

How Fresh Perspectives Drive Healthcare

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Entering the nursing profession is both an exciting and challenging journey. As a new nurse, you're not only tasked with providing quality patient care but also with integrating into a healthcare system that is often in need of innovation and improvement. While you may feel like you're still learning the ropes, it's important to recognize that you have a unique opportunity to influence change and contribute to the evolution of healthcare, regardless of your experience level.

Embrace Your Role as an Advocate for Patients and the Profession

Nurses are the most frequent point of contact for patients, and this position grants you a unique understanding of their needs, fears, and concerns. As a new nurse, you may have an especially close connection with patients because you're learning alongside them, often engaging in direct communication and observation. Use this insight to advocate for patient-centered care, ensuring that their voices are heard when decisions are being made about their treatment.

As you begin to understand the dynamics of the healthcare system, you can advocate for policy changes, better working conditions for staff, and improved practices within your institution. Being an advocate might involve speaking up in meetings, suggesting evidence-based improvements, or simply fostering a culture of open dialogue among colleagues.

Leverage Your Fresh Perspective

One of the greatest assets of being a new nurse is your fresh perspective. You are not yet entrenched in the long-standing habits or assumptions that may exist within an organization. This gives you the ability to see areas that could benefit from change, innovation, and improve-

ment. While experienced nurses bring invaluable knowledge and expertise, new nurses can challenge the status quo by asking questions like:

- "Why do we do it this way?"
- "Is there a more efficient or effective approach?"
- "Are we considering all patient needs, including their emotional and psychological well-being?"

Your questions can lead to deeper discussions, critical reflections, and the identification of processes that could be optimized.

By embracing your role as an advocate, staying open to learning, collaborating with others, and using technology to your advantage, you can help shape the future of nursing and healthcare.

Cultivate a Growth Mindset

In the fast-paced and ever-evolving healthcare field, the best way to influence change is through continuous learning and growth. As a new nurse, you might not yet have the full knowledge or experience, but you have the ability to cultivate a growth mindset. Embrace learning opportunities, whether through continuing education, mentorship, or clinical experiences. By staying up to date with the latest evidence-based practices, you can introduce new approaches to your team and help improve patient care.

Don't be afraid to seek guidance

from more experienced colleagues, but also make sure you're contributing your ideas. By showing that you're committed to growth, you not only develop yourself but also demonstrate a proactive approach to improving the workplace.

Collaborate with Other Healthcare Providers

Change in healthcare doesn't happen in isolation. Nurses are part of an interdisciplinary team, and collaborating with other healthcare providers—such as physicians, social workers, physical therapists, and pharmacists—is crucial for fostering innovation. As a new nurse, it's essential to build relationships with other professionals and participate in discussions about improving care processes.

Collaboration often leads to the sharing of different perspectives and can spark creative solutions to longstanding issues. Don't hesitate to express your ideas, ask questions, and learn from others. The diversity of perspectives in an interdisciplinary team can be a powerful force for change.

Be Open to Feedback and Mentorship

As you embark on your nursing career, seeking feedback and mentorship is crucial for personal and professional development. The best healthcare leaders continuously seek ways to improve, and that includes new nurses. Mentorship can provide you with the guidance needed to navigate the complexities of the nursing profession while also offering opportunities to voice your ideas for change.

Mentors can help you refine your clinical skills, develop leadership qualities, and learn how to effectively communicate your ideas. Feedback from experienced nurses can also provide valuable insights into how you can make your contributions more impactful.