

Nursing is a highly skilled and diverse profession with a wide range of career opportunities for both men and women.

get involved



### Studying at the University of Stirling

Stirling is a place where everyone is treated with respect and where ability, not background, is valued.

We offer two types of Nursing degrees, Adult Nursing and Mental Health Nursing. You will typically need three good Highers or an HNC to go into Year 1. The grades required may be subject to change, so you should check our website before applying. Find out more about our Nursing degrees:

- BSc (Hons) Adult Nursing  
[stir.ac.uk/16m](http://stir.ac.uk/16m)
- BSc (Hons) Mental Health Nursing  
<http://stir.ac.uk/16n>

Students with an HNC in Care and Administrative Practice may be able to go directly into Year 2, depending upon the grades they get in their HNC and previous work experience.

The University of Stirling is top in Scotland for Health Sciences, and specialises in health-related research fields including dementia, psychological trauma care, cancer care and tobacco, alcohol and drug addiction. We also regularly top the *Student Nursing Times Awards* – staff and students have been shortlisted for nine awards in 2016.

# Realise your Potential

with a career in

# Nursing



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University of Stirling, FK9 4LA, Scotland, UK  
Telephone +44 1786 467046  
Email [realiseyourpotential@stir.ac.uk](mailto:realiseyourpotential@stir.ac.uk)  
Scottish Charity No SC011159

## Careers in Nursing

Nursing graduates work primarily within the National Health Service, although some go into other public sector roles, private healthcare providers and the voluntary sector.

Adult nurses can go on to specialise in a range of truly exciting and challenging careers, including becoming a theatre nurse, intensive care nurse, practice educator or clinical researcher.

Child nurses work closely with other child-friendly groups, including hospital play groups, schools and day care centres. Other specialisms include school nurses, neo-natal nurses and health or district nurses based within a local community.

Learning disability nurses work in hospitals, mental health trusts and residential and community centres. Graduates can specialise in a sensory disability, like autism, or be based in an education setting in which they can assist individuals to develop life skills and coping mechanisms.

Mental health nurses further specialise in fields including music therapy, psychological therapies and memory-related conditions such as Alzheimer's disease.

## Work Experience

Most Nursing degrees ask for work-related knowledge and experience. This experience can be gained through either voluntary or paid work with a range of different groups, depending upon the type of nursing that interests you, including: people with disabilities, children, older people and people with mental health issues. This experience is a great opportunity to find out exactly what being a nurse is like before committing to a degree.

## What to Study

There is no such thing as a 'general nurse'. Instead, there are several main 'fields of practice' covering a range of specialisms.

### 1. Adult Nursing

In this field, you work with a range of people in a variety of areas, including: prisons, district and community settings, hospitals and specialist units and the voluntary and private sectors. You support people and their families during periods of ill health, promote health and wellbeing and care for those with long-term or life-limiting illness. Assessing patients' needs, students also play an important role in their wider healthcare team.

### 2. Child Nursing

Children often have very specific health needs, and you need to understand the different stages of their development, working closely with families and carers, to reduce the impact of their illness. As children are often not able to express themselves clearly, you have to interpret a child's behaviour and reactions, which often plays a key role in their care.

### 3. Learning Disability Nursing

This is hugely rewarding role building confidence and skills in someone with a learning disability such as autism or Downs Syndrome. You work to improve physical and/or mental wellbeing, to reduce barriers and support someone to live an independent life. You can also help develop skills needed to find and sustain work, which can have a big impact on someone's sense of independence and wellbeing.

### 4. Health Nursing

This is a challenging and rewarding career that allows students to establish strong therapeutic relationships with patients, their families and carers. Mental health practitioners provide support tailored to the needs of the person. Students establish a relationship of trust to help someone with their medication, advise on suitable therapies or social activities and support someone at risk of harming themselves or someone else.

## How do you get a place at university?

There are many different ways to get into university. No matter who you are or what you are studying, there will always be a route available.

**School qualifications:** You will normally need three or four good Highers in order to be considered for a place on a Nursing course. The grades required differ depending on the course and university you choose. To be sure, always check the entry requirements at each university you intend to apply to.

**College qualifications:** The most common qualifications considered are Higher National Certificates (HNC) or Higher National Diplomas (HND).

Often an HNC/HND is enough to develop a career in health without the need for a degree. For instance, students who complete an HNC or HND in Care and Administrative Practice often go on to work for the NHS in a range of roles, including Care Support Workers and Personal Practitioners.

HNC/HNDs can also be used to get into a degree course, usually to start a degree in Year 1. Some universities will offer HN students in a health-related course the opportunity to go directly into Year 2 of a degree course – or sometimes Year 3 for HND students.

