

Psychological Phenomenon among Travel Nurses

If you find yourself wanting to travel, but holding off because you fear you won't know enough, you may not be alone. I have found that most nurses who want to travel have this fear. It doesn't seem to matter how much experience they have. Traveling to a new place to work is a challenge for anyone.

What I have also found, is that when nurses do decide to take a leap and go on their first travel assignment, many of them find that they know more than they think they do. You want to make sure you have a good solid footing to go on such as 2 years or more experience, preferably. Then, you are ready to go.

Furthermore, it seems that the few nurses who take their first assignment and do feel like they don't know enough have usually picked the wrong environment. It turns out that their knowledge level is fine or similar to any other traveling nurse, except they happened to pick a place with a lousy orientation program or a hospital that is very different in technology.

If you find that you are nervous, you can do a few things. First, you want to make sure to ask lots of questions during your hospital interview before accepting the assignment. Second, for your first assignment, try to pick a hospital that is similar in size as the one you are working in. Third, give yourself some time to adjust on your first assignment before deciding it isn't for you.

No matter what knowledge level you start out with, one thing is for sure, you will be a much better nurse after traveling. Traveling exposes you to a variety of situations and patients at an accelerated rate. After being a traveler, you learn skills both in nursing and skills in adapting that will help you throughout your career. This will give you confidence in handling just about any situation. Any growth is challenging and scary, but well worth it.