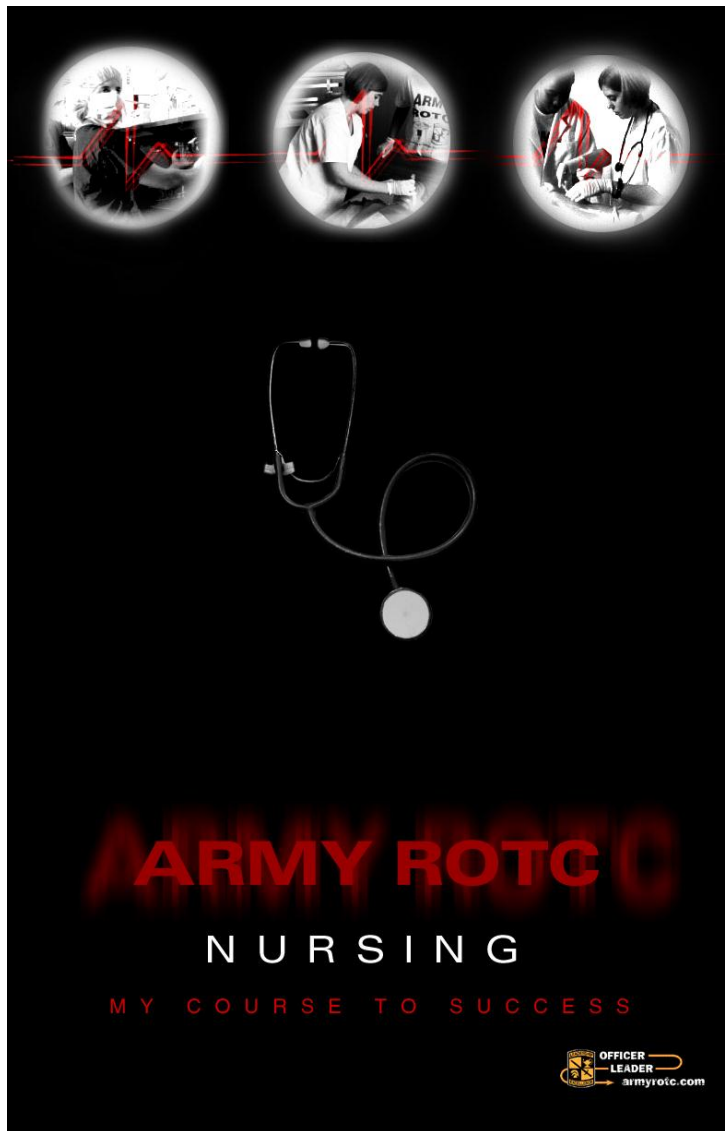




UNR ARMY ROTC

Nurse Cadet Guide



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THE U.S. ARMY NURSE CORPS

READY, CARING, PROUD

The Army Nurse Corps is the branch of the Army composed of professional, college prepared nurses. A Bachelor of Science in Nursing is the minimal entry level. As nurses progress in experience, seniority and rank, most will go back to school and obtain their Masters Degree. About 10% of Senior Nurse Corps officers have their PhD. The Army provides financial support and duty time to obtain advanced degrees.

The Nurse Corps is part of the AMEDD – the Army Medical Department. The other corps that are part of the AMEDD are the Medical Corps (Doctors), Dental Corps, Veterinarian Corps, Medical Service Corps (laboratory officers, logistics, computer specialists, hospital administration, etc) and Medical Specialist Corps (Physician Assistants, Nutritionists, Physical Therapists, Occupational Therapists, Opticians, Audiologists, etc).

There are approximately 3,400 nurses in the Army Nurse Corps on Active Duty. Pay, management policies, and benefits are the same across the US and overseas. Assignment options include working in a medical center, community hospital, or clinic, as well as in field nursing or nurse recruiting. Other possible positions include working in the assignment process at the National level, specialty work as a White House nurse or congressional fellow, in addition to working with the Federal Emergency Management Agency (FEMA) or the Joint Commission of Accreditation of Healthcare Organizations (JCAHO).

If you participate in Army ROTC as a nursing student, you would request branching into the Army Nurse Corps. For the past 5 years, 100% of all ROTC cadets who successfully graduated from the nursing program and passed their NCLEX were brought into the Army as Nurse Corps officers.



ARMY ROTC

The Smartest College Course You Can Take



Once on active duty, you will attend the Officer Basic Course, where you will learn more about the Army Medical Department, field nursing, and the documentation system used in the Army hospitals. The Army Medical Department is on the forefront of computerized charting – creating a nationwide standard so you don't have to learn a new system every time you change locations.

As Nurse Corps Officers, our primary mission is *to provide health care to service members and their families, at home and abroad, in times of peace and war*. As such, even though many Nurse Corps officers specialize, our core business is Adult Medical/Surgical Nursing. During your first nursing assignment after school, you will be assigned to an in-patient hospital and will most likely spend your first year in the adult medical/surgical section to solidify your nursing skills. After that, you may select from one of four specialty courses – ICU nursing, Preoperative nursing, Psychiatric nursing, and OB-GYN nursing. If you are fulfilling all of your military requirements (i.e. maintaining height and weight standards, as well as passing the Army Physical Fitness Test), the Nurse Corps guarantees that you will be allowed to attend one of these courses during your 2nd year of service. You may also compete for a slot in the Emergency Nursing or Community Health Nursing courses.

After your initial 4-yr obligation, you may either leave Active Duty or choose to stay. If you stay, you may apply for graduate level education and, if selected to this competitive process, the Army will provide tuition money for up to 21 months (within dollar limits) while your duty assignment will be to attend graduate school. Options include Clinical Nurse Specialist, Nurse Anesthetist, Family Nurse Practitioner, Nurse Midwife, Nursing Administration, Nursing Education, and Informatics. Approximately 100 officers are selected for this option each year.





Army Nursing – The ROTC Edge



Leadership With Compassion

If nursing is your professional goal, there is no better place to begin your career than the Army Reserve Officer Training Corps (ROTC). Army ROTC offers you a unique opportunity to gain practical experience while you receive financial assistance for college. Nursing majors compete for 2, 3, or 4-year scholarships.

ROTC enhances your undergraduate nursing education or graduate nursing education by providing the unique leadership and management training, along with the practical experience needed for success, either in the Army or in a civilian career. You will develop your professional skills while you learn some meaningful things about yourself and what you can accomplish. You will also develop leadership skills, self-confidence, flexibility, and adaptability while having fun.

As an ROTC nurse cadet, you will be able to combine college electives in military science and invaluable nurse summer training experience with your nursing program.

After obtaining your baccalaureate degree and meeting the prerequisites, you will receive a commission as an Army Nurse Corps (ANC) officer. Once you have identified your assignment choices, you will be ready to take on the challenges of your profession in one of the Army hospitals in the U.S., Germany, or Korea.

As an officer, you'll have the opportunity to lead, advance professionally, obtain specialized training, work with the latest medical technology, and serve with other highly trained medical personnel as an important member of the health care team.

Army ROTC is where it starts for the future leaders of the Army Nurse Corps. Take advantage of the ROTC edge.





The Reserve Officer Training Corps (ROTC) provides an opportunity for college nursing students to receive practical, hands-on leadership experience. The ROTC courses provide a chance for students to develop management, communication and decision-making skills in a non-threatening environment. Physical training and confidence-building activities (i.e. rappelling, obstacle courses) also provide a chance for students to be physically and mentally challenged.

The ROTC program is taken in conjunction with your regular classes in a selected major field, plus other general education requirements you need to complete to earn a commission. The main focus is on management and leadership skills development, with increasing responsibilities as you progress through the program. A typical cadet takes 2-4 credits of ROTC class per semester, which may count towards your total credits required to graduate. The ROTC program itself can be taken on a 4, 3, or 2-year basis. The first 2 years are the Basic Course and the last 2 years are the Advanced Course. Your academic and military status as a cadet will determine the length of time you need to complete your ROTC requirements.





The NSTP is a paid three-to-four week clinical elective for Army ROTC nurse cadets. Attendance is voluntary. Our affiliated nursing school awards academic credit for this program.

This elective is conducted at Army hospitals in the United States, Germany and Korea. You get paid while attending NSTP during the same summer as Advanced Camp, which is usually between the Junior and Senior year of college.

During the NSTP clinical elective, you will receive "hands on" experience under the direct supervision of a preceptor -- an Army Nurse Corps officer who works with you one-on-one. Regular coaching sessions enhances your progress, while also providing feedback about your performance.

While you follow the same duty schedule as your preceptor, you may receive training in several areas, including patient assessment, planning of patient care, nutrition maintenance and feeding techniques, range of motion and mobility, medication administration, emergency procedures, intravenous (IV) therapy, and other special procedures and techniques.



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Scholarship

2, 3, and 4-year scholarships are available to nursing students

All scholarships provide:

- ❖ Tuition/fees: up to \$17,000 per year
- ❖ Books: \$600 per year
- ❖ Monthly tax-free stipend during the school year. (\$250/month as a freshman, \$300/month as a sophomore, \$350/month as a junior, \$400/month as a senior)
- ❖ University incentives: some schools offer additional incentives for scholarship winners (i.e. free room and board, out of state tuition waivers, etc.)

Criteria for Scholarships:

- United States Citizenship
- High School Graduate with a minimum GPA of 3.0
- Minimum SAT of 1050 or ACT of 21
- Physically fit and medically qualified
- Under 31 years of age on 30 June of the year you graduate from college
- Good moral character

Non-Scholarship

Students can participate in ROTC without a scholarship and will receive a monthly stipend starting their junior year, currently \$350 per month (up to \$3,500 per year) for their junior and \$400 their senior year.



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As a commissioned officer in the Army Nurse Corps your benefits include: Competitive salary with regular promotions, 30 days paid vacation each year (in addition to time off for 11 Federal Holidays) starting in the first year. Medical and dental care is provided free to active duty service members with unlimited sick leave. Also, when changing jobs you do not start on the bottom again but rather retain your same rank and pay.

Income Comparison

| Starting Income, Single | Civilian | 2 ND Lieutenant |
|---|-----------------|----------------------------|
| Taxable salary | \$30,000 | \$26,204 |
| Federal Income Tax | -\$4,310 | -\$3,910 |
| Social security (7.65%) | -\$2,295 | -\$2,004 |
| Basic Allowance for Subsistence (grocery) | \$0 | +\$2,006 |
| Basic Allowance for Housing (rent/mortgage) | \$0 | +\$10,104 (Nat. Avg) |
| After Tax Income (less state taxes) | \$23,395 | \$32,400 |

Note 1: 2003 Federal Income Tax Rate Schedules Used.
 Note 2: Basic Allowance for Subsistence and Basic Allowance for Housing (BAH) are tax-free.
 Note 3: BAH is determined by the zip code of the Military Installation where you are assigned. Variations in BAH are based on geographic duty location, pay grade, and dependency status. To view additional BAH rates go to www.dtic.mil/perdiem/bahform.html, have Zip Code available and choose O-1 from the pull down menu. More information also at <http://www.dod.mil/cgi-bin/rmc.pl>

Annual Pay

(Continental US Average before taxes; allowances are tax-free)

Initially (2nd Lieutenant with less than two years active duty): \$38,315
2 years later (1st Lieutenant with two years active duty): \$47,843
3 years later (1st Lieutenant with three years active duty): \$53,059
4 years later (Captain with four years active duty): \$61,520



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Additional Benefits Package

- ◆ 30 Days paid vacation each year (starting the first year) with time off for 11 Federal Holidays
- ◆ Free Medical and Dental Care for Active Duty service members
- ◆ Regular pay-raises every year for the first four years, then every two years afterward. In addition, Congress frequently appropriates a pay raise for the military every January.
- ◆ Regular promotions; each with a pay raise.
- ◆ Unlimited sick leave
- ◆ Free relocation services
- ◆ Generous retirement plan after 20 years
- ◆ Low cost life insurance (up to \$250,000 for \$20 per month)
- ◆ Post Exchange and commissary privileges
- ◆ Free use of recreational facilities
- ◆ Unlimited travel opportunities
- ◆ No loss of rank or pay when changing job positions/locations





After graduation, you will be commissioned as a 2nd Lieutenant in the United States Army. Your first assignment, which is determined by evaluating your college performance, ROTC standing, and your preferences, can be one of over 25 hospitals in the continental United States, Alaska, Hawaii, Germany or Korea.

Before you go to your first assignment, you will attend the Officer Basic Course at Fort Sam Houston, Texas, where you will study basic army knowledge and the functioning of an army unit.

Once you have been working as an Army nurse (on active duty for one year), you are eligible to attend a clinical specialty course of your choice. Currently, the course choices are:

- Critical Care Nursing
- Emergency Nursing
- Preoperative Nursing
- Obstetrical and Gynecological Nursing
- Psychiatric & Mental Health Nursing
- Community Health Nursing

Service Obligation

Scholarship Recipients: Your total service obligation will be eight years (of which the first four years are Active Duty). At the completion of the first four years, you may elect to continue on Active Duty or enter the Army Reserves for the remaining four years.

Non-scholarship Recipients: Your total service obligation will also be eight years, but the Active Duty commitment is only three years. At the



completion of the first three years, you may elect to continue on Active Duty or enter the Army Reserves for the remaining five years.

Specialized Nursing Opportunities

Earning your BSN is an achievement for which you can be proud. Since nursing is a dynamic profession, your skills and professional knowledge must be constantly updated. The Army Nurse Corps is committed to providing opportunities that will enhance your abilities, interests and knowledge. As an Army Nurse, you may apply for specialty courses such as:

Critical Care Nursing: This 16-week course prepares nurses to take care of critically ill patients in a variety of critical care settings. Course content includes the necessary knowledge and clinical skills, teaching techniques, and the principles of management of the critical care setting.

Emergency Nursing Course: This 16-week course prepares nurses to function as entry-level emergency nurses. The course will focus on responsibilities, nursing care, teaching role, principles and techniques of staff supervision and management of patients across the life span in an emergency setting. Portions of this course are jointly instructed with the Critical Care Nursing Course.

Preoperative Nursing: This 16-week course will prepare you to function as first-level staff nurses in the operating room (OR). It also focuses on the OR nurse's responsibilities in the preparation and sterilization of supplies/equipment; special fields of surgery; and the principles and techniques of management of the operating room.

Obstetrical and Gynecological Nursing: This 16-week course is designed to provide the necessary knowledge and clinical skills to deliver inpatient and ambulatory nursing care to pregnant women, newborn infants and patients with gynecological problems.

Psychiatric & Mental Health Nursing: This 22-week course will prepare you with the necessary knowledge and clinical skills to deliver care and treatment to psychiatric patients.



Community Health Nursing: The 9-week Principles of Military Preventive Medicine course is designed to provide the entry-level skills and knowledge in preventive medicine specialty areas. Content includes community health practices, communicable and infectious diseases, epidemiology, statistics, medical entomology, industrial hygiene, health physics, sanitary engineering, and environmental science as well as various specialty modules.

In addition to the specialty courses listed above, Army Nurse Corps officers who are in a "career status" can apply for a graduate education program of their choice. Some of the more popular selections include *Anesthesia Nursing*, the *Family Nurse Practitioner*, and *Health Care or Nursing Administration*.



ARMY NURSING



**A CAREER
PATH TO
SUCCESS**



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