

ACADEMIC AND EMPLOYABILITY SKILLS

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THERE ARE 11 KEY SKILLS THAT WE NEED TO
KNOW ABOUT AN ADULT-NURSE.
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- Communication skill.
- Decision making skill.
- Attention to every details.
 - Confidence
- Adaptability and Flexibility.
 - Endurance.
- Organisational skills.
 - Teamwork skills.
 - Diplomatic skills.
 - Leadership skills.
 - Multitasking skills.

WHY ACADEMIC SKILLS IS IMPORTANT FOR
ADULT-NURSING JOB?
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- Academic skills is important in an adult-nursing job. As an adult-nurse, you have a lot of work do to such as writing the reports, speaking with the patience's and their family members, correcting all the documents. Also, being adult-nurse means that you should have a basic grammar understanding to able to do all the admin works such as write correct letters, emails, documents and reports for patience's and upload it on the right file.
- In places like hospitals, communicating with your patience's and their family and understanding their language and emotion is important. Teamwork and sharing your ideas helps yourself to gain more experience and knowledge to help the patience's and other colleague or staff members.

WHY PRESENTATIONS BENEFITS YOU AND WHY IS IT IMPORTANT?

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- Presenting your presentations to your colleague allows you to show others what can be beneficial for the patient's and the hospital, it also allows you to gain more confidence be more organised. Presentations is not all about how to present it, it also shows how your team is putting an effort, trying to help and understand each other.

It also helps you to understand how leaderships works. Places like hospital, there is always a leader that guides everyone. It also helps you to motivate and inspire other nurses. In any given day, your leader will be solving the problem for issues related to bedside care, patient safety, budget constraints, and staffing shortages. Being able to perform well under pressure and balance the myriad of daily challenges is no small endeavor for even the most experienced nurse leader.

HOW TO MAINTAIN YOUR MENTAL HEALTH
WHILE WORKING AS AN ADULT-NURSE?
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- Mental health is an effectual key point when it comes to being a nurse. 85% of people express that their mental health issues affect negatively to their personal life. Most people experience stress, anxiety and depression during their working life. These conditions are very common these days due to lack of expressions and facilities provided at work. It can be difficult, especially with the varied nature of what you could witness on any given shift, but you must be strong enough to face any crisis, experience it, learn it and move on with it.

REFERENCES

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