

# NURSING

## What can I do with this major?

### AREAS

### EMPLOYERS

### STRATEGIES

#### STAFF NURSING

Examples of Specialties by:

Work Setting or Type of Treatment:

- Perioperative (operating rooms)
- Emergency/Trauma
- Critical Care
- Ambulatory Care
- Home Health Care
- Hospice and Palliative Care
- Occupational Health
- Labor and Delivery
- Radiology
- Psychiatric-Mental Health
- Holistic/Complementary Care

Specific Health Conditions:

- Oncology, Rheumatology, Diabetes Management, Addictions Treatment, HIV/AIDS Care

Organ or Body Systems, such as:

- Cardiovascular
- Gastroenterology
- Gynecology
- Dermatology
- Nephrology
- Orthopedic
- Urology
- Respiratory

Well-defined Populations:

- Neonatology
- Pediatrics
- Adults
- Geriatrics

Advanced Practice Nursing (APRN):

- Clinical Nurse Specialist
- Nurse Anesthetist
- Nurse Midwife
- Nurse Practitioner

- Hospitals
- Clinics and medical centers
- Physicians' offices and medical groups
- Outpatient surgery centers
- Ambulatory care centers
- Home health agencies
- Nursing care facilities
- Rehabilitation centers
- Hospices
- Dialysis centers
- Diabetes care clinics
- Birth centers
- Psychiatric hospitals and mental health agencies
- Health maintenance organizations
- Large corporations
- Educational institutions
- Summer camps
- Correctional facilities
- U.S. Department of Veterans Affairs
- Integrated healthcare facilities

- Work or volunteer in healthcare and medical settings during summers and breaks.
- Shadow nurses in different settings to learn which ones hold the most appeal.
- Gain experience through externship or internship programs.
- Take electives in areas such as wellness, holistic health, medical ethics, and death and dying.
- Get involved in student organizations and seek leadership roles.
- Learn to be organized and to manage stress well.
- Develop patience, the ability to work with both patients and families for long periods, and good listening skills. Learn to work effectively with people from different cultures, races, and socioeconomic backgrounds.
- Prepare to work nights, weekends, and holidays in a hospital setting.
- Cultivate managerial skills for head nurse or other supervisory positions.
- Many specialties exist and some nurses combine specialties, i.e., pediatric oncology.
- Obtain a master's or doctoral degree for advanced practice nursing. Some specialties may also require certification.
- Join relevant professional associations and plan to attend continuing education programs.

## AREAS

## EMPLOYERS

## STRATEGIES

### **COMMUNITY AND PUBLIC HEALTH**

Health Education and Promotion

Disease Prevention

Specific populations include elderly, homeless, teen parents, tobacco users, those at risk for specific diseases, those at risk in specific areas, i.e. rural

State and local health departments

Home healthcare agencies

Public schools

Daycare centers

Mental health facilities

Correctional facilities

Senior centers

Nurse-run clinics

Ambulatory outpatient facilities

Religious organizations

Social service agencies

Wellness centers

Community education programs

Learn to relate well with people from a variety of backgrounds.

Plan to specialize in the needs of patients in vulnerable or underserved populations i.e., rural health, elderly, homeless, tobacco-users, teen parents.

Develop skills in management, decision-making, motivating, teaching, counseling, speaking, writing, budget management and evaluation of program effectiveness.

Gain experience handling emergencies, working independently, and demonstrating flexibility.

Expand knowledge of health issues related to age, culture/language (bilingual nurses are in demand), religion, and government policies.

Some positions may require a master's degree in nursing, public health, or a related field.

### **INDEPENDENT PRACTICE**

Temporary Staffing

Travel Nursing

Personal Services Contracting

Private Duty

Healthcare staffing agencies

Travel nurse companies

Businesses and organizations with temporary needs

Private households

Develop flexibility and adaptability.

Gain years of experience in a hospital or other healthcare setting.

Learn to work autonomously and make decisions independently.

Be prepared to move frequently to various locations either locally or abroad for a career in travel nursing.

### **GOVERNMENT SERVICE**

Staff Nursing

Administration

Policy Development

Research

Government health agencies including:

Public Health Service

Indian Health Service

Veterans Affairs

Peace Corps

AmeriCorps VISTA

Armed services

Correctional facilities

Define an area of interest, as government work offers a variety of practices.

Earn a master's or doctoral degree for positions involving research, policy development, or administration.

Become familiar with other cultures, languages, health systems, and beliefs.

Be prepared for combat nursing in armed services.

**AREAS**

**EMPLOYERS**

**STRATEGIES**

**TELEHEALTH**

*Provide consultations and patient education through electronic communications (phone, Internet, interactive video systems, remote patient monitoring systems).*

Call centers  
Clinics: public and private  
Health maintenance organizations  
Hospitals  
Correctional facilities  
Mobile units

Seek telehealth training through AAACN.  
Plan to work several years in other practices to gain the necessary experience for this area.  
Develop excellent communication skills and the ability to make important decisions quickly.  
Stay current on technologies relating to telehealth and e-health services.

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**NURSING RESEARCH**

Large hospitals and medical centers  
Colleges and universities  
Centers for nursing research  
National Institute of Nursing Research  
Pharmaceutical companies

Gain experience with research through supervised independent study or class projects.  
Develop curiosity, analytical thinking, attention to detail, persistence, writing skills, and an understanding of statistics.  
Maintain a high grade point average and secure strong faculty recommendations.  
Obtain a doctoral degree in nursing.

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**EDUCATION**

Teaching  
Educational Administration

Teaching hospitals  
Colleges and universities  
Schools of nursing

Earn an advanced degree to teach at the college or university level.  
Develop teaching, clinical and technology competence as well as the ability to accept responsibility for the actions of others when providing clinical supervision.  
Develop relationship-building skills for collaborating with colleagues, staff, students and agency personnel.

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**INTERNATIONAL HEALTH**

Clinical Nursing  
Emergency Relief  
Policy Development

Embassies  
Military bases  
National or international government agencies:  
    USAID  
    United Nations: World Health Organization  
Non-governmental organizations  
Humanitarian organizations  
Private voluntary organizations  
Faith-based mission services

Consider advanced education as a clinical nurse specialist or nurse practitioner to increase marketability.  
Learn a foreign language and an appreciation for other cultures. Study or volunteer abroad.  
Participate in medical mission trips.  
Inquire about the need for additional preparation in religious studies or similar courses.  
Research nursing requirements in other countries.

AREAS	EMPLOYERS	STRATEGIES
<p><b><u>OTHER AREAS</u></b> Insurance:     Underwriting and Claims Sales Product Management Quality Assurance Writing Law Forensic Nursing Healthcare Administration Information Management Patient Advocacy Case Management</p>	<p>Insurance companies Hospitals Health maintenance organizations Business and industry:     Pharmaceutical companies     Medical equipment and supplies manufacturers     Medical marketing firms Law firms Medical and health publications Healthcare websites Healthcare advertising agencies Public relations firms Professional associations</p>	<p>Combine interest in nursing and healthcare with another field by earning appropriate graduate degrees or gaining relevant experience. Minor in business or communications as an undergraduate for non-clinical roles. Develop strong computer skills and an understanding of business practices. Gain experience as a staff nurse before pursuing expertise in another direction. Demonstrate initiative and effective leadership skills. Seek professional certifications in speciality areas. Join and contribute to relevant professional associations.</p>

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**GENERAL INFORMATION**

- Nursing is the largest healthcare field. Three out of five nurses work in hospitals and many work part-time. Because some patients require continual care, nurses work rotating shifts including nights, weekends, and holidays.
- Nursing combines science and technology with the desire to help people. Healthcare professionals must be prepared to assist people of all types and backgrounds.
- Nursing requires both physical stamina, emotional stability, and the abilities to follow orders and direct others.
- Other qualities important to the field include orientation to detail, sympathy and concern, responsibility, and the ability to handle stress and emergency situations.
- There are multiple educational paths to acquire the Bachelor of Science Nursing (BSN) degree and the Registered Nurse (RN) designation. Research alternatives such as accelerated BSN programs or Master's Entry programs.
- Seek knowledge of continuing education opportunities and certification options through resources such as American Nurses Credentialing Center (ANCC).
- Research loan repayment programs for nurses who work in critical shortage facilities.
- All states regulate nursing by requiring licensure. Investigate individual state requirements, as well as the Nurse Licensure Compact (NLC) if planning to relocate.
- Earn a master's degree to prepare for advanced practice nursing including: clinical nurse specialist, nurse practitioner, nurse midwife, nurse anesthetist, and administration. Earn a doctoral degree for research or teaching at a university.
- Many opportunities outside of traditional nursing exist for RN's who want to work in non-clinical roles. Research the skills, experiences, and degrees necessary to attain these positions.