

Celebrating Nurses Week: Nurses serve in a variety of roles

Nurses are invaluable professionals within the medical community. Whether they work in hospital settings, nursing homes, assisted living facilities, doctor's offices, or elsewhere, nurses provide vital services to individuals in need every day.

Nurses wear many hats, and that's evidenced by the different types of nurses making a difference each day. Individuals considering a career in nursing should know that talented nurses are in high demand and career opportunities in the field are expected to grow in the years to come. For example, the U.S. Bureau of Labor Statistics estimates that employment of registered nurses will grow by 6 percent between 2022 and 2032. That growth rate exceeds the average expected rate for all occupations. Whether individuals want to become a nurse or gain a greater understanding of the many ways nurses contribute each day, this rundown of the various types of nurses can shed light on these unsung heroes of the

medical community.

- **Pediatric nurse:** Pediatric nurses make a strong impression because they are the first nursing professionals many people recall interacting with, and those interactions may last from early childhood through adolescence. Pediatric nurses perform a range of tasks, including the administration of medication; monitoring of vitals like temperature, pulse and blood pressure; health evaluations to identify symptoms; and even speak with parents to calm any nerves or anxieties they may have. Pediatric nurses typically work in doctor's offices or hospital settings.
- **Geriatric nurse:** Geriatric nurses figure to be in especially high demand in the coming years, as an analysis from the Bipartisan Policy Center indicates more than four million individuals in the United States will turn 65 in 2024. AARP has characterized that surge in the over-65 population as a "silver tsunami," and geriatric nurses will play pivotal roles in ensuring the aging population gets

the care it needs in the decades to come.

- **Family nurse practitioner:** The American Association of Nurse Practitioners® notes family nurse practitioners (FNPs) provide a wide range of family-focused health care services to patients of all ages. FNPs perform physical exams; order or perform diagnostic tests; prescribe medications; develop treatment plans; and treat acute and chronic illnesses. If that sounds like a role played by physicians, it's not far off, making this among the most challenging jobs within the nursing profession.
- **Emergency room nurse:** Individuals who think a fast-paced work environment is for them may want to consider a career as an emergency room nurse. ER nurses treat patients of all ages from all walks of life. No two emergency room patients are the same, so ER nurses will rarely, if ever, have the same day on the job more than once. Accurate assessment skills are vital for ER nurses, who also must be skilled communicators, as emergency room patients

are often in distress. Nursing is an expansive profession with a host of opportunities for aspiring professionals who want to work in the medical community.

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Ange Olt, DVM

Happy Nurses Week



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Choice

From page 2A

Because here is what I know; Most of our exhaustion is not from doing too much. It is from carrying too much... alone.

So what if today, instead of fixing everything, you chose just one thing? One deep breath before responding. One walk outside. One honest conversation. One moment of stillness on that beautiful patio after a long day. Science supports what your soul already knows, time in nature, movement, rest,

and mindful pauses all improve emotional well-being. But beyond science, there is something sacred about slowing down long enough to notice your own life.

In a time when technology is louder, faster, and more demanding than ever, the most radical act may be this: choosing stillness. Choosing connection. Choosing yourself. So this week, don't chase a perfect life. Chase a good moment. Then another. Then another.

A meaningful life is not built in leaps. It is

built in layers of ordinary, faithful days. And those days? They add up to something beautiful. Sometimes, stillness is not the absence of movement;

Rather, it is the presence of peace.

"Peace isn't the absence of problems—it's the presence of Jesus." John 16:33 – "In this world you will have trouble. But take heart! I have overcome the world."

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