

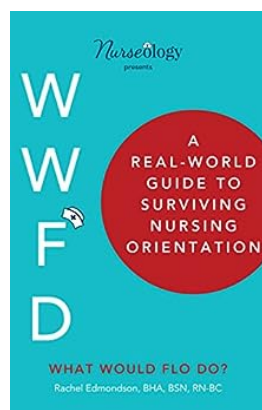
# Real World Guide To Surviving Nursing Orientation

Congratulations, you have made it through years of education, passed your exams, and now you are about to embark on your nursing career. One of the first steps in this exciting journey is your nursing orientation. This is the time when you will learn the ropes, familiarize yourself with the facilities and staff, and begin to put your knowledge into practice. While it can be overwhelming, we are here to provide you with a real-world guide to surviving nursing orientation.

## 1. Prepare Ahead

Before your orientation starts, take the time to do some research. Familiarize yourself with the hospital or healthcare organization where you will be working. Learn about their values, mission, and core principles. Understanding the organization's culture will help you adapt more easily and feel like part of the team from day one.

Additionally, review any materials provided by your program or employer. This might include policies, procedures, and important protocols. Being prepared will help you feel more confident during your orientation.



## A Real-World Guide to Surviving Nursing Orientation by Margot Sève (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 388 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

X-Ray for textbooks : Enabled

Print length : 47 pages

Lending : Enabled



## 2. Ask Questions

Don't be afraid to ask questions during your nursing orientation. This is the perfect time to clarify any doubts or concerns you might have. Your preceptors and mentors are there to support you and guide you through this transition. Take advantage of their experience and expertise by seeking clarification whenever needed.

Remember, asking questions demonstrates your curiosity and eagerness to learn. It shows that you are dedicated to providing the best care possible to your patients.

## 3. Take Notes

During your nursing orientation, there will be a lot of information thrown at you. It's important to take notes to help you remember everything. Jot down important details, such as procedures, codes, and policies, as they are being explained to you. These notes will serve as a valuable reference for you in the future.

It's also a good idea to organize your notes in a way that works best for you. Whether it's using a notebook or a digital app, find a system that allows you to easily access and review the information whenever needed.

## 4. Build Relationships

Nursing is a team sport, and building relationships is crucial for your success. During your nursing orientation, take the opportunity to connect with your colleagues, preceptors, and mentors. Introduce yourself, share your excitement

about starting your nursing career, and show your willingness to collaborate and learn from others.

These initial connections can turn into long-lasting professional relationships that will support you throughout your career. Don't underestimate the power of networking and fostering positive relationships with your colleagues.

## **5. Embrace Feedback**

Throughout your nursing orientation, you will receive feedback from your preceptors and mentors. Embrace this feedback with an open mind and a positive attitude. Constructive criticism is an opportunity for growth and development.

Take the feedback you receive seriously and make an effort to apply it. This will show your dedication to improving and becoming the best nurse you can be. Remember, nursing is a continuous learning process, and feedback is an essential part of it.

## **6. Take Care of Yourself**

Surviving nursing orientation involves taking care of yourself both mentally and physically. The transition from student to practicing nurse can be stressful, so prioritize self-care during this period.

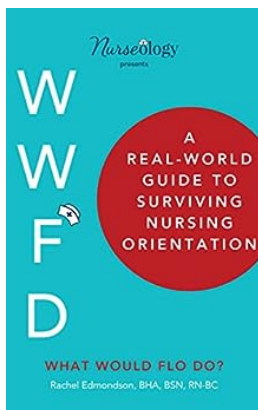
Get enough sleep, eat nutritious meals, and engage in activities that help you relax and recharge. Take breaks when you need them and make time for hobbies and social interactions. Remember, you cannot take care of others if you neglect your own well-being.

## **7. Stay Positive**

Lastly, try to maintain a positive attitude throughout your nursing orientation. It's normal to feel overwhelmed and unsure of yourself, but remember that everyone has been in your shoes at some point. Have faith in your abilities and trust that you have what it takes to succeed.

Surround yourself with positive influences and seek support from your fellow nurses and mentors. Remember why you chose this profession and envision the difference you can make in people's lives.

Nursing orientation can be both exciting and challenging. By preparing ahead, asking questions, taking notes, building relationships, embracing feedback, taking care of yourself, and staying positive, you will not only survive but thrive during this period. Congratulations on embarking on your nursing career, and welcome to the wonderful world of nursing!



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You've passed your NCELX, survived your first interview, and just landed your first nursing job! Now what? This new grad RN survival guide was written to help you navigate your first nursing orientation. From what to expect on your first day

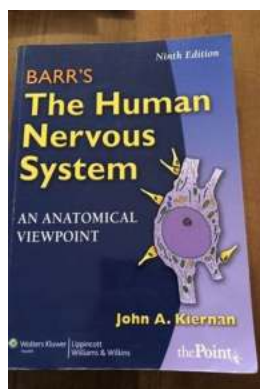
to surviving your first code blue, WWFD aims to help you navigate the reality shock as you transition from nursing student to bedside RN. Among other things, you will find advice on how to give an effective hand-off report, cluster your care, efficiently

complete up to five patient assessments in less than three hours, and learn how to page a physician like a BOSS. Using humor and practical real-world nursing experience, this short and sweet book aims to take you from new nurse to Florence Nightingale status in less than three months!



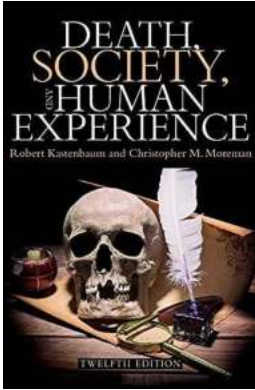
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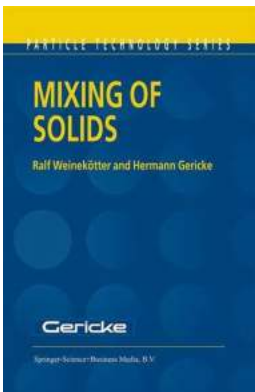
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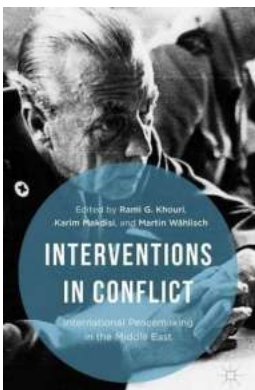
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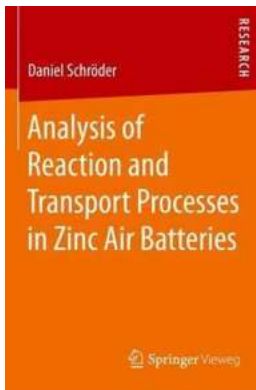
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