Career Spotlight: Nursing

Do you really know what nurses do? Test yourself with the following myths and realities to find out!

**MYTH:** “Nursing is medicine, but at a simpler level.”

**REALITY:** Nursing is actually a different discipline from medicine. It is concerned, not just with medical issues of illness and injury, but with the way we live our lives. It has a holistic focus on the whole person, addressing a patient’s physical environment, social support, pain management, health education, mental health and overall quality of life.

**MYTH:** “Nurses just carry out doctors’ orders.”

**REALITY:** Nurses work cooperatively with physicians. They also assess patients, collaborate in creating care plans and exercise judgment in carrying them out. Nurses also work independently and in partnership with other health care practitioners, including pharmacists, physicians, social workers and psychologists. Nurse practitioners and clinical nurse specialists have independent practices in many places, including hospitals, clinics, schools and industry.

**MYTH:** “Nurses take care of people—give injections, take temperatures and so on. Why would they need four-year, much less advanced degrees?”

**REALITY:** Health care is increasingly complex — just think of the knowledge nurses need to have about new drugs, technologies like dialysis, MRIs, informatics and the more complicated and often chronic illnesses we face now that we are living longer. In fact, a federal panel of Department of Health and Human Services has commended that at least two-thirds of nurses hold baccalaureate or higher degrees in nursing by 2010.

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Step Into Health Careers: Volunteer, Internships, and Research Fair

Looking for an internship? Trying to find a volunteer experience as you prepare for application to a health professional program?

On Wednesday, February 7, 2007, in Coffman Memorial Union, the Health Careers Center will host the the “Step Into Health Careers” Fair. Mark your calendars now as you plan your spring semester schedule!

Organizations attending this fair are seeking motivated students interested in gaining valuable experiences. Be sure to check it out - it’s free for you to attend!

Wondering Which Health Profession Is Right For You?

Sign up for Orientation to the Health Sciences (AHS 1101 or 1102) and gain an understanding of which professions are the best fit for you. Spring semester seats are still available in this popular Health Careers Center course! For details, look at the class schedule at http://onestop.umn.edu.

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www.healthcareers.umn.edu

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Nursing (continued)

Increasingly, nurses earn advanced degrees to become specialists—nurse midwives, clinical nurse specialists, certified nurse anesthetists and nurse practitioners. Advanced degrees prepare them in areas such as pediatrics, midwifery, obstetrics/gynecology, geriatrics, cardiology, oncology, psychiatry, neurology, anesthesia, forensics, public health, and neonatal, adolescent, family and women’s health. (As of this fall, a new doctor of nursing practice, DNP, program is available at the U.) Still other nurses earn a PhD in preparation for teaching or conducting research.

**MYTH:** “There isn’t a lot you can do with a nursing degree.”

**REALITY:** In addition to providing direct care for patients in hospitals and nursing homes, there are hundreds of career opportunities for nurses—especially those with higher levels of education. They manage care for individuals (case management). They direct complex care facilities—perhaps as nurse managers or directors of nursing or hospital vice presidents. They conduct research at universities and in the health care industry. They are professors at colleges and universities, preparing other nurses and health care professionals. Some own their own businesses providing care or consultation.

What nursing path might be right for you? Visit www.nursing.umn.edu to find out!

—Article and photos submitted by the University of Minnesota School of Nursing

**Upcoming Events in Spring Semester**

College of Veterinary Medicine
Open House 2007
Sunday, April 1, at 11:00 - 4:00 p.m.

Dental School Careers Day 2007
Saturday, April 21, at 9:00 - 1:00 p.m.

Dates and times to be announced:
- The AMCAS: Applying to Medical School Session
- Experience Builders: Exploring Volunteer, Research, and Other Health Care Opportunities
- Medical Technology Information Session
- Dental Hygiene Information Session

December is...

- Aplastic Anemia Awareness Week, National (Dec 1 – 7)  
  www.aamds.org/aplastic/

- National Drunk & Drugged Driving (3D) Prevention Month
  http://www.ncaddd.com/

- Red Ribbon Tie-One-On for Safety Campaign
  www.nsc.org/

- Safe Toys & Gifts Month
  www.safekids.org/
  www.purdue.edu/hr/WorkLife/articles.htm

- World AIDS Day (Dec 1)
  www.worldaidscampaign.info/
  www.unaids.org/en/