

drug calculations for nurses pdf

Drug calculations for nurses pdf have become an essential resource for nursing students and practicing nurses alike. Accurate medication administration is a critical component of patient safety, and understanding how to perform precise drug calculations is vital in preventing medication errors. Having a comprehensive, well-structured PDF guide can serve as an invaluable reference, helping nurses develop confidence and competence in calculating dosages efficiently and accurately. This article explores the importance of drug calculation PDFs for nurses, key content areas to look for, and tips for effective learning and application.

Understanding the Importance of Drug Calculation PDFs for Nurses

The Role of Accurate Drug Calculations in Nursing

Accurate drug calculations are at the core of safe medication administration. Nurses are responsible for calculating the correct dosages based on various parameters such as patient weight, age, renal function, and specific medication guidelines. Errors in calculations can lead to underdosing, overdosing, or administering the wrong medication altogether, which can have serious, even life-threatening consequences.

Why a PDF Resource is Beneficial

PDF documents provide portable, easy-to-access, and printable resources that nurses can carry or store digitally. Well-designed PDFs often include:

- Clear explanations of calculation formulas
- Step-by-step calculation examples
- Practice questions for self-assessment
- Visual aids such as charts and conversion tables
- Summaries of essential medication calculation principles

Having these resources in PDF format allows for quick reference during clinical practice, study sessions, or preparation for exams.

Key Content Areas in a Drug Calculations for Nurses PDF

Fundamental Concepts and Principles

A comprehensive PDF should cover the foundational knowledge necessary for safe drug calculations:

1. **Units of Measurement:** Understanding metric, imperial, and household units.
2. **Conversions:** Converting between units (e.g., mg to g, mL to L).
3. **Ratio and Proportion:** Basic math principles to solve dosage problems.
4. **Decimals and Fractions:** Accuracy in calculations is critical.
5. **Percentages and Concentrations:** Calculations involving drug strengths and dilutions.

Common Calculation Formulas and Methods

A well-structured PDF should include step-by-step guides for common calculation types:

1. **Dose on Hand and Dose Ordered:** Calculating the amount to administer from stock solutions.
2. **IV Flow Rates:** Calculating drops per minute or mL per hour.
3. **Body Surface Area (BSA) and Weight-Based Calculations:** For pediatric or specialized dosing.
4. **Percentage and Dilution Calculations:** Preparing solutions with specific concentrations.

Sample Problems and Practice Exercises

To enhance learning, PDFs should include:

- Realistic practice questions with detailed solutions
- Multiple-choice questions for self-assessment
- Case studies to simulate clinical scenarios

Conversion Tables and Visual Aids

Visual tools make complex calculations more manageable:

- Conversion charts (e.g., mL to teaspoons, mg to g)

- Dimensional analysis flowcharts
- Infographics summarizing calculation steps

Strategies for Effective Use of Drug Calculation PDFs

Active Learning Techniques

To maximize the benefit of your PDF resource:

1. **Practice Regularly:** Consistent practice helps solidify calculation skills.
2. **Work Through Sample Problems:** Follow step-by-step solutions to understand the process.
3. **Use Flashcards:** Memorize common conversion factors and formulas.

Applying Calculations in Clinical Settings

Remember that accuracy in calculations should translate seamlessly into practice:

- Always double-check your calculations before administering medication.
- Use the PDF as a quick reference during clinical shifts.
- Stay updated with institutional protocols and medication guidelines.

Further Resources and Continuous Learning

In addition to PDFs:

- Attend workshops or simulation labs
- Engage in peer study groups
- Use online quizzes and mobile apps for practice
- Seek mentorship from experienced nurses

Choosing the Right Drug Calculations PDF for Nurses

Features to Look For

When selecting a PDF resource, ensure it includes:

1. Comprehensive coverage of basic and advanced calculations
2. Clear, concise explanations suitable for your level of understanding
3. Practice questions with solutions
4. Visual aids and conversion tables
5. Up-to-date information aligned with current nursing practice standards

Popular Resources and Recommendations

While numerous PDFs are available online, consider resources from reputable sources such as:

- Nursing education institutions
- Certified nursing associations
- Accredited online nursing platforms
- Published textbooks adapted into PDF format

Always verify the credibility and accuracy of the content before relying on it for clinical practice or exam preparation.

Conclusion

Drug calculations for nurses PDF resources are indispensable tools that enhance medication safety and boost confidence in clinical practice. By covering fundamental concepts, providing practical examples, and including visual aids, these PDFs serve as comprehensive guides for nurses at all levels. Regular practice, application in real-world settings, and ongoing learning are essential to mastering drug calculations. When chosen thoughtfully, a well-designed PDF can be your go-to reference, ensuring accurate medication administration and optimal patient outcomes.

Remember, precision in drug calculations is not just a skill—it's a critical component of nursing professionalism and patient safety. Invest time in mastering these calculations with the help of quality PDFs, and you'll be better equipped to provide safe, effective care.

Frequently Asked Questions

What are the essential components of drug calculations for nurses in a PDF guide?

A comprehensive drug calculations PDF for nurses should include dosage formulas, unit conversions, infusion rate calculations, medication safety tips, common calculation examples, and practice exercises to enhance accuracy.

How can a 'drug calculations for nurses' PDF improve medication administration safety?

It provides clear step-by-step methods, conversion tables, and practice problems that help nurses verify dosages accurately, reducing errors and ensuring patient safety.

Are there specific formulas and conversions covered in 'drug calculations for nurses PDFs'?

Yes, these PDFs typically include formulas for calculating dosages, drip rates, IV flow rates, and conversions between units like mg to g, mL to L, and others essential for precise medication administration.

Can a 'drug calculations for nurses' PDF be used as a study resource for certification exams?

Absolutely. These PDFs are valuable study aids that provide practice questions, explanations, and quick reference guides to help nurses prepare for medication calculation sections of certification exams.

What are common topics covered in trending 'drug calculations for nurses PDF' resources?

Topics include basic math skills, safe medication administration, calculation of IV flow rates, converting units, pediatric and adult dosing calculations, and troubleshooting calculation errors.

How user-friendly are most 'drug calculations for nurses' PDFs for beginners?

Many PDFs are designed to be beginner-friendly, with visual aids, step-by-step instructions, and practice exercises that gradually build confidence in performing accurate drug calculations.

Where can nurses find reliable and free 'drug calculations for nurses PDF' resources?

Reliable sources include nursing education websites, professional nursing organizations, university nursing program resources, and reputable medical platforms offering downloadable PDFs for free.

How often should nurses review 'drug calculations for nurses' PDFs to maintain proficiency?

Regular review, such as monthly practice sessions and refresher readings, helps nurses maintain accuracy and confidence in medication calculations, especially when new medications or protocols are introduced.

Additional Resources

Drug Calculations for Nurses PDF: An Essential Guide to Safe and Accurate Medication Administration

In the realm of nursing, drug calculations for nurses PDF serve as a critical resource that underpins safe patient care and effective medication management. Accurate drug calculations are fundamental in preventing medication errors, which remain a significant concern worldwide. With the increasing complexity of medication regimens and the diversity of drugs available, nurses must possess a solid understanding of pharmacology and mathematical skills to accurately interpret and calculate dosages. The availability of comprehensive PDFs offers a convenient, portable, and authoritative reference that enhances nurses' confidence and competence in medication administration.

This article explores the importance of drug calculations for nurses, the key components included in educational PDFs, and the practical applications of these resources in clinical settings. We will analyze the core concepts, common calculation methods, and strategies for mastering drug calculations, emphasizing their role in promoting patient safety and professional development.

The Significance of Drug Calculations in Nursing Practice

Ensuring Patient Safety

At the heart of nursing responsibilities is the obligation to deliver safe, effective care. Medication errors—such as incorrect dosages, wrong routes, or administering incompatible drugs—can lead to adverse effects, prolonged hospital stays, or even fatalities. According to the World Health Organization, medication errors are a leading cause of patient harm globally. Proper drug calculations serve as a safeguard, reducing the risk of errors and ensuring that each patient receives precisely what is prescribed.

Legal and Ethical Responsibilities

Nurses are legally accountable for the medications they administer. Accurate calculations are part of their ethical duty to provide competent care. Miscalculations can expose nurses to legal liabilities and damage professional credibility. Having access to reliable educational resources, such as PDFs dedicated to drug calculations, helps uphold standards of practice and supports ongoing competency.

Enhancing Clinical Confidence and Efficiency

Mastering drug calculations boosts nurses' confidence, allowing them to work efficiently without second-guessing dosages. It fosters critical thinking and autonomy in clinical decision-making. Well-designed PDFs serve as quick-reference tools, reducing the time spent on calculations and minimizing distractions during busy shifts.

Components of a Comprehensive Drug Calculations for Nurses PDF

A well-structured PDF resource on drug calculations covers a wide array of topics, catering to both novice and experienced nurses. The key components typically include:

1. Basic Mathematical Principles

- Understanding units of measurement (e.g., grams, milligrams, micrograms)
- Converting between different units (e.g., mg to g, mL to L)
- Using ratios and proportions
- Applying formulae for dosage calculations

2. Common Calculation Methods

- Dose calculations based on weight (e.g., mg/kg)
- IV flow rate calculations (e.g., mL/hr)
- Drip factor calculations for infusion pumps
- Percentage solutions and dilutions

3. Medication Abbreviations and Terminology

- Recognizing standard abbreviations to prevent misinterpretation
- Understanding terms like BID, TID, QD, etc.

4. Reading and Interpreting Prescriptions

- Deciphering sig codes
- Recognizing different forms of medication (tablets, liquids, patches)

5. Safety Checks and Double-Checking Procedures

- Implementing the five rights (right patient, right drug, right dose, right route, right time)
- Cross-verification techniques

6. Practice Problems and Case Scenarios

- Real-world examples to reinforce calculations
- Step-by-step solutions to build confidence

7. References to Guidelines and Standards

- Links to national and international medication safety guidelines
- Recommendations for ongoing education

Common Drug Calculation Techniques and Their

Applications

Nurses often encounter various calculation challenges in daily practice. Mastery of multiple techniques ensures versatility and accuracy across different medication forms and clinical situations.

1. Basic Dose Calculations

This involves determining the amount of medication to administer based on the prescribed dose and available concentration. The formula generally used is:

Dose to administer = (Desired dose / Stock strength) x Quantity

Example:

A doctor orders 500 mg of amoxicillin, and the stock solution is 250 mg/5 mL.

Calculation:

$(500 \text{ mg} / 250 \text{ mg}) \times 5 \text{ mL} = 2 \times 5 \text{ mL} = 10 \text{ mL}$

2. Weight-Based Calculations

Common in pediatric, neonatal, and critical care settings, this method calculates doses based on patient weight (mg/kg).

Formula:

Dose = Weight (kg) x Dose per kg

Example:

A child weighing 15 kg requires a medication dosed at 10 mg/kg.

Calculation:

$15 \text{ kg} \times 10 \text{ mg/kg} = 150 \text{ mg}$

3. IV Flow Rate and Infusion Calculations

Determining how fast an IV should be infused involves calculating mL/hr or drops/min:

- mL/hr calculation:

$\text{Total volume (mL)} / \text{Time (hours)} = \text{mL/hr}$

- Drops/min calculation:

$(\text{mL/hr} \times \text{Drop factor}) / 60 = \text{drops/min}$

Example:

Administer 100 mL over 2 hours with a drop factor of 20 drops/mL.

Calculation:

$(100 \text{ mL} / 2 \text{ hours}) = 50 \text{ mL/hr}$

Drops per minute: $(50 \text{ mL/hr} \times 20 \text{ drops/mL}) / 60 \approx 16.7 \text{ drops/min}$

4. Percentage Solution and Dilution Calculations

Useful for preparing IV solutions or medication dilutions.

- Percentage solution:

$\% \text{ w/v} = \text{grams per } 100 \text{ mL}$

- Dilution calculation:

$C1 \times V1 = C2 \times V2$

Example:

You need to prepare 50 mL of a 0.2% lidocaine solution from a stock of 2%.

Calculation:

$(2\%) \times V1 = 0.2\% \times 50 \text{ mL}$

$V1 = (0.2\% \times 50 \text{ mL}) / 2\% = (0.2 \times 50) / 2 = 10 / 2 = 5 \text{ mL}$

You would mix 5 mL of the 2% stock solution with 45 mL of diluent.

Strategies for Mastering Drug Calculations

Achieving proficiency in drug calculations requires consistent practice, critical thinking, and adherence to safety protocols. Here are key strategies highlighted in educational PDFs and training programs:

1. Familiarize Yourself with Measurement Units

Understanding and converting between units (e.g., grams, milligrams, micrograms, liters, milliliters) is foundational. Regular review of measurement charts enhances speed and accuracy.

2. Use of Mnemonics and Memory Aids

Memory aids like "D-H-M-D-C-M" (deca-, hecto-, deci-, centi-, milli-) facilitate quick recall of metric conversions.

3. Practice with Real-Life Scenarios

Engaging with case studies and practice problems helps contextualize

calculations and develop problem-solving skills.

4. Develop a Standardized Approach

Adopting a systematic method—reading the prescription carefully, identifying what is known and unknown, choosing the appropriate calculation method, and double-checking—reduces errors.

5. Leverage Educational PDFs and Resources

Digital PDFs provide comprehensive explanations, visual aids, and practice exercises. They can be integrated into daily study routines or quick-reference during shifts.

6. Verify Calculations

Always cross-verify calculations using different methods or consult a colleague if uncertain. Applying the five rights ensures correct administration.

The Role of PDFs in Nursing Education and Practice

PDF resources on drug calculations serve as invaluable tools in nursing education and ongoing professional development. Their advantages include:

- Portability: Easily stored and accessed on tablets, smartphones, or printed for quick reference.
- Comprehensiveness: Covering a wide array of calculation methods, safety tips, and practice questions.
- Standardization: Providing consistent information aligned with clinical guidelines.
- Self-Paced Learning: Allowing nurses to learn or review at their own pace, reinforcing knowledge retention.
- Preparation for Certification: Assisting in exam preparation for licensing and certification exams where medication calculations are tested.

Educational institutions, healthcare organizations, and professional bodies often produce or endorse specific PDFs to ensure that nurses have access to reliable, evidence-based information. Many of these resources are freely

available or can be purchased as part of training packages.

Conclusion: Embracing Drug Calculations for Safer Nursing Practice

The importance of drug calculations for nurses PDF cannot be overstated in the pursuit of safe, effective patient care. These resources serve as vital educational tools, guiding nurses through the intricacies of medication math, fostering confidence, and minimizing errors. As healthcare continues to evolve, the ability to perform accurate calculations remains a core competency that underpins professionalism and patient safety.

Incorporating well-structured PDFs into nursing education and daily practice encourages continuous learning and skill refinement. Nurses who master drug calculations not only enhance their clinical competence but also uphold the ethical standards of their profession. Ultimately, diligent

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drug calculations for nurses pdf: [Clinical Cases: Drug Calculations Case Studies - eBook](#)
Adriana Tiziani, 2016-01-07 APPLY THEORY TO PRACTICE WITH THE CLINICAL CASES SERIES
Based on real life scenarios, the Clinical Cases series presents quality case studies, complete with answers, to provide nursing students with an opportunity to explore scenarios they are likely to encounter in a variety of practice settings. Clinical Cases: Drug Calculations Case Studies can be used in conjunction with Havard's Nursing Guide to Drugs 9th edition as part of the suite of resources for undergraduate and Diploma of nursing students. Each case starts with an introduction, where the presenting condition and symptoms are outlined and as the case progresses, more details of the patient's condition, tests, medications and other considerations are provided. All cases come together with a conclusion where the patient outcomes are highlighted, followed by a discussion of the key considerations for the case. Multiple Choice Questions are integrated throughout and rationales are provided for all answers. Clinical Cases: Drug Calculations Case Studies is perfect for use during exam preparation or as a study tool, providing an engaging approach to learning and revision. - 20 progressive case studies across a range of clinical practice areas including care of the adult patient, paediatrics, aged care, palliative care and midwifery - Multiple Choice Questions integrated throughout each stage of the case studies - Rationales provided for all answers - References for further reading and research.

drug calculations for nurses pdf: [Drug Calculations for Nurses](#) Robert Lapham, 2021-07-28
This new edition of Drug Calculations for Nurses teaches healthcare professionals how to perform drug calculations with confidence and competence. It provides step-by-step guidance to carry out accurate drug calculations, with units and drug strengths clearly explained. This bestselling pocket-size book begins with the basic mathematical skills required to perform calculations, including tips on estimating answers. It then covers drug strengths and concentrations, dosage calculations, IV infusion therapies, and pharmacodynamics and pharmacokinetics. Separate chapters

focus on children, adults and the elderly, addressing specific challenges encountered in these populations, with new content on pregnancy, and renal and liver function. Helpful worked examples, key points, and objectives are included in every chapter, and this new edition includes more calculations for prescribing and patient-focused scenarios. The companion website, www.drugcalcsnurses.co.uk, provides a comprehensive test bank, with a pre-test and revision test to identify strengths and weaknesses, along with additional practice questions for readers to test themselves on. Designed for students and practitioners in nursing, midwifery and allied health, this textbook enables readers to improve their numeracy skills for clinical practice and develop their understanding of the broader context for these calculations.

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Additionally, worksheets, assessment tests, Clinical Relevance boxes, and Clinical Alerts call attention to situations in actual practice that have resulted in drug errors – providing you with extensive hands-on practice for the NCLEX® and beyond. - UPDATED! Safe Medication Administration chapter helps you prevent medication errors and understand drug labels, medication administration forms, and physician's order forms - UPDATED! Full-color drug labels and equipment illustrations provide a realistic representation of medication administration - UPDATED! Detailed coverage of the ratio and proportion method provides a logical, accurate, and consistent method of drug calculation. - Over 1,100 practice problems in ratio and proportion offer the extensive practice needed to become proficient in drug calculations. - Step-by-step format for each problem includes a unique Proof step in the answer key to ensure that you understand the solution. - Patient Safety chapter helps you prevent medication errors and understand drug labels, medication administration forms, and - General Worksheets follow each chapter section for additional practice and application of drug calculations. - Multiple-choice Worksheets within each chapter help you to prepare for the NCLEX® examination. - Critical thinking exercises aid you in applying analytical skills and drug calculations to clinical practice. - Clinical Alerts highlight potential and common drug calculation errors. - Full-color drug labels and equipment illustrations provide you with a realistic representation of medication administration and what you will encounter in the clinical setting.

drug calculations for nurses pdf: Essentials of Pharmacology for Nurses, 4e Paul Barber, Deborah Robertson, 2020-05-15 This ideal starter text for student nurses in pharmacology is now into its 4th edition. It makes pharmacology less intimidating by focusing on the knowledge needed at pre-registration level in order to safely and competently practice as a newly qualified nurse. Praised for its helpful layout and jargon-free language, this updated edition introduces pharmacology in a friendly, informative way, without assuming previous knowledge or a level of confidence in numeracy. This new edition has been carefully expanded to include new chapters on cardiovascular pharmacology and chemotherapy in cancer nursing. There are more details on drugs used in chronic and long-term conditions applied to nursing competencies and standards. It incorporates the new 2018 NMC standards for nursing education and links to practice guidelines. Additional case scenarios have been added spanning all areas of practice and include adult, elderly care, child, mental health and learning disability applications. This allows nurses to apply their knowledge to a range of different people with varying and complex needs to enhance their application to practice. The book contains: • 120 calculations and 130 multiple choice questions to assist you in assessing your learning as you work through each chapter • Clinical tips boxes linking pharmacology to nursing practice • 50 person centred case scenarios across a range of practice settings • References to key standards and guidelines The book also emphasises the application of the principles of pharmacology to all areas of practice and includes; drug action, drug interactions, side effects and adverse reactions. It is useful for all pre-registration students and those on post qualifying or continuing professional development courses where pharmacology is a component. Overall, this book is an excellent resource for healthcare students that will support their learning throughout their training and beyond. It covers fundamental concepts of how the major classes of medications exert their therapeutic effect, but also how side effects and adverse reactions can occur. Chapters on legal aspects of medication administration and drug calculations enhance this usefulness of this book – all of which are supported by example questions, calculations and clinical ‘tips’. This book has been fully updated to reflect the 2018 NMC standards and as such provides a one-stop shop for any students studying safe administration of medications. Dr Andy Powell, Physiology Lead for Nursing Birmingham City University The outlay of the chapters is easily navigated and the level of the knowledge that the book starts at is at a basic level enough for any student nurse from year 1-3 to start with and builds in complexity. They are in lovely bite-size chunks that are easy to read and easily understood. The 10 MCQ's at the end of a chapter are a very useful method of chapter consolidation and the case studies further reinforce learning. Georgina Cox, Senior Lecturer in Adult Health Middlesex University Deborah Robertson is a lecturer in nursing at the University of Salford. She teaches on the pre-registration nursing curriculum as well as being involved in post qualifying

and post graduate education. She is also author of Essentials of Medicines Management for Mental Health Nurses. Paul Barber was a Senior Lecturer at the University of Chester. He is co-author of Further Essentials of Pharmacology for Nurses (2012) and contributor and editor of Medicines Management for Nurses: Case Book (2013), all Open University Press. He is now retired.

drug calculations for nurses pdf: Essential Nursing Skills E-Book Maggie Nicol, Carol Bavin, Patricia Cronin, Karen Rawlings-Anderson, Elaine Cole, Janet Hunter, 2012-08-03 As a nursing student you will have learnt lots of nursing theory and research – but how do you translate this into practice and apply it to the skills you need? Where do you start? What steps should be carried out and in what order? What should you do afterwards? Essential Nursing Skills answers these questions for over 130 clinical skills. Each one is explained from start to finish, using a step-by-step approach, with clear illustrations and colour photographs to enhance understanding. Small enough to carry with you and specifically designed and written to aid learning, this book is invaluable for nurses across all fields. • Attractive design – easy to use • Skills explained step by step • Comprehensive list of skills covers all that students will encounter in practice • Points for Practice sections encourage readers to reflect and learn • Further reading and references point to the evidence and knowledge base for each skill. - Full-colour photographs illustrate many of the procedures - Full colour is used throughout to help navigate procedures - Section listing normal values of commonly used blood tests - Skills to assess deteriorating patients and care for patients undergoing surgery - Reflects changes in nursing and professional national guidelines

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drug calculations for nurses pdf: Nursing Knowledge and Practice E-Book Maggie Mallik, Carol Hall, David Howard, 2009-04-22 Nursing knowledge and practice is a comprehensive textbook

which forms an ideal basis for foundation nursing students. The core emphasis in the organisation and presentation of knowledge in this third edition remains focused on the in-depth knowledge required by nurses to deliver care in the practice setting. The chapter contents encompass knowledge that applies to all branches of nursing e.g. Communication, Confusion, Aggression and Rehabilitation Safety and Risk, Infection Control, Medicines etc. The structure of all chapters is unique in integrating knowledge from subject areas often taught separately in the nursing curriculum. This enables the foundation student to integrate this range of knowledge in making decisions about the delivery of nursing care to patients/clients in all fields of nursing. Exercises are included to encourage reflection on practice and develop critical thinking skills. It also promotes the expansion of professional knowledge through the development of portfolio evidence. Building on the outstanding success of previous editions the authors have drawn extensively on current best evidence, including research, policy and substantial internet based resources, reflecting UK and international perspectives. • Each chapter begins with an overview of the content and concludes with a summary to help evaluate learning • Case studies reflect the diverse range of client needs and care settings of the four nursing branches and help relate theory to practice • Reflective exercises and suggestions for portfolio evidence, along with decision-making activities, promote reflection on personal experience and links to nursing practice using a problem-based approach • Current research is highlighted throughout, demonstrating the evidence-base for practice decisions. • Key web sites, annotated further reading and references encourage readers to pursue contemporary evidence that underpins competency-based practice. Full colour throughout Content fully updated in line with developments in clinical practice, teaching requirements and the evidence-base Free electronic ancillaries on Evolve enhance the knowledge provided in each chapter with additional information, exercises and resources An introductory chapter on 'Nursing Knowledge and Practice' explores the role and context of nursing, nationally and internationally, providing foundation information on core knowledge areas common to all nursing curricula.

drug calculations for nurses pdf: *How to Survive your Nursing or Midwifery Course* Monica Gribben, Stephen McLellan, Debbie McGirr, Sam Chenery-Morris, 2017-02-09 Nursing and midwifery are inspiring and amazing professions – but as you face the realities of juggling work, study and life, you may now be thinking ‘what did I let myself in for’? This book is designed to help anyone who is struggling and needs a little (or a lot of) guidance. It’s packed with useful information and practical exercises to help nursing and midwifery students cope with all the major sources of stress – including: juggling time succeeding in assignments and exams understanding what’s expected in real life and on placements managing finances coping with stress applying for jobs and more Written by authors who have helped countless students from a wide range of backgrounds conquer their problems, this book will help you to succeed in your journey to becoming a registered nurse or midwife.

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