

fast facts for career success in nursing making the most of mentoring in a nutshell fast facts springer

[#nursing career success](#) [#mentoring in nursing](#) [#fast facts for nurses](#) [#nursing career development](#) [#springer nursing tips](#)

Unlock the secrets to career success in nursing with essential fast facts and insights. This guide provides a concise overview of how to leverage mentoring opportunities, offering practical tips and strategies for nurses looking to advance their professional journey and maximize their potential in the field, all presented in a nutshell format from Springer.

Each paper contributes unique insights to the field it represents.

The authenticity of our documents is always ensured.

Each file is checked to be truly original.

This way, users can feel confident in using it.

Please make the most of this document for your needs.

We will continue to share more useful resources.

Thank you for choosing our service.

This document is widely searched in online digital libraries.

You are privileged to discover it on our website.

We deliver the complete version Nursing Mentoring Guide to you for free.

Fast Facts for Career Success in Nursing

"This is a very practical and easy to read book that could be very useful for nurses starting out in their careers. As the foreword states, it could be a resource for formal mentoring programs, residency programs, and nursing educational programs. The information and advice in this book may also keep new nurses from leaving the field if they are able to develop successful mentoring relationships. It is a bargain at \$25.00."--Choice "For those looking for a mentor, this book provides invaluable advice on what attracts mentors and makes them believe in you and be willing to support your development...This book is an excellent resource for mentors and protégés."--Nurse Educator "Dr. Vance's pioneering work on mentorship has provided us with the language, understanding, and strategies for building these essential professional support relationships. This book extends her work in practical and useful ways that will help us build the new generation of excellent clinical experts, advocates, and nurse leaders." From the Foreword by Diana J. Mason, PhD, RN, FAAN Editor-in-Chief Emeritus, The American Journal of Nursing This newest addition to the Fast Facts series provides insight for protégés and mentors on using mentoring to build new generations of successful nurses. It covers a quick history of why mentoring is important, how a protégé can identify and mentor, and how to develop and maintain a healthy mentor-protégé relationship. It also contains the necessary tools to help novice nurses benefit from mentor support through difficult and sometimes frightening and confusing times. Written by Connie Vance, an innovator in nursing mentorship research, this book presents new nurses with tools to identify the perfect "mentor match" and cultivate the mentor relationship in ways that result in valuable career-building insight. It includes guidelines to ensure a truly valuable and influential mentor relationship, contributing to career success in nursing. Key Features: Contains guidelines for creating a personal mentor action plan, complete with a chart for use in mentoring practice Provides 10 tips on raising mentor intelligence and how to use it as a source for career success Highlights resources for networking and collective mentoring to assist in career development

Fast Facts for Career Success in Nursing

cs.nurse.mgmt

Fast Facts for the School Nurse

"Fast Facts for the School Nurse is a comprehensive guide to school nursing. It compiles any and all information a new school nurse could possibly need, all in one easy and accessible place. This guide is, as promised, a way to quickly glean needed information about confusing and unexpected situations that may arise in the course of duty as a school nurse."--Advance for Nurses "Fast Facts for the School Nurse is a virtual compendium of situations that school nurses encounter in their practice. It will direct school nurses to the answers for many questions and to wiser counsel when a dilemma seems unsolvable. It is a reference for school nurses authored by a school nurse of publically acclaimed distinction who brings a lifetime of experience to these pages." Lucille A. Joel, RN, EdD, FAAN Rutgers, College of Nursing This concise handbook provides quick access to all of the information that new and more experienced school nurses need to perform their duties competently and efficiently. Organized for ease of use, it offers guidelines for the range of daily tasks, nursing responsibilities, and clinical protocols needed for safe management of common childhood illnesses, accidents, and emergencies. The book covers legal and ethical issues, documentation requirements, guidelines for managing acute and chronic conditions, behavior problems, gender issues, disaster planning, infectious disease control, delivery of culturally appropriate care, drug abuse, and teen parenting. A key asset for the busy school nurse is the prioritization of tasks and responsibilities. This handy reference is designed for new nurses entering the field or transitioning from a hospital setting, as well as experienced school nurses. Key Features: Presents guidelines and management protocols for commonly occurring childhood disorders, accidents, and emergency situations Prioritizes tasks and responsibilities Alerts the school nurse to high risk legal issues and includes requirements of the Individuals with Disabilities Act Includes a "Special Health Issues" section focusing on today's most prevalent health situations

Fast Facts for Health Promotion in Nursing

This addition to the Fast Facts series provides a succinct guide for nurses in adult-health clinical settings and fills the need for an easy-to-use clinical reference that delivers a quick-access reference on ways to incorporate wellness into their work, helping to improve patient outcomes, and throughout their daily lives, helping to reduce personal and professional stress and improve their overall wellness. There currently is no clinical reference book that nurses can use for health promotion in general and health promotion for wellness in particular. Having such a reference is especially pertinent to nurses who learned about health promotion in academic nursing programs, but did not learn about health promotion in the broader context of promoting wellness. Since Florence Nightingale, nurses have considered health promotion interventions ñ particularly patient education -- as an essential component of nursing care. Historically, these interventions traditionally focused on physical health concerns, such as nutrition, exercise, and fresh air, and more recently, on immunizations, and screening for disease (e.g., cancer, diabetes, hypertension, and cardiovascular disease). Because health promotion has expanded to include wellness, nurses now address issues related to broader aspects, such as stress reduction, body-mind connectedness, and self-responsibility. At the same time that wellness has become an important focus of care, health care providers increasingly are emphasizing cost effectiveness and use of advanced technology. As a result of these concurrent trends, nurses experience high levels of job-related stress and have less time to promote patient wellness as an integral part of their care, even though they recognize its importance. In addition, nurses increasingly recognize that job-related pressures negatively affect them personally and they are looking for ways to incorporate wellness in their work and personal experiences. Fast Facts for Health Promotion for Wellness (FF HP) fills the need for an easy-to-use clinical reference that delivers a quick-access reference on ways to incorporate wellness into their work and throughout their daily lives. This book: Helps nurses understand wellness in the context of health promotion Clearly defines wellness as it applies to the practice of nursing Describes evidence-based techniques that nurses can readily incorporate into their usual care to promote wellness for their patients Provides easy-to-use assessment tools for identifying wellness-related needs of patients Provides easy-to-use tools for teaching patients about interventions to promote wellness Provides evidence-based information about complementary and alternative practices that nurses often address in patient care situations Provides information about reliable resources for patient teaching and additional information about topics Discusses ways in which nurses can achieve self wellness

Fast Facts for the Triage Nurse

This is a concise, user-friendly orientation guide and reference for new and seasoned nurses, paramedics, preceptors, educators, management teams, and anyone else in triage situations. It features a consistent format with pithy information guidelines covering key processes and practices Triage Nurses

use daily. Chapters address core elements of triage such as tips for success for triage orientees and triage preceptors, point-of-entry, evaluation processes, understanding a variety of acuity scales, "red-flag" diagnoses and how to handle them, coordination and communication with other health care team members, documentation guidelines, and care considerations for special populations.

Fast Facts for Developing a Nursing Academic Portfolio

"[A] great guide and resource for a nurse at any level who wishes to construct and present a professional nurse portfolio."--Journal for Nurses in Professional Development "With an academic portfolio nursing faculty members can monitor their career development and present their work for others to review and critique. This is an easy-to-read book that will serve as a valuable resource for nursing faculty members in developing their academic portfolios." Marilyn H. Oermann, PhD, RN, FAAN, ANEF Professor and Chair of Adult and Geriatric Health School of Nursing University of North Carolina at Chapel Hill Using the Fast Facts style of concise, easy-to-access information, this book is the only comprehensive guide to creating an outstanding professional academic portfolio for entry into, and promotion and tenure within, an academic nursing setting. It is designed for recent nursing graduates who want to teach, faculty who need to polish their academic portfolio, and individuals already established in academia who seek promotion or tenure. This volume will help nursing academics: Assess their strengths and weaknesses Write a personal statement Demonstrate their teaching skills Showcase their research/scholarship Organize and present their portfolio Develop an E-portfolio The book provides clear guidelines on what to include in a professional portfolio, and elements to highlight when seeking work in a specific discipline or academic role. It describes pitfalls to be avoided and how to insure effective coverage of teaching, scholarship, and service, as well as addresses the differences between systems and policies of academia, versus those of community college nursing programs and diploma schools of nursing. This guide also helps prepare nurses for the rigors of promotion and tenure by clarifying what to expect and how candidates are evaluated. Numerous examples illustrate actual professional faculty experience and include personal statements written by successful nurse educators. Key Features: Provides a concise, step-by-step guide for aspiring, new, and experienced nurse faculty who need to prepare an outstanding professional portfolio for promotion and tenure Organized for quick access to types of content to be included in portfolio Includes numerous examples from real-life portfolios Features "Fast Facts in a Nutshell" to clearly guide new nurse faculty Provides recommendations for achieving academic advancement Based on SBAR (Situation, Background, Assessment, and Recommendation) method of communication

Fast Facts for the L&D Nurse, Second Edition

Print+CourseSmart

Fast Facts for Evidence-Based Practice in Nursing, Second Edition

Print+CourseSmart

Fast Facts for the Operating Room Nurse

Print+CourseSmart

Fast Facts for the School Nurse, Second Edition

This is a concise reference providing quick access to information busy school nurses use every day to perform their duties competently and efficiently. It is written for nurses who are transitioning to a school setting, yet has much to offer more experienced school nurses. The second edition has been substantially revised to address the relevancy of the Affordable Care Act (ACA) and Healthy People Initiatives 2020 to school age children and their families, and incorporate information about the push towards formal evaluation of school nurses. It discusses new technology and the effects of head trauma and other sports-related injuries on academic performance. New information also includes the move towards standardized immunization, completely computerized health records, self-administered student medications, and prioritization of tasks for novice and substitute school nurses.

Fast Facts for Wound Care Nursing

"This book is a user-friendly, real-world guide to assessing and managing any type of wound. The author presents vital information for nurses and nursing students who provide wound care in any setting...a

wonderful resource for nurses."--The AORN Journal (Association of Perioperative Registered Nurses) "Wound care is arguably the single most difficult topic in medicine. It has no defined solution like insulin for the diabetic...no easy strategy that covers all wounds...we are so tremendously blessed when [a wound care specialist] like Zelia carves out time to capture a career of experiences in text so that it can be shared with others. We are indebted to her for making this important contribution to the clinician's armament for dealing with [the] difficult-to-heal wounds of their patients." Bruce Gibbins, PhD Founder, Chief Technical Officer and Chairman of the Board of AcryMed, Inc. Former faculty at the University of Otago Medical School Using the concise, compact Fast Facts format, this guide encompasses the multitude of new healing technologies and presents important breakthroughs in understanding why some wounds don't heal. Each chapter builds, step-by-step, on the essential principles of wound care including wound assessment and documentation, the spectrum of wounds from simple to complex, wound treatment guidelines and protocols, and the legal aspects and regulations surrounding wound care. This user-friendly guide organizes the vast amount of information relating to wound care products and eases the complexity of wound management. A "Fast Facts in a Nutshell" section in each chapter provides quick access to important wound care principles, and bullet-point information and tables enable readers to quickly locate relevant information. This guide will be a useful companion in the day-to-day care of wound patients, reinforcing knowledge needed in all practice settings, including acute care, critical care, long-term care, home care, operating room, and outpatient settings. Key Features: Organizes and simplifies a vast amount of wound care information into a compact, user-friendly format Addresses wound care assessment, protocol, and treatment of the spectrum of wounds from simple to complex for all levels of practitioners Encompasses new healing technologies and information regarding difficult-to-heal wounds Presents comprehensive wound care algorithms, dressings, debridement procedures, ostomy care, optimal surface and equipment for wound patients, and adjunctive therapies

Fast Facts for the Long-Term Care Nurse

Print+CourseSmart

Fast Facts for the New Nurse Practitioner, Second Edition

What type of degree do I need to become a nurse practitioner? How do I choose the right clinical preceptor? How can I best prepare for my first year of practice? Written for those considering NP practice, current NP students, and newly certified NPs alike, this quick, easy-to-use manual covers everything there is to know about transitioning into the NP role, its rewards, and its challenges. This second edition includes several new chapters, covering electronic health records, the impact of health care reform, promoting the NP role, and choosing a doctoral program. All of the original chapters have been revised or expanded, with updated key points, tables, and vignettes supplying cutting-edge knowledge and skills to help new NPs excel. The only resource of its kind, this book guides the reader through the entire process of becoming an NP, from the initial decision to the selection of the right educational program to licensure. It discusses the contractual relationship with institutions and related health providers, along with legal and administrative issues. Currently practicing NPs offer words of wisdom on how to survive the first year of practice, and stories from the author and her colleagues provide an intimate look at everyday realities. Organized for easy access to information and filled with humor, the book features learning objectives, quizzes, checklists to facilitate decision making, and other helpful tools. Fast Facts in a Nutshell boxes highlight need-to-know information, and useful tips and resource lists provide information on scholarships, certification, professional organizations, and networking. New to the Second Edition: The dos and don'ts of electronic health records Surviving health care reform today and tomorrow Marketing the NP role to the nursing profession, employers, and the public The terminal degree in nursing: PhD, EdD, or DNP? Revised and expanded information in all chapters Updated key points, vignettes, and tables Nadine M. Aktan, PhD, RN, FNP-BC, received her bachelor's, master's, and doctoral degrees in nursing from Rutgers University College of Nursing and Graduate School in New Brunswick and Newark, New Jersey. She is currently chairperson and associate professor at William Paterson University in Wayne, New Jersey, teaching future nurses and nurse practitioners. She also practices as a family nurse practitioner at the Immedicenter, an urgent care/family practice with locations in Clifton, Bloomfield, and Totowa, New Jersey, and as a maternal/child community health nurse for Valley Home Care in Paramus, New Jersey.

Fast Facts for the Pediatric Nurse

Print+CourseSmart

Fast Facts for the Radiology Nurse

Print+CourseSmart

Fast Facts for the Medical- Surgical Nurse

Print+CourseSmart

Fast Facts on Adolescent Health for Nursing and Health Professionals

Print+CourseSmart

Fast Facts for Stroke Care Nursing

Fast Facts for Stroke Care Nursing: this “must-have” guide for stroke care nurses and those who educate them presents the most updated care guidelines in an accessible, understandable fashion – including diagnostic tests, cutting-edge treatments, and standards for best practice.

Fast Facts for the Neonatal Nurse

Print+CourseSmart

Fast Facts for the Antepartum and Postpartum Nurse

Print+CourseSmart

Nursing Student Retention

This is the only book to offer an evidence-based model for retaining students and ensuring success across the nursing education spectrum. It is designed to assist faculty in creating, implementing, and evaluating student retention and academic success strategies. This model, Nursing Undergraduate Retention and Success (NURS), can be used effectively with all kinds of nursing programs, both traditional and nontraditional, including diploma, ADN, RN-BS, and accelerated BS. The book features the Nursing Student Retention Toolkit, an easy-to-use digital toolkit for assessment and planning that is thoroughly cross-referenced and integrated into the text. Together, these complementary resources offer a wide selection of educational activities and support strategies for diverse learners and settings. The text provides guidelines for maximizing educational strengths, identifying and assessing at-risk students, facilitating student retention, and revitalizing teaching methods. It examines the multidimensional factors that must be considered, including cultural values and beliefs, and describes proven strategies for promoting retention and academic success such as faculty advisement, promoting professional events and membership, peer partnerships, and enrichment programs. Nursing Student Retention, with its breadth of information and one-of-a-kind digital toolkit, will be of great value to nurse educators, administrators, and graduate students. This new edition features: An easy-to-use format that includes the Nursing Student Retention Toolkit, a digital adjunct containing assessment tools, and templates for designing, implementing, and evaluating retention strategies Chapters updated to provide a wealth of new information and evidence-based strategies Real-life scenarios featuring diverse learners and settings Vignettes to synthesize and demonstrate application of learning

Self-Care for New and Student Nurses

Self-Care for New and Student Nurses presents techniques to prepare you for stressors present now and those to come. No matter where you are in your nursing career, this book offers you multiple ways to prioritize your own mental, physical, and emotional health.

The New Nurse Educator

This practical text guides novice nurse educators step-by-step through the process of becoming a confident nurse educator, and discusses how to transition from the service setting to the academic setting. It is the only text to comprehensively address not just the teaching and curriculum development components of being an educator, but also the many other skills and duties inherent in this role. Based on the author's personal journey from nursing practice to academe, the text offers a hands-on approach

to this challenging process and conveys the author's hard-earned wisdom as she faced hurdle after hurdle but eventually gained tremendous gratification as a nurse educator. The book addresses ways to test the waters to see if the teaching role is right for you, outlines educational preparation requirements, and demonstrates how to utilize past nursing experiences in this new role. It discusses learning styles, curriculum development, theoretical frameworks, legal issues, professional ethics, cultural diversity, and students with learning disabilities. The role of the faculty member is covered in such topics as tenure and promotion, collegiality, service, leadership, and mentoring. The book also addresses writing for publication, research, and scholarly activities. Included in each chapter are learning objectives and review questions, along with suggested assignments intended to assist the teacher and student in professional role development. Additionally, the text prepares students for the interview process and includes sample CVs, patient education handouts, course objectives, and additional resources. The book will be of value in both academic and hospital settings. Key Features: Provides highly practical, step-by-step information on all components of being a nurse educator/faculty member Helps nurses transition from service role to educator/faculty role Includes reflections and advice from novice and seasoned nurse educators, nurse leaders, and a well-known nursing theorist Includes learning objectives and review questions in each chapter Provides samples of forms and documents for developing course content and sample CVs

The Nurse Professional

Written by a nurse educator who has recently transitioned from service to academe, it guides the new educator through the process of becoming a nurse educator/faculty member and transitioning from the service setting to the academic setting.

Fast Facts for Evidence-Based Practice in Nursing

Helps readers to grasp the language and process of research with ease With updated content and new references throughout, the fourth edition of this quick-access resource delivers key information on the foundations of evidence-based practice (EBP) and fundamental nursing research concepts. Readers of the new edition will benefit from information on the newest trends in EBP, new case studies demonstrating how evidence can be translated into practice, expanded coverage of EBP models, and end-of-chapter study questions with rationales to promote learning. Written for students of EBP and practicing nurses who wish to integrate research-based theory into their daily practice, this resource outlines different types of research in easy-to-understand language with the goal of applying EBP into daily practice. New to the Fourth Edition: Updated throughout with new information and references Includes case studies demonstrating how evidence can be translated into practice Provides expanded coverage of EBP models Offers study questions with rationales at the end of each chapter Key Features: Describes step by step how EBP can be implemented to improve patient care Written in abbreviated "Fast Facts" style with brief, bulleted information Includes examples of how hospitals and healthcare providers are integrating EBP into their practice Advises students on developing and completing EBP projects

Fast Facts for Psychopharmacology for Nurse Practitioners

This timely resource is the first handbook to give nurse practitioners guidance to prescribe, monitor, assess, educate, and advocate for patients taking psychiatric medications and promote safe practice outcomes. Written in a concise, bulleted style for quick access to critical information, this practical resource covers the key aspects of psychotropic medications used in general psychiatry, offers strategies to simplify medication decision-making, and provides evidence-based best practice recommendations to select and manage psychotropic medications. This resource begins with an overview of general pharmacological principles, a brief discussion of neurotransmitters, and covers rationale for medication use and the risks and benefits of the major classes of psychotropic medications. This is followed by information about common drugs across drug classes divided by age population. Each drug includes initial dosing and adjustments, simplified diagnostic criteria, practice management, rationale for use, black box warnings, drug interactions, identification of side effects and adverse reactions, basic lab test recommendations, treatment options, and self-management strategies. The book ends with important concepts for patient and/or caregiver education and advocacy. Tables and "Fast Facts" boxes throughout highlight key information. Chapters begin with learning objectives and include references, website resources, and recommendations for additional reading. Key Features: Follows a lifespan approach to psychiatric mental health pharmacology Provides population-specific treatment approaches for optimal

medical decision-making Highlights critical information with "Fast Facts" boxes Delivers essential knowledge included in board certification exams Contains critical-thinking questions in each chapter to reinforce content

Fast Facts about Stroke Care for the Advanced Practice Nurse

This practical guide to diagnostic tests, advanced treatments, medication management, research protocols, and best practice standards is a quick and handy reference for the advanced practice nurse caring for stroke patients. Fast Facts About Stroke Care for the Advanced Practice Nurse serves as an instructive resource for advanced practice providers not specializing in neurology or neurocritical care but who are increasingly called upon to care for patients suffering from stroke while integrating into a multidisciplinary stroke team. This new book provides foundational information on the anatomy and physiology of the stroke patient, as well as diagnostic and assessment tools and details on treatment and education. In addition, the book provides important information on critical care, pharmacology, end-of-life management, and research, as well as examining the role of the advanced practice provider who is integrating within the core stroke team. Fast Facts About Stroke Care for the Advanced Practice Nurse provides advanced practice nurses with the essential knowledge they will need to successfully care for stroke patients while adapting into their role on the core stroke team. Key Features: Reflects the most current standards of the American Heart Association, American Stroke Association, and the leading certifying organizations Foundational information on stroke care, anatomy, and physiology Comprehensive review of diagnostic studies and treatments Information on stroke research protocols, pharmacology, and end-of-life management Advanced level resource for new and seasoned advanced practice providers

Fast Facts on Genetics and Genomics for Nurses

Takes the fear out of learning about genetics and genomics for the nursing professional With its focus on the basics of genetics and genomics in nursing practice, this Fast Facts resource is the first to fill the content gap in this important area. Its streamlined format—featuring bulleted, step-by-step information and brief paragraphs—disseminates key content that is presented simply and understandably. The book examines how genetics impacts families and the care they need, and provides nurses with the genomic knowledge to advocate for personalized patient and family care, and to improve patient outcomes. Following a discussion of the science and foundations of genetics and genomics, this resource addresses their impact on patient care and application in nursing practice. It covers the relationship of genetics and genomics to health, prevention, screening, diagnostics, prognostics, and selection and monitoring of treatment. Case studies demonstrate how genomic concepts are applied in practice, and underscore their implications for patients with cancer, cardiovascular disease, psychiatric disorders, and autoimmune deficiencies. End of chapter questions are designed to assess knowledge. Also included are online resources that examine the latest genetic/genomic advancements and their impact on nursing. Key Features: Simplifies difficult concepts for ease of understanding Explains the difference between genetic testing and genetic screening Discusses ethical, legal, and social concerns specific to genetics and genomics Describes the application of genetics and genomics in healthcare Explains how knowledge of genetics and genomics can guide healthcare decisions Helps nurse educators teach genomic content Educates nurses in using genetic advances to improve patient outcomes

Fast Facts for Patient Safety in Nursing

"This unique Fast Fact serves as a quick resource for foundational, relevant data, knowledge, and vital information, not only about the nature of medical errors, but why they occur. More importantly, Hunt shows us how to comprehensively address problems: highlighting the need for both academic and clinical professional development, emphasizing approaches, as theory-informed practices; acknowledging importance of human caring, power, relationship, and such practices as mindful presence" —Jean Watson, PhD, RN, AHN-BC, FAAN, LL(AAN) Founder, Watson Caring Science Institute Distinguished Professor/Dean Emerita, University of Colorado Denver This practical resource helps nurses develop the skills they need to avoid medical errors and promote patient safety. Based on the most current research and guidance from principal scientific/academic boards, the text identifies the most significant errors and their causes and describes how nurses can develop and improve critical thinking, logic, and clinical judgement to improve patient outcomes. This book presents an overview of common preventable issues and their causes, including medication errors, patient falls, pressure ulcers, infections,

and surgical errors. It focuses on strategies for becoming a safe practitioner through education and competency development, while highlighting major national safety initiatives with improved outcomes. This Fast Facts discusses several theories that promote quality of care and concrete methods for fostering critical thinking and reasoning. It examines prioritization and delegation as a way to develop skills in addition to scope of practice, intuition, ethics, leadership, and emotional intelligence. The final chapter addresses patient safety using a holistic approach encompassing cultural humility and artificial intelligence. Each chapter includes an introduction, learning objectives, an illustrative case vignette, discussion questions, concise "tips from the field," special topics, Fast Facts boxes, suggested assignments, and resources for further study. Key Features: Helps nurse managers to prioritize and address specific safety and medical errors immediately Delivers practical tips on improving patient care and outcomes Provides step-by-step guidance on preventing medication errors—the leading cause of adverse events Presents multiple strategies to develop critical thinking and judgment Offers interviews with patient safety experts for context and application Includes case studies, tips from the field, Fast Facts boxes, tables, discussion questions, suggested assignments, and more

Fast Facts about Diversity, Equity, and Inclusion in Nursing

Delivers a comprehensive toolbox for understanding race and racism at structural, institutional, and individual levels This nursing handbook introduces and defines key terms about race and racism for nurses, nursing students, and nurse educators. It addresses how race and racism act as structural and core social determinants of health and propel health inequities. It moves beyond a focus on multicultural approaches for understanding inequity toward a recognition of the broader impact that both systemic and structural racism have had on inequality in health and life opportunities. Through a social justice lens, the book underscores how nurses, as frontline health professionals, need to understand racism as a factor behind these inequities and its significance to their working environment and nursing practice. In concise chapters with brief paragraphs and bulleted information, this practical handbook offers strategies for how to productively engage in a dialogue about race and racism. It considers the history of racism in the United States and then breaks down how it operates at structural, institutional, and individual levels. Case studies illustrate such concepts as microaggressions, implicit bias, power, privilege, and intersectionality in order to foster understanding and provide opportunities for both self-reflection and collective conversation. Key Features: Delivers clear and easy-to-read content in concise, bulleted format Empowers nurses to initiate conversations about race and racism in the workplace and classroom with confidence and ease Provides an historical context for understanding how racism contributes to inequities in health and economic opportunities Illustrates concepts with case studies and reflection questions Features "Fast Facts" boxes that highlight essential information at a glance Promotes the concepts of antiracism, diversity, equity, inclusion, and belonging

Fast Facts for DNP Role Development

Illustrates how the DNP degree fosters opportunities for nurses to shape the future of healthcare The first resource of its kind, this engaging handbook delivers practical guidance on the burgeoning roles and career opportunities afforded by the DNP degree, as well as the knowledge and skills required for career advancement. It provides students and professionals with a fundamental understanding of the value of the DNP degree and how it supports opportunities for nurses to shape the future of healthcare at academic, policy, organizational, site, and patient-care levels. Following an overview of the DNP degree, along with a discussion of key competencies required for success in any DNP arena, this guide examines the various roles a DNP graduate can hold. Chapters highlight potential career paths, education and certification requirements, opportunities and challenges, and the integration of relevant AACN DNP Essentials. Reflection questions and resources for further exploration conclude each chapter. Key Features: Delivers practical guidance on the DNP degree, potential roles, and career opportunities Describes how to integrate DNP Essentials into practice Discusses key competencies required for success in any DNP role Illustrates potential career paths with education and certification requirements Promotes self-reflection with thought-provoking questions Includes resources for further exploration

Fast Facts for the Nurse Psychotherapist

"[A] unique addition to the sparse literature on learning to become a nurse psychotherapist.... focuses not only on psychotherapeutic techniques, but also the work a nurse must be willing to do to become a skilled and helpful therapist.... a valuable resource for both psychiatric nursing graduate students

and the practicing nurse psychotherapist.” —Angie S. Chesser, PhD, RN, APRN, CNS “Human beings are hot-wired biologically for relationship-building, and as such, it is the nurse–patient relationship that becomes central to healing.... This much-needed book gives voice to the very real perils of abandoning patients to pills. It is a clarion call to return to our roots and our strengths.” —Patrice Rancour, MS, RN

Fast Facts for the Nurse Psychotherapist is the first book to guide the novice and experienced psychiatric APRN on the process of truly becoming a psychotherapist. It is grounded in the concept of self-reflection as a foundation for successful psychotherapeutic practice and addresses a variety of strategies and styles that foster positive outcomes; the use of dreams and other conscious/unconscious techniques; the clinical supervision process; and how to continually grow as an individual and therapist. This resource includes a variety of tools to promote self-reflection and provides practical considerations for the work environment, billing and other administrative responsibilities, and political concerns. Abundant case examples allow the reader to “sit in” on therapy sessions. The book also offers an overview of the history of the psychiatric nurse as therapist and the seminal work of Hildegard Peplau. Written in an approachable and conversational style, this unique resource will prepare nurse psychotherapists to become mindfully ready to help their clients to the fullest.

Key Features: Highlights the importance of self-reflection and delivers helpful tools to promote it Provides strategies and styles for effective therapeutic practice Allows the reader to “sit in” on therapy sessions with vivid case examples Provides a foundation for independent professional and personal growth Written in an approachable, conversational style

Fast Facts for the Cardiac Surgery Nurse, Third Edition

Delivers the “big picture” from pre-op through extended recovery in quick-access format This concise clinical guide provides nurses who care for cardiac patients with speedy access to information and guidelines they need to know and use daily. Heavily updated with the newest clinical practice information, the third edition emphasizes postoperative complications and the nursing interventions designed to prevent and treat them. It includes updated coverage of risk factors for stroke and congenital heart disease and discusses new antithrombotics and antiplatelet medications. Bulleted information, brief paragraphs, boxed indicators highlighting key information, and Fast Facts boxes are included in each chapter. The book’s consistent organization facilitates quick access to information on equipment, procedures, and pre- and post-op specialty care. Ideal for new graduates and nurses considering a switch to cardiac care and critical care, this resource reinforces existing knowledge and provides a foundation for developing additional skills.

New to the Third Edition: Encompasses the latest research and guidelines Emphasizes postoperative complications and care Discusses diagnostic testing, preparing a patient for cardiac surgery, initial post-op complications, extended recovery complications, and stroke care Updated rehabilitation chapter includes important patient education content Educates readers about new antithrombotics and antiplatelet medications Offers new guidelines for use of ventricular assist devices Focuses on patient safety throughout

Key Features: Delivers a handy pocket reference for new and experienced cardiac care nurses Provides bulleted information, brief paragraphs, and boxed indicators highlighting critical information Organized for easy access to equipment, procedures, and pre- and post-op specialty care

Fast Facts for Curriculum Development in Nursing, Second Edition

Updated and revised to meet all current standards This is a concise step-by-step guide for novice nurse educators on the development of new programs and curricula or the revision of existing ones that meet the standards of the National Council of State Boards of Nursing, the CNEA, the ACEN, and the CCNE. The second edition of this quick-access guide is updated to meet all new and revised standards for program approval and covers the full scope of the development process from conception through evaluation. The resource’s thoughtful organization and bullet-point format enable users to access the information they need in seconds, and an abundance of updated examples clarify each step of the way. The book uses concepts and principles of Systems Theory to guide curriculum development and evaluation. It addresses the major components of the educator role: teaching, curriculum, developing a mission statement and program philosophy, selecting an organizational framework, using information technology, and evaluating both students and programs. It stresses use of evaluation procedures in which decisions are based on data. Each step of the process is organized into manageable parts that build upon each other, instilling the confidence and know-how to build quality programs. Chapters define key terms, summarize important points, and list resources for additional study.

New to the Second Edition: Meets all of the new and revised standards for program approval according to the National State Boards of Nursing, the CNEA, the ACEN, and the CCNE Features updated examples

demonstrating each step of the process Highlights collaborative curriculum development Includes New guidelines for each step of the process Introduces Career Ladder and Design Learning Discusses Educational/Competency Outcomes

Fast Facts about GI and Liver Diseases for Nurses

Fills a gap in information for frontline professionals caring for GI and Liver patients The only resource of its kind, this is a concise, practical guide to GI and Liver Disease that delivers current information on diagnosing, managing, and treating common GI and liver disorders, along with liver transplant guidelines. Written for nurses, nurse practitioners, and physician assistants in varied specialties, it fills a gap in information needed by primary and acute care professionals who are the chief caretakers for GI and liver patients. This guide delivers recent important treatment advances that have revolutionized GI and liver care, and provides guidance for seeking expert advice or urgent/emergent care for more complex cases. An outstanding feature is the prominently displayed Fast Facts in a Nutshell highlighting key takeaways at a glance. The resource reviews common GI symptoms and disorders from irritable bowel disorders (including key differences between Crohn's disease and ulcerative colitis) to gallstones and GERD. A section on liver disease describes essential liver functions, reviews liver function tests, and addresses commonly and less commonly seen liver disease diagnoses. Complications of cirrhosis are examined to assure prompt recognition of these potentially deadly symptoms. Additionally, the book addresses liver transplantation with comprehensive attention to the evaluation process, organ donation/allocation, and post-transplant care for donor and recipient alike. Each chapter includes an overview, significant laboratory or imaging findings, treatment options, expected outcomes, and Fast Facts in a Nutshell. An additional feature is the provision of ICD-10 codes for billing and reimbursement. Key Features: Provides speedy access to current information on diagnosing, managing, and treating common GI and liver disorders for front-line professionals Includes comprehensive review of the liver, abnormal liver function tests (LFTs), and transplantation Reflects up-to-date information on the latest treatment guidelines for gastrointestinal and liver disease, including celiac disease and Hepatitis C Addresses common gastrointestinal diseases and guidelines for treatment as outlined by ACG Discusses current liver disease management and guidelines for treatment as outlined by AASLD

Fast Facts for the Nurse Preceptor

Dedicated and competent nurse preceptors are vital to the success of health care organizations and to the retention of nurses in the profession. Yet clinical teaching and supervision is a skill that must be developed; a knowledgeable and experienced practitioner does not automatically become a successful nurse preceptor. This pithy reference guide for nurses in the preceptor role is brimming with information about how to successfully educate, protect, socialize, and evaluate nurses transitioning into a new environment. In an easy-access, bulleted format, this resource helps preceptors to establish clinical objectives, execute evaluation and feedback techniques, identify role responsibilities, develop positive communication skills, and develop effective teaching/learning strategies. The guide addresses the qualities of a good preceptor, communication and delegation skills, and the importance of evidence-based practice for the preceptor role. It discusses how to prepare new nurses for the reality shock of entering a new arena, and how to recognize and help the preceptee who is struggling. Nurse preceptors will gain insight into how to assist preceptees in organizing their clinical day and prioritizing their responsibilities. From suggestions in conflict resolution and bullying to aids in developing critical thinking skills to advice on completing relevant documentation, this guide helps new nurse preceptors to provide a well-orchestrated orientation that will ensure a positive experience for novice nurses and the subsequent delivery of quality, patient-centered care. Sample competency forms and clinical tools add to the book's utility, as well. Key Features: Delivers vital information on all aspects of successful nurse preceptorship in a concise, easy-access format Includes evidence-based content throughout Provides guidance on identifying and developing successful nurse preceptors Addresses organization, prioritization, delegation, effective communication, conflict resolution, and the development of critical thinking skills Offers key information on competency assessment and evaluations A special "Preceptor's Problem Solver" chapter addresses clinical issues unique to the nurse preceptor's role

Fast Facts About Forensic Nursing

Helps nurses to enhance their forensic skills and apply them to their practice in all settings This is a succinct yet comprehensive guide to the rapidly expanding specialty of forensics nursing. Exploring the forensic nurse's role in the gamut of patient care settings, the book is distinguished by its easy-to-read

content comprised of bulleted lists, tables, and figures; short chapters; and convenient pocket size. This up-to-date, evidence-based resource addresses all facets of forensics nursing, including legal and ethical issues, conducting interviews, trauma-informed care, delivering expert testimony, documenting injuries, and collecting and preserving evidentiary substances for Medico-Legal purposes. The book encompasses the wide range of injury and assault cases requiring the collection of forensic evidence in preparation for a legal case. This includes different types of sexual assault and violence, child maltreatment, elder maltreatment, bullying, interpersonal violence, gunshot wounds, community violence, human trafficking, terrorist acts, and mass disasters. With supporting case scenarios, the book describes step-by-step how to collect evidence and the proper procedure for handing over evidence once it is collected. Also included are verbatim descriptions of actual experiences forensic nurses have had while testifying. Key Features: Delivers broad content related to forensic nursing in easy-access Fast Facts style Helps users to retrieve information at a moment's notice with short chapters, bulleted lists, tables, and figures, all packaged in a portable, pocket size Examines the forensic nurse's role in all patient care settings Explores the legalities and ethics surrounding provision of health care to and collecting evidence from patients injured due to criminal activity. Covers the range of injury and assault cases requiring the collection of forensic evidence in preparation for a legal case

Fast Facts for the Long-Term Care Nurse

Today, more than 10 million people in the United States require some form of long-term care, a number that is rapidly increasing and will continue to do so for years to come. This concise and user-friendly resource contains the fundamental information long-term care nurses need to provide all aspects of safe and effective care to their patients in nursing homes and assisted living facilities. Written by a renowned and highly respected nurse leader in long-term care and gerontology, it presents key facts and core competencies related to the clinical and managerial responsibilities of nurses in these settings. Details on the specific skills required for this challenging specialty, as well as must-know information on regulatory standards, site visits, management and leadership, and dementia care, are presented in a concise format for quick access to information. The book embodies a holistic approach to nursing that recognizes the importance of quality of life in addition to quality of care. It provides an overview of the unique features of long-term care, addressing the operational differences between these settings and those of acute settings, the distinct responsibilities of long-term care nurses, special needs of the residents, and major clinical challenges. The text offers guidance on the use of evidence-based knowledge within the constraints of long-term care settings. Topics such as legal risks, documentation essentials, and the importance of self-care are covered, along with management and leadership issues relevant to the supervision of unlicensed personnel. The Fast Facts in a Nutshell feature assists readers in reinforcing and applying content, and a comprehensive resource list supplements the text. The book will also serve as a useful study tool for long-term nursing care certification. Key Features: Embodies the essential competencies for long-term care nursing practice Presents information in a concise easy-to-access format with bulleted facts and the Fast Facts in a Nutshell feature Addresses management and leadership issues germane to the long-term care setting Includes must-know information on regulatory standards, site visits, legal risks, documentation essentials, and more Guides nurses in using evidence-based knowledge in long-term care settings

Fast Facts for the Cardiac Surgery Nurse, Second Edition

This handy clinical guide provides speedy access to information and guidelines cardiac surgery nurses need to know and use daily. It covers all aspects of care from preoperative to recovery, with an emphasis on prevention and management of postoperative complications—an area where nurses can really make a difference and improve care. The second edition is completely revised and updated, with such highlights as new coverage of risk factors for stroke, thoracic aortic aneurysms, and congenital heart disease, and updates on new surgical techniques and devices. New illustrations help to clarify crucial information and tables are reorganized to emphasize commonly used medications. The second edition retains all of the expedient features of the Fast Facts guides, including Fast Facts in a Nutshell boxes delineating especially important content, chapter introductions and objectives, short, easy-to-read chapters, and a convenient pocket size. The heart of the book focuses on post-op complications and nursing interventions to prevent and treat them. The book's five sections are comprised of the Preoperative Period, the Intraoperative Period, the Immediate Postoperative Period, the Extended Postoperative Period, and the Recovery Period, including discharge and long-term rehabilitation. Each section includes nursing considerations and patient education topics. Nurse-sensitive indicators and strategies for improving nursing care are featured throughout. The resource will be highly valuable

to new graduates and nurses who are considering a switch to cardiac care, and will reinforce the knowledge of seasoned practitioners. New to the Second Edition: Updates including new surgical techniques and devices Additional graphics to increase reader comprehension Modifications to tables for ease of access to information New sections on thoracic aortic aneurysms and congenital heart disease New chapter on stroke with a focus on postoperative treatment options Key Features: Delivers a handy pocket reference for new and experienced cardiac care nurses Organized for easy access to equipment, procedures, and pre- and post-op specialty care Includes Fast Facts in a Nutshell delivery of timely content Formatted in short paragraphs packed with timely and accessible information

Fast Facts for the Clinical Nurse Manager, Second Edition

Clinical nurse managers face myriad challenges, including administrative, clinical, and interpersonal issues. This concise, practical resource offers wise guidance for nurses working in this complex, fast-paced role. Addressing common complaints and anxieties, it offers quick access to insights, proven strategies, and tools for effectively coping with such situations as institutional change, a multigenerational and multicultural workforce, resistance to change, and toxic behaviors. Fully updated and revised, the second edition provides sound advice addressing the changing dynamics in health care that have amplified the challenges of clinical nurse management. It offers strategies for boosting staff morale during times of fear and anxiety, explains how to reclaim professional practice and focus on quality of care, advocates for nurses at senior levels, and discusses how to maintain one's identity in an interdisciplinary setting. Designed to assist clinical nurse managers at all levels in developing new and effective ways of leading in a rapidly changing health care environment, this resource helps foster a better quality of work life and professional practice. It features concise chapters and bulleted information for quick access and at-a-glance "Fast Facts in a Nutshell" boxes. Also included are helpful tools and worksheets for managing a variety of challenges, along with the "Top 10 Fast Facts for Thriving in a Changing Workplace." New to the Second Edition: Completely updated and revised New chapter, "Who Stole the Art of Nursing?" New content on fostering and nurturing therapeutic relationships More information on rewards and recognition to keep staff motivated Key Features: Presents timely content ready to be applied in a professional setting Presents information in an easy-to-access format with concise chapters, bulleted lists, and Fast Facts in a Nutshell boxes Advocates a back-to-basics approach to clinical care Packed with current, useful, and accessible information that fits in a pocket Written by a noted author, keynote speaker, and facilitator highly experienced in helping nurses in leadership roles