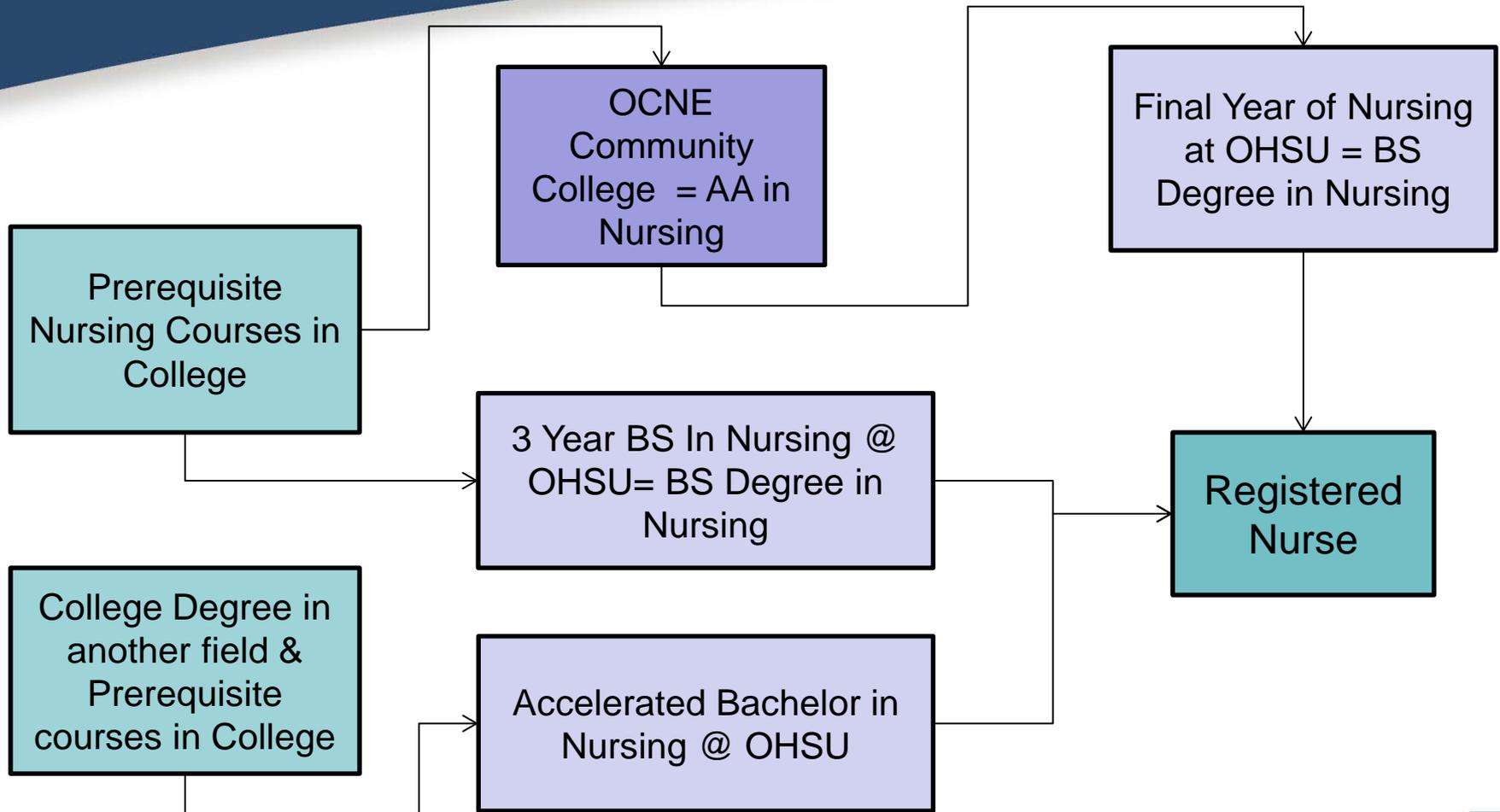


Nursing is a profession within the health care sector focused on the care of individuals, families, and communities so they may attain, maintain, or recover optimal health and quality of life.

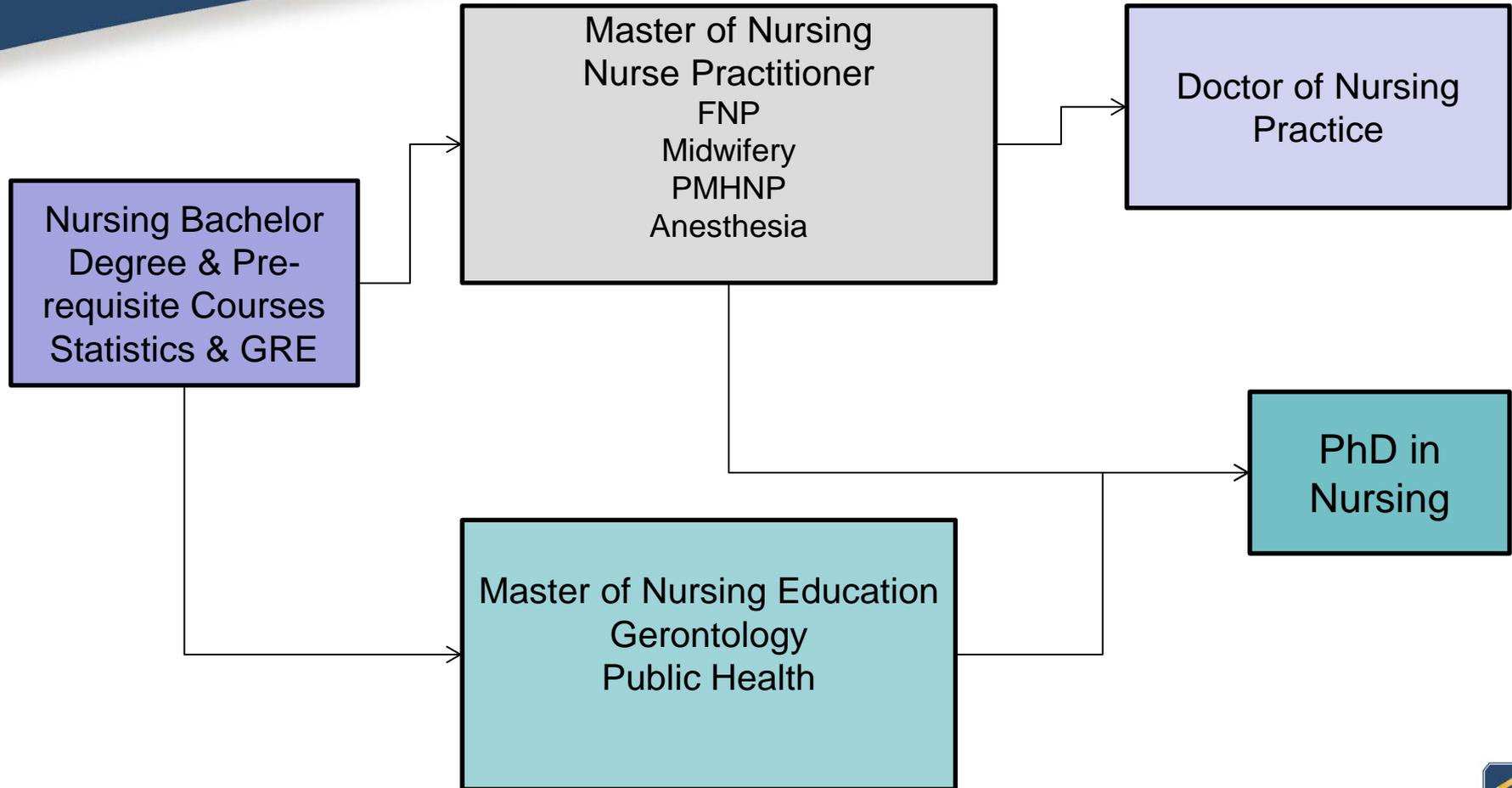
Pathways to Nursing (Undergraduate)



OHSU Undergraduate Nursing Options



OHSU Graduate Nursing Options



Types of Nurses

- There is a wide range of nursing roles within nursing like:
- Pediatric Nursing- This involves care of children from birth to adolescence. It includes the clinical and psychological aspects of nursing care.
- Nurse Educator-responsible for teaching and mentoring the next generation of nurses within the classroom and in the practice setting.



Types of Nursing

- Emergency department nurse-
Emergency nurses provide rapid assessment and treatment to patients in the initial phase of illness or trauma and often in life-threatening situations.
- Prenatal nursing is a specific type of medical care that is recommended for pregnant mothers to ensure a healthy pregnancy.



Types of Nurses (Cont.)

Traveling nurse:

A travel nurse is generally a registered nurse who fills a nursing position when a health care facility cannot find qualified nurses in their area or when a health care facility is looking to fill a temporary nursing position such as when an existing nurse goes on paternity leave.



Types of Nurses (Cont.)

- Neonatal Nursing-is the caring of newborns up to 28 days after birth.
- Geriatric nursing-Nursing care of the aged patient given in the home, the hospital, or special institutions such as nursing homes.



Types of Nurses (Cont.)

- Nurse Anesthetist- is a nurse who specializes in Anesthesiology in surgical procedures.
- School Nurse- The school nurse provides health care to students and staff, performs health screenings and coordinates referrals to the medical home or private healthcare provider.



Estimated Nursing Salary per year

- Anesthetist Nursing-\$156,000-\$206,000
- School Nurse-\$43,000-\$55,00
- Traveling Nurse-\$66,000
- Cardiac Nurse-\$72,000-\$109,000
- ER Nurse-\$78,000
- Nurse Practitioner-\$95,000
- Nurse Midwife-\$84,000
- Nurse Research-\$95,000
- Prenatal Nursing-\$114,152
- Psychiatric Nurse Practitioner- \$95,000
- Orthopedic Nurse-\$81,000

Steps to Reaching your Nursing Goals High School

As a high school student you can prepare for nursing school by:

- Taking your science and math courses “extremely serious”
- Learning time management and multi-tasking skills
- Learning good studying habits
- Learning how to be a team player
- Taking leadership opportunities
- Volunteering or working in your local hospital or clinic
- Shadowing a nurse to see if this is the right career for you
- Getting your CNA to help with your experience in a hospital setting

Continued Steps High School

- Strive to get the best scores you can on your SATs or ACTs (these are placement tests for entry into college). Take them your junior and your senior year to improve your score.
 - Check out if your high school has a Health Occupations Course or Club.
- Work with your high school counselor to explore your college options.
 - Research colleges that meet your needs and will support your goals.
 - Start thinking about how you will pay for college, save money, and start looking into scholarship opportunities.

More Resources High School

- Get help with your college application. Check out if your high school has an ASPIRE program, which is a mentoring program to help you prepare and apply for college. Check out <http://www.aspireoregon.org/>.
- Check out the MedStars program offered by Oregon Health and Science University in Portland. This is a 4 day residential health career exploration program for high school students ages 16-19. Check <http://www.ohsu.edu/ahec/> for more information.

Steps to Reaching your Nursing Goals College

As a college student you can prepare for nursing school by:

- Working with your pre-nursing advisor to take prerequisite courses.
- Attending an information session to learn about the specific program options available to you.
- Reviewing application materials closely to start pulling together your relevant documentation.
- Volunteering in a health related role to get hands on experience.
- Interviewing current nurses to get information on current trends in nursing.
- Interviewing current nursing students to find out what they wish they had known prior to going into nursing school.
- Reviewing nursing articles to identify current trends for the profession.

Continued Steps College

- Academic references are important.
 - Start cultivating your relationships with instructors now so that you have multiple sources to connect with. Make sure your references know you and are able to provide you with good references that reflect your academic capabilities and potential.
- Professional appearance, eye contact and good communication skills are important.
 - Practice interview skills
 - Put together a resume
 - Create a professional e-mail account for applying to colleges
 - Take opportunities to practice public speaking and leadership skills

Continued Steps College

- Start thinking about why you have chosen this pathway. Ask yourself:
 - Why is nursing the right field for you? What has drawn you to nursing?
 - What will you contribute to the field?
 - What populations do you hope to work with? Why?
 - Where do you think you will do the most good? Why?
 - What do you bring to the academic program? What sets you apart from other nursing applicants?

You can start putting together practice essays to help you get this type of information down on paper.

- Have your advisor or faculty read your essay and give you feedback. Make sure you are telling a compelling story.

Additional Resources

- OHSU School of Nursing
 - <http://www.ohsu.edu/son>
- Oregon Student Nursing Association
 - <http://www.Oregonsna.org>
- National student nurses association
 - <http://www.nsna.org/>
- Johnson & Johnson
 - <http://www.discoveringnursing.com/>