

## **NURSING WIT AND WISDOM: Truths, Humor and Wisdom from the Stethoscope to the Bedside.**

By Audrey Friedman RN, CLNC

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“Welcome to nursing... there will be poop involved.” From the beginning of this entertaining yet informative book, the reader is privy to the inner thoughts of nurses who share insight and advice for their colleagues. Using a collection of quotes from nurses, Audrey provides the reader with practical and heart-tugging advice that everyone in the healthcare industry should read. Nurses are often the unsung heroes of health care, working 24 hours a day, seven days a week, 365 days a year, providing care to our loved ones and friends at a time when they are the most vulnerable. The individual who enters nursing as a profession is special and the opportunities are limitless, but it is not an easy job.

Beginning with rule number one, “always keep the nurse happy” and ending with “everyone knows you have to be a doctor before you can be a nurse”, the book explains what it means to be a nurse even in this high tech environment. At a time when hospitals have a tendency to address increasing costs by lay-offs, the mindset is often that nursing will pick up the slack. Reading this book may provide healthcare leaders with a greater understanding of why that may not be the best approach as nurses don’t even have time to sit down and eat now. Without walking in the shoes of the nurse on a night shift or working on a shift where the nurse patient ratio is not ideal, the reader will understand some of the dilemmas facing nurses today. While I’m sure Audrey targeted her book to nurses, it should be required reading for anyone in the healthcare arena.

Now for the fun stuff!!! Here are some quotes from the book that will entice you to read **Nursing Wit and Wisdom**:

Offer hugs and handshakes. Keep the human touch in your care.

Critical thinking is more important than completing all your tasks.

Don’t make it about you... respect your patient’s decision.

Never loan a doctor a pen or stethoscope, or let them leave your sight with either!

Greet your housekeepers. Everyone is part of the team.

Bring lots of healthy food to eat during your shift. You can’t live on donuts and M&Ms.

Sometimes the best nursing leaders are not behind a desk. They are at the bedside.

These simple and direct quotes tell the reader, whether a nurse or administrator, more than any management text. This is a must read for everyone and would be a great gift for Nurses Week! Now, in full disclosure, Audrey Friedman is a friend of mine from Denver who has been an excellent mentor and resource to her colleagues and patients for many years, so it was a pleasure to review her new book. I have a niece who is in nursing school and she will get a copy. While textbooks are nice, this is real world advice from nurses in the know. It is fun, entertaining and useful; what all books should be! Enjoy!