



**Rebecca  
Wilson**

Student Nurse

### What made you decide to come into nursing/midwifery?

I've always enjoyed helping others and working with people from different backgrounds but when I left school, I wasn't sure what career would be best for me. After a few diversions and detours (!), I started working for South Eastern Trust in an admin role where my colleagues were healthcare practitioners from all different areas. I admired the nurses that I worked with and was struck by their passion and professionalism as well as the difference that they were able to make for their patients.

When I first considered a career in nursing, I told myself that I was too old, not good enough at biology in school and pretty much every other fear you could think of! However, the more I investigated it, the more I realised that I could be a nurse and knew it was a career I would find rewarding.

### What does your role entail?

The student nursing programme is split into placement and study hours. When on placement, I shadow a registered nurse and under supervision, practice the skills that I've learned in study. As a student nurse you're not expected to know all the answers but it's important to want to learn so that you can deliver best care to your patients and to reflect on your practice.

### What does a typical day look like?

When on placement in a hospital ward, day shift begins at 07.30am when you receive a handover of patients from staff on night duty. Throughout the day there are tasks like medication rounds, clinical observations (e.g. temperature, blood pressure) to be taken and referrals to other services to be made. Interspersed with these tasks, it is important to discuss with the patient what is important to them and find out what care they would like provided. It's a privilege to be able to advocate for a patient and every day can be different depending on patient needs. An advantage of nursing is that there are many different areas to work in, for example community nursing, cardiology, A&E. As a student nurse you are placed in different settings to find the one that you are most suited to.

### What advice would you give someone coming into nursing?

Use the support systems in place by the university/hospital. You're not stupid for asking questions and you're not failing if you have a bad day. If you're unsure if nursing is for you, your local hospital may have opportunities as a nursing assistant which would give insight into nursing. Local organisations like St. John's Ambulances are often looking for volunteers and this can show you what a caring profession is like.