

Nurse E-ducation Rocks Online

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Now more than ever, professional continuing education courses and nurse degree programs are abundant and available online. Nurses can further their practice skills, knowledge bases and careers with courses and programs that are flexible, convenient and easily accessible. If you are searching for a traditional nursing program, an RN to BS program, an advanced nursing degree, mandatory licensing programs or continuing education courses to improve your practice...you have no further to look than on the Internet. A simple search in Google, www.google.com , results in countless options to investigate and programs to begin immediately...online.

For this reason and for many others, nurses and potential nurses need to become cyber-savvy. There is no need to be intimidated. You have been using the Internet for email, chat and shopping for awhile now. But Cyberspace is also a repository for information and education that benefits the people who access it. Online information and access to online education is at your fingertips 24 hours a day and 7 days a week.

With your work and family schedule, isn't that kind of flexibility exactly what you need?

So with all the benefits in mind, first surf for the Continuing Education opportunities on the Web. There are so many CE opportunities online that there is no reason why you can't learn EKG Interpretation or External Fetal Heart Monitoring skills from the comfort of your computer at home or from the nurses' station at your hospital. There are many sites to visit to get you on your way.

Visit <http://www.nurseceu.com> for a comprehensive list of CE programs that are available online. It is a directory of courses provided by many different online providers. They range in price from **Free!** to \$70.00 based on the total contact hours provided. They cover almost all topics in nursing. In general, they provide text to read and images, graphics or short videos to view in order to learn the information. Instructional methods vary from exceedingly poor where mere reading of material is the method, to quite interactive and engaging requiring frequent input from the learner. Upon completing the self-learning designed materials,

you login to take the test and pay when you submit for contact hours. Nursing Spectrum, www.nursingspectrum.com also offers online learning contact hours for many nursing topics. Take the leap... try improving your skills and improving your professional stature. There are countless websites that offer Contact Hours for online learning.

The national nursing shortage has been instrumental in the proliferation of nurse degree programs available online. Once again a simple search on Google, www.google.com or any other search engine like www.yahoo.com or <http://www.alltheweb.com/> using the term, “nursing degree programs” will elicit a large number of hits. These online universities are meeting the time constraints of nurses who work varied shifts, manage families and attempt to advance their careers. They appreciate the difficulty nurses have in order to travel to classes after working around rotating shifts. By providing degrees online, these institutions are assuring access for these nurses. Like no other time in history has access to continuing education been so easy. Investigate the various colleges and universities which offer RN-BS degrees, RN-BSN-MSN, and other graduate degrees and certifications. Never before has there been such choice.

But don't forget your patient educational needs. You are the patient advocate. You need to provide your patient with the appropriate information about medications, about the disease process and about healthy choices and behavioral changes. You need to be cognizant of his life style and educate him to prevention measures and wellness options. Where can you find all this information? How can you become empowered with the most updated research information and in turn empower him to manage his own health? Obviously by searching online for the most up-to-date patient education materials!. You are the gatekeeper to this information and one of the most trusted health educators. But you must also be careful that you obtain this information from a reputable source. Your hospital or health provider office may have approved patient education materials and all web sites are not always reliable. How do you know? What can you do to appreciate the differences? First of all beware of commercial sites where there is an interest in making a sale. Websites that end in .ORG, .GOV, .EDU are usually a safe bet but make sure by reviewing the materials and going through the website. If in doubt, don't use it. Here are some reputable sites that you can start with:

<http://familydoctor.org/>

<http://www.cincinnatichildrens.org/health/info/default.htm>

<http://uuhsc.utah.edu/pated/handouts/indexspan.cfm> in Spanish too!

<http://www.vh.org/>

<http://patienteducation.stanford.edu/>

<http://www.nimh.nih.gov/practitioners/patinfo.cfm>

<http://www.shrinershq.org/patientedu/>

You have entered the 21st century. You can easily enhance your nursing skills, learn new procedures, remodel your career and pursue paths of interest. The knowledge of specialists is now available to you 24 hours a day 7 days per week on the Internet. You can schedule your time based on your individual needs to avail yourself of all the opportunities through your keyboard and onto the Web. You are the cyber-nurse!

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