



The Ultimate Nursing Guide

Nursing Health, **Impacting Lives**

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Interesting Titbits

01 It's a very old profession!

Nursing is a profession that has existed for a long time. The first record of nurses was in 300 A.D in the Roman Empire. From hospital nurses to relatively developed professionals in health care, nurses have come a long way today!



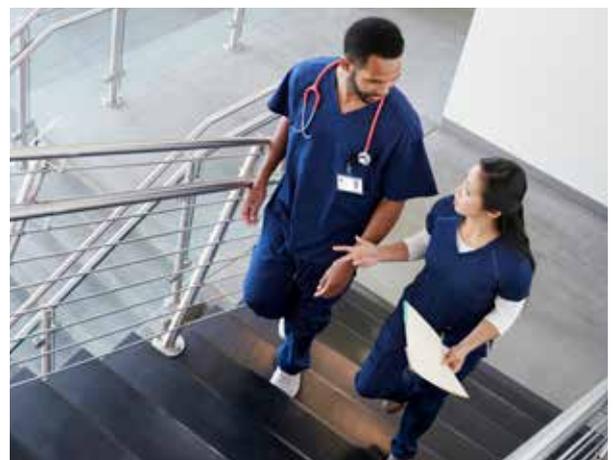
02 Woman Behind The Profession

Florence Nightingale, the famous and inspiring British nurse contributed largely to the healthcare profession. Her courage and perseverance in times of war helped save hundreds of soldiers' lives, not to mention inspired countless women and men to take on the nursing career in today's world.



03 Nurses Walk, a lot

The average distance of a nurse who works on a 12-hour shift could amount up to 10 kilometres! That is twice the amount of a person's average walking distance in a day!



Source: www.pmfunding.com/facts-about-nursing

04 Half The Amount, Double The Importance

Nurses make up half of the students studying a health care course. The increasing demand for nurses by health care organisations has proved the importance of nurses in the industry.



05 Nursing As One Of The Top Professions

3 types of nurses won their spot in a list of Top 25 Best Jobs of 2018 survey, according to US News and World Reports. They were registered nurses, nurse anesthetists, and nurse practitioners.



06 May 12 Is International Nurses Day!

Nurses are celebrated for their hard work and dedication in the healthcare field. This meaningful day is also the late Florence Nightingale's birthday!



07 Nurses Don't Just Work In Hospitals

The amount of registered nurses in hospitals is less than half the amount of overall nurses. Other places that nurses can work at are nursing homes, assisted living facilities, home health care, private practice, community healthcare centres, and veteran health administration hospitals.



Source: www.pnrfunding.com/facts-about-nursing



Career Prospects

Here are some of the career options to choose from after you've graduated as a nurse:

- **Practical Nurse**
- **Registered Nurse**
- **Neonatal Nurse**
- **Forensic Nurse**
- **Travel Nurse**
- **Nurse Anesthetist**

Other Career Options



It is a common misconception that nurses only work in hospitals. Some registered nurses could establish careers in other industries.

- 1 Education**
 - Clinical Educator
 - Academic Nurse Writer
- 2 Oil and Gas**
 - Offshore Nurse
 - Occupational Nurse
- 3 Legal Industry**
 - Legal Nurse Consultant
- 4 Medical and Pharmaceutical Industry**
 - Pharmaceutical Sales Representative
 - Pharmaceutical Nurse
- 5 Healthcare Administration**
 - Nurse Recruiter
 - Hospital Compliance Analyst

Source: www.registerednursing.org/nursing-careers/

Nursing Industry in Malaysia

Requirements to become a nurse in Malaysia:

- Students must complete their SPM or equally qualified papers such as STPM, A-Levels, and Foundation in Science.
- Completion of STPM or Foundation in Science allows students to directly pursue a Degree in Nursing.
- It generally takes up to 3 to 4 years for a student to become a nurse.
- Nurses are required to register with the Nursing Board Malaysia and it is crucial for students to ensure that their qualification is recognised by the Malaysian Qualifications Agency (MQA).





Nursing Industry Worldwide

- The most famous of nurses was Florence Nightingale who bravely led a group of women to care for the sick and injured during the Crimean War between 1840 and 1845.
- Florence Nightingale role in pioneering the profession gave nursing a strong reputation and presence in society, earning nurses great respect.
- Nursing as a professional career has grown globally since, with the healthcare industry modernising as time went on. However, the gradual decrease of nurses worldwide is alarming, despite an improvement in modern medicine.
- It is estimated by PRN Funding in the USA that the deficit in nurses will be up to 808,000 by 2025. Without the front liners in health and medical care, the quality of patient care will be jeopardised.
- This is why we need you.

Source: www.prnfunding.com/the-evolution-of-nursing



The World of Nurses

- Nurses are a key element in any healthcare ecosystem.
- They are always on the front line to provide first aid whenever a medical emergency arises.
- They communicate with patients, help newborn babies into this world, counsel grieving families, and ensure a patient is comfortable in the hospital.
- It takes a great understanding of the functions of the human body and to use positive emotional elements to boost the recovery process.

Source: www.careerbuilder.com/advice/what-does-a-registered-nurse-do

Know Your Roles

The names and duties of different nurses can be confusing, so here is a breakdown of some of the commonly heard of roles:

01 Neonatal intensive care unit (NICU) nurse

Newborn babies with serious health complications are put under NICU nurses' care. The duration of care for each infant may vary from days to months.



02 Intensive care unit (ICU) nurse

These are Registered Nurses that work in the intensive care unit (ICU) of hospitals. ICU nurses provide multiplex care to patients with serious injuries or ailments.



03 Operating room (OR) nurse

Also referred to as scrub nurses, OR nurses care for patients before, during and after surgery. They work with surgical teams as the bridge between the operating team and the patient's family, as well as readying patients for recovery after surgery.



Source: nursejournal.org

04 Post-anesthesia care unit (PACU) nurse

A PACU nurse works closely with patients who are regaining consciousness from anaesthesia after surgery. They are trained to handle and communicate with patients who face pain, confusion or other complications upon waking up post-surgery.



05 Labour and delivery nurse

A labour and delivery nurse helps in delivering babies, provide care for the mother and child throughout labour, during and after birth. They also time contractions and educate new mothers on how to nurse their newborns.



06 Emergency room (ER) nurse

An ER nurse treats and provides aid to patients who are going through trauma or severe injuries in the Emergency Room. ER nurses work closely with ER doctors to stabilise patients suffering from different types of health complications and injuries.



Source: nursejournal.org



The Future Of Nursing

As the healthcare system seeks improvement in care and nursing methodology for years to come, nurses will have to experience a shift in education, roles, and duties in the industry. Here's a look at the possible changes in the world of nursing:

1 Improved Care Accessibility

Nurse practitioners can look forward to working to full capacity of their education and training.

2 Interprofessional Collaboration

Nurses may be able to take the lead in collaborating with other health professions to improve on the quality of nursing and its education.

3 Leadership In Nursing

In the near future, more nurses may be involved as decision-makers in healthcare by taking up leadership positions in corporate and health-related organisations.

4 Enhanced Nursing Education

Nurse educators may have to shift traditional teaching methods to a modernised, evidence-based approach that is on par with technological growth in the healthcare industry, based on students' needs.

Nursing Is An Option If..

01 You Like Communicating With & Educating Patients

It is a plus point if you enjoy communicating with people, as most nurses interact directly with their patients and families. This makes communicating complex medical terms easier, along with teaching patients and their families about treatment options and advice to improve their health.



02 You're Looking For A Variety In Your Job

Nurses don't get stuck in a specific task. There are times when they have to rush to help in the Emergency Room with doctors, and other moments where nurses encounter challenges involving different types of ailments, injuries and medical conditions. The nursing profession offers a vast field of focus areas and specialisations that you can explore.

03 You Want To Make An Impact On People's Lives

Nursing is one of the few careers that can change the lives or experiences of patients. There are times when nurses encounter difficult patients, but the effort pays off but when the patient is able to recover and express their gratitude towards the nurses' kindness and patience. Thus, this career delivers a rewarding journey that earns the community's gratitude and respect.



What's In A **Nursing** **Course?**



The topics that you will likely come across while studying a **Diploma or Degree in Nursing or professional qualification** might include:

- Holistic Nursing
- Medical & Surgical Nursing
- Mental Health Nursing
- Anatomy & Physiology
- Microbiology
- Parasitology
- Behavioural Science
- Health Assessment
- Pharmacology & Nutrition



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<http://apply.nilai.edu.my/nursing/>

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Nilai University DU032(N) No 1, Persiaran Universiti, Putra Nilai,
 Bandar Baru Nilai, 71800 Nilai, Negeri Sembilan, Malaysia.

Tel: +606-850 2308 | Email: marketing@nilai.edu.my

Nilai Education Sdn Bhd
 Registration No: 199401021536 (307215-P)

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Watch the video
 Nursing