Nursing and Midwifery Careers: Fact and Fallacy

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The Qualities of a Good Nurse or Midwife

- Analytical
- Logical thinker
- Empathic
- Practical
- Flexible
- Calm
- Insightful
- Care giver
- Use direct care skills
- Use technical skills
- Demonstrate professionalism

- Decisive
- Resourceful
- Observant
- Work under own initiative
- Work to deadline
- Work under pressure
- Good team player
- Excellent communication skills
- Maintain confidentiality, privacy and dignity
- Unafraid to handle body fluids
Nursing
Fields of Practice

Adult Nursing
Mental Health Nursing
Learning Disabilities Nursing
Children’s Nursing
Nursing role

- Nurses are accountable for nursing care for the patient for 24 hours per day
- Nurses aim to deliver patient focussed, individualised, holistic care
- Nurses assess, plan, deliver and evaluate care
- Nurses manage & organise care across a wide multi professional healthcare team in the NHS, Social Services, Independent and Voluntary sectors / other agencies
Fallacy – Adult Nursing

Adult nurses are general nurses.
Adult nurses are a Doctor’s assistant
Adult nurses arrange flowers
Adult nurses are too posh to wash
Adult nurses only care for patients in intensive care or accident & emergency as seen in TV dramas
Adult nurses care for lots of young patients
Adult nurses work in hospitals
Female adult nurses care for female patients and male adults nurses care for male patients
Adult nursing is physically harder work than other fields of practice
Fact – Adult Nursing

• Adult nurses care for patients from 18 years old up to 100 years+, involved with all aspects of care
• Adult nurses are Adult nurses! They are not general nurses!
• Adult nurses work in a wide variety of clinical areas including hospitals and community based settings
• Changing demographics mean adult nurses care for many older and / or frail patients with complex medical, nursing and social care needs
• Changing patterns of health mean that adult nurses care for patients with chronic, complex, enduring health needs – an emphasis on care rather than cure
• Adult nurses are male and female, typically 10% male, 90% female
• Adult nurses of both sexes care for patients of both sexes
• Adult nursing is as physically demanding as other fields of nursing
Fallacy
– Child Health Nursing

• Children’s nurses are always female
• Children’s nurses look after babies
• Children’s nurses look after young children
• Children’s nurses play with children whilst they are in hospital
• Children’s nurses help ill children to get well
• Children’s nursing is the most enjoyable type of nursing
Fact - Child Health Nurses:

• care for individuals from neonates to adolescents up to the age of 18 years
• assess, plan, deliver and evaluate, nursing care for a sick child, whilst supporting concerned parents, wider family, siblings and friends. This is frequently a highly stressful time for all concerned
• work across wide and complex multi professional health care teams which liaise with social services, educational services and other agencies
• work in community based settings as well as hospital settings
• need to be able to deliver direct elements of care but frequently this is delivered by parents.
• have complex, demanding and challenging careers.
• are male and female!
• Not all children recover from ill health. Many have enduring, complex, chronic disorders with challenging needs. Some children die.
• It is play specialists organise play activities with children when they are hospitalised.
Fallacy
– Mental Health Nursing

• Mental health nurses care for people who are mad, bad or sad.
• Mental health nurses work in mental institutions
• Mental health nurses work in environments with violent patients
• Mental health nurses are not real nurses
• Mental health nurses play scrabble & card games with patients all shift
• 1 in 3 adults will have a mental health related problem at some point in their adult lives.
• Examples of this might be anxiety, stress, depression, bi-polar disorders, schizophrenia, personality disorders, alcohol & substance dependency, dementia & Alzheimer's disease
• Most care for clients with a mental health problem is managed in a community based setting or the client’s own home.
• Nurses working in A&E are more likely to have to manage disruptive individuals than mental health nurses.
• Mental health nurses have a key role in assisting clients with enduring, complex problems and symptoms to manage their condition and live in society as independently as possible.
• Complex teams of varied multi professional health care staff work with mental health nurses across many different health care, social care, educational and other agencies, in public, private and voluntary sectors.
• Mental health nursing is as demanding and challenging as other fields of nursing.
Fallacy
– Learning Disability Nursing

• Learning disabilities only affect children
• Learning disability nursing is not real nursing
• Learning disability nurses do all sorts of social activities with the patients
• Learning disability nurses work in an institution for the mentally handicapped
• Learning disabilities nurses have to care for patients who get better very slowly
Fact
-Learning Disability Nursing

• Individual clients have learning disabilities from birth.
• Some forms of injury can appear to be a learning disability e.g. acquired brain injury
• Learning disability nurses care for individuals with cognitive deficit as well as physical disabilities. Examples may include cerebral palsy, Down’s syndrome, genetic disorders, behavioural disorders.
• Most learning disability nurses work with in a community based setting or the client’s own home.
• Learning disability nurses have a key role in assisting clients with enduring, complex problems and symptoms to manage their condition and / or symptoms and live in society as independently as possible.
• Complex teams of varied multi professional health care staff work with learning disability nurses across many different health care, social care, educational and other agencies, in public, private and voluntary sectors.
• Learning disability nursing is as demanding and challenging as other fields of nursing.
Clinical Skills

• EU Directives – ranges of experiences
• NMC Directives – 2300 hours of practice
  2300 hours of theory
• A clinical mentor (qualified nurse) per clinical placement allocation
• Personal tutor for duration of course
Nursing Place Availability

UCAS nursing applications received for DMU 2011 intake by 15 Jan:

504 for 70 adult BSc places
378 for 28 child BSc places
157 for 25 mental health BSc
(10 learning disability places 2012)

Attrition is for variable factors – both locally and nationally –
Similar to midwifery – see slides
Nursing Admissions Criteria

Level 2

Good GCSE profile with 5 GCSE $\geq$ C - must include English, Maths and Science

Level 3

240 UCAS points from A levels; IB; Prog / adv diploma; or BTEC. Access Course in N&M or Applied Science
Midwifery
Midwifery Role

• Provides care, supervision and advice for pregnancy, labour, and shortly after birth.

• Qualified as the main birth attendant at normal births.

• Able to detect problems, seek appropriate aid whilst supporting the mother.
Midwifery Skills

• Hands-on care (vomit, blood, sweat, & tears)
• Decision making
• Counselling & Education
• Practices in the community, clinics, homes, hospitals and independently of the NHS.
• Can execute emergency measures in the absence of medical aid.
Fallacy

• A midwife is not a maternity nurse, and hardly looks after babies. In fact midwives examine the mother, make decisions and accept accountability.

• It is the midwife who delivers the baby and sutures the perineal wound afterwards.

• Most of the duties of EU/UK midwives are performed by doctors in USA and other countries.
Clinical Skills

• EU Directives specify that the students deliver 40 babies, conduct 100 antenatal examinations and various other amounts of ante and postnatal skills

• Most experience in maternity

• A clinical mentor (midwife) per allocation

• Personal tutor for duration of course
Midwifery Courses

- 3 year Bachelor of Science with Honours (BSc Hons)
- 18 month short course for Registered General Nurses – Adult branch

Both give the same NMC registration

- 99% midwives are female
- 1% male
Midwifery Place Availability

UCAS midwifery applications received for DMU 2011 intake by 15 Jan:

684 for 40 places

17 applicants for each place!

Once on the course midwifery has a high attrition – both locally and nationally.
Midwifery Admissions Criteria

Level 2
Good GCSE profile with 5 GCSE ≥C (one resit allowed for maths)

Level 3
280 UCAS points from A levels; IB; Prog/adv diploma; or Btec. Access Course in N&M or Applied Science
Midwifery Attrition

- ≤18y at onset of course
- BTec in Health & social care
- Access course
- Family illness
- Marital breakdown
- Dyslexia
- Lack of maturity and insight
- Teacher dependent (helicopter parent)

Highest casualty areas are 2nd year clinical placements
Midwifery Success

• ≥ 19yr at onset of course
• A levels
• BTEc Applied Science
• Access Course
• Psychological maturity
• Work experience
• Insight into real nature of midwifery and demands of the NHS
• Independent learner
Career Guidance for Nursing & Midwifery

• Match the student at college to the career to which his/her capabilities/characteristics would best suit
• Need to be pragmatic
• Need to study appropriate entry qualifications for a graduate profession
• Work experience is ideal but difficult to attain in hospital
Good Nursing and Midwifery Applications:

• Are prepared well in advance
• Well organised, logical order
• Use a literature search to show “what you are letting self in for”
• Have a well-written, insightful personal statement that is free from error with academic maturity
• Show understanding of nursing (and specific field of practice) or midwifery, plus comprehension of the demands of both the course and clinical practice

NB. Be prepared to discuss application in detail at interview
Your students in
......years?