

Nurses eating their young

Most nurses have heard or experienced the concept of “nurses eating their young.” I thought it was getting better, but perhaps this is because I am not as young as I used to be when I started nursing and I don’t directly experience this phenomenon any more.

Once recent article I read states that, even today, nearly 60 percent of new nurses will leave their first position in 6 months because of some kind of hostility toward them from other nurses. This is so sad. We nurses need to stop this even when it is frustrating working with a new person. We need to empower them to be successful.

I would like to think that traveling nurses are more sensitive to this subject since they often have to experience being new in a facility and how awkward it can feel at first. For travelers, this doesn’t last for long because once they have just small amount of time to prove themselves and that they know what they are doing, nurses will usually leave them alone.

As for new nurses, the best approach, since you can’t really prove yourself yet, is to confront the person who is being hostile or inappropriate toward you about their behavior in an assertive manner. Let them know what behaviors are bothering you and how you feel when they happen. This goes to the source of the problem and often the backbiting stops. Being assertive can decrease your stress level which is in turn good for your health, your career, and your travel experiences.

Bibliography

Cowles, Luke. (2007). Odd Nurse Out. *Advance for Nurses*. 4(13), 30-31.