

Genres Within A Day of A Nurse

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Nursing requires a minimum of six years of education post high school graduation in order to best prepare themselves for hands-on patient care. Within this time, they are able to extend their practice in order to successfully attend to future patients. Personally, I struggled to receive responses to my questions. I found information from the pre-nursing advisor and emailed him, but I haven't received a response. I emailed advising, and without being given a response, I was able to find the information in my own research about what nurses read and write about in a day-to-day life. In my research I found that nurses are usually always reading books, reports, and patient records. They also have to write different genres, like important documentation, orders, and notes as well as accurately fill out patient charts.

Becoming a registered nurse requires years of schooling as well as an extensive and everlasting education to best accommodate each individual patient. First, you begin with achieving a bachelor's degree of science in nursing at a four year college or university. Then, you advance to nursing school for two years, at the end of that time you must pass the National Council of State Boards of Nursing for NCLEX exam. This exam determines someone's eligibility to receive an RN license. It covers four different areas of

practice including: “safety, effective care in the environment, addressing care management, hygiene, and infection control” (“How to Become a Registered Nurse”). Nurses are constantly learning new techniques and medical advances because the medical field is ever changing in order to best serve the patients.

Nurses are required to continue their education while working because they will be required to update their license as necessary as well as potentially further their career. In order to become a nurse, nurses require an extensive amount of training to ensure they’re providing their patients with the best care. A nurse is constantly learning new vocabulary, developments, legal changes, and technical innovations to better their practice and stay up to date with the changing world around us. The everyday responsibilities of a registered nurse include: assessing vital signs, monitoring people, administering medication, educating patients and family, communicating patients’ needs to fellow employees, advocating the rights of a patient, documenting patient success, making care plans, and reporting changes in patients. Practically each responsibility of a registered nurse requires reading and writing new information about patients. More specifically, they write, “Nurse notes, visit records, progress reports, and documentation reports” (“Guidelines to Take Nursing Notes”). The administration of medication requires a nurse to read over patient records and understand the proper medication and dosage to provide to a patient. A nurse can find themselves communicating the patient’s needs verbally, directly to the patient or doctor, or by composing an email, note, or letter to either send to the patient or to a fellow colleague to relay the patients’ information. Also, in order to properly advocate the rights of a patient, a nurse must have educated themselves to understand these rights as well as communicate them in a way the patient

can understand.

Documentation is essential in a nurse's career. Figure 1 demonstrates that nurses must record any given information as well as make note of the patient's needs and concerns in order to provide the best possible care. Although, with technology advancing, written documentation occurs less and less and takes place on a computer or tablet instead. In some hospitals around the world, it's as simple as checking off a little box on the screen to record necessary information.

[illegible]

Figure 1: Nursing Notes ("12+ Free Nursing Notes Templates")

Aside from technology, nurses also must become familiar with a patient care plan and understand how to compose one that best suits each patient. A care plan includes a

ASSESSMENT	DIAGNOSIS	OUTCOMES	INTERVENTIONS	RATIONALE	EVALUATION
(+) Dyspnea (+) Abnormal breath sounds Heart rate = 128bpm Restlessness (+) Productive cough	Impaired gas exchange RT collection of mucus in airways	Patient will maintain optimal gas exchange.	1. Assess respirations: note quality, rate, rhythm, depth, use of accessory muscles, ease, and position assumed for easy breathing. 2. Elevate head and encourage frequent position changes, deep breathing, and effective coughing.	1. Manifestations of respiratory distress are dependent on/and indicative of the degree of lung involvement and underlying general health status as patients will adapt their breathing patterns to facilitate effective gas exchange. 2. These measures promote maximum chest expansion, mobilize secretions and improve ventilation.	Patient maintained optimal gas exchange AEB normal respiratory rate, (-) dyspnea, effective coughing techniques.

Figure 2: Example of a Nursing Care Plan (Vera, Matt, et al.)

“patients assessment, diagnoses, outcomes, interventions, rationale, and evaluation” (Figure 2). In Figure 2, you can see that the information listed will be important to patient success and keeping information

organized. These charts are usually shared with fellow colleagues to best satisfy the patients' needs.

Nurses are tasked with ordering specific medications and treatments that the doctor may request to best serve the patient. This form of writing is important because it's how they are often able to aid their patient back to good health. A very common genre of writing a nurse must know and understand are nursing notes (Figure 1). This form of documentation provides the patient's symptoms, records, treatments, or any other notes that the doctors and nursing staff must know to best satisfy the patient's needs. It is absolutely essential that nurses provide the most accurate documentation to avoid any conflicts with successfully attending to the patient in a caring and efficient manner. They must also make sure that they themselves are up to date on the information provided in the patient's chart.

The variety of different reading and documentation strategies is the most successful way for a nurse to ensure their patient leaves their care happy and healthy. I can recall when I shadowed a nurse that they would read all records and information available about the patient before they even stepped foot in the patient's room. It's important to understand how the patient needs your help so that you can assist them most effectively. They also make sure to check in with each of their patients at the start of their shift and write down any daily notes about the patient.

In my 13 years of schooling, I've primarily had experience in writing essays to summarize information and be able to inform my audience. In a way, a nurse's documentation is similar to my experience with essays because the purpose of our

writing is to provide true information in order to inform the intended audience. Although my essays are not usually about patient care and it doesn't consist of a high medical vocabulary, I can still recognize similarities that I can relate back to myself. The most similar form of writing I can relate to a nurse is the formation of a care chart. In my everyday life, I'm a very organized person, and I like to make plans. I complete a weekly plan for myself by first writing all that I must accomplish, and following that by brainstorming how I will care for myself that week. I have a personalized weekly calendar posted on a wall in my room that I fill out, and it helps me to organize myself and my life for my own mental health. To me, this proves that I have the necessary organization skills in order to fully succeed as a registered nurse. Although I will need to complete at least five more years of school and pass a hefty nursing exam before I've reached my goal, I can continue to follow these extra organization traits to help me succeed along the way. I will also have to become more comfortable with change because the world is constantly changing to make advancements in society.

When becoming a registered nurse you must be aware of the educational requirements it takes to be successful in this profession. You'll also require an understanding of medical vocabulary and what the terms mean so that you can provide the patient with an explanation they can understand. You'll also need to be made aware of the patients' rights so that they are not mistreated in your care. A nurse uses a lot of different genres of reading and writing in their field of work like documentation or notes, charts, reports, patient records, and orders, but they all have one thing in common: the patient. The patient is your sole priority for all work as a registered nurse. If you want to be a nurse you must be able to work with people all the time, even the rude ones, in a

respectable manner. You must be comfortable with change because the medical field is constantly changing and improving in development.

Works Cited

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