

10 THINGS

MODERN NURSES

CARRY & WHAT'S NEXT



Whether you are a nursing student or a seasoned veteran, there are a handful of supplies that are essential to making each day efficient and productive. There are many daily duties nurses tackle, such as taking a patient's vitals, dressing wounds and administrative tasks. The following list provides a rundown of necessary items nurses should have on hand to make their job easier. Also, new technology has given nurses advanced tools to help them assist physicians and bring quality care to patients.

WHAT'S IN YOUR NURSE BAG?

A nurse never knows what each day may bring; therefore, a nurse must be prepared for anything that comes their way. **These 10 things are essential tools that every nurse should carry in their medical bag.**



Stethoscope A necessary tool for listening to heart, vein and intestine functions.	Lotion Keeping hands and skin in healthy condition
Medical Reference Book Information source on prescription drugs, clinical guidelines and patient advice	OTC Medicine Aspirin, ibuprofen & other medicines for headaches, pain and cold symptoms for personal use only
Sanitary Items Includes gloves, cotton balls, sterilized masks & gauze	Nursing Scissors Cutting bandages, medical gauze and dressing and for emergency use
Small Notebook & Pens For taking notes from doctors, observations of patients and writing down vitals & other assessments	Nursing Wristwatch A light, durable wristwatch that is waterproof and easy to clean
Pen Light Making assessments such as neural and oral assessments	Alcohol Swabs/Hand Sanitizer Quick way to sanitize and kill germs



NEW SUPPLIES & NEW TECHNOLOGY FOR NURSES

Advances in wireless and smart technology have led to advances in some of the supplies nurses use every day. The things that nurses used in the past are being replaced with digital and smart devices that have multiple and innovative uses.

NEW TECHNOLOGY REPLACING OLD NURSING SUPPLIES

Health Record Folders v. Electronic Health Records (EHR) Patient health information tracked and accessed instantly on electronic devices	Pager v. Smartphone In addition to better communication options, smartphones offer wireless connectivity and many applications for medical reference, calculations, note taking and more	Daily planners v. Virtual Assistants Wearable technology & smart devices with calendar functions can schedule and update appointments, set reminders & notifications & communicate with other nurses & physicians
Thermometers/Blood Pressure Apparatus v. Smart Glasses Smart technology that nurses wear can help nurses diagnose patients and check vitals just by looking at them, which could lead to faster response time and better quality care	Pedometer v. iWatch, FitBit, Jawbone Wearable technology can help nurses track exercise, measure heart rate, monitor overall health and avoid fatigue, which benefits nurse health and patient safety	

TRENDS IN NEW TECHNOLOGY BEING USED BY NURSES AND HEALTH CARE PROFESSIONALS

According to a survey of 1,921 nurses by Wolters Kluwer, two-thirds of nurses use mobile devices on the job for work-related reasons	48% of nurses say their health care organizations encourage them to use online references for clinical research at work
65% use mobile devices for at least 30 minutes each shift	15% of nurses say that their health care organizations allow them to use online resources as a last resort or strictly prohibit nurses from using them
Over 20% use mobile devices for at least 2 hours each shift	70% of health care organizations throughout the world will invest in apps, wearables, remote monitoring and virtual care by 2018
Wearable technology could save \$200 billion in health care costs over the next 25 years	

CONCLUSION

Technology continues to change the way nurses do their jobs. These new devices will continue to assist nurses into the future helping them perform to the best of their ability and bring focused and quality care to those who need it.



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