

Contents

<i>List of figures and tables</i>	xi
<i>List of contributors</i>	xii
<i>Acknowledgements</i>	xvii
<i>Using your VitalSource enhanced eBook</i>	xviii

Part 1	Beginning	1
1	The journey begins	2
<i>Nick Arnott, Penny Paliadelis and Mary Cruickshank</i>		
	Introduction	3
	Welcome to nursing	3
	About this book	6
	Summary	13
	Review questions	13
	Further reading	14
	References	14
2	Contemporary nursing education	17
<i>Nick Arnott, Carolyn King, Patricia Bromley and Kylie Hoffman</i>		
	Introduction	18
	Capability in nursing	18
	What does an undergraduate nursing degree involve?	22
	Strategies for learning success	34
	Summary	36
	Review questions	36
	Research topic	37
	Further reading	37
	References	37
3	Preparing for success	41
<i>Lolita Wikander and Judith Lyons</i>		
	Introduction	42
	Tips, tricks and techniques for successful learning	42
	Reflection and self-directed learning	46
	Collaborative learning and peer support	50
	Summary	52
	Review questions	53
	Research topic	53

Further reading	53
References	53
4 Health systems and models in Australia	56
<i>Diana Guzys and Kathleen Tori</i>	
Introduction	57
Models of health	58
The healthcare continuum	59
The Australian healthcare system	61
Nurses and nursing in the Australian healthcare system	67
Summary	71
Review questions	71
Research topic	71
Further reading	72
References	72
5 Health care in Australia	76
<i>Nick Arnott and Melanie Eslick</i>	
Introduction	77
Definitions and models	77
The current healthcare landscape (the 'lay of the land')	78
Issues and trends affecting contemporary nursing and health care	84
Summary	97
Review questions	98
Research topic	98
Further reading	98
References	98
Part 2 Becoming	103
6 The heart of nursing	104
<i>Melanie Eslick, Lolita Wikander and Nick Arnott</i>	
Introduction	105
Perspectives on nursing	105
Why do you want to be a nurse?	107
Professional identity	108
Caring, compassion and kindness	110
Prepare to be the best nurse you can be!	119
Summary	120
Review questions	121
Research topic	121
Further reading	121
References	121

7 Philosophical underpinnings	126
<i>Suzanne Bliss, Nick Arnott and Kerry Howells</i>	
Introduction	127
What is nursing philosophy and why does nursing need a philosophical foundation?	127
Two approaches to the question of how nursing should represent itself	129
Aristotle's account of virtue	130
The role of emotion in acquiring the virtues	134
Gratitude in nursing	136
Nursing as eudaimonic practice: The alignment of ends	139
Summary	140
Review questions	141
Research topic	141
Further reading	141
References	142
 8 The history and evolving image of nursing	 146
<i>Mary Cruickshank, Penny Paliadelis, Swapnali Gazula and Margaret McAllister</i>	
Introduction	147
The evolution of the nursing profession	147
The effects of nursing stereotypes	153
Shaping our own image	154
Identifying strategies for enhancing understandings of the reality of nursing as a profession	156
Summary	160
Review questions	160
Research topic	161
Further reading	161
References	161
 9 Thinking like a nurse	 166
<i>Joanne Porter and Alicia J. Perkins</i>	
Introduction	167
Critical thinking	168
Clinical judgement	170
Clinical reasoning	173
Reflective practice	175
Professional portfolio	182
Summary	184
Review questions	185
Research topic	185
Further reading	185
References	185

10	Understanding self and others	188
	<i>Nick Arnott, Penny Paliadelis and Mary Cruickshank</i>	
	Introduction	189
	Self-awareness	189
	Awareness of others	191
	Social and emotional intelligence	197
	Mindfulness	200
	Summary	202
	Review questions	203
	Research topic	203
	Further reading	203
	References	204
11	Foundations of nursing practice	208
	<i>Rhian Cramer, Nicole Coombs, Judith Lyons and Jeong-ah Kim</i>	
	Introduction	209
	Quality and safety in nursing practice	209
	Evidence-based practice	210
	Person-centred practice	214
	Communication and interpersonal skills	217
	Summary	223
	Review questions	224
	Research topic	224
	Further reading	224
	References	225
12	Nursing as a profession: Legislation and regulation	228
	<i>Judith Lyons and Suzanne Bliss</i>	
	Introduction	229
	Legal and regulatory requirements	229
	Professional practice framework	230
	What are professional boundaries?	243
	Scope of practice	246
	Summary	247
	Review questions	248
	Research topic	248
	Further reading	248
	References	248
13	Being a safe and ethical practitioner	252
	<i>Gina Richards, Joyce Hendricks and Elisabeth Jacob</i>	
	Introduction	253
	Clinical governance and clinical risk	253
	Legal and ethical issues, strategies and dilemmas	256
	Professionalism and being a professional	259

Summary	263
Review questions	264
Research topic	264
Further reading	264
References	264
14 Professional experience placements	267
<i>Nick Arnott, Melanie Eslick and Maryanne Podham</i>	
Introduction	268
What are professional experience placements and why are they an essential part of your learning?	268
Achieving positive and successful placement experiences	273
Scope of practice	279
Organisation and time-management skills	281
Social media: Handle with care	284
Summary	286
Review questions	287
Research topic	288
Further reading	288
References	288

Part 3 Being **291**

15 Being a member of an interprofessional team	292
<i>David Stanley and Karen Stanley</i>	
Introduction	293
Communication	293
Handover frameworks	296
Interprofessional teamwork	297
Conflict resolution	299
Peer learning and mentoring	302
Summary	303
Review questions	304
Research topic	304
Further reading	304
References	305
16 Empowering our profession	308
<i>Nick Arnott and Melanie Eslick</i>	
Introduction	309
We all have a role to play	309
Leadership and empowerment in nursing	315
Developing your leadership potential	320
Summary	328

Acknowledgement	329
Review questions	329
Research topic	329
Further reading	329
References	330
17 Preparing for the transition to registered nursing practice	333
<i>Jackie Lea</i>	
Introduction	334
The process of transition to registered nursing practice	334
Strategies to successfully manage the transition to the first year of professional practice	339
Professional roles, autonomy and responsibilities of the registered nurse	343
Developing and refining a professional portfolio reflecting beginning registered nursing status	346
Summary	349
Review questions	349
Research topics	349
Further reading	349
References	350
18 Conclusion: What now? Where to from here?	353
<i>Penny Paliadelis</i>	
Introduction	354
Stories from practice	354
Nursing careers	361
Lifelong learning	361
Giving back	363
Summary	364
Further reading	365
References	365
<i>Index</i>	367