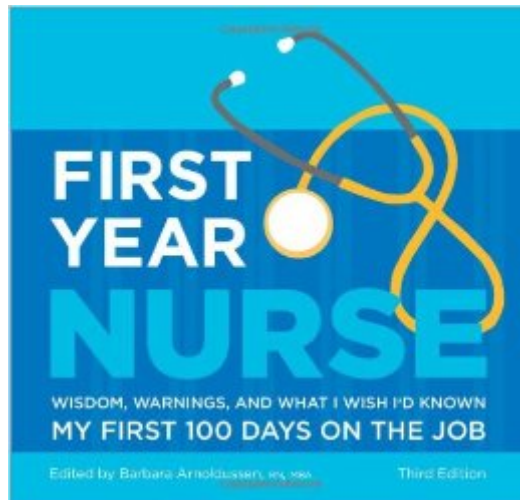


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# First Year Nurse: Wisdom, Warnings, And What I Wish I'd Known My First 100 Days On The Job



## Synopsis

Your first 100 days at a new job could be daunting---unless you go in prepared. First Year Nurse places the wisdom and warnings of hundreds of experienced nurses right at your fingertips. You'll learn all about how to start off on the right foot; plan and prioritize; communicate with your colleagues; cope with challenging patients; keep your energy up (and stress down); and set a course for professional growth. Best of all, you'll be inspired by the compassion, insight, and enthusiasm you'll find on every page of this charming, helpful book. Features: Valuable advice and personal accounts from experienced nurses Tips on subjects from time management to avoiding burnout

## Book Information

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## Customer Reviews

I bought an earlier edition of this book around the end of my first year out of nursing school. It was called "Training Wheels for Nurses: What I Wish I Had Known My First 100 Days on the Job: Wisdom, Tips, and Warnings from Experienced Nurses" when I bought it. Some of it is a little too cutesy for me ("Nothing like eating microwave popcorn out of a clean, disposable bedpan..." -- srsly? please...). However, parts of it had really good advice, especially about developing your own system or "brain" for giving report/shift change (unless, like my current job, the report format is imposed on you by management), and also on using experienced nurses' "brains" until you find the one that works for you. The section on delegating is also helpful for those who have never delegated before. Advice on how to be assertive to experienced nurses who "eat their young" -- as well as

avoiding lazy fellow RNs/care techs, new RNs who are in "panic" mode, and letting the inevitable crap you get from some experienced nurses who think they know everything even though they haven't read anything new since they graduated in 1975 -- was advice I could have used in my first year. Unfortunately, like I said, I didn't find the book at my local Borders until the \*end\* of my first year of my first RN job. :-\I came to nursing in my late 30s after a career in a totally different field. I was NOT clinical staff prior to going into nursing school. That may be why I found the book so useful. If you worked as a CNA or PCT before getting your RN or BSN, you may not find this book useful. It's really more geared to those TOTALLY new to nursing and health care. But it's good enough that I'm going to buy a copy for my cousin when she finishes nursing school.

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