

NURSING



The field of nursing offers many exciting opportunities to provide health care. In addition to diagnosing and treating injuries and diseases, nurses also care for the emotional well-being of patients. They also provide guidance for disease prevention and healthy lifestyles.

Careers within this section include:

Certified Registered Nurse Anesthetist

Licensed Nursing Assistant

Licensed Practical Nurse

Nurse Educator

Nurse Midwife

Nurse Practitioner

Psychiatric Nurse

Registered Nurse



Certified Registered Nurse Anesthetist

What would I do?

Certified Registered Nurse Anesthetists (CRNAs), an important part of the surgical team, administer anesthetics to patients undergoing medical, dental, and obstetrical procedures. Combining nursing skills with the science of anesthesia, CRNAs are responsible for patients before, during and after procedures; monitoring the patients' vital statistics; and communicating these statistics to the surgeon. Serious responsibilities come with the job of CRNA and, as a result, it is one of the highest paid nursing specialties.

Where would I work?

CRNAs work in settings that use anesthesia: hospitals, birthing centers, dental offices, emergency rooms, plastic surgery centers, outpatient surgery facilities, and pain clinics.

What would I earn?

\$70,000–117,000

What do I need to know?

CRNAs must hold a Bachelor of Science in nursing, be a licensed RN, and have at least one year of critical-care nursing experience before applying to a nurse anesthesia program, which grants a master's degree. Most CRNA education programs consist of 24 to 36 months of graduate work emphasizing anatomy, physiology, pathophysiology, biochemistry, chemistry, physics, and pharmacology. CRNAs must pass a national certification examination. Through continuing education, CRNAs must be recertified every two years.

What schools can I attend?

At the current time there is no academic institution in New Hampshire offering a degree for CRNAs. In the past, New Hampshire students have attended out-of-state schools such as Boston College School of Nursing in Chestnut Hill, MA; Northeastern University School of Nursing in Boston, MA; or University of New England School of Nurse Anesthesia in Portland, ME.

Where can I find more information?

American Association of Nurse Anesthetists
222 South Prospect Avenue
Park Ridge, IL 60068
(847) 692-7050
www.aana.com

American Nurses' Association
8515 Georgia Avenue, Suite 400
Silver Spring, MD 20910
(800) 274-4262
www.nursingworld.org

New Hampshire Nurses' Association
48 West Street
Concord, NH 03301-3595
(603) 225-3783
www.nhnurses.org

Licensed Nursing Assistant

What would I do?

Licensed Nursing Assistants (LNAs) work under the direction of Registered Nurses (RNs) and Licensed Practical Nurses (LPNs) and assist with nursing procedures. They provide basic patient care and help with the activities of daily living, such as bathing, dressing and walking. LNAs have a great deal of patient contact and are responsible for monitoring and observing and reporting patients' vital signs, conditions and changes. They answer patient call lights, assist patients in and out of bed, serve meals and feed patients, and perform light housekeeping duties.

The LNA career provides several leadership opportunities such as teaching or specializing in a specific health field such as Alzheimer's Care or Hospice care. Restorative Care is an important duty of the NA and includes progressive walking, range of motion, teaching transfer techniques and small shifts of weight and self feeding.

Where would I work?

Licensed Nursing Assistants work in health care facilities and in home health care, where they are called Home Health Aides, under the direction of RNs and LPNs. LNAs may work in hospitals, mental health institutions, nursing homes, physicians' offices, private

homes, and long-term care units of prisons. LNAs are on their feet most of the time and may be required to lift and move patients.

What would I earn?

\$15,000–25,000

What do I need to know?

A high school diploma is usually required. Training to become an LNA, which includes a minimum of 100 hours of classroom and practical instruction, is available in many schools and nursing homes in New Hampshire. The American Red Cross offers a program that requires 142 hours of instruction and a 12-hour CPR course. It is important to note that OBRA 87—an important federal mandate—requires individual states to design their own programs for training of nursing assistants. Training programs, therefore, may differ in curriculum, requirements and titles. Further, the State approved NA in New Hampshire are Licensed. State approved NAs in other states may be called Certified, Registered or State Tested and Approved. This is important information for any New Hampshire NAs who may be requesting reciprocity in other states.

Vocational Education Programs and Local Workforce Boards are an important source of funding for the person desiring to become a LNA. The state requires an educational program and a mandatory practical and written exam for licensing. Nursing homes and home care agencies require a federal competency exam.

What schools can I attend?

Health Career Training Associates
New Hampshire Community Technical College - Berlin
New Hampshire Community Technical College -
Claremont
New Hampshire Community Technical College -
Laconia
St. Joseph School of Practical Nursing and Health
Occupations

Where can I find more information?

American Nurses Association
600 Maryland Avenue, SW, Suite 100 West
Washington, DC 20024-2571
(800) 274-4262
(202) 651-7000
www.nursingworld.org

Home Care Association of New Hampshire
8 Green Street, Suite 2
Concord, NH 03301-4012
(800) 639-1949
(603) 225-5597
www.homecarenh.org

National Association for Home Care
228 7th Street, SE
Washington, DC 20003
(202) 547-7424
www.nahc.org

National Network of Career Nursing Assistants
3577 Easton Road
Norton, OH 44203
(330) 825-9342
www.cna-network.org

New Hampshire Board of Nursing
78 Regional Drive, Building B
Concord, NH 03302-3898
(603) 271-6599
www.state.nh.us/nursing

New Hampshire Nurses Association
48 West Street
Concord, NH 03301-3595
(603) 225-3783
www.nhnurses.org

Nursing Assistant Resources on the Web:
www.nursingassistants.net

Licensed Practical Nurse

What would I do?

A Licensed Practical Nurse (LPN) provides routine care for patients of all ages. An LPN's duties may include giving injections; taking, recording, and monitoring patients' vital signs; performing diagnostic tests and treatments; changing dressings; and evaluating patients' needs or reactions to treatments or medications. LPNs may start and give intravenous medications after completing an intravenous course.

Where would I work?

LPNs are employed in hospitals, physicians' offices, private homes, community health clinics, mental health institutions, and nursing homes.

What would I earn?

\$29,000–40,000

What do I need to know?

LPNs are required to pass a state licensing examination after completing a year-long program at a vocational or technical college. A high school diploma is required prior to enrollment in an LPN program.

What schools can I attend?

Health Career Training Associates
New Hampshire Community Technical College - Berlin
New Hampshire Community Technical College -
Claremont
New Hampshire Technical Institute
St. Joseph School of Practical Nursing and Health
Occupations

Where can I find more information?

American Nurses Association
8515 Georgia Avenue, Suite 400
Silver Spring, MD 20910
(800) 274-4262
www.nursingworld.org

National Association for Practical Nurse
Education & Services
PO Box 25647
Alexandria, VA 22313
(703) 933-1003
www.napnes.org

National League for Nursing
61 Broadway, 33rd Floor
New York, NY 10006
(212) 363-5555
(800) 669-1656
www.nln.org

New Hampshire Nurses Association
48 West Street
Concord, NH 03301-3595
(603) 225-3783
www.nhnurses.org

Nurse Educator

What would I do?

Nurse Educators are responsible for the classroom teaching and the supervision of clinical nursing experiences at the different schools of nursing. Nurse Educators may teach in Licensed Practical Nursing (LPN) programs, or in two-year associate's degree and four-year bachelor's degree nursing programs that lead to licensure as a Registered Nurse (RN). They teach courses in their specialty areas, supervise students in clinical practice settings, participate in curriculum development, and evaluate student outcomes.

Where would I work?

Nurse Educators work in technical schools that prepare Licensed Practical Nurses, in two-year colleges, which prepare Registered Nurses or Licensed Practical Nurses, and in four-year colleges and universities that prepare Registered Nurses. Nurse Educators provide supervision of clinical experiences in hospitals, nursing homes, outpatient settings, home care, and community health agencies. Nurse Educators may also work in masters and doctoral programs.

What would I earn?

\$35,000–50,000

What do I need to know?

Nurse Educators who teach in a program preparing Licensed Practical Nurses must obtain a bachelor's degree in nursing. In order to teach in a two-year program that prepares Registered Nurses, Nurse Educators must first complete a bachelor's degree in nursing and successfully complete the Registered Nurse licensure examination. They must then obtain a master's degree in nursing with a focus on a clinical specialty and teaching. Nurse Educators who teach in a four-year bachelor's program must obtain a master's degree in nursing and are frequently prepared at the doctoral level. Those who teach at the graduate level are generally required to have the doctoral degree. The National League for Nursing has a position statement on the Preparation of Nurse Educators, which is available on their web site (www.nln.org).

What schools can I attend?

Rivier College
University of New Hampshire

Where can I find more information?

American Association of Colleges of Nursing
One Dupont Circle, NW, Suite 530
Washington, DC 20036
(202) 463-6930
www.aacn.nche.edu

National League for Nursing
61 Broadway, 33rd Floor
New York, NY 10006
(212) 363-5555
(800) 669-1656
www.nln.org

Nurse Midwife

What would I do?

Nurse-Midwives are one type of Nurse Practitioner. They provide primary health care along with emotional and physical support to women before, during, and after childbirth, and deliver babies. The duties of Nurse-Midwives also include preconception counseling, family planning services, and gynecological care. They monitor women and their babies during pregnancy, assist women with labor and childbirth, examine newborns, and consult or refer to physicians when pregnancy or labor becomes high risk. Nurse-Midwives also counsel women on infant growth, nutrition and other reproductive health issues. They care for women of all ages focusing on maintaining health and encouraging women to make informed decisions about their health care.

Where would I work?

Nurse-Midwives work in hospitals, physicians' offices, community health centers, and birthing centers. Nurse-Midwives may assist women who give birth at home.

What would I earn?

\$50,000–84,000

What do I need to know?

Certified Nurse-Midwives (CNMs) must hold an RN license and a bachelors degree (which can be in

nursing or another field) prior to enrolling in a midwifery program. Most Certified Nurse-Midwives attend a master's in nursing program. Certified Midwives (CMs) are not required to hold an RN license before enrolling in a program of study. Courses for both include gynecology, family planning, pre- and post-birth management, newborn care, pharmacology, and health assessment. Within 24 months of completing an education program, one must pass the national certifying exam to become a Certified Nurse-Midwife or Certified Midwife.

What schools can I attend?

At the current time there are no academic institutions in New Hampshire offering a program for Nurse-Midwives. In the past, New Hampshire students have attended out-of-state schools such as Baystate Medical Center Midwifery Education Program in Springfield, MA. There are also a number of midwifery education programs that offer distance learning opportunities.

Where can I find more information?

American College of Nurse-Midwives
8403 Colesville Road, Suite 1550
Silver Spring, MD 20910
(240) 485-1800
www.midwife.org

Baystate Medical Center Midwifery Education Program
759 Chestnut Street
Springfield, MA 01199
(413) 794-4448
Email: midwifery@bhs.org

American Nurses Association
600 Maryland Avenue, SW, Suite 100 West
Washington, DC 20024-2571
(202) 651-7000
(800) 274-4262
www.nursingworld.org

New Hampshire Nurses Association
48 West Street
Concord, NH 03301-3595
(603) 225-3783
www.nhnurses.org

Nurse Practitioner

What would I do?

Nurse Practitioners (NPs) have obtained advanced education and training enabling them to provide primary care to patients of all ages. When caring for patients, NPs may collaborate with physicians and other health professionals or practice independently. NPs may specialize in one or more areas. Their responsibilities include performing physical examinations, diagnosing and treating a full range of health problems, ordering and interpreting tests, and prescribing medications. Educating patients about their medical conditions, family planning, disease prevention, and preventive care is another role of a NP.

Nurse Practitioners may specialize in one or more of the following areas: adult health, family health, geriatrics, neonatology, oncology, pediatrics, school health, women's health, psychiatric/mental health, emergency/trauma, anesthesia, midwifery, reproductive health, or palliative care.

Where would I work?

Nurse Practitioners may work in a variety of environments depending on their interests and specialization, including: hospitals, clinics, community health centers, home health agencies, nursing homes, or physicians' offices. NPs work in both rural and urban settings and may have their own practices.

What would I earn?

\$45,000–90,000

What do I need to know?

A Nurse Practitioner must be licensed as a Registered Nurse. To be licensed to practice as an advanced practice Nurse Practitioner, the RN must complete a master's degree in one of the specialty areas. Individuals with a bachelor's degree in a field other than nursing may be eligible to attend a program preparing nurse practitioners without first attending a separate nursing school. All NP programs are graduate level and last from one to three years, offering a master's degree upon completion. Postmaster's certification is also possible.

What schools can I attend?

Rivier College
University of New Hampshire

Where can I find more information?

American Academy of Nurse Practitioners
PO Box 12846
Austin, TX 78735
(512) 442-4262
www.aanp.org

American College of Nurse Practitioners
1501 Wilson Boulevard, Suite 509
Arlington, VA 22209
(703)740-2529
www.acnpweb.org

American Nurses Association
8515 Georgia Avenue, Suite 400
Silver Spring, MD 20910-3492
(301) 628-5000
(800) 274-4262
www.nursingworld.org

New Hampshire Nurse Practitioners Association
180 Mutton Road
Webster, NH 03303
(603) 648-2233
www.npweb.org

Psychiatric Nurse

What would I do?

Psychiatric Nurses provide counseling to individuals, families and groups. They assess the mental and physical health needs of individuals, determine nursing diagnoses, and develop treatment plans. They assist individuals with self-care, administer medications and other treatments, and assess these interventions for effectiveness. Psychiatric nurses with advanced training may assess, diagnose, and treat patients or families with psychiatric problems and disorders. They may also provide primary mental health care, function as psychotherapists, educators, consultants, case managers and administrators.

Where would I work?

The Psychiatric Nurse may work in hospital psychiatric units or emergency departments, private or public psychiatric hospitals, school-based and community-based clinics, private health offices, research centers, and industry.

What would I earn?

\$37,000–77,000

What do I need to know?

A Psychiatric Nurse must be licensed as a Registered Nurse and receive additional education in the specialty of mental health at his or her place of employment, preferably through a formal residency program. Advanced training programs can be obtained by earning a master's degree in the specialty area of mental health nursing after at least one year of clinical practice. Psychiatric Nurses can also obtain a doctoral degree (PhD, DNSc, EdD) and become teachers, researchers, or administrators in hospitals, agencies, or schools of nursing.

What schools can I attend?

Colby-Sawyer College
New Hampshire Community Technical College - Berlin
New Hampshire Community Technical College - Claremont
New Hampshire Community Technical College - Laconia
New Hampshire Community Technical College - Manchester
New Hampshire Community Technical College - Nashua
New Hampshire Community Technical College - Stratham
New Hampshire Technical Institute
Rivier College
Saint Anselm College
University of New Hampshire
University of New Hampshire - Manchester

For specialized orientation or residency in psychiatric mental health nursing, contact:

New Hampshire Hospital
36 Clinton Street
Concord, NH 03301
(603) 271-5300

Where can I find more information?

American Association of Colleges of Nursing
One Dupont Circle, NW, Suite 530
Washington, DC 20036
(202) 463-6930
www.aacn.nche.edu

American Psychiatric Nurses Association
1555 Wilson Boulevard, Suite 602
Arlington, VA 22209
(866) 243-2443
www.apna.org

Registered Nurse

What would I do?

Registered Nurses (RNs) provide patients with treatment and education for health care issues. Responsibilities of RNs include: observing, assessing, and recording patients' symptoms, reactions, and progress; making nursing diagnoses; and implementing patient education. Depending on their area of specialization, RNs are responsible for administering treatments, performing therapeutic procedures, conducting health screenings, and supervising other nursing staff such as Licensed Practical Nurses or Licensed Nursing Assistants. RNs can receive advanced training and graduate education in a nursing specialty area to become a Clinical Nurse Specialist (CNS). RNs can also work in nondirect care roles such as administrators, researchers, consultants and educators.

An RN may choose to specialize in one or many areas including community health, emergency care, gerontology, intensive care, medical-surgical care, neonatology, occupational health, oncology, pediatrics, psychiatry, public health, school health, anesthesiology, orthopedics, operating room, and many other clinical specialties.

Where would I work?

Registered Nurses may work in a variety of settings depending on their interests and area of specialization, including hospitals, community health centers, forensics, schools, physicians' offices, private homes, rehabilitation centers, mental health institutions, nursing homes, industrial or corporate sites, and colleges and universities.

What would I earn?

\$36,300–55,000

What do I need to know?

Registered Nurses have to go through one of the three types of accredited nursing programs: a diploma offered from a few hospitals; an associate's degree offered from community and liberal arts colleges; or a bachelor's degree offered from colleges and universities.

What schools can I attend?

Colby-Sawyer College
New Hampshire Community Technical College - Berlin
New Hampshire Community Technical College - Claremont
New Hampshire Community Technical College - Laconia
New Hampshire Community Technical College - Manchester
New Hampshire Community Technical College - Nashua
New Hampshire Community Technical College - Stratham
New Hampshire Technical Institute
Rivier College
Saint Anselm College
University of New Hampshire
University of New Hampshire - Manchester

Where can I find more information?

American Association of Colleges of Nursing
One Dupont Circle, NW, Suite 530
Washington, DC 20036
(202) 463-6930
www.aacn.nche.edu

American Nurses Association
8515 Georgia Avenue
Silver Spring, MD 20910-3492
(301) 628-5000
(800) 274-4262
www.nursingworld.org

Discover Nursing Online:
www.discovernursing.com

National Association of Clinical Nurse Specialists
2090 Linglestown Road, Suite 107
Harrisburg, PA 17110
(717) 234-6799
www.nacns.org

National League for Nursing
61 Broadway, 33rd Floor
New York, NY 10006
(212) 363-5555
(800) 669-1656
www.nln.org

New Hampshire Nurses Association
48 West Street
Concord, NH 03301-3595
(603) 225-3783
www.nhnurses.org

**We love what we do
and know that it matters . . .
to our patients, employees
and community!**



Cheshire Medical Center
Dartmouth-Hitchcock Keene
is an integrated health system
serving Southwestern New
Hampshire and nearby Vermont.
A member of the Dartmouth-
Hitchcock system, our 125-
provider, multi-specialty group
practice compliments a regional
referral hospital that includes
the Kingsbury Cancer Center,
Farnum Rehabilitation, Sports
Medicine Center, and Hubbard
Center for Women's Health.

Visit us online at:
www.cheshire-med.com

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DARTMOUTH-HITCHCOCK-KEENE
580/590 Court Street, Keene, NH 03431