



Nursing

with Dr Kathryn Halverson

Talking points

Knowledge & Comprehension

1. What does the term 'nursing shortages' mean?
2. What does 'evidence-informed practice' mean in nursing?
3. What are some of the challenges that contribute to nursing shortages?
4. How do the nursing shortages make it challenging for hospitals to meet the needs of patients?
5. What qualities beyond medical knowledge does a nurse need? How do these qualities contribute to a nurse's effectiveness in providing healthcare?

Application

6. How can nurses serve as advocates for social justice to address health inequities caused by social factors?
7. Why are communication skills vital for a nurse? What scenarios can you imagine where a nurse's communication skills would be put to the test? Think about different contexts such as an emergency room, community health centre or long-term care facility.
8. Kathryn, Hudson, Shabneez and Kiersten highlight the value of volunteering to learn about nursing. Where could you volunteer near you? If you are unsure, who can you talk to for advice about this?

Evaluation

9. How does the integration of evidence into healthcare decision-making contribute to the overall effectiveness of nursing care, and what potential challenges might arise in its implementation?
10. Why did Hudson, Shabneez and Kiersten decide to pursue nursing? Which of their reasons for choosing nursing appeals to you the most, and why?
11. To what extent do you think the rewards of nursing outweigh the challenges?

Activities

Nursing is a dynamic profession that requires a unique blend of qualities, including effective communication, strong teamwork, adaptability and critical thinking. In your own life, you might have encountered situations that required these essential skills. Think about your personal experiences and identify a time when you demonstrated these skills. It could be during a school project, a community event or even a family situation.

Consider the following questions:

- How did you communicate your ideas or concerns during that situation?
- Were there any challenges in conveying your message, and how did you overcome them?
- What impact did effective communication have on the outcome?
- What was the collaborative aspect of the experience? Who were the key individuals involved?
- How did the teamwork contribute to the success of the project or resolution of the situation?
- Were there any conflicts, and if so, how were they addressed within the team?
- Did any unexpected changes occur during the event? How did you adapt to these changes, and what adjustments did you make to ensure its success?
- What decision-making did your scenario involve? How did critical thinking guide your decision-making process, and what steps did you take to weigh different perspectives before reaching a conclusion?

Now, imagine you are applying for admission to a nursing programme. Write your personal statement, explaining how your personal experiences align with the communication, teamwork and critical thinking skills crucial in the nursing profession.