



# Career Focus - NURSING

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Dear students

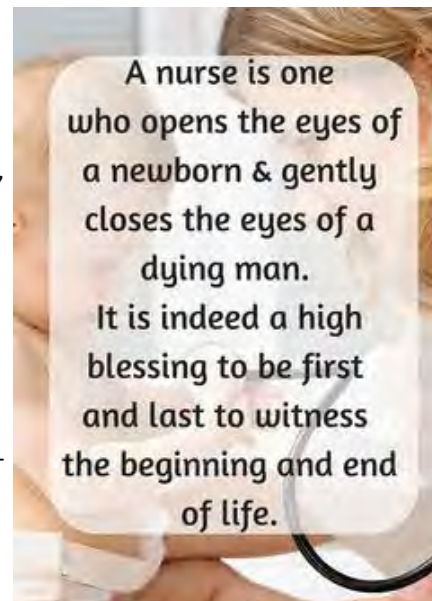
Want to become a Nurse but don't know where to start? Below you will find the different categories of nursing, the requirements, where to study and work opportunities. We also included a brief history on the "Lady with the Lamp—Florence Nightingale.

*-Martina*

## WHAT IS NURSING ?

A nurse is a person who has formally been educated and trained in the care of the sick or disabled. Nursing also includes several other fields of medicine, including the prevention of disease, caring for and monitoring as well as advising pregnant women, etc.

There are three main categories of nursing, namely the **registered or professional nurses, the enrolled nurse and the enrolled nursing auxiliary.** All nurses, perform certain duties, particularly during training, but others' responsibilities and work varies. All three categories register with the Namibian Nursing Council once they have completed their training.



**Registered nurses:** both degree and diploma students qualify as registered nurses. Once they have completed their training, they are referred to as nursing sisters. They are responsible for the supervision of enrolled nurses and nursing auxiliaries. Their duties include running a department or ward, keeping records of treatment and progress, advising doctors about a patient's condition and receiving instructions regarding treatment as well as controlling supplies and equipment, materials and medicine. They may also be involved in the training of nursing students.

**Enrolled nurses:** perform nursing care within the limits of their qualifications under the supervision of a registered nurse.

**Enrolled nursing auxiliaries:** carry out basic nursing procedures and take care of patients on a less specialized level under the supervision of a registered nurse.



## **REQUIREMENTS**

### **Secondary Education**

Possession of a **HIGCSE** or **IGCSE** Grade 12, or equivalent qualification, with a minimum of 25 points on the **UNAM** point evaluation scale and passes in at least five subjects, are required to be admitted to UNAM. Admission is also considered for persons who qualify through the mature-age entry scheme . Although there is a high demand for nurses, a selection procedure has to be passed, in order to be accepted for a training course.

### **Compulsory subject**

Biology

### **Recommended subjects**

Mathematics, Physical Sciences, Biology

### **Tertiary Education**

UNAM offers a first University Diploma in comprehensive Nursing and Midwifery Science. This is a four-year diploma course with in-service training. The university furthermore offers the Advanced University Diploma in Nursing Science, a Bachelor of Nursing Science (B. N. Sc.) and the Master and Doctor of Nursing Science. Nursing students should furnish proof of their registration with the Namibian Nursing Board. After completion of the diploma, they register with this board as registered nurses.

**The National Health Training Centre** also offers a diploma in Registered Nursing Training Programme which is completed in three years. The program is offered through the MoHSS to complement the existing two year course in Enrolled Nursing also offered by the ministry and the four year Bachelors of Nursing training programme offered at the University of Namibia. The requirements are 25 points in Grade 12 with a D symbol in English and at least two science subjects. The programme is offered at the Windhoek National Health Training Centre, Keetmanshoop Regional Health Training Centre and Rundu Regional Health Training Centre.

The new **Welwitschia University in Windhoek** is another institution that started training nurses in order to help address the shortage of qualified nurses in the country. At the moment they only offer a Bachelor of Nursing Science course which runs for four years and sees the students carrying out their practical work at the Windhoek Central and Katutura State hospitals as well as St Mary's Hospital in Rehoboth. The admission requirements are 25 points in six Grade 12 subjects, a C symbol in English and some science subjects.

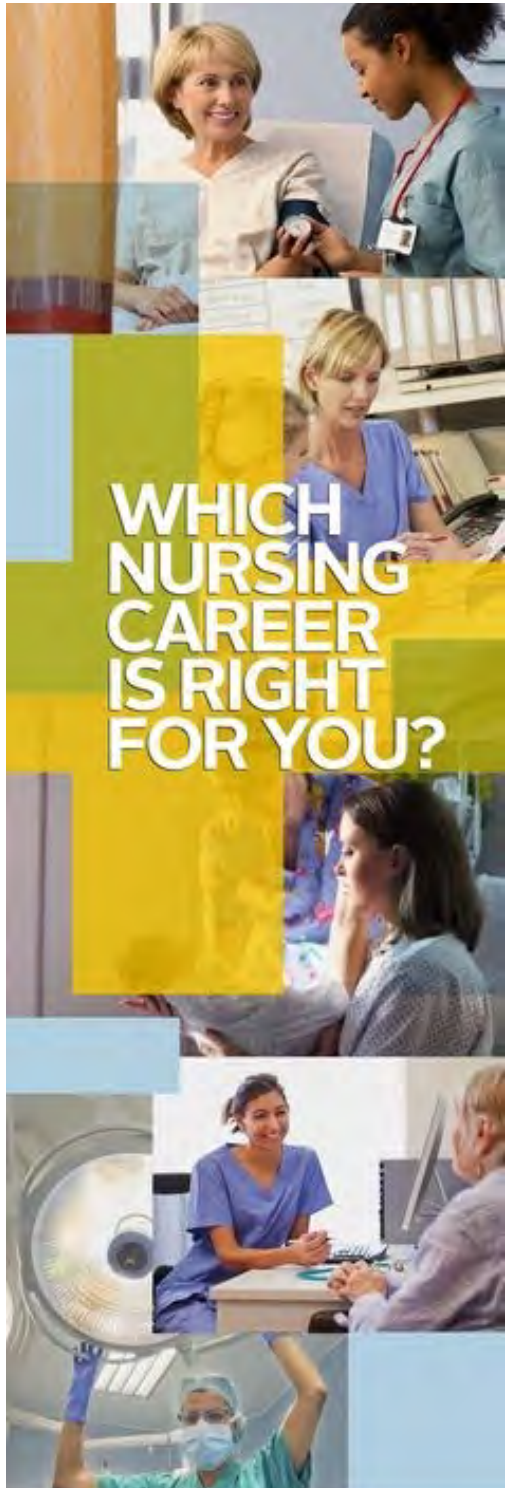
### **Personality**

The prospective nurse must have a genuine interest in people, should possess sound judgement qualities and be mentally stable. Nursing expects from candidates to be patient, tactful, unselfish and trustworthy. They should also stay calm and efficient in any emergency situation. Nursing is hard physical work and therefore requires a fit, healthy and positive person, who must be disciplined and able to take orders.

### **Work Opportunities**

Nurses are employed in private and state hospitals, community health clinics, private clinics and organizations for the aged or disabled. The Namibian and South African qualifications in nursing are recognized internationally.

## CAREER PATHS IN NURSING



Areas of specialist nursing practice include: mental health nursing, midwifery, child health, aged care, cancer nursing, intensive care, operating theatre, community health, remote area nursing, research, management, education, and workplace health and safety. Career paths exist for nurses who have further education or have demonstrated advanced competency in an area of specialization such as:

**Clinical nurse consultants:** are responsible for the coordination and delivery of complex care in a specific ward or department, or in community settings. They work, in collaboration with clinical nurses, to give direct nursing care to patients with complex care needs, facilitate staff development and undertake research.

**Clinical nurse specialists:** are registered nurses who have demonstrated competency in advanced practice or have developed competency in an area of specialization.

**Community health nurses:** work in the wider community, providing nursing care, health counselling, health forums and group programmes to individuals, families and groups. They may develop and facilitate community development programmes with a health promotion focus.

**Mental Health Nurses:** provide nursing care to patients with mental and emotional problems who are undergoing treatment and support in hospitals, clinics, community settings or private homes.

**Midwives:** provide care and advice to women during pregnancy, labour and birth, and post-natal care for women and babies. Midwives must be authorized to practise by their relevant State registering authority.

**Nurse educators:** assist in the design, implementation and assessment of educational programmes and the delivery of education and staff development programmes, and also manage educational resources.

**Nurse managers:** are responsible for the effective management of staffing and financial resources enabling the provision of safe, cost-effective nursing care within a specified field or across an entire hospital or health service.

**Nurse researchers** conduct research into nursing issues.

**Nursing Auxiliaries** perform basic nursing tasks under the supervision of a registered nurse. They carry out nursing procedures on a less specialized level than registered nurses.

## FLORENCE NIGHTINGALE HISTORY

**Florence Nightingale is a famous British nurse** who lived from 1820-1910. She helped to make hospitals cleaner, and wrote books about how to be a good nurse. Much of what we know about clean, organised hospital conditions today is thanks to Florence's hard work and research. She began her nursing career during the Crimean War and campaigned for better hospital conditions for the wounded soldiers there. She is considered the founder of modern nursing. Florence grew up in Hampshire, and was educated by her father who taught her things most girls wouldn't have learned at that time such as Latin, maths, philosophy and history. **She went against her family's wishes when she announced her plans to become a nurse** – they didn't think it was a proper job for someone as wealthy and well-educated as Florence. It took Florence seven years of asking for her father's permission to study nursing before he finally gave it to her.

Florence studied nursing at the Institute of Protestant Deaconesses in Kaiserwerth, Germany. **Florence worked as a nurse in a hospital in Scutari, Turkey during the Crimean War**, where she discovered that soldiers were dying because of lack of proper food and medicine, shortage of staff and dirty conditions. Florence got her famous nickname, **'The Lady with the Lamp'**, after a news article in The Times described her care and attention to the wounded soldiers in Scutari – she kept working even after everyone else had gone to sleep. Florence wrote over 200 books, reports and pamphlets about how hospitals should be arranged and run. This includes *Notes on Nursing: What it is and What it is Not*, a book explaining basic nursing skills such as hygiene, nutrition and how to set up a sickroom; it was used to teach nurses at Florence's nursing school. Florence suffered from illnesses that often kept her in bed for nearly half of her life, and she became permanently blind in 1901. She was very good at maths, and was the first woman to become a member of the Royal Statistical Society. She was also the first woman to be given the Order of Merit. **The Florence Nightingale Medal** was established by the International Red Cross in 1912 – two years after Florence's death – and seen as the highest honour a nurse or nursing aide can achieve. Florence's birthday, 12 May, is known today as International Chronic Fatigue Syndrome awareness day as some people think she may have had the disease herself.



"I attribute my success to this: I never gave or took any excuse."

~ Florence Nightingale



We're on the web:

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on Facebook

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References : Namibia Careers , Pace careers ; www.theschoolrun.com

Previous newsletters can be found on the TUCSIN  
website:

<http://www.tucsin.org/index.php/en/project/documents-for-students/career-prospect>.