

Health Matters

Five Tips Your Nurse Wants You To Know

(NAPSA)—In a U.S. health care climate challenged by more patients, older patients and fewer physicians, there's one particularly bright spot: America's nurses.

In fact, according to a recent Harris Poll, when it comes to the care received from a nurse, patients' experiences are overwhelmingly positive¹. While the nurses' role in health care delivery continues to advance, so does the respect and admiration patients have for them—nearly half indicate the majority of their health care over the past three years has come from a nurse. Additionally, about nine in 10 agree nurses are underappreciated for the role they play in providing care and are admired for the job they do for patients. More than seven in 10 would use the words “helpful,” “hard-working” and “knowledgeable” to describe nurses they have encountered.

“Nurses are among the most trusted individuals in the health care system,” said Dr. Betty Nelson, academic dean, School of Nursing, College of Health Professions at University of Phoenix. “Part of this trust stems from today's nurses personalizing experiences to their patients. Patients sometimes have competing demands and want to be seen as a customer and a patient. As a customer, you have expectations for what you want, and as a patient, you need care. It's the nurse's job to assess the patient from a psychological standpoint to ensure the best possible care is being provided.”

When You See The Nurse

The next time you need the care of a nurse, advises Dr. Nelson, remember these five things:

1. It's important to provide accurate information. Be candid with your nurse about your symptoms, lifestyle, feelings and so on so you get the proper treatment. Speaking up and letting your nurse know exactly how you're feeling will ensure you receive personalized, high-quality care.

2. Let your nurse help you. While it's all very well to seek out information about your own health, you should also recognize that anything you find needs to be interpreted by a trained medical professional. Tell your nurse about your family history and any research you've done to help with diagnosis and treatment.

3. Every person is unique and treatment must be personalized accordingly. Two people might have the same condition but, based on a number of factors—like height, age and weight—would need to receive different care regimens personalized to their specific needs.

4. Write down any questions you may have in advance. Having your questions ahead of time will ensure you'll have all your questions answered and may spur thoughts of more questions to ask during your visit.

1 <http://www.phoenix.edu/news/releases/2015/05/uopx-poll-finds-role-of-nurses-is-expanding.html>

2 Source: US Bureau of Labor Statistics, “Occupational Outlook Handbook: 2014—2015 Edition, Registered Nurses,” <http://www.bls.gov/ooh/healthcare/registered-nurses.htm#tab-6>



About nine in 10 Americans view nurses as both knowledgeable and valuable to the health care system as a whole.

5. Consider bringing a friend or relative along to be sure you take in the information you get accurately and completely. Your friend or relative may also have additional questions to what you wrote down in advance of your visit.

Education And Nursing Today

As the needs of health care organizations grow more complex, so, too, do the skills and training requirements nurses must be prepared to meet. Health care employers are increasingly hiring nurses with advanced education and more nurses have advanced degrees. Studies by the American Association of Colleges of Nursing found the link between nurses with bachelor's and graduate-level education and improved patient outcomes to be a strong one. Added the Institute of Medicine, at least 80 percent of the nation's nursing workforce is expected to have bachelor's degrees by 2020, while the number of nurses with doctoral degrees will double.

“Employment of registered nurses is expected to grow by 19 percent from 2012 through 2022, faster than the average for all U.S. occupations²,” said Nelson. “The need for nurses continues to grow and provides an opportunity for those seeking employment in the health care field to explore this fulfilling career path.”

One place many nurses can develop the skills and training to meet the new demands of the profession is through higher education options. Recognizing the expanding role of the 21st century nurse, University of Phoenix prepares graduates to address recent changes in the delivery of primary care so they are equipped with the skills needed to succeed in today's health care market.

Learn More

For more facts on nursing, or to learn more about programs in licensure nursing, health care administration and health care support programs, certificates and courses, visit phoenix.edu/nursing.

For more information about each of these programs, including on-time completion rates, the median debt incurred by students who completed the program and other important information, please visit phoenix.edu/programs/gainful-employment.