

Introduction

My project is on a career in nursing this project will tell you all about a career in this chosen subject.

I have chosen this project as I want to work in this particular area of health care. I also want to find out the different types of nursing.

I will present this project with a poster and power point presentation. This will tell more people about nursing and a career working within nursing.

Also if any one who has a different knowledge on nursing may learn things that they don't know. All the information will help many people and could help others wanting to come onto the course or thinking about looking more into the aspect of nursing.

"The government publishes today's shortage occupation list following advice from the Migration Advisory Committee," he said.

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MAC

what do you think should be done about the shortage of nurses? Your comments: (Terms and conditions apply)

"Let us remember why we are nurses; we are here to look after people, save lives, and give optimum care to those in need. This must be remembered in our key role – we are not here to meet government targets, we are here to look after people. We should admit to our care only those we can look after with our available resources – others would at least be cared for at home by family and friends.

Let us give nurses the satisfaction of doing a job properly, without the harassment of playing catch-up all shift, and the emotional strain of seeing people needing more care than they are able to give because of too many demands. (Prioritising of care is a misnomer; for prioritising of care, read "rationing" of care). If nurses are allowed to do the job properly, and thus feel some

satisfaction, they might not leave. Nurses are extremely sensitive to any criticism as we are very aware of our shortcomings – although not our fault, we are exhausted, physically and emotionally. Please make our job manageable, and give us a salary commensurate with the work we do." -

Name and address supplied

"The government should ensure that newly qualified nurses have post registration posts and guarantee preceptor ship. Focus on consolidating knowledge and offering some security for the less confident nurses. The opportunity to progress or move to senior posts has too often in my experience been based on a snapshot interview. I have never been asked to show proof of my ability to work to the highest level – on the contrary, I have been subjected to new methods of candidate selection where on every occasion the person subsequently chosen assumed herself to be above patient care and team leadership. Most have now gone, while people like myself just pick up the workload and wait for the next 'high flyer' to talk their way to the top.

What the government should be looking at generally is the management level responsible for recruitment – and makes the PRs of this profession fight for their posts. If

we have a shortage of nurses it is because we are treated with so little respect or consideration." - **Name and address supplied**

"As many as 300 nurses per week are looking at immigrating to other countries to practice. The government needs to look at retention of these nurses and to provide the necessary pay and training to keep them. I agree with the comment about student nurses also – they need to have a guaranteed probation year and not have to fight for jobs." - **B Kauffman, Lincolnshire**

"It is disgraceful that these positions are not offered first and foremost to English nurses – with an incentive for these nurses to apply! There is a huge amount of home-grown nurses who just turn to other careers. As a well-qualified English nurse I have found it very frustrating to apply for posts as I do not have a driving licence or a passport to prove who I am! Also, the cost of CRB checks makes me wonder – should I be a CRB employee, as they must be making a small fortune?!" - **Sharon, Worcester**

"Nurses are not valued or recognised for the job that we do; it is one of, if not the most, physically and emotionally demanding jobs.

Pay a decent wage for a start and nurses may stay in the profession, but I don't blame those who leave when they can get paid just as much if not more for doing a less stressful job." - **Fiona O'Regan**

"The reasons for the shortage should be addressed. In my own area of practice, many nurses are resigning their jobs, and some are planning to leave, while many are not very happy in the job because of the heavy workload which can be detrimental to giving quality care to patients. Lack of support from managers and those concerned should also be addressed. The more nurses resign their jobs shortage will continue to happen. I believe I am speaking for other thousands of nurses who are unfortunately in this same predicament." - **Roseline Bella, London**

"I think the government should look to its own newly qualified and experienced nurses first to fill the vacancies before looking elsewhere. Our own nurses cannot get jobs – why is this when a so-called shortage exists? Run recruitment fair for UK-qualified nurses." - **V Henry**

"As with teacher training, newly qualified nurses should be guaranteed a post for the first year after registration, thus adding to

their experience." - **Jill Best, Scotland**

"I think they should employ the newly qualified nurses instead. I've have been qualified over two months now and can't get a job – the reason I'm being given is 'lack of postregistration' experience." - **Alison, Scotland**

"Give higher incentives or more benefits for nurses as we are helping to save the lives of the people. Nurses are the lowest paid profession and seems we are taken for granted." - **Virginia Salapang, Glasgow**

The government list of jobs open to immigrants from outside the EU to fill posts in "shortage" occupations includes senior nurses.

An expert panel made recommendations about which jobs there were not enough British workers to fill. These recommendations have now been accepted by ministers.

The shortage occupation list includes senior nurses, civil and chemical engineers, some construction managers and geologists. It also includes social workers, which were not recommended by the Migration Advisory Committee (MAC), but which were added to the list by ministers.

The Home Office said there was some evidence about social workers the MAC had not examined and social worker posts were being added to the list as a precaution.

Senior care workers and skilled chefs, new additions to the list, are to be reviewed.

Immigration minister Phil Woots said there would be 200,000 fewer jobs available to migrants as a result of the new list.

The government list of jobs that the nurse can do in the hospital and it also includes social workers and they can also do nursing in home peoples home and on a children's ward. Make sure you know what kind of job you want to do in nurse you want to be. Such as nursing and midwifery.

Training to be a nurse

This page outlines the initial training involved in becoming a nurse.

Introduction

To work in the NHS, nurses must hold a degree or diploma in nursing (a "pre-registration" programme), which leads to registration with the Nursing and Midwifery Council (NMC), enabling them to practice as a nurse.

Nursing attracts people from all walks of life and so groups of student nurses are made up of a mixture of ages, sexes and cultures.

Degrees and diploma programmes comprise of 50% theory and 50% practice, with time split between the higher education institute (HEI), which runs the course, and practical placements in a variety of healthcare settings.

It is intended that nursing will move to a degree level qualification leading to registration for new entrants to the profession. The earliest possible date this would happen would be Sept 2011 and the details are being worked through at the moment. Courses in 2009 and 2010 will run as planned with no structural changes.

Branches of nursing

Pre-registration degrees and diploma programmes are offered in four "branches" – adult, children (paediatric), learning disability and mental health. Some courses offer the chance to combine social work with mental health or learning disability nursing. Usually, you will need to decide which of the four branches of nursing you wish to train for, before applying for a programme. A small number of HEIs may offer you the flexibility to choose your branch after having started the course. You are therefore strongly recommended to contact the HEI(s) that you are considering before making your application.

All nursing degrees and diplomas consist of common foundation programmes (CFP) that are taught across all four branches of nursing, usually for one year on full-time courses, before specialisation.

If, for example, you choose to go into mental health nursing, the placements during your second and third years of study (on a full-time course) will be mainly concentrated in that environment, and will focus on patients with mental health problems. However, certain aspects of training will be common to all branches of nursing.

For information about entry requirements into the following programmes, [click here](#).

Pre-registration programmes

1. Pre-registration diploma of higher education in nursing (Dip HE nursing)

- On completion, students are awarded both an academic and a professional qualification, through integrated study of theory and supervised nursing practice.
- Supervised nursing practice is 50% of the programme and takes place in both community and hospital settings.

- The programmes are normally three years in length, beginning with a 12 month common foundation programme (CFP), followed by around two years in one of the four branches of nursing: adult, mental health, learning disabilities or children's nursing.

2. Pre-registration nursing degree

- On completion, students are awarded both an academic and a professional qualification, through integrated study of theory and supervised nursing practice.
- Supervised nursing practice is 50% of the programme and takes place in both community and hospital settings.
- The programmes are normally three years in length, beginning with a 12 month common foundation programme (CFP), followed by around two years in one of the four branches of nursing: adult, mental health, learning disabilities or children's nursing.
- Some degree programmes last for four years.

3. Accelerated programmes for graduates who hold a health related degree.

- These shortened programmes are modified from existing nursing programmes and lead to qualification in adult, mental health, learning disabilities or children's nursing.
- Accelerated programmes are at least 24 months in length. A minimum of six months is undertaken in the CFP and at least 18 months in the appropriate branch programme.

4. Part-time study

Part-time pre-registration nursing programmes are provided by some universities and normally last for five or six years. They are available to staff working in the NHS – usually as an assistant or an associate practitioner with qualifications up to NVQ level 3 (or equivalent). You'd be employed by the NHS, which would provide support in terms of time off to attend on a part-time basis.

After your pre-registration programme

Once you've successfully completed your pre-registration programme and registered with the NMC you can apply for nursing posts. With some experience, you can look to develop your career further, which may mean further study/training.

Healthcare is constantly developing, technology improving, and the needs of the population changing. Once qualified, it is necessary to keep yourself up to date with health care issues and practice. This will be required by the NMC, and encouraged by your employer. For information about post registration education and practice (PREP) requirements, [click here](#)

For information about furthering a career in the NHS, [click here](#)

At Cedar Court we do things a little differently than most other care homes. We believe this is your home and we would like you to treat it exactly like home. There are no fixed visiting hours so friends and family can come and see you as usual.

Our residents decide what to do and when to do it, just as they would at home, and when some help, support and care is needed, that's fine too. Cedar Court is a new purpose-built care home registered for 50 elderly residents and offers residential, nursing and dementia care.

Cedar Court has been beautifully decorated and furnished to the very highest standard. Each floor has been individually designed to create a high quality luxury home from home.

At Cedar Court we have doctors who are on hand to assist with any medical advice and attention when required. Alternatively, residents may choose to have their own doctor visit them.

We welcome both long and short-term residents and offer holiday or respite care

How is your career in these difficult times? Do you need help getting a new job? Do you even know how to get a new job when there are no jobs out there?

Perhaps you would like to make a career change but don't know what options you have. Or you might be ready for greater things but uncertainty or lack of confidence is holding you back.

The job market today is tougher than it has been for years. You dare not leave your future to chance. Our expertise has helped over 3,000 people to find better jobs. It is the best investment you could possibly make.

Whatever career advice you need, come and talk to us. Taking active control of your career is the best investment you will ever make.

We are the UK's best qualified, most popular and most successful careers consultancy. We pioneered the profession and have helped thousands of people of all ages, background and experience. We offer a wide range of individually tailored solutions. We have offices across the country. We can help you. You can read some of our dozens of testimonials online. And you can view our 5 minute video to get a really clear idea of what we do, and how we do it.

You can arrange a free, introductory meeting, so that we can assess what you need and you can hear more about us, online or by sending email to info@careerenergy.co.uk or calling 0845 226 1616. There is no obligation to purchase.

At Career Energy we don't just give you career advice- we give you a whole new perspective on yourself, and we help you to get connected to the right people to make things happen. And you can pay for our services in easily managed instalments. Get full information on our services and fees.

To find out how we can help you, before you book an introductory meeting, please complete our online questionnaire.

Some Testimonials

1. "I was successful in getting the role with the NHS, my new official title with the hospital is Assistant Divisional Manager - Specialist Medicine. I really appreciate all the support and guidance you provided me during the difficult time that I encountered when I was made redundant from my local authority job and I would recommend your services to anyone who was going through a similar situation that I did."

Samantha Williams

2. "Career Energy was great from start to finish, as it helped me to help myself work out what I really wanted to do and what options were available. Thank you!"

Angela Terry

3. "I have found my experience with Career Energy to be invaluable in clearly identifying my skills and achievements. I now have a much more defined idea of what I have to offer a prospective employer and feel I can pursue my future career with confidence and enthusiasm."

John Rich

4. "The programmer gave me clarity on the skills, knowledge and experience I have acquired as well

as on my motivators, achievements and career needs."

Sandra Lilley

5. "Career Energy deliver something truly unique in the way that they facilitate the discovery of your career needs. I now have a new career with a new role, in a new sector and a new country. My sincere thanks Career Energy, I am the happiest career changer ever!"

Dan Williamson

Quick Links

A residential care home for the elderly, for many of us, will be the departure lounge, the last place we can be fully, socially human before becoming a chart at the end of the bed.

Some half a million elderly and physically disabled people are long-term residents of about 30,000 private, public and voluntary care homes in the UK. Yet unlike the hospital - another place you'd rather not be if you can help it - the care home is almost invisible in our culture, despite a collective population equivalent to Newcastle and Gateshead combined. One might almost wonder if there's a nationwide conspiracy of uncomfortable silence, like a guilty family secret. Sian Lowell, a veteran care home worker who three months ago started as a shift manager at Hawthorn Court, a private residential care home up the winding hills of Swansea, hints as much.

"I've noticed more pressure from families, a huge amount of guilt among relatives; you can see that if they become aggressive towards you," she says. "Today, men and women work all the time but have an emotional attachment to the idea we should be the ones looking after our elderly relatives. I try to recognize the turmoil that creates in relatives who show it by being very demanding. If my mother was still alive and in a care home, I would want the best for her too."

Lowell is starting her 2-10pm shift with the handover period, a debrief with the morning shift manager, Bev. Nestling in what was originally an Edwardian villa which since has sprouted annexes after annexes, leaving sadly little garden space, their office is a den of peeling cream-painted walls, shelves of files, a notice board pinned with official certification and need-to-know paperwork, a forbiddingly steel-doored medication cupboard and four CCTV screens monitoring the exits for intruders. A new young care worker, Sarah, brings us tea, and residents feel free to pop their head round the door to say hello. Hawthorn Court is a pleasant place where people potter about, watch TV and chat over glasses of squash (ready to hand to prevent urine infections, a common care home problem).

Among Hawthorn Court's 26 residents aged from 80 to 98, one in particular is a recent cause of concern to Lowell and her team.

"One lady has now developed dementia, and she will spend all day walking and picking things up, and has had several accidents through sheer exhaustion. You endeavour to secure her safety but you can't watch her 24 hours a day. She used to run two shops, and I think in her mind she's stacking shelves or tidying up. So you have to monitor her. She was dehydrated and is diabetic and also on psychiatric medication, so I spoke to her CPN (community psychiatric nurse); he came up and assessed her, checked her blood pressure, looked at her fluid chart and the confidential documentation we'd written on her behaviour - something as simple as someone waking up in the middle of the night might be significant. None of us are nurses or doctors; we have them to plug in to."

Lowell is part of a healthcare network that extends from GPs to incontinence advisers, CPNs, consultant psychiatrists and psychologists: "We have to liaise with somebody almost every day, and work as a team within a big outer team." Then, of course, there are the cooks and cleaners, and her care staff which number three per shift with an occasional trainee as well. Lowell has a lot on her shoulders.

"I worked for years in Swansea social services; I got the training and perspective, but it was clinical, so being back at a private residential home is lovely. You adhere to the same procedures, but because it's smaller, it's friendlier. In the bigger social services homes you spend half the day writing up the changing policies - which I still do here, but residents can pop in and out of the office and we all muck in together. We try to make things as much as we can like a family home. Some residents like to go into the kitchens to help wash up, using their household skills; some like to play the piano, or go out to eat."

Originally from Kidderminster, Lowell married young and, when her husband lost his job as recession hit the carpet industry, moved with her young children to her mother's home

town, Swansea, "to start afresh. When I left school at 16 I worked in a local youth club, then an adventure park in a very rough neighborhood to help get the youth off the street. I started working in a care home aged 22, my first ever job in Swansea. Right then I just knew I wanted to help people. Don't ask me why - I just knew."

In her home life, Lowell, now 44, has had to care too; her mother died of cancer aged 62 and her father of cirrhosis aged 56. "I experienced loss, and I think I care so much because I have no older family left. It wasn't a good marriage and I'm divorced; I have three wonderful daughters, but it's just us." Lowell's youngest is still at school but her middle daughter, aged 18 who has just qualified as a hairdresser, is making her a grandmother at the end of the year. They all rub along together in Lowell's four-bedroom house.

Today, Lowell's proudest possessions are not material; they are her qualifications, crucially an NVQ advisory level 3 as required under the Care Standards Act passed eight years ago. NVQs in care work can't just be acquired by passing a written exam: training, observations, case studies, work placements and witness testimonies are all part of the nine-module mix. It can take two years to pass, "though some people fly through it in three months. By law throughout Wales we have to go on POVA courses - Protection of Vulnerable Adults - have CRB [Criminal Record Bureau] checks, and work to a minimum NVQ level 2. And when I worked on an EMI - the elderly and mentally infirm - unit, I did university death and dying courses.

"In this home we have no specialized units, though a lot of our residents have gone on to develop dementia or Alzheimer's. But this is their home, and as long as they do not require high-dependency nursing care, they remain here at home."

With all that on her plate, does Lowell still have the time and energy to care?

"I have a rule for myself which I tell the trainees: treat people how you'd want to be treated yourself in the same situation. If you live by that, you can't go wrong."

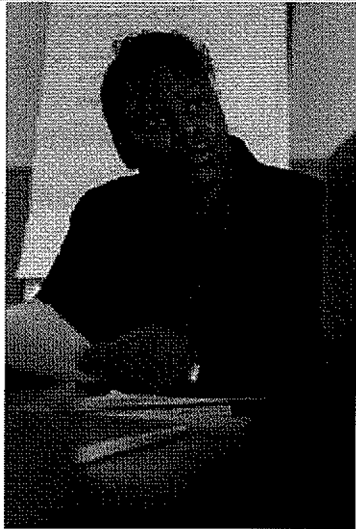
It is, she admits, not always easy for a young trainee to empathise with someone 60 years older. "That's why it takes a special person to do this. People should not just do this as a job. You get some young carers who just don't realise what the work entails. Personal care - washing, bathing, showering, toileting, dealing with incontinence pads and urine and faeces - is quite shocking to some people."

But, says Lowell, you can care too much.

"A few years ago I was a key worker to a lady who had Alzheimer's. To see this vibrant, intelligent woman, a headmistress who travelled the world and did dramatics, at the age of only 58 diagnosed with Alzheimer's was so painful. I saw her through to the very end, when she'd even forgotten how to swallow. I felt I knew her and I got a little too attached. But sometimes it's almost impossible not to. Now, I try to remain professional but also I hope I'm friendly and approachable too."

Lowell's ambitions? To do her residence managers award, and leadership and management skills qualification. "Twenty years ago it was just a job. I want a career; I want to run my own home or be a manager for an owner. I want to be able to instil my values and training, and encourage other people to do theirs. The whole perspective of what you might say are menial jobs is changing; it can now be a career with status."

Nursing



If you want to work in an environment that's interesting, rewarding and challenging, a career in nursing will give you plenty of scope to do exactly that. Nurses form the largest group of staff in the NHS and are a crucial part of the healthcare team. Nurses work in every sort of health setting from accident and emergency to working in patients' homes, with people of all ages and backgrounds.

So, if you've got an interest in caring for people, you'll find a role that suits you in nursing. Some nurses begin their career by working their way up from support roles, which require no set qualifications, and go on to train for a registered nursing degree or diploma, which qualifies them to work as a nurse. Others apply straight to university to undertake their studies.

Whatever route you take, you'll need to gain a degree or diploma in nursing, during which the NHS will support you. For instance, your tuition fees will usually be paid and you will be eligible for a bursary.

Once you are part of the NHS, you'll benefit from flexible working arrangements, excellent benefits and a wealth of opportunities to help you fulfil your ambitions and progress up the career ladder. There are few professions that offer so much in terms of job satisfaction and support, while giving you the chance to enhance people's lives during their times of need.

Career options

Here you will find information about some of the many types of nursing that exist within the NHS. To work as a nurse in the NHS, you must be registered with the Nursing and Midwifery Council (NMC), which means you'll need a degree or diploma in nursing.

However, there are many ways in which you can become a registered nurse. For instance, you can work your way up from being a healthcare assistant (which may not require any qualifications), and progress to apply for a place on a degree or diploma course, or you can begin your professional study after gaining your A levels. Depending on experience and training there are plenty of opportunities for you to rise up the ranks to manage teams, run wards and even reach consultant level, if desired.

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Adult nurses

Adult nurses work with old and young adults with diverse health conditions, both chronic and acute. They juggle numerous priorities and use caring, counselling, managing, teaching and all aspects of interpersonal skills to improve the quality of patients' lives, sometimes in difficult situations. Work may be based in hospital wards, clinics or, increasingly, community settings and you may do shift work to provide 24-hour care.

Mental health nurses

As many as one in three people has a mental health problem at some point in their life, regardless of their age or background. Conditions range from personality and psychological disorders to neuroses and psychoses. Nurses who choose to specialise in the mental health branch of nursing - a complex and demanding area - work with GPs, psychiatrists, psychologists, and others, to help care for patients with mental illnesses. Increasingly, care is given in the community, with mental health nurses visiting patients and their families at home, in residential centres, in prisons or in specialist clinics or units. You may do shift work to provide 24-hour care. This is a valuable role that provides much reward and satisfaction.

Children's nurses

This branch of nursing involves working with children of all ages who are suffering from many conditions. Children's nurses deal with a range of situations, including babies born with heart complications, teenagers who have sustained broken limbs, and child protection issues. Health problems can affect a child's development and it's vital to work with the child's family or carers to ensure that he or she does not suffer additionally from the stress of being ill or in hospital. Children's nursing takes place in hospitals, day care centres, child health clinics and in the child's home. Like other branches of nursing, care is becoming more community-based. You may do shift work to provide 24-hour care.

Learning disability nurses

People with learning disabilities often have a wide range of physical and mental health conditions. Learning disability nurses work in partnership with them and family carers, to provide specialist healthcare. Their main aim is to support the well-being and social inclusion of people with a learning disability by improving or maintaining their physical and mental health; by reducing barriers; and supporting the person to pursue a fulfilling life. For example, teaching someone the skills to find work can be significant in helping them to lead a more independent, healthy life where they can relate to others on equal terms. Learning disabilities nursing is provided in settings such as adult education, residential and community centres, as well as in patients' homes, workplaces and schools. You could specialise in such areas as education, sensory disability or the management of services. Learning disability nurses work as part of a team alongside GPs, psychologists, therapists, teachers and social workers. If you work in a residential setting, you may do shifts to provide 24-hour care.

District nurses

District nurses visit people of all ages, often in their own homes, GP surgeries or a residential home. Many patients are elderly, others may have disabilities, be recovering after a hospital stay, or have a terminal illness. You may do shift work to provide 24-hour care. You'll need to qualify and work as a registered nurse and then complete a degree-level specialist practitioner programme, which usually lasts at least one academic year, before you can become a district nurse. Funding or sponsorship may be available from your employing trust. This is a rewarding role as you can work one-to-one with patients on an ongoing basis, which enables you to develop a trusting relationship while you improve their quality of life.

Neonatal nursing

Neonatal nurses work with newborn babies who are born sick or prematurely. Often, premature newborns have respiratory problems, which can be life threatening if they are not treated promptly and monitored. Also, ill babies need to be fed in a specialised way in a highly controlled environment that is kept warm. You may do shift work to provide 24-hour care. Neonatal nursing training programmes are part of continuing professional development and are normally studied as modules by registered adult and children's nurses and midwives. As with other types of nursing, there are opportunities to progress to management, research and education, as well as nurse consultancy.

Health visitors

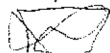
Health visitors are registered nurses or midwives who have done further training to work as vital members of the primary healthcare team, covering a specific geographical area. They work with a network of organisations concerned with health and can be based in settings as diverse as people's homes, schools, GP surgeries, shelters for the homeless and medical centres. This is a role that will appeal to those who enjoy one to-one nursing and want to work with autonomy while remaining part of a healthcare team. You'll have opportunities to progress to manage a team of health visitors or work in other management roles in the NHS. You'll need to qualify and have worked as a registered nurse or midwife before completing a degree-level training programme, which usually lasts a minimum of one year, full-time, before you can become a health visitor. You may receive financial support from your employer although this can depend on what course you take and where you live.

Practice nurses

Practice nurses work in GP surgeries as part of a primary care team that is likely to include doctors, nurses, dietitians and pharmacists. In smaller practices, you may be the sole nurse, whereas in larger surgeries, you may share duties with practice nurse colleagues. You may be required to work one or two evenings a week. As the range of healthcare services provided in the community increases, the role of the practice nurse is likely to expand. For example, you might get involved in prison nursing, which may mean doing shifts to provide 24-hour care. To become a practice nurse, you need to qualify and have gained experience as a registered nurse. Local employers organise training. This role offers much scope and variety for those who have highly developed communication skills, enjoy working flexibly and are organised. Depending on your experience, you could be organising and running clinics, which will demand attention to detail, initiative and plenty of confidence. You'll be employed by GP practices and may be able to work part-time. As a practice nurse, you will be able to apply for senior positions such as nurse practitioner, where you can manage your own caseload.

Prison nurses

Prison nurses are registered nurses based in prison. They are either employed by the prison service or, increasingly, by the NHS. Many prisoners suffer from substance abuse or have a mental health problem, making nursing in this environment challenging. By improving mental and physical health, the care provided by prison nurses may help to lower re-offending rates, and therefore have a positive impact on prisoners, their families and the wider public. A background in mental health nursing may help. You may have opportunities to move between the NHS and the prison service through job share, job swap and secondment schemes, and, as in other types of nursing, you can undertake further training and apply for management roles. As a prison nurse, you may do shift work to provide 24-hour care.



School nurses

School nurses are usually employed by a primary care trust, local health authority, community trust or by individual schools. You will need to be an experienced registered nurse before you can apply to work as a school nurse. Experience of working with children, in child protection or health promotion will be beneficial.

Healthcare Assistants (sometimes known as nursing auxiliaries or support workers) are not qualified nurses. You might like to find out more about these vital team members.

Healthcare assistants

Work with nurses, midwives and other healthcare professionals, helping with care and looking after patients' comfort and well-being.

Other opportunities for nurses

There are also opportunities for nurses to work in other areas including:

- ◆ NHS special health authorities such as NHS Direct and NHS Blood & Transplant
- ◆ private healthcare providers
- ◆ charities such as Macmillan Cancer Support
- ◆ teaching and assessing roles
- ◆ the armed forces

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| | Counseling Diploma |
| | SRN (State Registered Nurse) |
| | RCNT (Registered Clinical Nurse Tutor) |
| | RGN (Registered General Nurse) |
| | RM (Registered Midwife) |
| | RMN (Registered Mental Nurse) |
| | RHV (Registered Health Visitor) |
| | Diploma in Social Work |
| | RGN (Registered General Nurse) |
| | DN (District Nurse) |
| | Diploma in Palliative Care |
| | Matron at a hospice |

The Woking Careers Office
The Woking Jobcentre

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Finding Out About Nursing

Nursing is one of the most worthwhile jobs you can do. What could be more rewarding than easing the pain of a seriously ill patient, helping a child to walk again after an accident or teaching someone with a learning disability a new skill? These are only some of the useful tasks you might perform as a trained nurse.

MAKING THE RIGHT DECISION

How will you know if nursing is right for you? If you want to help people and are prepared to work hard, there is a wide variety of work you could do. If you are a school leaver, you may have done some work experience in a hospital or in some field related to nursing. That would be valuable experience.

Perhaps you wish to start a second career or you may want to enter nursing after having brought up your family. You could contribute a great deal to the profession by bringing to it your experience of either another career or bringing up a family.

Here are some of the **skills** you may need as a nurse:

- tact and sympathy
- organising skills
- the ability to work with and communicate well with other people
- calmness under pressure
- the ability to think clearly and solve problems.

Don't worry if you don't possess all of these at the moment; your training will help you to develop them.

Talking to people

Talk to any nurses you know and find out as much as you can about the work they do. If you don't know any, contact your local hospital and ask if you can visit and talk to some of the nurses. Have you ever had to visit the nurse who works with your local GP? She may be willing to give

you some information and suggest some helpful journals you might read.

Ask your family and your teachers for their opinions. Do they feel nursing is the right career for you?

Going to the careers office

If you are still at school, you will probably have a careers teacher who may be able to give you appropriate information and will be able to discuss your future career and guide you in the right direction.

Your local careers office will also be helpful. Everything that is issued by the Department of Health is stored on file or on computer. A friendly assistant will help you find what you require. Ask if you could have a photocopy or print out of the particular documents that interest you.

Working as a volunteer

It is always useful to obtain 'hands on' experience before embarking on your training. If you are still at school, you would be very welcome as a volunteer in a hospital or nursing home. The hospital library often uses volunteers to distribute books and volunteers often visit the wards trundling the 'shop trolley'. You might be able to work at the weekends or during school holidays. It would also be useful to do some voluntary work after you have left school and before you start your training. The more experience you get, the more valuable it will be.

Writing to the colleges

If you are serious about taking up nursing as a career, you must decide on the type of training you require. Find out the addresses of those universities that have colleges of nursing attached to them. Your careers teacher, the careers office or your local library will be able to give you these.

Write to all those that are in a suitable area for you. Ask them to send you details of the nursing training they offer. There will be two main types – a diploma course known as Project 2000 and a degree course. These will be explained in more detail in Chapter 2.

LOOKING AT THE OPTIONS

Project 2000 consists of two parts. The first is called the Common Foundation and the second, the Branch Programme. You will have to choose your nursing speciality for the latter. There are four options, which are detailed below.

Doing adult nursing

As you go to train for adult nursing, you will have plenty of variety. Patients will be suffering from a wide range of physical illnesses. You will work on a hospital ward, in an outpatient department, and an intensive care unit. You will care for elderly patients as well as young ones.

Nursing today is highly technical as the profession makes use of new technology. Once you are trained you will find you are given more responsibility for your patients. You no longer have to work directly under the direction of doctors and ward sisters. You will be able to plan the care your patient needs. In doing so, you must take account not only of their physical condition; it is important that you are familiar also with the patient's emotional, social and domestic situation as well.

Communication skills are very important as you will have to work in a team and give explanations and reassurance to your patients. You will have to assess your patients' needs and monitor their progress. Having done so, you should then know which other health care professionals you may need to call upon. You will experience nursing in the community and spend time with a district nurse, a health visitor or a specialist nurse.

Working with children

If you choose to be a children's nurse, you will be trained to work with boys and girls from birth to adolescence. You will learn about the physical and emotional development of children. Because your patients will not always be able to explain their symptoms, you will be trained to observe closely their behaviour as well as their medical condition. You will learn about community care, medical and surgical nursing and you will also deal with children with physical and learning disabilities, although specialist nurses will usually care for the latter.

You will work both in a hospital and in the community. Within the community you will work with a team of health care professionals. When dealing with children in hospital, you will require a high degree of **patience** and great **sympathy** as they are likely to be frightened by their environment. Your job will be to make it 'safe' for them.

As children now stay in hospital for shorter periods, you are likely to spend some of your training in the community. As well as caring for the child, you will also be involved with the parents, who are encouraged to play an active role in their children's care. You should gain their confidence and provide comfort and reassurance.

Working with children can be a rewarding experience particularly as you watch them recover their normal exuberance.

Helping those with learning disabilities

Learning disability nursing involves both care and practical skills. If you choose this branch of nursing, your role will be to help your patients achieve as much as possible.

You may have to teach very basic skills like washing and dressing. You will find that your patient can only absorb a little at a time and you will need a great deal of patience; you must give encouragement at every stage. If your patient is physically handicapped, you are likely to work with occupational therapists and physiotherapists.

You will work in a variety of different settings. The patient may live at home, be hospitalised, live in a hostel or even in a special community. Most of your work is likely to be in the community rather than in a hospital setting.

Opting for mental health nursing

There are many types of mental health problems and in your training you will deal with people of all ages who have different problems. Some will have serious mental problems which are enduring while others may suffer for only a short time – perhaps as a result of some trauma in their lives. Some patients will be cared for in rehabilitation centres while others will be in their home setting. Some will need to be in hospital for varying periods of time.

You will be trained in all aspects of mental health and will learn about the latest treatments. However, much of your work will consist of talking to and listening to your patients. It is important to build a relationship of trust with both them and their families.

SELECTING YOUR TRAINING

Now you have to decide what type of training you wish to do. Will you opt for a degree or for the diploma Project 2000? Both of these will be discussed in depth in the next chapter.

Applying for a course

For a place on the diploma course, you should write to: Nursing and Midwifery Admissions Service (NMAS), Fulton House, Jessop Avenue, Cheltenham GL50 3SH. You will be sent an application package including a handbook which gives details of courses. Applications should be in by December.

For a degree course you would apply through UCAS as for any other degree. The address is the same as the one above.

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CHECKLIST

- Talk to people about your future.
- Use the careers office.
- Work as a volunteer.
- Find out about the courses.

CASE STUDY

Lucy makes her decision

Lucy is in her final school year. She is taking Biology and Chemistry at A level. She had always wanted to nurse and during the summer holidays she sent for the comprehensive application package from NMAS. She went to the library to obtain the addresses of appropriate universities which had a college of nursing attached to them. Her local careers office has been very helpful. She has filed for future reference the details about the variety of nursing she could do.

As she is taking A levels, her careers teacher at school feels she should apply to take a degree. But Lucy feels that the Project 2000 course might suit her better.

During the summer holidays she worked as a volunteer at a residential home for elderly people. The manager told her that she has a definite rapport with the clients.

'She told me I'll make a good nurse,' Lucy told her parents.

She knows she has to make a decision and during the autumn term she decides to apply for the Project 2000 course through NMAS. She is relieved she has made the decision and can now concentrate on her A levels.

Nursing Homes

<http://www.nursinghomes.co.uk/> ✓

<http://www.socialworkcareers.co.uk/> ✓

<http://www.csci.org.uk/>

<http://www.guardian.co.uk/money/2008/sep/27/careers.care.homes>

<http://www.sssc.uk.com/Social+Service+Careers/Working+in+social+care/Working+in+social+care.htm>

http://www.socialworkandcare.co.uk/socialcare/order/download/18093_1-24.pdf

There has never a more exciting time to join the nursing or midwifery profession. The number and variety of roles is huge. As a nurse it is possible to work in, among others, hospitals, GP surgeries, clinics, nursing and residential homes, occupational health services, voluntary organisations that run hospices or residential care and the pharmaceutical industry. Nurses also work in the prison service, university education, on leisure cruise ships or for the armed forces.

Nurses focus on the needs of the individual, rather than specific illnesses or conditions. They help individuals and their families to live more comfortable lives by providing care, advice and counselling.

Midwives are often the key health professional supporting, guiding and caring for the mother, baby and family through the months of pregnancy, during the birth itself and afterwards in the postnatal period.

Nurse and midwifery education

It is possible to take either a diploma or degree course to qualify as a nurse. Education is provided by universities, with placements in local hospital and community settings. The course is 50 per cent theory and 50 per cent practical. The first year is a Common Foundation Programme, which will introduce you to the basic principles of nursing. You will then specialise in either adult, children's, mental health or learning disability nursing. Full time diploma courses last three years. Degree courses last three or four years.

You will need to be resident in the UK for **at least three years** to be eligible to apply for a place on a diploma or degree course.

Midwifery education is also at diploma or degree level. You will learn the theory and practical skills required to care for pregnant women, delivering babies, educating and supporting parents. The social, political and cultural issues affecting maternity care are also covered.

Adult nursing

The number of opportunities for those qualifying in the adult branch of nursing is huge. It is possible to work in hospitals or the community - in peoples homes, attached to a health centre or in nursing homes. You will care for, support and educate people of all ages. Once qualified, many nurses take extra courses to specialise in areas such as cancer care, women's health, accident and emergency, critical care, practice nursing, health visiting or school nursing.

Children's nursing

Those qualified in the children's branch of nursing work with 0 to 18 year olds in a variety of settings, from specialist baby care units to adolescent services. Children react to illness in a very different way to adults, which is why they need to be cared for and supported by specially trained nurses who understand their particular needs. Children's nurses also support, advise and educate parents and other close relatives. Once qualified, it is possible to specialise in hospital and community settings in areas such as burns and plastics, intensive care, child protection and cancer care.

Learning disability nursing

About two to three percent of the population has a learning disability. Nurses who qualify in this branch of nursing help those with learning disabilities to live independent and fulfilling lives. This may involve working with people in supported accommodation - typically three to four people with learning disabilities live together in flats or houses, with 24 hour support. Some nurses work with individuals who require more intensive support - for instance, in hospitals or in specialist secure units for offenders with learning disabilities. Others specialise in areas such as epilepsy management or working with people with sensory impairment.

Mental health nursing

Mental health nurses work with GPs, psychiatrists, social workers and others to co-ordinate the care of people suffering from mental illness. The vast majority of people with mental health problems live in the community. Nurses plan and deliver care for people living in their own home, in small residential units or specialist hospital services. Some are based in health centres. It is possible to develop expertise in areas such as rehabilitation, child and adolescent mental health, substance misuse and working with offenders.

Midwifery

Many midwives carry their own caseload of women and work in the community. others are based in hospital. There are opportunities to specialise in public health, women's health and to run specialist services, such as teenage pregnancy clinics.

1. What are the skills you need to be a nurse?

You need community skills so you can communicate with your patients, have to be able to stay calm under pressure because if you don't you might disturb the patients, to be able to think clearly and solve problems and organisational skills.

2. How can you find out about what it's like to be a nurse?

Talking to nurses about what it's like to be a nurse, going to the careers office so they can help you decide what sort of nurse you want to be and the pathways there. You can work as a volunteer in a hospital for example in the library, working on the shop trolley and visiting people on the wards and you could write to the colleges to find out about the types of training and type of nursing that's suitable for you.

3. What are the types of nursing?

- Adult nurse –they work with old and young adults with different health conditions.
- Mental Health Nurse-work with people from all age groups that have mental health problems. They work alongside GP's and other medical /mental health staff
- Learning Difficulty Nurse-work with people of all ages with learning difficulties (they may also have mental health problems) They work with family and carers to provide specialist healthcare. They work alongside GP's, psychologists, therapists, teachers and social workers.
- School Nurse- can be employed by lots of different organisations such as primary care trust, local health authority community trust or schools.
- Prison nurse-usually based in prisons. They can be employed by the prisons or NHS and they deal with mental and physical health problems. They might be working with people who are violent.
- Children's nurses-they work with all different illnesses such as babies with heart conditions, children who suffer broken limbs and children with child protection issues. They work in hospitals, care centres, child health clinics and in the child's home.

4. What kind of training is there for nursing?

Degree/Diploma

You can take a course such as a degree or a diploma. They can last from 3-4 years. You can become an adult nurse, mental health nurse, learning disability or a children's nurse by doing the 3 year course but pick one of these 4 options after the first year.

Part time Study

You can do part time study by doing an NVQ in nursing while working in a nursing environment. It takes longer to do an NVQ -5 to 6 years.

Other nursing

If you want to do other nursing for example midwife or health visitor etc then you would have to go on another course.

Conclusion

Some of the things I was surprised about nursing were how many different jobs there are in nursing such as a mental health, learning difficulty nurse midwife etc. There are differences in sort of people you work with, different areas they might work in such as in a hospital or in the community and there are different types of training you go through to become a nurse such as doing a degree taking 3 – 4 years or doing NVQ,s which take longer -5 -6 years.

Bibliography

www.nhscareers.nhs.uk

www.nursinghomes.co.uk

www.socialworkcareers.co.uk

Project Evaluation

The objectives I had were to investigate how to get on a nursing course and to find out what kind of different jobs there in nursing and I achieved both of these.

The main obstacles I had were being able to find websites that were relevant to my project. I found some information that I thought was relevant to my project but later on I found it wasn't. To overcome this I asked for advice on what was relevant. Also I found it difficult to find an available computer. I found it hard to spell and sometimes that's why my work wasn't in on time. To get around this I asked other people.

I have learnt what kind of jobs there are in nursing and how to get on a nurses course. This is helpful to me because I want to become a nurse.

If I did this again I would spend more time researching and getting more information that is relevant to this project. I would put my mind to it more and be less distracted. I would do this by spending more time working on my own. If I did it again I would like to put it on power point but this time I didn't have the time or understand how to.