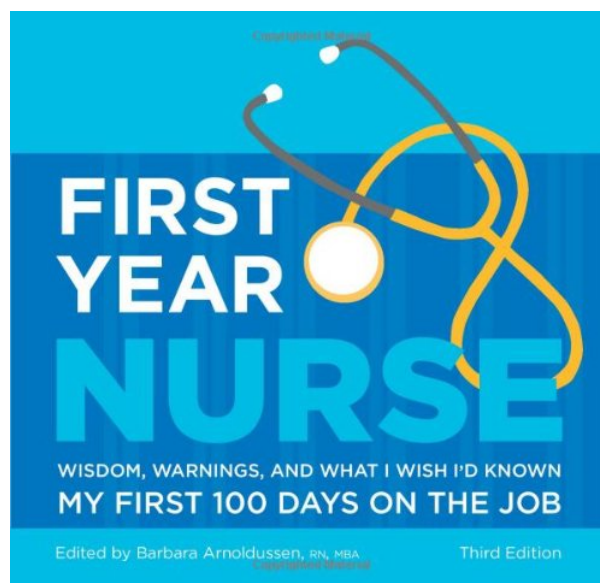
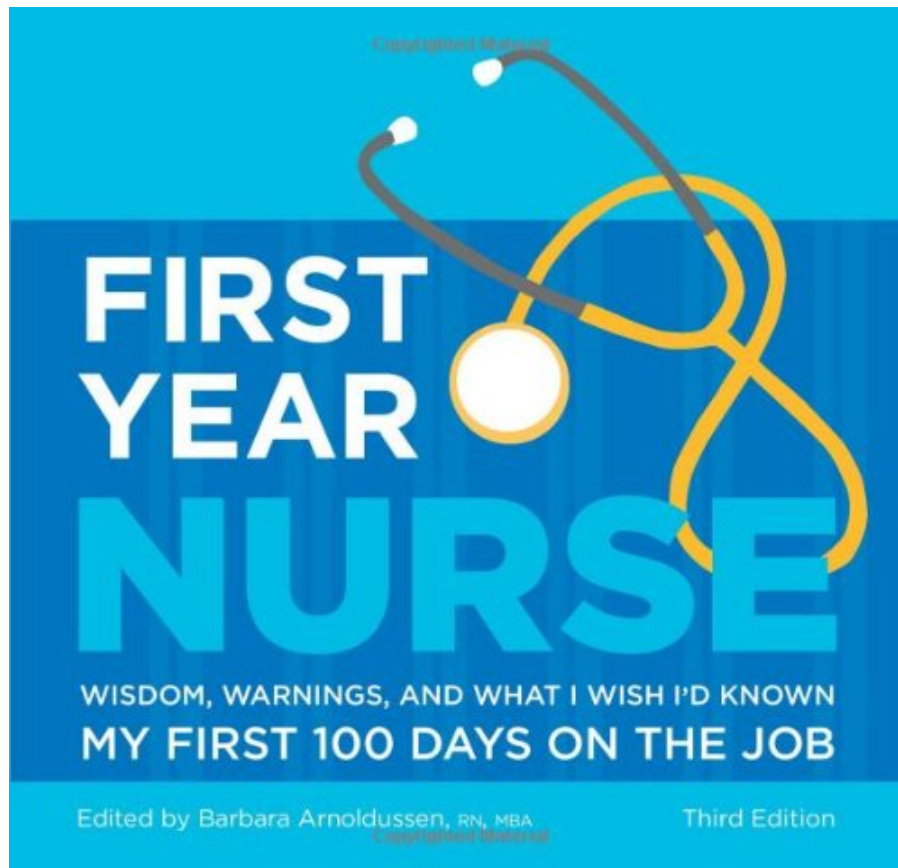


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Barbara Arnoldussen, an honors graduate of the Marquette University College of Nursing, received an MBA from San Jose State University. She is the Continuous Quality Improvement (CQI) Officer for the Research Compliance Office at Stanford University, ensuring that its human subject research studies meet national standards. She has also been a consultant to a NASA patient safety initiative, a hospital and a clinic quality manager, clinic director, online educator, research coordinator, and newspaper reporter.

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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

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I liked the reference to how she learned that refilling water ...

By dLyonBW

Ok, if you read this book before you get your first job as a nurse in the hospital, than know that it is very true and a little depressing. I liked the reference to how she learned that refilling water for a patient was one of those things that happens a lot during a shift and was never a part of nursing school. Something else that is really true is that the nurse will spend a significant amount of time being a CNA, which includes changing

diapers, changing beds, learning the delicate mechanics of cleaning an obese patient and brushing a patient's teeth.

In other words, this book is really true to life. But, having read it myself in my first few weeks as a nurse and recently graduated, and comparing what it said to what I know now? It won't really offer any advice that can be used. Most of the book was a point on how different real-life nursing is from nursing school. There are some good points, but not many and the truth is that every nurse has to find different coping measures that work for them. For example: the author stated that you should think of the job as a hobby and use a hobby to be your main emphasis. I have seen nurses like this and that usually means that they hate their job and are now burned out; the author sounds like she may have chosen the wrong career based on many of her statements and is now projecting her burned out state on to the readers. However, some of the advice is good advice. It is just that in your first year as a nurse you will find them out anyways and no two nurses will have the same first-year experience.

A good read, but take it with a grain of salt.

1 of 1 people found the following review helpful.

very good tips, easy read

By Marketing Nurse

I'm not a new nurse but moving from working in clinics to the hospital floor. This book was a quick, easy read with a lot of helpful tips and inspiration. Covers topics like important equipment, professional development, dealing with difficult patients, communication strategies with providers and coworkers and a lot of other tidbits thrown in there like time management and organization. I highly recommend.

1 of 1 people found the following review helpful.

Good Buy

By Hanna5

The only complaint from my wife is that I didn't get it for her when she graduated nursing school!

She has been working as a nurse for almost a year now and says this book is right on with things you will encounter as a new nurse.

This is just another tool to prep you for your future career or (if you buy it later like me) a funny look back at your struggles.

Pro Tip: Buy it as a graduation present for your new Nurse.

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