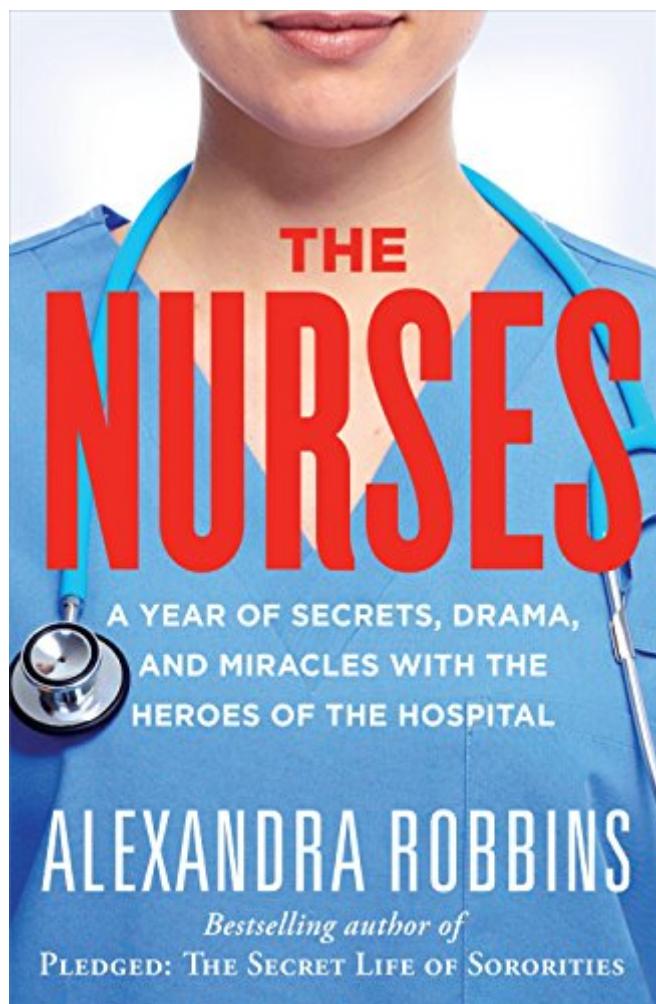


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# The Nurses: A Year Of Secrets, Drama, And Miracles With The Heroes Of The Hospital



## Synopsis

A New York Times bestseller. "A funny, intimate, and often jaw-dropping account of life behind the scenes." •PeopleNurses is the compelling story of the year in the life of four nurses, and the drama, unsung heroism, and unique sisterhood of nursing— one of the world's most important professions (nurses save lives every day), and one of the world's most dangerous, filled with violence, trauma, and PTSD. In following four nurses, Alexandra Robbins creates sympathetic characters while diving deep into their world of controlled chaos. It's a world of hazing— "nurses eat their young." •Sex— not exactly like on TV, but surprising just the same. Drug abuse— disproportionately a problem among the best and the brightest, and a constant temptation. And bullying— by peers, by patients, by hospital bureaucrats, and especially by doctors, an epidemic described as lurking in the "shadowy, dark corners of our profession." •The result is a page-turning, shocking look at our health-care system. Â

## Book Information

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## Customer Reviews

This was an interesting book from the perspective of nurses. As the daughter of a nurse, and now a resident physician myself, I found myself relating to a lot of the anecdotes in the book, though some of it seemed more made-for-TV drama than real life. There's a lot to talk about here, so I'll write in bullet points.-This book revolves around four nurses, all working in different ED's, and their stories. While this is a very important part of nursing, it's not the only thing - there are so many fields of nursing - case management, wards nurses, surgical nurses, school nurses, ICU nurses, hospice, psychiatric nurses, etc - and this book doesn't really acknowledge those fields. While it would take a much longer book to talk about all these different aspects of nursing, I do wish that it had been more explicit that this was a book about a very specific, sub specialized part of nursing and not necessarily a full picture of what nursing has to offer.- In the book, one of the nurses has a substance abuse problem, and uses opioids she takes from work. While it is not a common problem, it's certainly not unheard of, and I thought it was good that the book didn't sugarcoat this aspect of the hazards of the medical field.- Nurses 'eating their young': As a young female resident, issues of gender and age came up a lot in this book, and hit a sore spot for me. It's common to see the older nurses chiding or gossiping about the newbies, often in a detrimental way, and in some cases within earshot of patients. Its a stressful life working in the medical field, and there's virtually no room for error (though yes, errors do happen), but there's a tactful way to do things. Once I was called to assess a hypoxic patient who had an o2 sat of "44%" by a new grad. I went to the bedside and assessed the patient and found the patient to have signs of heart failure, but was alert and her overall appearance was not consistent with someone with an oxygen level of 44% (normal is 90-100). I gently asked for the nurse to adjust the pulse ox, as I didn't think it was accurate (it was not placed correctly on the finger), and once I said that, the supervising older nurse started repeatedly criticizing her stating "There's no way she's 44%, you need to reassess and think before you believe what the monitor says", etc. - in front of the patient. While it is a good teaching point to recheck something that doesn't make sense, this is something that was already being addressed and could have been reinforced outside of the acute situation by pulling the new grad aside and debriefing her later on, in private.- Doctor-nurse interactions: Though expected as the book was about nurses, the doctors in the book seemed to be portrayed as either arrogant, laissez-faire, incompetent, womanizing, or outright combative. Of course the more colorful MD personalities are going to make for more fascinating reading, but it didn't seem quite accurate. There are definitely physicians that cross the line in their interactions, but I don't think this is the majority of physicians. There are also times when nurses will catch an error that a physician would have missed, either due to rechecking a dosage, or having more information about the patient, or recognizing a condition

that was undetected, but ultimately, it's the physician who is responsible for evaluating and diagnosing a patient and coming up with the plan, and making sure that the plan gets carried out. I am not sure what hospital in the book allows for the nurses to put in orders and come up with treatment plans overnight without physician/NP/PA approval (as was stated by one respondent), but that is beyond the scope of their license.- The part about nurses being understaffed is most certainly true. The clashes with administration and expecting nurses to take on more and more work is an unfortunate side effect of the consolidation of the healthcare system into large corporations. Their calls for safe staffing are to the benefit of patients. Overall, this was an interesting book, it will not surprise those who work in healthcare, but it'll enlighten those who don't. If you've ever worked in a healthcare capacity you'll likely find at least something you can relate to in this book (and a lot which you happily won't).

I wanted very much to like this book, but it kind of misses the point. It is somewhat gossip driven and trite. I was also surprised that the author discussed how nurses need to have each other's backs and respect each other but continued to call male nurses "murses" throughout the text. That word simply reinforces a stereotype meant to divide rather than unite. Nursing is a vast and honorable profession and, despite my minor issues with the book, I am happy to see my beloved profession being discussed and highlighted in an arena where we are not bimbos and sexy side pieces.

Poorly written, only minimally realistic examples. Lost interest and didn't finish the book. I am a 30+ year critical care nurse and would not recommend this book.

I'm a nurse with more than 40 years of practice. I started as a diploma nurse and finished my DNP in 2015. I've seen or experienced many or most! of the issues and situations presented in this book. I appreciate Ms. Robbins honesty as well as her skill in discussing some of the human sides of nursing. I'm still proud that I'm a nurse!

As a nurse I found it interesting that it addressed many of the issues going on in nursing. I thought it was just going to be nurses stories. A thought provoking book for nurses, someone thinking about being a nurse, or anyone who interacts with nurses.

This is a must read for all nursing students and seasoned nurses. The book looks at a year in the

life of 4 ER nurses but the same problems occur through out the other areas in hospitals. The book is also a commentary on nursing in the modern times--the author has researched her topic and writes a great review on problems that are universal through out nursing such as addiction, bullying from other nurses as well as doctors, pay differential between male and female nurses, advancement in nursing, burn out, long shifts. I have been a nurse for the past 30+ years and this book reminded me that a lot of these issues were present long before I ever became a nurse! Don't let it get you down nursing students though. Nursing is still my love!

Very interesting stories, from different perspectives in nursing. It's a tough profession, harder than most people think, and this book honestly portrays what it's like to work your behind off for hospital admins who don't care, abusive patients (they're not all like that, fortunately), and (sometimes) equally abusive bosses. Sometimes all within the same hospital! One of the most interesting story arcs (to me) dealt with a nurse who was so burned out at her current hospital, she quit. She decided it might be a good idea to go with an agency for a while, so she could rotate between several hospitals before making her final choice about where to apply for a permanent position. She realized that the hospital which had been at the top of her list wasn't as wonderful as she'd originally thought, and a hospital which she'd never previously considered was better, in some areas, than she'd realized. As I recall, she decided to stay with the agency and keep rotating, because the agency offered her better benefits than what she'd get at any of the hospitals.

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