

## What Every New ED Nurse Should Know: But No-One Tells you

You've just stepped into the Emergency Department, and the doors swing open to a whirlwind of alarms, movement, and expectation. You've trained hard, passed your assessments, and now it's real. But here's the truth: what makes you thrive in emergency nursing isn't just your clinical knowledge—it's the stuff no one writes down. So here it is. The real talk. From those of us who've lived it.



---

### 1. You Won't Know Everything—And That's Okay

The ED is unpredictable. One moment you're managing a chest pain workup, and the next it's a seizure, a fall, a psychotic episode. You are not expected to know everything right away. Emergency nursing is about *learning fast, asking questions, and leaning into support*—not perfection.

---

### 2. Your Brain Will Feel Full—A Lot

It's normal to feel overwhelmed. There's a steep learning curve. But that's why structured, on-demand learning (like FEN's clinical webinars) is gold. They're not just info dumps—they're tailored education that supports your growth one bite at a time. You don't need to digest the whole elephant today.

---

### 3. Teamwork Is Everything

Your team will make or break your shift. Learn their names. Offer help even if you're not sure how. Say thank you. You're never alone in the ED—even if it feels like it sometimes. *Good ED teams catch each other before anyone drops.*

---

### 4. Speak Up—Even When You're New

If something doesn't feel right, say so. You'll gain respect faster for asking the right questions than pretending you know the answers. You have fresh eyes—use them.

---

### 5. Document What Matters

You won't have time to write a novel. So document what changed, what you saw, and what you did about it. FEN has excellent webinars on real-world documentation, like the popular *"How to Annotate a Record for a Head Injury"*. This is the kind of practical stuff nobody tells you, but it can save your skin (and your patient's).

---

### 6. Build Your Confidence Gradually

Confidence isn't loud. It's quiet, built shift by shift. FEN's Clinical Programme was designed exactly for nurses like you—nurses who want to grow without being overwhelmed. Start with Clinical Programme Introduction: CP001 and take it one step at a time.

---

### The Takeaway?

No one becomes a seasoned ED nurse overnight. It takes time, humility, curiosity, and the right tools. But you've already taken the hardest step—showing up.

**You've got this. And we've got your back.**