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Edited in association with N. Arnott, P. Paliadelis, M. Cruickshank
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THE ROAD TO NURSING

Commencing a nursing qualification can be an exciting yet daunting prospect. *The Road to Nursing* empowers nursing students to become effective practitioners by providing an in-depth foundational knowledge of the key concepts and skills that will underpin their entire nursing journey.

Written by an expert team of academics and practising nurses, this text emphasises the importance of meaning-making, supporting students to critically engage with key knowledge that informs their ongoing learning, development and professional identity. Each chapter supports learning through pedagogical features including case studies, nursing perspectives, reflections, key terms, review questions and research topics. The additional activities accessed through the VitalSource eBook reaffirm comprehension and encourage critical thinking.

The Road to Nursing is written in an accessible narrative style, providing a friendly guiding voice that will support students from the classroom into practice.

Nick Arnott is a lecturer in the School of Health Sciences at the University of Tasmania.

Penny Paliadelis has recently retired as Executive Dean of the Faculty of Health at Federation University.

Mary Cruickshank is Head of the School of Nursing, Midwifery and Healthcare at Federation University.

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EDITED BY
NICK ARNOTT
PENNY PALIADELIS
AND MARY CRUICKSHANK



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Kathleen Tori is an emergency nurse practitioner with a variety of experience in both clinical and educational sectors. She is about to commence a new role as the Director of Postgraduate Nursing at the University of Tasmania. Kathleen practises clinically in rural and remote healthcare settings to maintain her clinical competency. She has been involved in researching the nurse practitioner role for a number of years and recently completed her PhD. Other research projects have included the role of the advanced practice nurse in small rural health services and the use of simulation for knowledge retention for high-acuity postgraduate nursing students. Kathleen is the current national secretary of the Australian College of Nurse Practitioners.

Kylie Ward is an Adjunct Professor and the CEO of the Australian College of Nursing. She has had a successful and celebrated career as a nursing leader, and health and aged care executive in Australia for over 25 years. Her clinical background is in intensive care and aged care, and she has held multiple leadership positions in major health services in New South Wales and Victoria. Kylie is particularly interested in nursing professionalism and advancing nurse leadership. She has been awarded many leadership awards and recently took out the 'For Purpose and Social Enterprise' category of the ACT Telstra Business Women's Awards for her contributions to the nursing profession.

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Using your VitalSource eBook

Once you have registered your VitalSource access code (see the inside front cover for instructions), you will have access to the enhanced eBook via your VitalSource Bookshelf. The navigation instructions below provide a general overview of the main features used within the enhanced eBook.

Icons This icon is used throughout the textbook to indicate the presence of an interactive component in the eBook. A descriptor indicates the type of content available.



Navigation and search

Move between pages and sections in multiple ways, including via the linked table of contents and the search tool.

skills that serve the interest of patients are reviewed. Interacting with professional colleagues is presented in the context of team communication and collaborative working relationships. Guidelines in communicating through written documents and legal All practice must be effective at producing shared meaning between people. For this reason, the chapter begins with an overview of the process of **interpersonal communication** and what makes it effective. The emphasis is on the formation of professional relationships with patients and colleagues, as communication is the means by which relationships develop.

Key terms

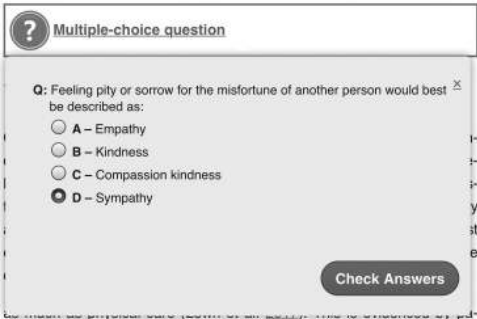
Hover over bold terms to display pop-up definitions of key concepts.

Key term for chapter

Highlight

Highlight text in your choice of colours with one click. Add notes to highlighted passages.

on' aspects of nursing that you
caring display of genuine kindness and concern for others
that, you also see nursing as a
caring profession and your desire to care for people in mean-

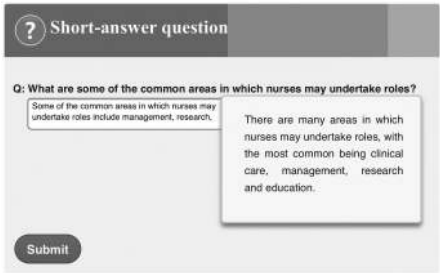


Multiple-choice questions

Open the multiple-choice questions pop-up box, select your choice of correct answers and click ‘Check Answers’ to assess your results. Note that this box can be moved about the page in order for you to read text while choosing your answers.

Short-answer questions

Read the question and type your answer in the box. Submit your answers to view the guided solutions and assess your results. Note that the solution pop-ups can be moved about the page.



Connecting with practice

The self-compassion scale

Dr Kristin Neff (2003) developed the ‘self-compassion scale’, which provides a measure of our levels of self-compassion and examines some of the typical ways you may act towards, or feel about, yourself in difficult times. You can complete the scale at the link above, where you will also find some strategies and practices to help foster your self-compassion.

Connecting with practice

Visit industry-related websites to see and understand real-world examples of the theories and concepts covered in the text.

Videos

Click the icon to view relevant video content to extend your knowledge on the topics presented in the book. Each video is accompanied by a question to prompt your learning.

What if you became a nurse?

This video presentation by nurse and author Sana Goldberg outlines some of the different paths people take to nursing and how things don’t always turn out as planned. It explores some existing stereotypes and looks at how nurses have challenged these stereotypes.

Question

What reasons does Goldberg give to suggest that we should think about nursing in a new way?

Review questions

Q1: What did Roach identify as the 8Cs of caring?

Compassion
Competence

Compassion – living with awareness of our relationship to all living creatures; a quality of

Q2: What is compassion?

Compassion is living with a

Competence – being equipped with knowledge, skills and experience to respond to professional responsibility

Review questions

Respond to the discussion questions at the end of each chapter and use the guided solutions to assess your responses. Note that the solution pop-ups can be moved about the page.