

#### Early Career Nurses Series:

# 20 Tips and Tricks for Early Career Nurses

Justine Baron, MN, RN
Sarabeth Silver, MN, RN
Jose Arnold Tariga, PhD, MSN, RN, CPHQ, CNE

#### PROVIDER/DISCLOSURE STATEMENT



Sigma Theta Tau International is an accredited provider of continuing nursing professional development by the American Nurse Credentialing Center (ANCC) Commission on Accreditation.

This activity is eligible for 1.0 contact hour.

To receive CPD contact hours learners must complete the evaluation form and be in attendance.

Conflict of Interest: Authors attest that no relevant financial relationship exists between themselves and any commercial supporting entity which would represent a conflict of interest or commercialize the presentation content.







Sarabeth Silver, MN, RN

Justine Baron, MN, RN

Jose Arnold Tariga, PhD, MSN, RN, CPHQ, CNE

#### **WELCOME**

#### **OUTCOMES**

- Discuss one resource for supporting a transition into the nursing profession
- Describe at least two ideas that can be implemented by your next working shift to facilitate a transition into a nursing specialty

Never be afraid to ask questions.

Admit your mistakes.

Clarify, if you have doubts.

Don't be too hard on yourself.

Avoid negative people at your area.

Be on time.

Become assertive.

Be mindful of what you say to patients/clients and their family.

If you are unsure, look it up.

Night shift? Have a cup of tea.

You are in control of your thoughts and feelings.

Even though you are new, be there to help others.

Education doesn't stop once school does.

There is a whole world of nursing that awaits you!

Know what you can and can't do – legally.

When in doubt, carry as much as you can.

Chart as soon as you can. Don't wait till later.

Learn tips and trick from your new colleagues.

Return to the basics.

Find a place to belong.

#### QUESTIONS

• Any questions?

### Thank you for attending!



We will send you an email in approximately 1 week that will include a link to the webinar recording and the process for completing the evaluation to obtain your CPD certificate.



Questions? Email us at: education@sigmanursing.
org



Sign up for future webinars or view previously recorded webinars at:

https://www.sigmanursing.org/learn-grow/education/sigma-webinars

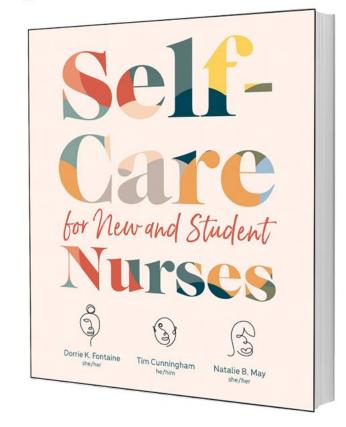


### Thank you



Want to dive deeper into today's topic? Check out these resources and more at SigmaMarketplace.org!







#### **Find Your Forward: Resources for Advocacy and Strength**

Sigma has developed microlearning videos, handouts, and podcast episodes on a variety of relevant topics to help you Find Your Forward in today's challenging times.

















SigmaNursing.org/Forward



#### BECOME A SIGMA NURSE.

# Sigma makes nurse leaders the best they can be.

Sigma is the international honor society of nurses. Together, our dedicated members change lives and advance healthcare.



Learn how you can be a Sigma member at **Join.SigmaNursing.org**.





#### Listen. Learn. Share.

- Keep up with current events
- Learn new facts from the latest research
- Find common ground with other nurses
- Discuss the challenges of the profession around the world
- + Each episode earns Sigma members free CPD!

**VISIT** 

SigmaNursing.org/Education

#### Sigma members save lives (and money) every day.



Free and discounted continuing professional development (CPD) courses



Free access to advisors and mentors for career support



Invaluable conversations in our online member community, The Circle



Free subscriptions to Sigma's journals ranked in the top 10



Free job board for finding your next nursing job



Discounts on event registration

Take advantage of the US \$1,500+ in yearly member benefits!



Want to dive deeper into today's topic? Check out these resources and more at SigmaMarketplace.org!



