### Workload

- **Patients:** Nurses handle patients who are quiet, withdrawn, restless, or don't seem right.
- **Remote Control Issue:** When your remote control doesn't work, it's a sign you're gonna make it big.

### Stressors

- **Blood Drawing:** There is blood to draw on both patients and family members.
- **Distress:** Patients are usually the coolest, but there's distress and an empty room.

### Patient Care

- **Preparation:** More mental prep time is needed before entering the hospital.
- **Emergency:** In a hospital, the chances for survival are good, but it can be stressful.

### Personal Life

- **Children:** The nurse must muster the energy to manage their children.
- **Arm Injury:** The nurse's broken arm is sporting her happy face.

### Work Environment

- **Food:** It's hard to eat and drink, so nurses are often rule breakers.
- **Shifts:** 50% of nurses' shifts exceed 10 hours, and 30% exceed 12 hours.

### Personal Life (cont.)

- **Sleep:** More than 10% of nurses sleep less than 7 hours.
- **Breaks:** Many nurses don't take their breaks.

### CE Licensure Chart

- **CE Licensure Chart:** Available online, last updated in 2014.

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### Minority Nursing Statistics

- **Minority Statistics:** Available online, last updated in 2014.

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### Emergency Department Statistics

- **Emergency Department:** 50% of patients seen in the ER are children.

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### Emergency Room Nurse Roles

- **Roles:** Includes paperwork, patient care, and teaching families.

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### Emergency Department Management

- **Management:** Effective control, response to patient needs, and patient satisfaction.

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### Practice Environment

- **Environment:** The nurse must navigate various environments, including the ER or ICU.

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### Conclusion

- **Career:** Nursing is a rewarding career, but it requires a lot of mental and physical energy.

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### References

- **CE Licensure Chart:** [www.nursingworld.org](http://www.nursingworld.org), 2014
- **Minority Nursing Statistics:** [www.minoritynurse.com](http://www.minoritynurse.com), 2014
- **Prevalance of Secondary Traumatic Stress Among Emergency Nurses:** [www.nursingcenter.com](http://www.nursingcenter.com), 2009