

Reality Shock

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Transitions in Nursing

- What are transitions?
 - Passages/changes from one situation, condition or state to another over time
- Types
 - Developmental
 - Situational
 - Health-Illness
 - Organizational
- When you know what to expect, you can reduce your stress

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Transitions in Nursing

What are your greatest concerns about transitioning into nursing school?....and then, as a graduate?

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What Is Reality Shock?

Reaction experienced when entering work force after years of preparation

- Recent graduates are expected to be competent, capable nurses—without the experience
- This may leave you feeling depressed, insecure, and powerless



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What Are the Phases of Reality Shock?

- Honeymoon phase—no one watching over your shoulder (exciting phase)
- Shock and rejection phase—when the bad days outnumber the good ones
- Recovery phase—humor, decrease in tension



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Role Transformation


- When does the role transition to graduate nurse begin?
 - first nursing course!
 - at graduation



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Role Transformation

- How can I prepare myself for this transition process?
 - During last semester (blue/bold is what you can do NOW)
 - No "mama management"
 - **Realistic patient-care assignments/shifts**
 - **Perform instead of observing**
 - **Truth about real work setting**
 - **Look for problem-solving opportunities/practice critical thinking**
 - **Request constructive feedback**
 - Request clinical experience in area of interest



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Role Transformation


- How can I prepare myself for a transition?
 - Think positively
 - Be flexible
 - Get organized
 - Stay healthy
 - Find a mentor
 - Find other new grads
 - Have some fun!
 - Know what to expect



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How Do You Measure Up?


- Excited and sincere about nursing?
- Open-minded and willing to learn new ideas and skills?
- Comfortable with your basic nursing skills?
- Able to keep a good sense of humor?
- Receptive to constructive criticism?
- Able to express your thoughts and feelings?
- Able to evaluate your performance and request assistance?



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Rules of the Road


- Stop and take care of yourself
- Detour—you will make mistakes
- Curve ahead—get your life in order
- Resume speed—maintain a positive attitude
- Exit—Don't burn any bridges with your job



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Rules of the Road

- School zone—plan to continue your education
- Slow speed zone—take the time to get organized
- Caution—if in doubt, check with another nurse
- Roadside park ahead—take a break!



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