

# Training Wheels for Nurses: What I Wish I Had Known My First 100 Days on the Job: Wisdom, Tips, and Warnings from Experienced Nurses



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Nothing is more daunting than your first 100 days in a new profession -- unless you go in prepared. Who better to advise you on how to successfully make it through than hundreds of experienced nurses who have been successful themselves?

#### **Benefit From Their Wisdom:**

Never call a physician without all the facts -- vital signs, baselines, labs, meds, history, etc.! I now have all of my "ducks in a row" before calling the MD.

#### Hospital staff nurse

It really doesn't matter how well you can give a shot or do a dressing change. Usually, the best medicine is a good conversation.

Orthopedic nurse

#### Learn from Their Mistakes:

Be ready to let go of the false belief that you must "know everything" right away in order to be a good nurse. The imposter syndrome, while rampant among new nurses, doesn't serve us well!

Long-term Facility Geriatrics nurse

Go to the bathroom when you need to! (Nurses are notorious for "holding it!")

Surgical nurse

#### And Remember That Humor Conquers All:

There's nothing like eating popcorn from an unused bedpan.

Emergency room nurse

I get to have as many free

band-aids as I want!

Medical nurse

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