

Endurance ¶ There are two types of endurance skills you need in your career as a nurse: Physical and mentally. Expect constant movement. Keep your body in good shape. Nursing keeps you on your feet physically. You need to have the energy and strength to keep going for 8 or even 12 hour shifts. Mental endurance is needed to help you remain focused, determined and dedicated to the care of the patients and families who depend on you.