



You know what you want.

NURSE POWER





Here's how to get it.

You've been there—worked hard at jobs that didn't really engage you; tried careers that didn't hold your heart. You've been successful, but not fulfilled. So you're looking at nursing. For the power to grow, to give, to achieve. • Here's more about nurse power—who has it, how to get it, where to use it.

NURSE POWER

it takes and it gives.
it changes you

NURSING TODAY

WHAT'S THE DIFFERENCE?

Defining it is hard. Helping to define it is an amazing opportunity.

The scope of nursing as a profession is undergoing a profound change; its meaning and its boundaries evolve responding to scientific advances, social progress, cultural trends. Nursing today reaches farther, affects deeper and influences more than it ever did in the past.

Nursing today supports you as you search for different ways to go beyond the medical case, caring instead for the whole person. It allows you to explore different fields, settings and specialties, matching your unique background and your personal strengths, meeting your inner drive, allowing you to succeed on your own terms.

Nursing today has a solid intellectual core, and calls for a demanding set of professional skills, a compelling search for fulfillment, confident leadership, and true compassion. Nursing takes more today than it ever did—



and you shape it.



Breaking barriers, building bridges.

As we become more attuned – and more respectful – to the differences and nuances of ethnic and cultural backgrounds, we want to incorporate that attitude into health care delivery. Understanding diversity, finding and teaching ways to work with it, is another outstanding opportunity for nurses in our communities.

academically, intellectually, emotionally, even physically. It gives more than it used to give—more recognition, unsurpassed career opportunities, outstanding flexibility, and last but not least, better financial rewards. Nursing will change you. And from the inside, you have the power to help shape it.

LOSE YOUR EDGE, AND WIN.

Yes, competition is exciting, and who doesn't like winning? When you choose nursing, you choose a much tougher and challenging competitor—yourself. Now you set your own goals, meet them and beat them. You feel the exhilaration of victory not from beating

someone else, but from knowing you've done what you were not able to do before, and

you've done it well. The race is not against someone else's dreams. It's to achieve yours.

Think about it—when you advance in your nursing career, each step you take counts twice, and benefits not just you but others as well. The knowledge and skills you acquire improve your performance as a nurse, and they open new doors, also.

NURSE POWER

Our health care runs on it—and you'll find it pushes people to reach for more, to achieve, and to succeed, often beyond what they ever thought they could in their previous jobs or careers.

It pushes a young technician through nursing school and into a rewarding career as solo nurse practitioner.

It drives the career of a woman who started as a staff nurse and is now the head of a large teaching hospital.

It drives a self-described “non-academic person” to obtain one advanced degree after another in order to achieve her ambitious career goals.

It energizes a police officer through the demands of his dual career life plus his successful community outreach efforts.

How far can it take you?

what you bring in.
and what you need to get.

TO BECOME A NURSE

NURSE POWER

It allows a single mom to afford to raise her kids in the town where she grew up, send them to camp, take music lessons...

It fulfills the dreams of a former marketing manager who now goes home every night feeling that what he did during that day matters.

It makes the headmaster of a local parochial school tell a MetroWest Daily News reporter "I can tell you that, in our school, there is God and the very next person is the school nurse!"

It motivates an engineer to become a published author and consultant in the public health field.

It fuels the career of an educator whose achievements have earned her national academic recognition.

It infuses pride in the voice of the Master's degree graduate whose parents never finished high school.

How far can it take you?

You need to be who you are, right now, in order to become a nurse.

Bring your strength to nursing. Your ambition. The unmet need to do more, learn more, have more options. Your successes and your failures, your experience, your achievements and your disappointments—you'll be amazed at how you'll put them all to work and how they help you. People who have lived, tried, fought, and haven't given up or stopped caring, are great nurses, whatever the field or setting they happen to choose.

Trust your instinct. If you are reading this, it's because you already have been thinking about making a change. Now take the next step and find out more. When you decide, decide based on real facts. If what concerns you the most is the academic side of it, read on and then visit our website, www.nursepower.net, and check out sources for nursing education information. If the financial commitment worries you, there are resources for scholarships, work/study programs, and ways in which you can start earning money very soon in your career.



FACING THE FACTS.

What do you need to get, and where do you go for it? The bad news is, there isn't one answer for that question. But that's also the very good news. There are different ways to get started in a nursing career, and if you begin nursing as an adult, where you are and what you have already studied or done will make a difference. There are so many different fields and specialties in nursing today, that you may start with a basic core

what you leave behind.

So, what preconceptions do you leave behind?

“I always wanted to go into nursing but I cannot afford it, I need to make some money!”

“Nurses seem stressed out.”

“I was never good in science, they’ll never accept me when they see my grades.”

and then advance as you choose. In nursing, you may begin, stop, “get off the train,” then climb on again and move further.

FOR EXAMPLE

Do you have a Bachelor’s degree in Science? You may need just a few courses in order to be able to take the licensure exam and get the great door-opener—your Registered Nurse license. Or you may start with courses to obtain your Practical Nurse degree, and sit for the licensure exam—as an LPN (Licensed Practical Nurse) you are also highly employable. Coming in with a high school diploma? Enrolling in a nursing program doesn’t have to be a full time proposition; you can take classes at night, on weekends, and keep your current job in the



meantime. You can also choose to take the ADN to BSN path, attending a Community College for your Associate’s Degree in Nursing, sitting for your State licensure so you can become an RN, and then applying the courses you have already taken toward a Bachelor’s of Science in Nursing. If you haven’t finished high school, you can take an exam that gives you an equivalency, and then move on.

Is language the concern? Speaking another language will actually be a very valuable asset for you in nursing. If you have the motivation and a clear goal in mind, this will not be an obstacle. There are several schools in our area that offer English as a second language courses for working adults. You can find them through the internet searching under ESL; or ask your local library for help locating one.



REALITY

It causes a chief of service to say, "Our nurses are what makes this department?"

After 9 years in the job, it still resonates in the enthusiasm of an obstetric nurse describing a birth.

It inspires people to make a new career in nursing as a result of their experience as patients or patient's family members.

It sustains the spirits of a young couple of recent immigrants while they balance work and studying for their advanced nursing degrees.

It continuously sends a clear message to the health care team—focus on the whole person, not just the case in front of you.

It makes a department head state, without a doubt, "Without our nurses, my service wouldn't exist."

How far can it take you?

It will set in, and never cease to amaze you—how from a core of knowledge, skills, commitment and care, nursing has the power to give you unparalleled career diversity. And how nursing also gives you a different perspective on things you took for granted, and of things you never thought to be important.

You will discover, for example, that if you reach inside, you'll draw what you need.

You'll know that you have what it takes. And that you can deal with a lot more than you ever thought was possible. You will have proven that to yourself, and put it to work, over and over.

WHAT IF

You have already discovered it—as you grow, you change. What matters to you, what you can live without; what drives you crazy; what makes you happy; what you think of yourself and of others...life makes us evolve, adjust, reconsider. The job that seemed perfect at 25 loses its charm; the setting where you were supposed to flourish, now seems to squash



you; the people with whom you got along, don't leave you room to grow. Not to mention the appearance of pressing financial concerns, such as tuition bills, a sudden change in marital status, a new child, a spouse's job loss. What can you do to meet the need to change, head on, instead of buckling under? If you're a nurse, you can do a lot.

In nursing, options are part of the package, opportunities are everywhere, and you'll find new doors opening wherever you go. You can try a change in schedule, increasing your



same world.
different perspectives.



RESOURCES

workload to meet financial needs, decreasing it if you need a break. You can switch settings—go from the operating room to extended care. From emergency room to flight nurse. From corporate infirmary to school nurse. You can take courses to qualify for a number of rewarding specialties, such as Nurse Practitioner, Midwife, Legal Nurse Consultant or Nurse Anesthetist. You can rediscover nursing as an educator. Or discover a new passion in research.

FREEDOM TO BE YOUR BEST.

And power to keep on growing. Nursing opens a professional path, right from the beginning. It gives you the advancement potential, the lateral moves, the change in direction. Nursing lets you go as far as you want to, and never puts a lid on your ambition. On the contrary.

It challenges you to become better at what you do, it gives you the opportunity to do it, and it rewards you—intellectually, emotionally and financially as well.

WHERE ARE YOU NOW?

There's more to talk about, a lot more. You'll want to learn more about education, specialties, fields, financial information, mentors...in order to make the best decision about your career move. For more resources and information, please see our website, www.nursepower.net, and call the nursing school of your choice.



A lot less...

Limits. Dead ends. Wrong tracks. Instead, many more opportunities, options, open roads. So instead of worrying about choosing a path that may not take you as far as you want to go, nursing, with its amazing and growing diversity, lets you take chances, explore, decide. You can choose your course; take detours; rest; come back. You can make your own road and take it as far as it goes.

Assabet Valley Regional
Technical School
508 485-9430 Ext. 471

Becker College
508 791-9241 Ext. 300

Boston College School
of Nursing
617 552-4250

Framingham State College
508 626-4715

Joseph P. Keefe
Technical School
508 416-2277

MassBay Community College
508 270-4022

Massachusetts Extended
Care Federation
617 558-0202

MetroWest Community
Health Care Foundation
508 879-7625

Northeastern University
School of Nursing, Bouvé
College of Health Sciences
617 373-3649

Quinsigamond
Community College
508 854-4517

Regis College
781 768-7188

Simmons College
617 521-2531

University of
Massachusetts/Boston
617 287-7501

University of
Massachusetts/Worcester
508 856-5801

Worcester State College
508 929-8129

www.nursepower.net



An initiative of the MetroWest Community Health Care Foundation, Framingham, MA, to create renewed interest in nursing as a career choice.

This effort has been made possible by these dedicated committee members who generously provided input, advice and feedback:

Patricia Andalaro, ALM, RN, Regis College
Amy Anderson, Ed.D., RN, Regis College
Carolyn Blanks, Massachusetts Extended Care Federation
Judith Boyko, MBA, MS, RN, Natick Visiting Nurse Association
Susan Burns Tisdale, RN, MPH, Deaconess Glover Hospital
Martin Cohen, MSW, MetroWest Community Health Care Foundation
Desiree DiMichele, Massachusetts Extended Care Federation
Cathy Glover, MetroWest Community Health Care Foundation
Lily Hsu, MS, RD, MassBay Community College
Joan Kilroy, M.Ed., MS, RN, Assabet Valley Regional Technical School
Bill McGinley, MBA, Whitney Place Assisted Living Residence at Natick
Bethany Mercer, MetroWest Medical Center
Edna Smith, M.Ed., RN, MetroWest Community Health Care Foundation
Dolores Torti, DNSc, Framingham State College
Ruth Walton, MS, RN, MetroWest Medical Center

The MetroWest Community Health Care Foundation wishes to thank MetroWest Medical Center and Nursing Spectrum for their assistance and support in this Nurse Power initiative.

We also want to acknowledge the invaluable contribution of MetroWest area nurses, student nurses, physicians, patients and patients' family members who allowed us to use their personal testimonials.

It is the intention of the MetroWest Community Health Care Foundation (MWCHCF) to provide you with useful, updated information regarding nursing careers and educational paths. We do not claim to contain complete information, and we cannot be responsible for errors or omissions.

For more information regarding this initiative, please contact Cathy Glover at (508) 879-7625.

Visit us at www.nursepower.net



**METROWEST
COMMUNITY
HEALTH CARE
FOUNDATION**