

NURSING & MIDWIFERY

NO TWO DAYS ARE EVER THE SAME

Mon **12**
7.00

On Monday I caught a case of Otitis Media.

Tues **13**
7.00

On Tuesday I was involved in a car crash.

Wed **14**
7.00

On Wednesday I had my drugs education class.

Thurs **15**
7.00

On Thursday I gave birth to twins.

Fri **16**
7.00

Then on Friday I had kidney dialysis.



Nursing and midwifery. No two days are ever the same.

What's the most exciting thing you've done today?

In fact, what's the most exciting thing you've done this week?

If you were a nurse or midwife, the chances are you'd struggle to give just one answer. You might have helped save someone's life today. Delivered a baby yesterday. Or perhaps you gave a drugs awareness talk at your local community centre the day before.



And that's the wonderful thing about a career in nursing and midwifery: that no two days are ever the same. Every day presents new challenges and opportunities.

Better still, with each day that passes, you'll develop new skills, take on new responsibilities and build your career – whether that's in a new area of specialisation or a new part of the world.

Throughout your career, you'll build strong relationships with people of all ages and backgrounds. All



of which will help you enjoy a fun, balanced and active life in work and on your days off, and to become a respected member of the community.

That's why nursing is one of the most exciting, dynamic and rewarding careers there is.

If that sounds like the kind of career you'd like, this booklet will tell you about some career pathways and what you will need to do next. The back page has a list of contact numbers and people you can talk to if you have any questions. Or you can browse our website www.nursing.nsw.gov.au



To find out more, visit www.nursing.nsw.gov.au

Mon 12

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**Julie Gawthorne,
Clinical Nurse Consultant.**

The options for nurses are unlimited these days and the role of nurses has changed dramatically. There are so many different and challenging opportunities, such as education, management, research and nurse practitioner. If you want a career that is dynamic, interesting, rewarding and satisfying with endless options, nursing is it.

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**Mitch Johnston,
Clinical Nurse Specialist.**

Nursing is such an exciting career. The satisfaction you get knowing you've helped someone, the friendships you make and the opportunities to travel the world make it a fantastic career choice. The pay is good too.

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Spend each day helping your community.

There has never been a better time to become a nurse or midwife.

Aboriginal nurses are in great demand in all areas of nursing. And whichever area you decide to pursue, you'll make a positive contribution to the health of your family, your friends and your community.

You'll be valued and respected - particularly as you'll have a positive influence on the health of your community. In fact, as well as helping your patients, you'll have the opportunity to educate non-Aboriginal staff and introduce cultural practices into mainstream health.

Becoming a nurse or midwife.

If you believe in yourself, have a desire to care for people and are prepared to study, then there's nothing stopping you from applying. Better still, to make the



pathway into nursing and midwifery easier, universities, TAFE colleges and NSW Health are offering Aboriginal people further education and employment opportunities. For instance, there are undergraduate cadetships, scholarships and mentoring programs.

You'll find out more about the exciting opportunities a career in nursing and midwifery can offer on the next few pages. If you have any questions or would like further information, contact the Project Manager of the Aboriginal Nursing and Midwifery Strategy (you'll find details on the back cover of this booklet) or the Aboriginal Education Unit at your local university or TAFE Campus.



To find out more, visit www.nursing.nsw.gov.au

Mon 12



**Narelle Cochrane,
Registered Nurse.**

I'd recommend nursing to anyone who wants to make a difference rather than stand on the sidelines. It's a great career. It's challenging, rewarding and the opportunities are endless. You can travel, make new friends, learn something new every day... it really is a different job every day.

Mon 12



**Amy Thompson,
Trainee Enrolled Nurse.**

Nursing has always been my dream job. You get the opportunity to work in lots of different areas. It's challenging and every day is really rewarding. I would love to see more Aboriginal people get into nursing. It's a great career that takes you anywhere you want to go. You never lose with this career. The social life is great too!

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Help people from day one.

If you can't wait to start working as a nurse and helping people, Enrolled Nursing could be the answer.

With most courses, you can become a qualified Enrolled Nurse in about a year. Better still, you'll have the opportunity to take on some nursing responsibility while you complete the course. That's why it's such a popular way to start a nursing career.

What will I do each day?

As an Enrolled Nurse, your duties can range from managing patient progress and providing physical and emotional support, to more complex care and administering medication.

You'll also have the opportunity to perform these duties in a range of different areas. For instance, Enrolled Nurses can work on hospital wards, in aged care facilities, in operating theatres and as community nurses in Aboriginal health clinics.

What are the benefits?

Enrolled Nurses are highly respected and valued members of the team. If you decide to become an Enrolled Nurse, you'll enjoy good working conditions and generous leave entitlements. You'll also receive a very competitive salary based on your experience and your training.

*Please refer to the website for current comprehensive salary details and Enrolled Nursing course entry requirements.



To find out more, visit www.nursing.nsw.gov.au



How do I become an Enrolled Nurse?

You can apply for a position in the Enrolled Nursing Course once you have completed Year 12, or equivalent. Admission is not just based on the University Admission Index (UAI), however, you must have completed your HSC with the required subjects, as well as a Senior First Aid Certificate. If you don't meet the minimum school entry requirements, you may need to pass a literacy or numeracy test to gain entry to an Enrolled Nursing Course.

The Enrolled Nursing Course consists of a mixture of theory and clinical nursing experience. During the course, you'll study a wide range of nursing subjects and how nurses can care for people across their lifespan.

As an Enrolled Nurse you may receive credit for qualifications and experience when undertaking a Registered Nurse undergraduate degree at university.



Mon 12



**Mark Quealy,
Enrolled Nurse.**

I decided to change careers and become a nurse. It was a really big move for me, but I don't regret it one bit. Working in the Operating Theatres gives me a chance to do things I never thought I could do before. I enjoy working in a team with so many talented people. I learn something new every day.

Make someone's day every day.

Registered Nursing is one of the most dynamic and evolving areas of nursing. As such it offers you a diverse range of career opportunities.

What will I do each day?

As a Registered Nurse, you'll be at the cutting-edge of nursing care, working with the latest technology. Through continuous on-the-job training, you'll constantly upgrade your knowledge and your clinical skills in order to help your patients.

Due to the nature of the job, you'll work as part of a team with other skilled healthcare professionals, such as specialist nurses, physiotherapists, occupational therapists, doctors, social workers and pharmacists.

You'll also work extremely closely with patients and their families, building caring relationships.

*Please refer to the website for comprehensive salary details

What are the benefits?

Just as with Enrolled Nursing, Registered Nursing offers excellent working conditions, excitement, challenges and generous leave entitlements. You'll also receive a competitive salary that increases as you gain experience.



One of the added benefits of Registered Nursing is the opportunity it gives you to further your career. You can specialise in Coronary Care, Child & Family Health, Intensive Care, Midwifery, Emergency Nursing, Mental Health, Occupational Health, Surgical Nursing, Rehabilitation as well as Rural and Remote Community Nursing. If you prefer, you could move into a more management-based role, education or research.

To find out more, visit www.nursing.nsw.gov.au



You'll also have the opportunity to travel. Registered Nurses are highly sought-after throughout Australia and the world, so you can move around when it suits you, choose where you work and gain experience working in other healthcare systems.

How do I become a Registered Nurse?

You will need to complete a Bachelor of Nursing at university. You can enter university if you are 17 years or over and have completed your HSC with an appropriate Universities Admission Index (UAI) or equivalent.

During the university course, you'll gain a mixture of theory and nursing clinical experience. Then, once you pass, an application is made to the Nurses and Midwives Board to practice as a Registered Nurse.

Most universities offer alternative entry programs free of charge for Aboriginal people. To find out more, contact the Aboriginal Education Centre at your local university.



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Danielle Newman, Nursing Unit Manager.

I went into nursing straight after high school. Now, as a Registered Nurse in an Emergency Department, every day is unpredictable. People come into your life with lots of different health problems - all requiring different treatments and care. I enjoy this type of nursing because as the saying goes, 'variety is the spice of life!'

Start a new life each day.

The beginning of new life is always an exciting time. But, being a Midwife is about more than just delivering babies. It's about being with women, their partners and families and supporting the normal childbirth process.

What will I do each day?

As a Midwife, you'll provide most of the care for new and growing families. That will include providing health education for each woman you care for and her family.

While the majority of women are able to have a completely normal pregnancy and birth, Midwives have the skills and knowledge to detect complications that may develop for a mother and her baby. You'll be educated to arrange appropriate medical assistance and implement emergency measures when they are needed.

You may be working in the community, in birthing units, in hospitals or in women's homes, employed by the NSW health system or, as some do, working privately.

You'll be part of a team liaising with other healthcare professionals to provide the best possible care for mother and baby.



Midwives are as diverse in character as the women they care for. There are no set rules for who should or shouldn't be a Midwife. But this unique profession does require you to be compassionate, understanding and intuitive. You'll also need to be tolerant and flexible as you'll be working with all types of people.

Many practising Midwives enjoy the flexibility of working independently and as part of a team. It's a demanding but very fulfilling career.

*Please refer to the website for comprehensive salary details

To find out more, visit www.nursing.nsw.gov.au



What are the benefits?

Based on your experience and qualification you'll earn a very competitive salary working as a Midwife. Providing care, education, advice and support to women through their pregnancy and into the early weeks after the baby's born is one of the greatest rewards.

How do I become a Midwife?

In NSW, there are two pathways into Midwifery.

One is by completing a Bachelor of Midwifery at university. You can enter university if you are 17 years or over and have completed your HSC with an appropriate Universities Admission Index (UAI) or equivalent. The university undergraduate course incorporates midwifery theory, science and clinical practice. The hands-on practical experience begins within the first few weeks of the course.

Or you can qualify as a Registered Nurse, and then become a Midwife by completing a post-graduate qualification at university.



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**Rebecca Steuregger,
Registered Midwife.**

Working with couples during a very emotional time and seeing the joy they get from their new baby is incredibly rewarding. Midwifery is such an exciting and evolving area, it's difficult to predict what the future holds, but I'm excited.

More Information

If you would like to talk to an Aboriginal nurse about your career options, please contact:

Project Manager – Aboriginal Nursing and Midwifery Strategy

www.nursing.nsw.gov.au
aboriginalnursing@doh.health.nsw.gov.au

NSW Health
 Locked Mail Bag 961
 NORTH SYDNEY NSW 2059
 1800 330 933

Universities' Admissions Centre:

For more details about applying for particular nursing courses, consult the UAC Guide or visit www.uac.edu.au/uac/about.html

UAC
 Locked Bag 112
 SILVERWATER NSW 2128
 (02) 9752 0200

You can also contact the Aboriginal Education Units at universities and TAFEs directly on:

TAFE	Phone
Northern Sydney Institute	02 9942 3577
Western Institute	02 6885 7504
Hunter Institute	02 4923 7466
New England Institute	02 6768 2410
North Coast Institute	02 6586 2239
Riverina Institute	02 6938 1267
South Western Sydney Institute	02 9825 7318
Sydney Institute	02 9217 4896
Western Sydney Institute	02 9208 6369
Illawarra Institute	02 4474 1800
Open Training and Education Network (OTEN)	02 9715 8619

University	Phone
Australian Catholic Uni Sydney Yalbalinga Indigenous Education Unit	02 9701 4261
Charles Sturt Uni Ngungilanna	02 6933 2216
Southern Cross Uni Gnibi College of Indigenous Australian Peoples	02 6620 3955
Uni of Newcastle Wollotuka	02 4921 6863
Uni of New England Oorala Centre	02 6773 3034
Uni of Sydney Koori Centre	02 9351 2046
Uni of Technology Sydney Jumbunna Indigenous House of Learning	02 9514 1902
Uni of Western Sydney Aboriginal Education Centre	02 9852 4054
Uni of Wollongong Woolyungah Indigenous Centre	02 4221 3776

*Aboriginal artwork designed
 by Danny Eastwood*

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NSW HEALTH

