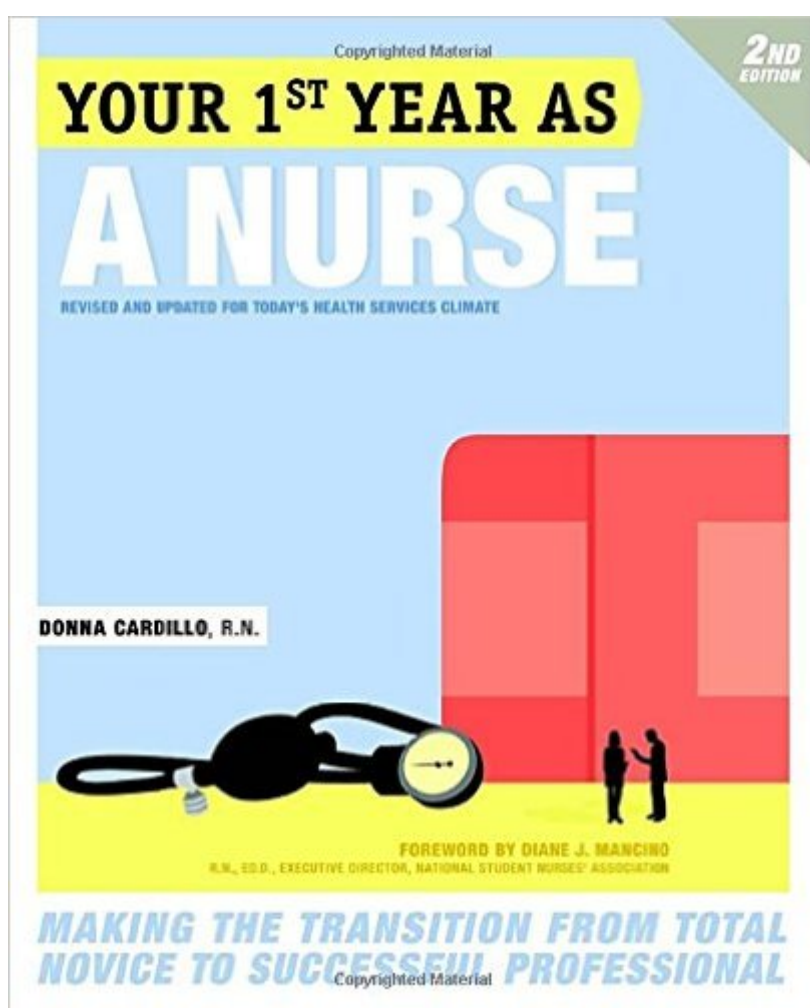


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# Your First Year As A Nurse, Second Edition: Making The Transition From Total Novice To Successful Professional



## Synopsis

Survive and Thrive as a Nurse in Today's New Health-Services Landscape Welcome to the compassionate and caring world of nursing! You are entering a profession that offers great rewards and endless opportunities. But you must prepare for the challenges ahead and do everything you can to ensure that you experience the best that nursing has to offer. Get off to the right start in your new profession by learning how to:

- Find the job that's perfect for you
- Create your own patient-centered style of nursing
- Develop positive relationships with doctors, patients, and other nurses
- Stay positive, deal with conflict and adversity, and avoid burnout
- Network, enhance your education and career, and become a leader

And NEW! to this revised edition:

- Invaluable information about nursing licensure, including an extensive FAQ section
- Discussion of professional issues related to standards of care, nursing ethics, and health-care reimbursement
- Job-hunting challenges and solutions
- Solutions for handling quandaries such as delayed career start, nontraditional practice, and more
- Trends and opportunities for the future of nursing
- A special section for second-career nurses

## Book Information

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## Customer Reviews

Nursing is my second degree and my RN program was an accelerated one that lasted only 10 months. I did not have years to assimilate into the nursing culture. This book has helpful hints and advice on how to network to find a job, communicate with physicians/co-workers, and survive your

first year. Basically, this book provides us with info that some of our mentors just didn't know how or want to say! The mini personal stories throughout the chapters are helpful in that they allow the readers to visualize themselves as that new graduate on the job, enabling us to be prepared for what's to come! Most importantly, the book focuses on how to be a goal-oriented and proactive new grad. A must-read for any new nursing student, new graduate, and especially a second degree nurse!

People may find some useful tips here, but I found this book depressing. The author bends over backwards to present a "positive" picture of nursing work and trashes the "negative" stories going around. But denying new nurses an accurate account of what it means to work in today's understaffed hospitals and telling them to have a positive attitude doesn't prepare them for the reality of today's workplace. If the workplace is profoundly dysfunctional we need to change the workplace. For example, we need to have zero tolerance for nurse on nurse bullying -- not pretend it doesn't exist. Throwing new nurses into these harsh environments with nothing but a positive attitudes prepares them to fail.

As the co-author of *The Real Healthcare Reform: How Embracing Civility Can Beat Back Burnout and Revive Your Healthcare Career*, I applaud Ms. Cardillo for spelling out the facts about working as a nurse. Her book focuses heavily on the positive, as I believe it should, while giving a taste of some of the negative challenges every new nurse will face. Ms. Cardillo's chapter about how to become part of a team is especially well-written. As she says, "Every profession has its own unique, quirky pettiness and prejudices. No matter what you do or where you are, you won't be able to escape it. However, you certainly can control how much time and thought you put into such things." I do agree with another reviewer that the book could have gone further into a discussion of the incivility that is so common among nurses...and that has a long history of denial. I really like Chapter 7: *The Good Stuff* which focuses on staying motivated and positive about your career in nursing. Ms. Cardillo reminds readers to take note of their accomplishments, log any positive feedback they receive and map out goals and an action plan for meeting them. The back of the book contains a number of important resources, relevant websites and recommended reading. All in all, the book offers new nurses an abundance of crucial information. It would also be a useful resource for nurses who serve as preceptors...to remind them of all the issues and challenges facing new nurses.

Even though I have had many jobs before, my first few months taking care of pts on my own were a

bit rough - this book helped me realize I wasn't the only one feeling terrified & that I should not be too hard on myself. Author is very knowledgeable, I recommend for anyone just starting out as an RN :)

I got this book for my daughter who is about to graduate from nursing school, but found a lot of application to my own career of clinical research coordinator - I am also in my first year at a new job. The book really is inspiring and has lots of practical tips. For example, tips on public speaking when nervous, and getting the most out of your orientation time. I found it liberating that she says: you may need to change jobs every now and then to keep your career fresh and relevant for yourself (my paraphrase, and working from my memory). Something I have certainly done! I would recommend this book to anyone entering a health care field, especially nursing. My only caveat is that I am not a pro-union person and I detected a subtle pro union flavor to the book - however not enough to bother me! Thanks for a readable, helpful book!

After feeling a bit lost about starting a new career in nursing, I ran across this well written and reassuring text. The author expresses her love of the field and at the same time explains the challenges nursing can present. I look forward to the next edition!

This book is getting me through this first year, both the tough times and the good times. Donna is an excellent resource and her book should be part of your library. The advice she gives, as well as the real-world stories from nurses in the field, help provide perspective and encourage me to keep going.

I read the first edition of this book when I graduated over 10 years ago and bought this one for someone I am mentoring. The advice is practical, but many people don't have very good work ethic so not only does it talk about how to be a good nurse, but a good employee and coworker which is essential starting out.

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