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BACKGROUND AND INFORMATION

October 2021



About Future Nurses Bahrain

Future Nurses Bahrain is a national initiative under the Patronage of His Excellency Lieutenant General Dr Shaikh Mohammed Bin Abdulla Al Khalifa, Chairman of the Supreme Council of Health aimed at supporting the National Healthcare programme of the Kingdom of Bahrain. Our mission is to promote nursing as a positive career choice and contribute to the future development of the nursing workforce in the Kingdom of Bahrain

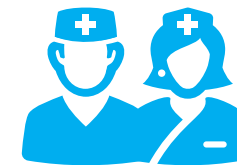
Acknowledgement goes to all stakeholders who have contributed to the success of the Future Nurses Bahrain initiatives.

Patronage: Supreme Council of Health
Leadership: RCSI Bahrain



RCSI

Leading the world
to better health



8,169
nurses registered
with the National
Health Regulatory



415
successful Nursing
Licensure Examinations
were managed
in 2020

GLOBAL AND NATIONAL OVERVIEW

According to the World Health Organization (WHO), more than half of the world's healthcare workforce are nurses, with over 20 million nurses registered worldwide (WHO, 2020). However, there is a global shortage of health workers, in particular nurses and midwives, who make up account for more than 50% of the current shortfall.

Nurses are usually the first person a patient will meeting during their hospital stay or when visiting a health centre. However, nurses also play a vital role with healthy people in providing health awareness and prevention of disease through education and vaccinations, as well as the delivery of primary and community care to unwell people.

The Kingdom of Bahrain currently has over 8,169 nurses registered with the National Health Regulatory Authority (NHRA) (NHRA, 2020) and 3,575 new nursing license applications were processed since 2020. The total number of healthcare facilities in Bahrain stood at 788 in 2020, with this number growing year on year, for example, 41 new licenses were issued in 2020.

The Role of a Nurse

Nursing is a profession for those who are driven to help others.

Nursing is an established profession built on science and art, combined with compassion and dedication to promoting health and preventing disease. It is a career which allows you to make an impact on people's lives.

Nurses play a vital role in the healthcare of their communities. Providing holistic care to a patient requires collaboration from an inter-professional team, which may consist of doctors, nurses, physiotherapists or radiographers. Therefore, nurses must have good communication skills to be able to manage patients' complex care needs. Nurses with a higher level of experience play a role in supervising fellow nurses, teaching nursing or conducting research to improve health and patient care.

A nurse's role can vary daily depending on their specialisation. Their responsibilities can include:

- Building a therapeutic relationship with the patient
- Assessing the health condition of a patient
- Administering medication and injections
- Responding to emergency situations
- Taking patients' vital signs such as blood pressure, heart rate and respiratory rate
- Preparing patients for operations
- Writing patient care plans and maintaining patient records
- Educating patients and their family about their health conditions
- Providing emotional support and advice to patients and their family

A career in nursing is challenging yet highly rewarding and fulfilling, as it involves providing healthcare to individual patients, families, and communities from many walks of life, in addition to working with healthy people to promote health and wellness.

How to become a Nurse

Nurses are pillars of the community.

Each day, nurses are allocated the responsibility of caring for several patients, therefore they must be highly organised, flexible and able to prioritise their work. As each patient will have different needs, nurses need to have good observation skills to be able to assess patients and determine the best plan for them.

In addition to learning the science of nursing, nurses are trained to be efficient and develop a broad range of skills which include:

- Critical-thinking and problem-solving skills to help them make clinical assessments, respond to emergency situations and save lives
- Clinical skills and procedures
- Communication and listening
- Teaching and advising
- Counselling and caring
- Leadership and management

To become a nurse in Bahrain, you must complete a four-year Bachelor of Science in Nursing (BScN) approved by the Higher Education Council, as well as meet the health requirements of the National Health Regulatory Authority (NHRA).

Undergraduate nursing programmes comprise both applied theoretical learning and clinical practice training. They also prepare nurses for a professional role away from the bedside, with coursework in nursing science, law and ethics, research, leadership and nursing professional skills.

In the Kingdom of Bahrain, the College of Health Sciences in the University of Bahrain and the School of Nursing and Midwifery in RCSI Bahrain deliver a (BScN) degree programme.



Lolwa Al-Muqla

At school, I was always interested in biology and health. I graduated as a Nurse in 2014.

After five years of experience in emergency care, I joined Gulf Air medical clinic. This new role evolves around aviation and occupational healthcare. I oversee the health checks of pilots and crew members, the supply of healthcare kits on aeroplanes, and support on-the-ground employees' wellbeing. I am also a Masters' student.

Nursing is much more than what you see and know; it is a noble profession and a passport that can take you anywhere in the world.

What happens after graduating as a nurse?

Nurses are licensed professionals.

Passing a (BScN) programme gives graduates an academic degree and professional qualification. However, to be able to work, nurses are required to be registered with the National Health Regulatory Authority (NHRA) in the Kingdom of Bahrain.

Nursing is a regulated profession and has its own professional Code of Conduct, which must be adhered to. The aim of being registered is to regulate health care professionals and ensure a safe and trusted health service in Bahrain (NHRA, 2018).



Salwa Abdulmalek

I graduated in 2018 and I currently work as a Nurse at King Hamad University Hospital in emergency care. I rotate around the ER between stable cases, critical cases and resuscitation/trauma cases. I represent my unit in the nursing and patients' advocacy committee.

I would love to specialize in Trauma and Emergency.



Nursing Opportunities

Nursing provides a wide range of employment opportunities.

Nursing professionals have the chance to practice in private and government hospitals, health centres, doctors' clinics, nursing homes and schools. They can also choose to continue a career in education, management, or research.

Nurses can pursue a specialization in a particular sub-specialty of nursing, such as intensive care, emergency care, midwifery, paediatrics, community health and psychiatry to name a few.

Qualified nurses have the option to continue their studies and advance their careers by completing either a specialised higher diploma, master's degree, or a doctorate degree in nursing. By completing these higher qualifications, nurses can access leadership roles, as well as the capacity to teach in a University.



To Consider

To facilitate essential around-the-clock care needed by patients, it is common for nurses to work shifts, with 8-12-hour shifts covering either daytime or night-time. Depending on the work setting, many nurses are physically active and spend long hours on their feet.

Any healthcare professional, including nurses, should not be a carrier of the following diseases: Hepatitis B, Hepatitis C, HIV and Tuberculosis. Up to date immunisation as per the Ministry of Health guidelines is required. For details, please visit: Ministry of Health / Immunizations.



Scholarship and Sponsorship

There are scholarship options available for Bahraini nationals to receive partial or full funding of the tuition fees for an undergraduate programme. For details, please visit Bahrain.bh/Education/scholarship

There are also healthcare organizations which provide sponsorship for the Nursing Undergraduate programme tuition fees. You may enquire directly to healthcare facilities.

Tamkeen (Bahrain's Labour Fund) may provide partial funding for Bahraini nationals to train in specialist professions. <https://www.tamkeen.bh/>



Yusra Nadwi

I graduated in 2019 and I currently work as a cardiac intensive care nurse at Mohammed Bin Khalifa Bin Salman Al Khalifa Specialist Cardiac Centre. My role is to take care of post-surgical and critically-ill patients who require close monitoring and one-to-one care.

In my opinion, nurses have strength, passion and expertise. The nursing profession has a wide range of specialisms, such as resuscitation nurse, dialysis and paediatric nurse and roles, such as community nurse or clinical educator. There is also a career progression for nurses, who have the opportunity to become team leader, supervisor, head nurse or nursing director.





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