



Teesside
University



Get into
adult nursing

What is adult nursing?

Adult nursing is a health and social care profession, regulated by the Nursing and Midwifery Council (NMC). Adult nursing involves the care of adults from 18 years to the elderly. Patients may have a variety of health conditions and wide-ranging levels of dependency.

What do adult nurses do?

- > Care for patients and/or service users in a variety of settings from hospital to home.
- > Have lots of responsibility and make decisions about the care of individuals.
- > Look after people with a range of health conditions.
- > Get involved in the assessment, planning and monitoring of the needs of those in their care.
- > Communicate effectively and build trusting and therapeutic relationships with the people they care for and their families.
- > Work as part of a team to deliver excellent, high-quality care to patients/service users.



Am I the right kind of person to work in adult nursing?

Adult nurses come from a range of backgrounds. If you obtain the required qualifications, have the right attributes and have the motivation to succeed, you are the right person for the job.

You'll need to be...

resilient

a good communicator

prepared to work flexibly, working varied shift patterns to include days, nights and weekends

willing to continuously develop new knowledge and skills

keen to make a difference to people's lives

caring, compassionate and non-judgemental

hardworking

honest





Did you know?

Adult nurses can gain experience in a variety of settings in their career and there are many opportunities for career progression.

On completion of your qualification as an adult nurse, you can gain employment in areas including accident and emergency departments, critical care settings, ward areas, community nursing teams, hospices and GP practices.

What do I need to become a professional in **adult nursing**?

You need to complete an NMC approved BSc (Hons) Nursing Studies (Adult) degree at an approved education institution such as Teesside University.

Apply to join the NMC register within five years of completing your degree.

You must also meet the NMC's requirements for completion of practice and theory hours, good health and good character.

What's it like to study adult nursing at Teesside University?

BSc (Hons) Nursing Studies (Adult)

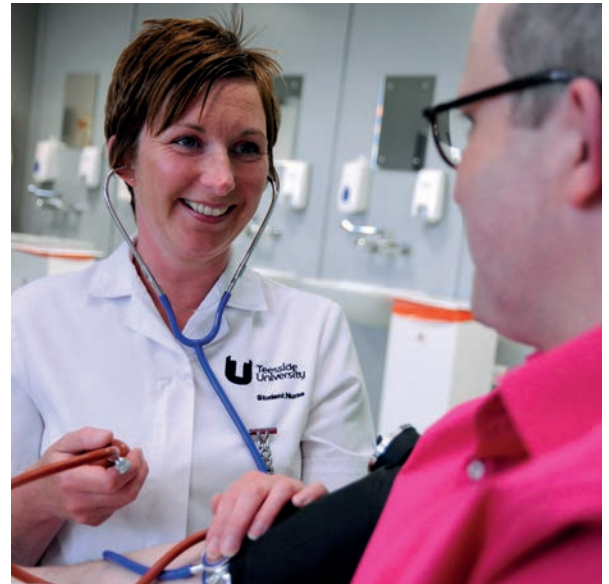
UCAS code: B700 BSc/NurA

The module content of this degree reflects the changing and challenging nature of providing healthcare in the 21st century, and the evolving and diverse role of the registered nurse.

50% of learning time is spent engaging in University or self-managed learning activities (theory) and 50% of the time is spent within placement allocations (practice). Placements allow you to use your knowledge and skills in a real healthcare environment.

As well as the physical elements of overall health, the course emphasises mental health and cognitive issues impacting individuals. Leadership is embedded in all three years of the course, recognising the crucial role nurses play in moving practice forward.

For module information, further course details and entry requirements visit tees.ac.uk/ug/health



Matthew Peggs

BSc (Hons) Nursing Studies (Adult)

Starting my degree meant leaving a decade-long career, re-entering education as a mature student and starting a journey in a completely new direction. I took the plunge and have never looked back.

I have loved every module and every placement. I've gained a wealth of knowledge through taught sessions and practical simulations, and I've had the chance to demonstrate my skills through challenging placements.

I've been supported throughout my studies by my personal tutor, placement supervisors, and academics, and I've been pushed in a really good way to help me get the best from my studies. Everything I have learnt has helped me to gain my first role in the NHS, which I'll begin when I graduate.

I recommend Teesside University without hesitation. My experience at Teesside has brought me to the point where I am ready to qualify and begin my first staff nurse job. I am certain this wouldn't have been possible without the amazing support network and the high-quality facilities that Teesside offers.



Career opportunities for adult nursing graduates

International opportunities

Staff nurse, sister/charge nurse

Community positions: community nurse, practice nurse, school nurse, health visitor

Advanced roles including specialist nurse roles within diabetes and tissue viability, nurse practitioner and research nurse

Teaching positions including lecturing and other clinical teaching roles

Managerial positions such as a ward manager and matron, or community nursing leader

Working in the public and/or private sector

Stacey Robinson

BSc (Hons) Nursing Studies (Adult)

I chose nursing as I wanted a diverse and challenging career which would allow me to make a positive difference to people's lives.

An Access course at my local college gave me the qualifications I needed to apply. Teesside University was my first choice as it has a fantastic reputation for producing nurses and I wanted to become the best nurse possible.

My course has given me some amazing opportunities, including travelling to Cambodia for one of my placements. This experience will never leave me, it has shaped me as a person and continues to shape me as a nurse.

My favourite module so far has been Promoting Positive Outcomes. It focuses on a person-centred approach, families and carers – something I feel strongly about. I have thoroughly enjoyed learning from my tutors who are all very supportive.

I am passionate about community nursing and value the importance of providing a nursing service within the patient's own home. I am thrilled to have secured a community staff nurse post for when I complete my degree.



MEET THE STAFF



Norma Barran

Senior lecturer in adult nursing

With a career in health spanning three decades, I have many years' experience in critical care and nurse education. My main interests are in critical care, cardiothoracic surgery and cardiology.

I started teaching late on in my career as I am keen to make a difference and have a positive impact on practice. I enjoy my teaching role, the university has excellent supportive facilities for teaching both theory and clinical skills.

I continue to learn and I'm currently completing my doctorate, focusing my research on understanding the contributory factors to fitness to practice amongst healthcare professional students.

I love nursing and being a nurse is so important to me. I strive to help students become the best they can be.



Diane Filmer

Lecturer in adult nursing

I trained as an adult nurse over 16 years ago here at Teesside University. Throughout my training I had an interest in specialising within the field of substance misuse and once qualified worked within this area in a primary care setting for many years.

Over time my role was to be responsible for student nurses coming to my area for clinical placement and I found myself gravitating towards a change in direction for my career driven by wanting to support student nurses on their journey into nursing. As a lecturer I interact with and support students from all fields of nursing throughout their course and I thoroughly enjoy this role.

Since coming into the role I have continued to develop my learning and am currently undertaking a Postgraduate Certificate in Learning and Teaching in Higher Education and hope to go on to study for a PhD.

Nursing is my passion and I strive to continually share this, offer encouragement and inspire students as they work towards joining a profession that I am very proud to be a part of.

Facilities and support



As a Teesside University adult nursing student you have access to some excellent facilities, supporting you to put your learning into practice and gain the expertise and knowledge needed to be successful in your future career.

More information

Teesside University **tees.ac.uk**

Nursing and Midwifery Council **nmc.org.uk**

NHS – the 6cs of nursing **england.nhs.uk**

Royal College of Nursing **rcn.org.uk**

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