

Take a look at nursing now

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YOUR HEALTH MATTERS With Headwaters

Nursing is a profession dedicated to improving the health and well-being of all. Over the years, the role of nursing has evolved from being seen as a caregiver to that of a vital professional within the health care team.

Today nurses have varied roles in the health care system. Some are clinicians, educators, academic researchers, consultants, quality improvement specialists and senior leaders in health care. They have made many contributions to patient care and health management.

What does it take to be a nurse?

Nursing takes a commitment to lifelong learning as the science of health is constantly changing. They not only need to know about the many treatments for illness but need a keen sense of how to help those who might not be at their best to get better. They must have excellent communication and listening skills.

"Part of my job as a paediatrics nurse is helping parents and families manage feelings of panic, anxiety, anger, powerlessness and guilt. Paediatric nursing is challenging, fun, exciting, sometimes sad, but always incredibly fulfilling knowing I've made a real difference for a child. I can't imagine doing anything else," says Michelle Mason, RN at Headwaters.

Nurses must be good at math and science and must understand anatomy, physiology, and body chemistry. They have to understand disease processes and treatments to educate patients about their care in easy to understand language for non-health professionals.

Nurses are in the frontline of patient care and see first-hand the challenges of wait times and the needs of patients. In many cases, they step forward with great ideas to improve service like the nurses that helped launch a fast-track zone in the Emergency Department at Headwaters to treat less acute patients which resulted in reducing overall wait times.

Opportunities in nursing

A nurse's "Scope of Practice" is defined by the level of education and licence earned. Registered Nurses (RNs) and Registered Practical Nurses (RPNs) can work in public health, long-term care, home care and hospitals. RNs have a university degree and are trained to care for unstable or complex patients and RPNs who have a diploma have similar scope of practice training and can treat patients with predictable or stable outcomes.

Nurse practitioners are registered nurses with clinical practice, advanced education and legislative authority; who help you keep healthy; diagnose and treat common illnesses and injuries; prescribe medications; and order lab tests, x-rays and other diagnostic tests. Nurse practitioners work in hospitals, community clinics, long-term care facilities and family health teams.

Headwaters Health Care Centre recognizes all our nursing and health care professionals for putting the needs of our patients first. Thank you.