

nurse's newsletter

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This article is brought to you by M/s **Nurses-Careers-Abroad**, a New Delhi, India based organisation specializing in placement of Indian / Asian Nurses in USA, Europe, Australia, New Zealand etc. Nurses-careers-abroad makes available ON-Line training facilities for NCLEX-RN and IELTS, both pre-requisites for Nurses from this part of the world for jobs in America and accepted as sufficient qualification (often not as a qualifying requirement) for jobs in many countries in Europe and Australia /New Zealand.

Such articles and other interesting facts / anecdotes about nursing profession are mailed by us on fortnightly basis to all Nurses registered with us at www.nurses-careers-abroad.com for Newsletter Distribution. Please register if you wish to be on the direct mailing list.

Registered Nurses

Nature Of the Work

Registered nurses (R.N.s) work to promote health, prevent disease, and help patients cope with illness. They are advocates and health educators for patients, families, and communities. When providing direct patient care, they observe, assess, and record symptoms, reactions, and progress; assist physicians during treatments and examinations; administer medications; and assist in convalescence and rehabilitation. R.N.s also develop and manage nursing care plans; instruct patients and their families in proper care; and help individuals and groups take steps to improve or maintain their health. While State laws govern the tasks R.N.s may perform, it is usually the work setting, which determines their day-to-day job duties.

Hospital nurses form the largest group of nurses. Most are staff nurses, who provide bedside nursing care and carry out medical regimens. They may also supervise licensed practical nurses and aides. Hospital nurses usually are assigned to one area such as surgery, maternity, pediatrics, emergency room, intensive care, or treatment of cancer patients. Some may rotate among departments.

Office nurses care for outpatients in physicians' offices, clinics, surgicenters, and emergency medical centers. They prepare patients for and assist with examinations, administer injections and medications, dress wounds and incisions, assist with minor surgery, and maintain records. Some also perform routine laboratory and office work.

Nursing home nurses manage nursing care for residents with conditions ranging from a fracture to Alzheimer's disease. Although they usually spend most of their time on administrative and supervisory tasks, R.N.s also assess residents' medical condition, develop treatment plans, supervise licensed practical nurses and nursing aides, and perform difficult procedures such as starting intravenous fluids. They also work in specialty-care departments, such as long-term rehabilitation units for strokes and head-injuries.

Home health nurses provide periodic services, prescribed by a physician, to patients at home. After assessing patients' home environments, they care for and instruct patients and their families. Home health nurses care for a broad range of patients, such as those recovering from illnesses and accidents, cancer, and child birth. They must be able to work independently and may supervise home health aides.

Public health nurses work in government and private agencies and clinics, schools, retirement communities and other community settings. They focus on populations, working with individuals, groups, and families to improve the overall health of communities. They also work as partners with communities to

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plan and implement programs. Public health nurses instruct individuals, families, and other groups in health education, disease prevention, nutrition, and child care. They arrange for immunizations, blood pressure testing, and other health screening. These nurses also work with community leaders, teachers, parents, and physicians in community health education.

Occupational health or industrial nurses provide nursing care at worksites to employees, customers, and others with minor injuries and illnesses. They provide emergency care, prepare accident reports, and arrange for further care if necessary. They also offer health counseling, assist with health examinations and inoculations, and assess work environments to identify potential health or safety problems.

Head nurses or nurse supervisors direct nursing activities. They plan work schedules and assign duties to nurses and aides, provide or arrange for training, and visit patients to observe nurses and to insure that care is proper. They may also insure records are maintained and equipment and supplies are ordered.

At the advanced level, **nurse practitioners** provide basic primary health care. They diagnose and treat common acute illnesses and injuries. Nurse practitioners can prescribe medications in all States and the District of Columbia. Other advanced practice nurses include **clinical nurse specialists, certified registered nurse anesthetists, and certified nurse-midwives**. Advanced practice nurses have met higher educational and clinical practice requirements beyond the basic nursing education and licensing required of all R.N.s.

Common Tasks

1. Maintain accurate, detailed reports and records.
2. Monitor, record and report symptoms and changes in patients' conditions.
3. Record patients' medical information and vital signs.
4. Modify patient treatment plans as indicated by patients' responses and conditions.
5. Consult and coordinate with health care team members to assess, plan, implement and evaluate patient care plans.
6. Order, interpret, and evaluate diagnostic tests to identify and assess patient's condition.
7. Monitor all aspects of patient care, including diet and physical activity.
8. Direct and supervise less skilled nursing or health care personnel or supervise a particular unit.
9. Prepare patients for, and assist with, examinations and treatments.
10. Observe nurses and visit patients to ensure proper nursing care.
11. Assess the needs of individuals, families or communities, including assessment of individuals' home or work environments to identify potential health or safety problems.
12. Instruct individuals, families and other groups on topics such as health education, disease prevention and childbirth, and develop health improvement programs.
13. Prepare rooms, sterile instruments, equipment and supplies, and ensure that stock of supplies is maintained.

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14. Inform physician of patient's condition during anesthesia.
15. Deliver infants and provide prenatal and postpartum care and treatment under obstetrician's supervision.
16. Administer local, inhalation, intravenous, and other anesthetics.
17. Provide health care, first aid, immunizations and assistance in convalescence and rehabilitation in locations such as schools, hospitals, and industry.
18. Perform physical examinations, make tentative diagnoses, and treat patients en route to hospitals or at disaster site triage centers.
19. Conduct specified laboratory tests.
20. Hand items to surgeons during operations.
21. Prescribe or recommend drugs, medical devices or other forms of treatment, such as physical therapy, inhalation therapy, or related therapeutic procedures.
22. Direct and coordinate infection control programs, advising and consulting with specified personnel about necessary precautions.
23. Perform administrative and managerial functions, such as taking responsibility for a unit's staff, budget, planning, and long-range goals.
24. Provide or arrange for training or instruction of auxiliary personnel or students.
25. Refer students or patients to specialized health resources or community agencies furnishing assistance.
26. Consult with institutions or associations regarding issues and concerns relevant to the practice and profession of nursing.
27. Work with individuals, groups, and families to plan and implement programs designed to improve the overall health of communities.
28. Engage in research activities related to nursing.

Attention:

1. Since the articles are either from archives generally in public domain or contributed by some of you with no exclusive rights we do not place any restriction on your forwarding these articles to your friends in good faith.
2. We have received offers from Nurses for publishing Articles /Anecdotes / Real Life Experiences proposed to be forwarded by them to Nurses-Careers-Abroad. We heartily welcome the idea. We shall do so mentioning the name of the sender. Contributors are advised to submit their Name, Address, Email and Phone Number so that we can cross check with them(for editing etc.) before publishing the article. Please bear in mind that we can publish only one article per week and subsequently these shall be archived at the website under Nurses Newsletter Archives.
3. Nurses-Careers-Abroad also proposes to establish a "NURSES-BLOG" on the website for the Nursing Fraternity. Look for it at www.nurses.careers.abroad.com
