



● **WHAT'S YOUR MAJOR?**

A Creative Piece

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What's your major?

Nursing. You say.

Oh wait, isn't that gross?

Aren't you wiping butts and vomit all day?

No. It's so much more than that.

Why didn't you become a doctor?

Couldn't get into med school?

No, I chose this evidence based practice profession,

And for your information, nursing's pretty cool.

I'm not afraid to educate

Or explain

The purpose and point of BSN after my name.



Nurses go way back in history, ya know?

Like Florence Nightingale, Clara Barton,

A few to show.

That nursing is so much more than

Baths and meds.

So much more than feeding trays and

Making beds.

Nursing is HARD.

If it was easy, everyone would do it.

But we applied.

We got in.

We went through it.



Remember semester 1 and how it was sooo intense?

Diving into nursing,

Balancing life and making new friends?

But overall, the program was an adventure

Studying theory, practicing skills

Going out maybe once a month

Trying to convince yourself that studying 20+ hours a week was normal now

It was a true battle of wills.

Think back to your first clinical

Did you really feel ready?!

Stomach in knots, heart tachy,

Palms all sweaty?!



I remember how hard it was for me
To get that first set of vitals.
Now we are here, at the END of nursing school!
Ready for that BSN title!
To be honest, in the beginning, I didn't know why
Nursing was such a big deal.
But after that first semester of clinical
I learned what it meant to feel.
When you step out onto that floor
You are the nurse.
You are the one with the patient
Whether it be for 8, 10 or 12 hours,



Watching for better or for worse.

I'll never forget our clinicals.

When you got to hold and smell a new newborn,
And marvel at the number of daily diaper changes.

Or our peds rotation

Desperately trying to remember the various vitals and growth stages!

How public health taught us to meet patients where they're at,
Whether they lived in a big house or on the floor on a mat.

And realizing that in mental health we had nothing to fear,
That in reality, many just needed someone to listen to them,
An unbiased ear.

And some days, nursing just feels perfect!



Some days are the best!

Meds are on time, you get to sit down,

Your patients even say “thank you”

(GASP)

You bet.

But some days...

In some ways...

It's the worst day ever.

Right until the bitter end.

Because...

No matter how many compressions

Or late night colleague confessions



Will bring that infant
That you did CPR on
For over an hour...

Back.

And listen when I say,

We are NOT trying to blame,

A nurse who has lost someone on their shift.

We are acknowledging that it comes with the territory,

A type of cruel healthcare gift.

And we're just expected

To

Deal



With

It.

Nurses are trained,

To carry around all of these memories of pain,

And then come home to our loved ones,

As if everything's fine?! The same?!

That if the intense events

Of our daily routine leave our HEARTS and our
MINDS and our SOULS unchanged?!

But we aren't unchanged.

We aren't the same.

Constantly growing and evolving to the chaos

Lest we go insane.



But.

But.

But.

We don't go insane.

We keep calm.

And we carry on.

Because

We. Are. NURSES.

When we signed up for this,

We didn't know what was coming for us.

We didn't ask for our hearts to be ripped apart

And put back together



Over and over and over again,
But that is nursing my friends.
When it's bad, it's bad, oh so bad.
But when it's good, it's better than good.
When you nurse that patient back to health,
You remember why you joined, like you should.
You can't help but feel an overwhelming sense of
pride
When you slip on your sneakers
With a twinkle in your eye
Because you are now
A BACHELOR PREPARED NURSE!!!
And in saving lives,



You are well versed.

And now we begin the next step

As a new grad.

I know the job forecast looks bleak and a total drag

Yet...

We all will get jobs in due time.

Because I know everyone here worries too much

With our type “A” personalities

Now we need to focus on passing the NCLEX

And the rest

Will fall in line.

Because once we get our new jobs,



That first year will be incredibly hard.
We will start to feel desperate and exhausted,
Like we've fallen from our shooting star.
But don't. Hold on. We are family now.
Remember to lean on each other.
Your nurse sister. Your nurse brother.
So that wherever you go,
You can hold your head up high,
Reach for the top, the limit is the sky!
Remember your achievements
Ignore the naysayers and their nonsense,
Because in the words of Eleanor Roosevelt



“No one can make you feel inferior without your consent”.*

Congratulations to the Nursing Fall Class of 2014!

*<http://quoteinvestigator.com/2012/04/30/no-one-inferior/>

