

You're a smart cookie!



Almost 200 nurses shared their **best piece of nursing advice** at ANPD's Aspire Convention ...

Among the advice received, we noticed 20 common themes:



- 1 Always do the right thing ...**
... even when the right thing is hard. Be brave; do not hesitate.
- 2 You can't do it all.**
Nursing is a 24/7 job. Focus on what you can do during your shift. Try to leave the negative at work and bring the positive home.
- 3 Take it one step at a time.**
The first year is the hardest — hang on, you will get there. Once you get there, remember what it's like to be new and be the support person you wish you had. Your hundredth time may be someone else's first.
- 4 Don't go at it alone.**
Find support and be supportive. Share shamelessly so you don't reinvent the wheel. When developing new initiatives, always include your frontline staff. Remember "CAPE": Collaborate, Advocate, Purpose, Excellence, Care
- 5 Be mindful.**
Always practice mindfulness. You don't have to be perfect, just safe.
- 6 It's okay not to know something.**
You don't have to know everything; you just need to know where to find the answers. Never be afraid to ask questions or ask for help and learn how to refer to subject experts.
- 7 Practice patience.**
Make it a point to listen first, then talk.

8 Communication is key.

Flex your communication style when appropriate. And be sure to get your ducks in a row before making the phone call.

9 Look at the big picture.

Take a step back to see the forest — don't focus on one tree.

10 Follow what you love.

Do what feels good. Nursing is a great adventure — don't give up until you find an area that fulfills your soul. Own your career.

11 Remember your “why”.

Always remember the reason you became a nurse. Learn something new about every patient; it connects you back to your purpose.

12 Be kind to yourself and others.

You are important and your voice matters. Your patients' voices matter too. Have compassion, empathy, and listen to them. Nursing is hard. Give yourself grace and don't forget to find the joy in your job. You matter just as much as your patients.

13 Take care of yourself.

You need to take care of yourself to take care of others. Take that break and your PTO. Go to the bathroom! Self-care is your obligation.

14 Never give up.

You got this — patients are depending on you.

15 Trust your gut.

If you think something is wrong, it probably is.

16 Don't take it personally ...

... especially when dealing with a stressed patient.

17 Don't get comfortable.

Even when you think you know everything, there is always more to learn. Stay humble because you will learn your biggest career lessons from the most unexpected people and/or in the most unexpected ways.

18 Keep learning and lead with curiosity.

Learn something new every day and keep growing. Be flexible and open to change.

19 Stop, look, and listen.

Unless it has “code” in front of it or “stat” at the end of it, you've got 12 hours. If you have to take out more than one vial, you should double check the order. And remember, there is no emergency in education.

20 Always keep laughing.

Use humor and smile! It will get you through the tough times.



Repeat
after me...

My impact on lives will last forever.

I will seize every moment.

I will buy good shoes.

I will start saving for retirement from day one.

I will find the positive.



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