

Registered Nurse

Stuart is a nurse who helps people stay healthy in a remote community in the Northern Territory. He communicates bio-medical knowledge into Yolgnu Matha — the native language of his people.

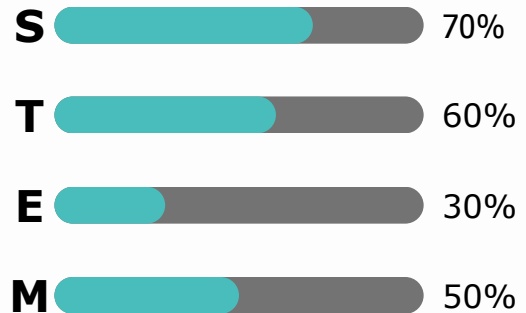
futureyouaustralia.com.au/pathfinders/stuart



"My inspiration came from the poor health outcomes that I saw growing up."

STEM Meter

How much Science, Technology, Engineering and Mathematics (STEM) does this job use?



Source: jobsandskills.gov.au

5 reasons why you should do this job

- 1** Help people feel better, body and mind.
- 2** Learn lots about the human body.
- 3** Use cutting-edge medical technology.
- 4** Work closely with people every day.
- 5** Make a real difference in people's lives.

3 STEM skills required for this job

Research

Data management

Problem-solving

Subjects to develop these skills

Science, Humanities and Social Science

Science, Mathematics

Design and Technologies, Digital Technology

A day in the life of a registered nurse

- 9.00am** A late start for me today. I was up at 3:30 a.m. looking after a young patient who was struggling to breathe. I gave them some medicine, which helped, and we were able to give them some relief.
- 9.15am** I make a coffee and grab some food as I walk out the door. We have a 9:30 a.m. meeting at the health clinic every day. I'll talk to the team about my patient from last night, and we'll discuss the patients we'll be helping today.
- 9.30am** Team meeting with the whole clinic. We have a patient who has a low platelet count. Platelets are tiny cells in your blood that help it clot, which is how your body stops bleeding when you get a cut or injury. The patient's platelet count is so low that we need to medevac her to Darwin.
- 10.30am** The team meeting is over, and it's time to do what I do best: help people. I open the door to see who is waiting, and I already have three patients. The first is here to take their monthly medicine. It's easier to keep it at the clinic because it needs to be stored at a certain temperature. Patient two just needs a couple of band-aids for some cuts on their fingers. Patient three is here for a blood test. I suspect they might have low iron, which is why they're feeling so tired.
- Midday** My eyes feel like there's sand behind them. I'm tired from being on call last night. I go home for a nap.
- 2.30pm** I wake up and head to the local shop. I need to get some food for dinner. I want to make some roasted kangaroo tail, but they don't have any. I'll have to have something else for dinner tonight.
- 3.30am** My colleague said I can use the clinic car this arvo to spend some quality time with my family. My dog, a British Bulldog called Martina, loves swimming, so we all jump in the car to cool off.
- 4.15pm** We arrive. My daughters and Martina immediately cool off in the creek, while my cousin and I build a fire to warm us up after we finish swimming. Martina has the best time. She runs around, sniffing all the wonderful smells, and enjoys being out in nature. This is one of our favourite spots.
- 5.30pm** While we have the car, we decide to go see the wetlands to see if we can spot any buffalo. We get lucky. It's an incredible sunset, and the buffalo are very active. We see all sorts of wildlife enjoying the sunset — birds, buffalo, and also Martina.
- 7.00pm** We get back home and I return the car. The local café is open, so we all go there and catch up with friends. Kinship and community are really important parts of my heritage. Connecting at the end of the day fills my cup and reminds me why I became a nurse: to help my community live healthier lives.
- 9.00pm** I get home, sit on the couch, and pop on some Netflix. I'm on call again tonight, so I have the work phone with me. When it rings, it's up to me to triage the call. Triage is a medical word that means sorting patients by how badly they need help.
- 11.00pm** The medevac is here for the patient with the low platelet count. I get the ambulance from the clinic and drive to their house to pick them up and take them to the airport.
- 11.30pm** I hand over the patient to the medical staff who are here for the medevac. I make sure they have all the patient's information, and I make sure my patient understands where they're going and why. The patient is boarded, and I watch the plane take off. The work phone rings. Another patient needs my help.