


Slide 1



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1

# Career Planning for Nurses

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Slide 2



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2


## What stage have you reached in your career planning?



- I have definite career plans and know how to achieve them
- I have some ideas but am not sure what to do next
- I have a few vague ideas
- I haven't got a clue

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3

## Why am I talking to you NOW?

- To introduce myself
- To explain about the support offered by the Careers Service
- To encourage you to reflect on your career plans
- To highlight some of the issues you need to consider
- To suggest where you should start

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4

### What factors have influenced your career plans to date?

FRIENDS	FAMILY	MONEY
MOTIVATION	LUCK	LOCATION
EDUCATION	SELF AWARENESS	YOUR ABILITIES

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5

### Sheffield Teaching Hospitals NHS Trust

#### Sickness Record



No more than 21 days  
over the 3 years, on  
No more than 9  
occasions, certificated /  
non -certificated.

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6

### Where do I start?

- Evaluate your placements – what went well/ badly?  
What did you learn about yourself?
- Identify your strengths and weaknesses
- Develop a network of useful contacts
- Identify the factors which will influence your future career plans
- Research opportunities locally / nationally / overseas
- Seek help if appropriate e.g. tutors, Careers Service

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7

### Your Resources



- Your own contacts!
- Tutors
- Colleagues
- Careers Service Website
- Careers Information Room
- Careers reference section
- The internet
- Nursing Times Handbook
- Health Service Yearbook
- RCN Fact sheets
- Target Nursing & Healthcare

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8

### Careers Service website

<http://www.shef.ac.uk/careers/students/worktypes/nursing>

- Careers Service support
- Finding nursing vacancies
- Find out more about....
- Applying for nursing posts
- Preparing for nursing interviews
- Career planning resources for nurses
- Continuing Professional Development

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9

### Nursing Times – Careers Advice section

- Interview skills
- Career skills
- Working in the UK
- Specialist Nursing
- Management Focus
- Becoming a nurse
- CV Writing
- Working Abroad
- Job focus

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10


### RCN fact-sheets

- Accident & Emergency Nursing
- Breast Care Nursing
- Blood Transfusion Nursing
- Children's Nursing
- Child Protection Nursing
- Day Surgery Nursing
- Dermatology Nursing
- District / Community Nursing
- Family Planning Nursing
- Fertility Nursing

- Forensic Nursing
- Gynaecology Nursing
- Haemophilia Nursing
- Health Visiting
- In Flight Nursing
- Intermediate Care Nursing
- Learning Disability Nursing
- Liaison & Discharge Planning Nursing
- Macmillan Nursing
- Mental Health Nursing
- Midwifery

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### RCN fact-sheets

- Multiple Sclerosis Nursing
- Nurse Educator
- Nursing Management
- Nursing Older People – Continuing Care
- Occupational Health Nursing
- Pain Management Specialist Nursing
- Practice Nursing
- Princess Mary's Royal Air Force Nursing Service (PMRAFNS)
- Prison Nursing
- Queen Alexandra's Royal Army Nursing Corps (QARANC)

- Queen Alexandra's Royal Navy Nursing Corps (QARNNC)
- Queen Alexandra's Royal Navy Nursing Service Reserve (QARNNS) (R)
- Rehabilitation Nursing
- Research Nursing
- Resuscitation Officer
- Rheumatology Nursing
- School Nursing
- Sexual Health Nursing
- Telephone, Advice & Consultation Nursing
- Territorial Army – Medical Service (AMS TA)
- Theatre Nursing
- Travel Health Nursing

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### Where would you like to see yourself in 5 years time?



- Specialist / generalist?
- Hospital or community based?
- Research?
- Management?
- Tutoring?
- NHS / Private?

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### Who employs nurses?

- The NHS
- Nursing agencies
- Private hospitals
- Private nursing homes
- Residential care homes
- Schools / colleges
- Local authorities
- Occupational health
- Trade unions
- Professional associations
- Journals / publishers
- Charities
- Pharmaceutical companies

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14

### Who employs nurses?

- The Blood Transfusion Service
- Armed Forces
- Prisons
- Statutory bodies e.g. NMC
- Dept of health
- Overseas development agencies
- Religious orders
- Cruise ships
- Medical supply companies

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### Options for adult nurses

- Acute services
- Specialist roles
- Continuing care
- Intermediate care
- Prison Nursing
- Health promotion roles
- Armed forces
- Community roles

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### Specialisms within adult nursing

- Intensive care
- Medical
- Surgical
- Older adults
- A & E
- Coronary care
- Community Nursing
- Palliative care
- Oncology
- Operating theatres
- Specialist services e.g. Renal, Neurological, Transplantation

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### Adult nursing – community roles



- Practice nurse
- Health visiting
- District nursing
- School nursing
- Family planning
- Occupational health
- NHS Direct / Walk in Centres

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18

### Managing your career

- Regularly review your current situation
- Identify your career goals and steps to achieve them
- Making effective use of available resources to assist you
- Take responsibility for your own career & personal development
- Identifying options available to you
- Regularly review your career progression

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### The DOTS model of career planning

- Self Awareness
- Opportunity Awareness
- Decision Making
- Taking Action

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20

### How can the Careers Service help you?

- Objective careers guidance on an individual basis (up to 3 years after leaving university)
- Access to a range of career information
- Assistance in developing jobsearch strategies
- Advice on self- marketing & interview preparation
- Advice on alternatives to nursing


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21


### Recent queries from nursing students



- How can I get a license to practise in the USA?
- How do I find out about vacancies in other regions?
- What are the benefits of upgrading my ADNS to a degree?
- NHS versus private sector?
- What else can I do than nursing?
- Can I go straight into community nursing?

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### Preparation for employment

Job choice	Jobsearch	Applications
CVs	Self Marketing	Analysing Jobs
Speculative Approaches	Timing	Interviews

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23

### Royal College of Nursing Careers & Welfare Service

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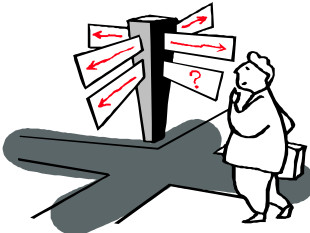
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### In conclusion . . .



- Reflect on your career plans
- Planning your future involves MORE than getting your first nursing post
- Start networking
- Use the resources available to you

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