



NURSE

POWER



A black and white photograph of a newborn baby lying in a hospital bed. The baby is wearing a white diaper and has a small white tag on their forehead. Two hands are gently resting on the baby's head and chest. The background is a blurred pattern of hospital beds.

CAREER

MAKE IT YOUR

It's almost over. And you probably can't wait—done with high school, on with life. It's time to do the things you really want to do. Time to feel more in control of your days, of where you're going with your life. Your life, get it? As in, you. Not your older brother, or your best friend. Not your neighbor's kid everyone always talks about, or the cousin who did so well. Not even your mother, or your father. It's you this time. And it's for real. So what's this brochure all about?

W H Y ?

It's about power. Power to be, and to become; power to make decisions, and to make money. Power to be independent—to go places, and never be stuck. And power to make a difference—to be respected—to count.

Any of those reasons speak to you? Then, read on about nurse power. Who has it, and why; where it takes people, how far they go with it and how to get it. When you're done, you'll still have questions. You can visit our website, **www.nursepower.net**, and check the resources listed there, also.





There's a lot that you don't know. Or that you may think you know, but you're wrong. And you may want to find out now. Like for example, did you know that it takes 75 hours to become a Certified Nursing Assistant, or CNA? And, that students can usually find health care jobs that allow them to make money while continuing their nursing education? That most health care employers will go out of their way to accommodate the needs of employees seeking nursing degrees—offering scholarships and/or tuition reimbursement, flexible work schedules, overtime pay for weekend work, continuation of benefits, etc.?

And, did you know that nurses can make salaries in the high 80s and 90s for some specialties such as nurse anesthetist? That nurses have amazing job flexibility—they can choose to work part or full time, evenings, days, weekends only? That there's practically no limit to advancement, with

new specialties and degrees taking you as far as you want to go, and even the opportunity to work as a solo professional with a nurse practitioner degree?

Opportunities to achieve

By now you've probably met quite a few grownups who complain about their jobs. Either they feel they don't get appreciated, or they think they don't make enough money even though they work all the time; there's no advancement, so they are stuck at the same level forever, or they feel that if they leave the job they hate there's no way they'll get another so they're afraid to go; they say their job is **boring** and they could do it with half their brain or they complain of having no control or choices.

Well, we have news—it doesn't have to be that way. And the first step to ensure that you don't fall into their rut is to take the time to look ahead, and to look around. Think of what's important to you now, and think also of how you want to be able to change your mind. Think flexibility, opportunities, achievement. Consider work that challenges and rewards you; earns you respect

from others and from yourself; gives you options, the potential to grow and advance, and the certain knowledge that what you're doing, really counts. Sounds good? We agree. That's what nursing is all about.

Give yourself a breakthrough

Stop taking “no” for an answer—from anyone. Not even from yourself. And give yourself the chance to break through the noise and come up with what works—for you.

This is when you give equal time to your fears, and to your dreams. To your goals, and to your worries. Equal time means equal time. No cheating yourself, and bypassing a great idea because you think “*I can never do that.*” No laughing at yourself for being so ambitious when your grades weren't so great; no doubting that you can achieve your goals.

Give yourself the opportunity to find the facts, be surprised maybe, and then, make up your mind.

THERE'S ANOTHER SIDE TO THE STORY.

Do you have what it takes?

If you've always wanted to push further, go faster, be different, then you have what it takes to be a great nurse. And if you always think of others, take care of others, are concerned about others, you have what it takes.

You'll be great as a nurse if you are a leader—the person who makes decisions in the group, the one all your friends depend on to know what's what.

You'll be a great nurse if you love teaching—reaching out to help others do better. You'll be a great nurse if you're the ideal team member, or if you're a peacemaker, the quiet and thoughtful sort who doesn't want to push their way through.

So what are we talking about here, what kind of person will make it as a nurse? That's the point. Nurse power is so amazing that it drives completely different kinds of people and makes them succeed. It takes who you are, and then lets you become the person you kind of knew you could be, but weren't sure how to go about it. The person you look up to.



IT'S 10:00 AM
DO YOU KNOW WHAT THIS NURSE HAS DONE?

She's visited one of her home care patients, a young boy who's had an amputation. She wanted to make sure his wound was healing, and even more importantly, his spirits were, too.

She has helped to deliver four babies, including one set of twins. One of the new moms wasn't much older than her and was pretty scared. She really needed reassurance and patience a lot more than just medical care.

He has completed the notes for his next medical-legal case.

He heard from the group with whom he interviewed yesterday—they want to hire him as a nurse practitioner to set up and manage a clinic in the downtown area, and to staff it with two other Spanish-speaking nurses.

She's packed her bags to go to her next assignment—3 months as an ER nurse in Hawaii.





DON'T EVEN THIN OF BECOMING A NURSE...

...unless you answer "yes" to all of the following:

- Do you want to try your hand at a couple of things before you settle down?
- Do you like being respected?
- Do you hate being bored?
- Do you love flexibility, variety, independence?
- Is making good money important to you?
- Are you a doer?
- When you see someone suffer, is your reaction to try and help?

Your way

There are several ways to enter the field—one of them will be the right one for you.

When you graduate from high school, you may choose to really go for it, full blast, and attend a 4-year program at a College or University for your BSN, Bachelor's of Science in Nursing degree. The BSN allows you to sit for the

NCLEX-RN, the state licensure exam that grants the RN, or Registered Nurse license. Your college-level education will provide a very solid background and qualify you as an outstanding candidate for a wide variety of nursing positions, as well as allow you to pursue further academic degrees such as a Master's, should you decide to advance further in your career.

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What are other options?

With your high school degree—or with a GED—you may proceed to study to become a Practical Nurse. Within approximately 10 months you'll be eligible to sit for the NCLEX-PN Licensure exam. As a Licensed Practical Nurse, or LPN, your job outlook is very good and you can be employed in a variety of health care settings; MetroWest area extended care facilities in particular offer LPNs a wide choice of schedules, competitive salaries and, very often, packages that include financial aid and or scholarships for LPNs to pursue their nursing career.

If you decide to proceed, you may take advantage of programs such as the LPN-to-Associate, which gives you advanced standing and provides credits for nursing skills acquired through work experience toward your Associate's degree.

No other career offers the versatility you will encounter, and the chances to try different paths without having to start all over.

And remember, in terms of advancement, the world is open to you too—you may decide to continue studying, maybe not full time but taking courses as you can fit them in, and complete degrees that allow you to become a nurse practitioner in a variety of specialties—from family practice to psychiatric to obstetrics; or a school health coordinator, a flight nurse, a public health director, a professor, or a researcher... There's no end to your growth. There's no limit to nurse power.



There's no time wasted, ever! Whichever route you decide to take, you're always building your career, at your pace, with your goals and your lifestyle in mind.

Not the four-year type, or not ready for the commitment yet? You can attend a Community College full-time for 2 years, and earn your Associate Degree; or do it part time if it better fits your plans. Your Associate's Degree qualifies you to sit for the NCLEX-RN Licensure exam, and once you have your RN license your opportunities are excellent. You can also choose to take the ADN to BSN path, and apply the courses you have already taken for your Associate Degree in Nursing toward a Bachelor's of Science in Nursing.

And then...

The world is open. During your time in school and as you take rotations through different services, you will have had the opportunity to experience the type of work you prefer—long-term or acute care; caring for children or for elderly patients; in a hospital or for a home health care agency; at a small clinic or a large facility; solo, or as part of a team... Now you can actually go for it. Apply for the position you want, at the setting you prefer; you will probably have a choice of schedules also.



IT'S 10:00 AM

She has presented to management her proposal for an innovative way to prevent work injuries at the food processing plant.

He has taken a group of excited junior high kids on a tour of the operating room.

She's on her way to meet with her State senator and the rest of the committee to discuss the results of a community-wide health review project she has chaired.



Getting started on a nursing career can happen in many different ways, depending on factors such as where you want to get and how fast; what's your financial situation; how much time you can dedicate to becoming a nurse, how soon do you want to start earning money.

Right now, in our area, the best door opener in a nursing career is the Registered Nurse license, or RN. It gives you great job opportunities in a wide range of fields, and exposes you to what a career

in nursing is all about. You can then decide if you want to proceed to more advanced degrees, such as a Master's of Science in nursing degree, or a Doctorate in nursing, or in nursing science, depending on your career plans.

Your best bet? Talk to the career specialist or guidance counselor at your school, and call any of the nursing schools listed on the following page. For more information, be sure to visit our website at **www.nursepower.net**.



WHO'S READY?



GO AHEAD

ask them

IT'S 10:00 AM

Name: _____
 Position: _____
 Question asked: _____

 Answer/comments: _____

Name: _____
 Position: _____
 Question asked: _____

 Answer/comments: _____

Name: _____
 Position: _____
 Question asked: _____

 Answer/comments: _____

Name: _____
 Position: _____
 Question asked: _____

 Answer/comments: _____

Name: _____
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 Answer/comments: _____

Name: _____
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 Question asked: _____

 Answer/comments: _____

Name: _____
 Position: _____
 Question asked: _____

 Answer/comments: _____

Name: _____
 Position: _____
 Question asked: _____

 Answer/comments: _____

She's defending her thesis; her subject is the diagnosis and treatment of depression amongst black male adolescents. Once she gets her Doctorate she plans to teach and publish.

His good training, quick thinking and assertiveness helped him make the right decisions during a tough shift at the Intensive Care Unit. Now he's heading home for a nap before going to the gym.

She had a good conversation with one of the students at school and between the two of them, they put together a plan for handling the girl's ongoing trouble with anorexia.

She spent the night at the home of a cancer patient who died, making sure the family had as much support as possible and facilitating sharing, grieving, and saying good bye.



RESOURCES

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:

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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**