



ACKNOWLEDGEMENT

I deeply express my heartfelt gratitude to the most high God, for giving me the knowledge, strength and support to come out with this wonderful and life changing book.

Special thanks goes to my family for their constant support. May God grant you all your heart desires.

Finally, a big “THANK YOU” goes to all Nurses, Midwives and student nurses who provided me with the necessary information needed to make this book perfect. Merci beaucoup!

SIKA WALKER.

PURPOSE OF THIS BOOK

The sole aim of the author is to help students who are about to attend an interview in any nursing or midwifery institution. Most students tend to feel overwhelmed during this period. They end up scrolling through the various social media platforms to find interview questions, they sometimes get confused with the different answers people give to certain questions . It can be difficult to cut through the noise to get to the heart of what you need to know. These answers were carefully researched from interviewers and students who have had a feel of the interview.

INTRODUCTION

Interviews are conducted by most nursing or midwifery institutions or schools to select students who are ready to learn and take up the nursing or midwifery profession. If you desire to study nursing or midwifery, do well to take this interview seriously as well as paying attention to everything written in this book. Students should take their time to understand each question and its corresponding answer and not try to memorize the answers. Students can as well practice in front of their mirror, take a video of themselves answering these questions or make someone ask them these questions and assess them at the end. This would help gather much confidence before the actual day. Let's get started, my future nurses.



1. Tell me about yourself/ Who are you?

Answer: *Thank you, please I am called Sika Walker. I come from Kwahu in the Eastern Region. I was born and raised in Accra by my Mother and Aunt. I am a very curious person, I love to read, cook and write as well.*

Note: If the interviewer mentions your full name before asking you this particular question don't start your answer with your name again.

2. Where are you from?

Answer: *I come from Kwahu in the Eastern Region but i was born and raised in Accra. I am currently staying at Kasoa.*

3. What are your hobbies?

Answer: *I love to read , research and write as well.*

Note: These should be hobbies that will benefit you as a nurse. Also , you can be asked a follow up question like,what was the last thing you researched or read about.

4. What is one word you would use to describe yourself?

Answer: *One word i would use to describe myself is “ Empathic”. When people are going through pain or suffering, i am able to put myself in their shoes and offer help if i can .*

5. What is your greatest strength?

Answer: *One of my greatest strength is that i can stay calm under pressure or when there is a problem , i try to find a possible solution to it.*

Note: A follow-up question could be “ Tell us about an incident that happened, how you were able to remain calm and how you solved that issue”.

6. What is your greatest weakness?

Answer: *Since i was in senior high school, I struggled with “ procrastination”, due to that i tend to do things in the last minutes. After i saw how procrastination affected me negatively in class, i realized it was a weakness i must work on. I changed how i handled tasks and stayed disciplined. I have seen considerable improvement. I no longer rely on last -minute panic to complete my task.*

7. Where do you see yourself in the next 5 years/ 10 years?

Answer: *In the next 5 years, i hope to be done with my nursing course, finish my National Service and be posted to a hospital or clinic to start practising as a nurse/ midwife as well as working towards career advancement.*

8. What will your boss say about you? / What will your classmates say about you?

Answer: Thanks for this question, i think what my boss or classmates will say about me is that i am a joyful person. Because anytime i am in a group i try to bring joy and laughter in the room; so with that i am a good team player, i am able to work with people as well.

9. What qualities do you possess that can benefit you as a nurse or midwife?

Answer: I am a very caring person who always try to put myself in people's shoes when they are in pain. I feel because of this quality, i will be able to provide the best of care to my patients.

10. What was your favourite subjects and why?

Answer: Back in S.H.S my favourite subject was biology, because biology relates to what we do and see in our everyday lives thus making it easier to understand.

11. Have you struggled or fallen behind in class? If so how did you handle it?

Answer: Thank you, back in S.H.S i struggled with certain subjects which made me fall behind in class. I spoke to my parents about it and they insisted i had a private teacher who would teach me when i am home the person to explain his actions or correct the behaviour first. If a direct conversation does not resolve the issue, then I will report to a higher Authority.

12. How will your course in High school help you in nursing or Midwifery?

Answer: *As part of my electives, i offered Biology. In biology we were taught how the human body functions. And as a nurse i know my knowledge in how the body functions will help me better understand why people fall sick and how to treat sickness or the body is likely to malfunction.*

OR

Answer: *I think as a nurse or midwife i must know how the organs of the body works in every body system so I can understand the diseases and how they affect the function of these organs and systems to be able to care for and protect the lives of my patients; knowing biology takes me a step closer to helping patients or pregnant women.*

13. Why did you choose this school?

Answer: *I spoke to an alumni from your nursing program and every one spoke highly about this school and while i researched i found out that this school has more infrastructure and a serene environment to help in learning. So i feel your school has everything a student seeking success needs.*

14. Why should we admit you into our nursing/ midwifery program?

Answer: *I believe that i am an ideal applicant for your nursing/ midwifery program because i possess the intelligence required to learn important medical knowledge . When given admission i will do my best to excel my exams and become a good representative of this school.*

15. Have you ever experienced a disagreement with a teacher or instructor that was difficult to overcome? How did you resolve the issue?

Answer: Luckily enough, I never had any misunderstanding with my teachers. I always gave my teacher the maximum respect and did what was expected of me as a student.

16. Why did you choose nursing or midwifery as a career?

Answer: Thank you, growing up as a child i always saw how my mother and aunties worked passionately in the nursing field. I used to volunteer to work in the hospital where my mother worked. Since that time, I decided to become a nurse or midwife.

OR

Growing up a child, i fell sick and was admitted at the hospital. On my hospital bed , I loved how the nurses who cared for me worked selflessly. I told one of them i would like to be a nurse too and she told me i can be whatever i want to be as long as i feel a sense of satisfaction. Since then , i volunteered to work at a nearby clinic. I really loved what i was doing so i decided to become a nurse/ Midwife in years to come.

17. Tell me some responsibilities you think are part of the nurses' role/ midwives role.

Answer: Nursing

1. *It is the role of a nurse to care for a patient by administering medications, monitoring vital signs and performing various medical procedures.*
2. *Educating patients and families about, health conditions and treatment.*
3. *Work with other healthcare professionals*

to ensure comprehensive care. Midwifery

1. *To provide pre-natal care. Provide care to pregnant women, including monitoring fetal development and address concerns.*
2. *To assist with labor and delivery providing emotional and physical support.*
3. *To care for new mothers and their babies after delivery.*

18. What do you think is the most important trait a nurse or midwife should have and why?

Answer: *I think the most important trait a nurse or midwife must have is "competence". To know what is expected of her or to know her responsibilities and how to execute them.*

OR

In my opinion, the most important trait a nurse or a midwife should have is "Empathy". To be able to put themselves in their patients shoes in order to provide the best of care to make patient feel comfortable.

19. What do you think is the most difficult part of being a nurse?

Answer: Thank you, i feel the most difficult thing about being a nurse or midwife is when you are taking care of a patient, hoping he or she gets better but rather passes away or loses his or her life. It could be very devastating/ Taking care of a pregnant woman and hoping she delivers peacefully but ends up losing her life or her baby.

20. What do you think will be most rewarding part of being a nurse?

Answer: I think the most rewarding part of being a nurse or midwife is when i take good care of a patient and seeing him or her fully recovered and been discharged/ when a pregnant woman under my care delivers peacefully.

21. How do you think you would respond if you saw a senior Nurse or midwife acting in a manner you feel is unethical?

Answer: Thank you, I provide an opportunity for the person to explain his actions or correct the behaviour first. If a direct conversation does not resolve the issue then i will report to a higher authority.

22. How will you respond if one of your patients refused a medication or treatment deemed to be the only life-saving alternative left for them?

Answer: Well, i will try to understand the reason for their decision by asking them to tell me more about their decision. If it is because of fear then I would re-assure, if it is lack of understanding of the treatment, then i will educate them more about their disease control and importance of the treatment.

23. How would you handle a situation when a patient asked you to do something you feel is outside of a nurse's ethical guidelines?

Answer: Thanks for this question, i will actively listen to the patient's request, try and understand their perspective and try to grasp the reasons behind their request.

Also, i will clearly and calmly explain the ethical or professional guidelines that prevents me from fulfilling their request and its associated consequences of violating those guidelines both for the patient and for my self.

Lastly, i will offer alternative solutions that align with ethical guidelines and still meet the patient's needs. For instance, referring them to another healthcare professional who can provide the requested service.

24. What qualities do you think a nurse/ midwife should have?

Answer:

1. Empathy and Compassion:

The ability to understand and share the feelings of patients and their families, approaching care with a gentle and caring attitude.

2. Emotional Strength:

Mental and emotional resilience to cope with distressing circumstances, remain calm in stressful situations, and maintain a mature outlook.

3. Patience:

Essential for building trusting relationships and providing support during complex or challenging times.

Professional Skills and Attributes

2. Communication Skills:

Excellent verbal and non-verbal communication skills to build rapport, provide clear information, and actively listen to patients' concerns.

3. Critical Thinking and Problem-Solving:

The ability to analyze situations, evaluate facts, and make sound, rational decisions to improve patient outcomes, often under pressure.

4. Observational Skills:

Keen attention to detail to monitor patient health, notice subtle changes, and record information accurately.

5. Teamwork:

The ability to work effectively with other healthcare professionals, such as doctors and other nurses, as part of a collaborative team.

6. Integrity and Ethics:

A strong moral compass and commitment to providing care with honesty and respect, informed by the patient's values and preferences.



10. Who is the mother of nursing?

Answer: The mother of nursing is Florence Nightingale. She defined nursing as “ The act of utilizing the environment of the patient to assist in their recovery”.

11. What is the full meaning of the following abbreviations?

PPE- Personal Protective

Equipment MOH- Ministry of health

NMC- Nursing and midwifery Council

NADMO- National Disaster Management Organisation

GHS-Ghana Health Service

FAO-Food and Agriculture

Organization. BAG- Bar Association of

Ghana

GRNMA- Ghana Registered Nurses and Midwives Association

CPR- Cardiopulmonary Resuscitation

O.P.D- Out patient Department

E.N.T- Ear Nose and Throat.

12. What are some Facilities in the hospital?

Answer: Consulting Rooms: For doctors and other specialists to meet with patients for consultations.

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- **Waiting Areas:** Designated spaces for patients and their families to wait before appointments or procedures.
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- **General Wards:** Spaces with multiple beds for patients requiring general medical care.
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- **Specialized Wards:** Dedicated areas for specific patient needs, such as maternity wards, pediatric wards, and ICU.
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- **Observation Wards:** Short-term stay areas for patients requiring monitoring.

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- **Operating Theaters/Surgical Suites:** Rooms equipped for surgical procedures.
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Diagnostic and Treatment Facilities:

- **Laboratories:** Facilities for conducting medical tests on blood, tissue, and other samples.
-
- **Dispensary/Pharmacy:** Area for dispensing medications and other medical supplies.
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- **Radiology/Imaging:** Rooms equipped with X-ray, MRI, CT scan, and other imaging machines.
-
- **Cardiology/Cath Lab:** Areas for cardiac testing and procedures.
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Administrative and Support Areas:

- **Administrative Offices:** For managing hospital operations and staff.
-
- **Record Rooms:** Secure locations for maintaining patient medical records.
-
- **Stores:** For storing medical supplies, equipment, and other necessary items.
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- **Public Health Area:** For public health programs and services, such as antenatal care.
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- **Coffee Shop:** For visitors and staff.
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Other Facilities:

- **ICU/High Care:** For patients requiring intensive medical care.
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- **Outpatient Department:** For patients receiving care without being admitted to the hospital.
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- **Dental Department:** For dental care services.

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- **Renal Department:** For kidney-related care and dialysis.
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- **ENT Department:** For ear, nose, and throat care.
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- **Neonatal ICU:** For newborn babies requiring intensive care.
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- **Urology Department:** For urinary tract and male reproductive system care.
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- **Rehabilitation Services:** May include physical therapy, occupational therapy, and speech therapy.
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- **Palliative Care Services:** For patients with serious illnesses, focusing on pain management and symptom control.

13. What are some equipment or instruments used in the hospital?

Answer:

- **Stethoscope:** Used to listen to internal body sounds, such as the heart and lungs.
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- **Thermometer:** Measures a patient's body temperature.
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- **X-ray Machine:** Produces images of the body's internal structures.
-
- **MRI Scanner:** Uses magnetic fields and radio waves for detailed internal imaging.
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- **Ultrasound Machine:** Uses sound waves to create images of organs and tissues.
-
- **Blood Pressure Monitor (Sphygmomanometer):** Measures blood pressure.
-
- **Pulse Oximeter:** Measures the oxygen saturation in the blood.
-

Monitoring & Life Support Equipment

- **Patient Monitor:** Displays vital signs like heart rate and blood pressure.
- **Ventilator:** Assists patients with breathing.
- **Infusion Pump:** Delivers fluids, medications, or nutrients at a controlled rate.
- **Defibrillator:** Delivers an electric shock to restore normal heart rhythm during emergencies.
- **Anesthesia Machine:** Delivers anesthetic gases during surgery.

Surgical Instruments & Equipment

- **Surgical Lights:** Provide bright illumination for surgical procedures.
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- **Surgical Instruments:** A broad category including forceps, scalpels, and other tools for cutting and manipulating tissue.
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- **Suction Machine:** Used to remove fluids and blood from the surgical site.
-
- **Electrosurgical Unit:** Uses electrical current to cut tissue or control bleeding.
-

General Hospital Equipment

- **Hospital Beds:** Adjustable beds designed for patient comfort and care.
- **Stretchers:** Used to transport patients within the hospital.
- **Nebulizer:** Converts liquid medication into a fine mist for inhalation.

14. What is First Aid?

Answer: First aid is the immediate care given to a person who is injured before seeking medical help from the hospital.

15. What is the role of the NMC(Nursing and Midwifery Council)?

Answer: serves as a professional regulatory body that sets high standards for nursing and midwifery training and practice, ensures the availability of qualified professionals, and safeguards the public by maintaining professional standards through licensing, accreditation of institutions, and disciplinary action. Its key roles include registering professionals, conducting examinations, overseeing continuing education, and providing guidance on professional conduct.

16. How do you plan to handle the demands of nursing school?

Answer: Thank you for this question. I have developed strong time management and organization skills which will help me balance coursework, clinicals and my personal duties. Also, I am committed to maintaining a healthy work-life balance by setting aside self-care and relaxation responsibilities.

17. What do you see as the biggest challenge facing nurses today?

Answer: I think one of the biggest challenge facing nurses today is the "high Patient to nurse ratio", which can lead to burnout and impact the quality of care. This issue can be resolved by advocating for better staffing policies and supporting initiatives that focuses on nurses well-being and retention.

18. Do you think striking affects public trust in nurses?

Answer: Yes, it can. But it also depends on how it is handled. If the public understands that nurses are striking not just for themselves but also to ensure safer hospitals and better patient care, trust can increase. Clear communication and planning during strikes are key. When the public sees that nurses are advocating for a better health system, many people will support that.

19. What changes do you think should be brought into the healthcare system?

CURRENT AFFAIRS QUESTIONS.

Note! Names of the Ministers should be researched very well... sometimes there can be change of positions.

20. What is the current health issue? Answer:

21. What is the name of the current health Minister?

Answer: Honourable.....

22. What is the name of the current Education Minister?

Honourable.....

23. **What is the name of the current Sanitation Minister?**

Honourable.....

24. **What is the name of the current Finance Minister?**

- Honourable.....

25. **Who is the current Member of Parliament for your District?**

Honourable.....

26. **Who is the current Regional Minister for this Region?** Honourable.....

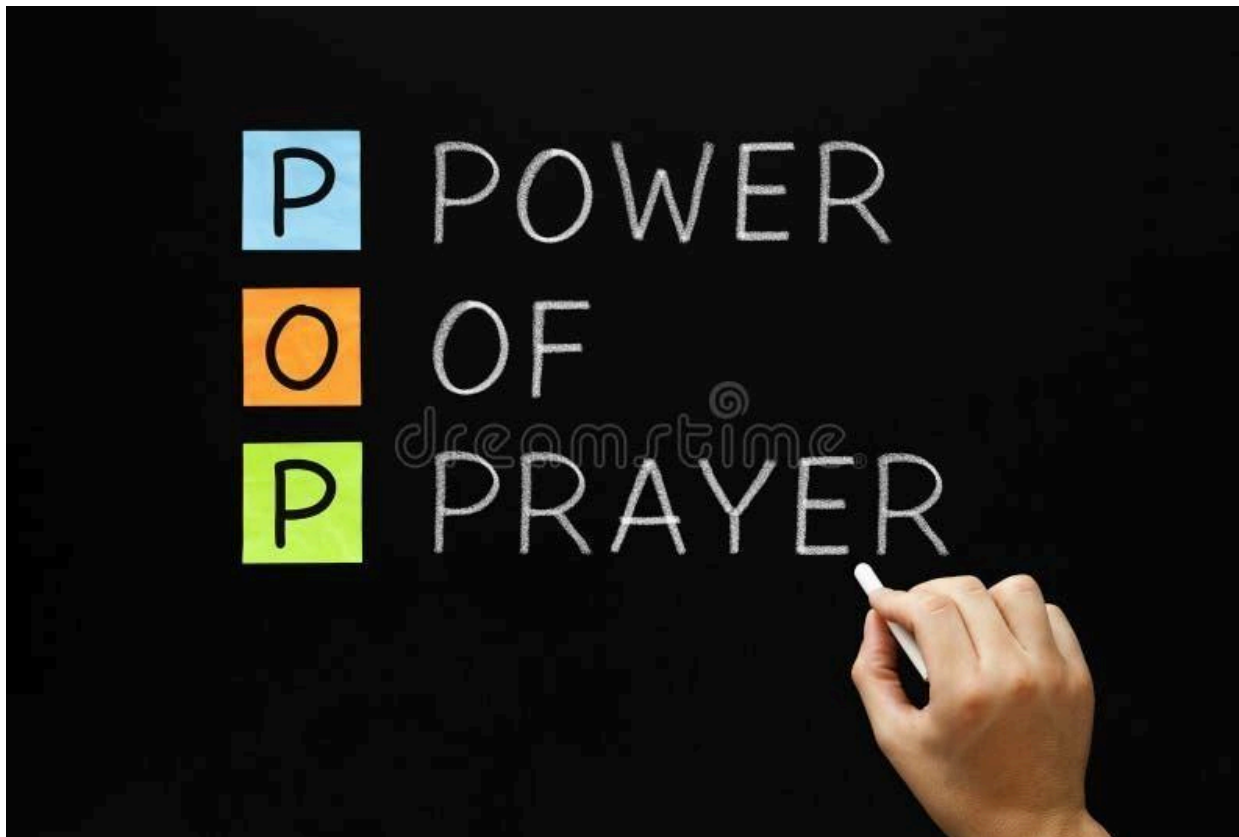
27. **What is your opinion on nurses going on strike?**



Answer: I believe nurses' strikes are complex and often arise out of deep concerns, such as unsafe staffing levels, poor working conditions or unfair pay. While patients care is always a priority. I also believe that nurses have the right to advocate for conditions that allow them to deliver safe, effective care. In situations where dialogue and negotiation fail, striking may become a last resort to bring attention to critical issues. Ideally, I think solutions should reach through dialogue.

TOP SECRETS AND BONUS TIPS TO PASS YOUR NURSING OR MIDWIFERY INTERVIEW.

- Power of Prayer: The power of prayer is sometimes underestimated. Students should make sure they pray for God's favour before stepping out. Prayers have worked wonders in people's lives. Ask God for wisdom, courage and above all, favour.



- Ladies must dress decently(dress should look professional). A decent African print can be worn. Hair can be braided but should be arranged/ wrapped neatly, not touching shoulder. Avoid coloured hair or braids; accepted colours are black and dark brown. Keep finger nails short, avoid wearing artificial nails. Iron clothes properly. Avoid

necklaces, bracelets bangles, dangling earrings etc. Wrist watches and marriage rings could be worn. Avoid high heels or noisy footwears and extreme make ups.



- Gentlemen should shave their beards. Belts worn should match your shoes. Trim hair decently/ have a nice haircut. Avoid tattered clothes.
- Never neglect personal hygiene. It makes you feel more confident.
- Never go to the interview venue late. If you do not really know the place, go there a day before.
- A night before, pack all your documents in a neat brown envelope separating original copies from photocopied ones.
- Research about the nursing program you want to offer. For instance, General nursing, Midwifery, Pediatric Nursing , Community nursing etc. with their respective roles.
- Do not talk too much but talk enough. If you talk too much you may end up telling a lie, and if the interviewer should a follow up question you may not be able to answer.

- Lack of enthusiasm: This is when you appear sad or you look as if you have been compelled to attend the interview. You must look active and interested- smile when talking. Never beg them to admit you.
 - Displaying a negative body language should be avoided. Avoid crossing legs, folding arms "supporting your head with your hands", fidgeting, looking down. You must look into the interviewer's eyes or his/her forehead.
 - Put your phone on "silent" or switch it off to avoid distractions. Never touch your phone in the interview room.
 - When you enter the interview room, you don't SIT until you are asked to do so. When you get to the door, knock, when you are asked to enter, you enter and greet and stand until you are asked to sit. Sit comfortably in a good posture.
 - If you are asked to tell them why you want to be nurse, Never say "My parents said i should become a nurse for them". When this answer is given, it will show that you have no interest in nursing. " Never tell them its because of the "salary" nurses and midwives receive. Tell the interviewer you are passionate about midwifery/ nursing.
 - The answer you give is mostly thrown back at you in a question, so be mindful of the answer you give.
 - If you don't know the answer to a question; tell them- i am sorry please i do not have any idea about this question.
 - If you do not hear the interviewer's voice clearly, kindly tell him or her; Madam/ Sir please I can not hear you. Use words such as " Please", "Thank you", " pardon".
 - Do not talk about the number of schools you applied to- every school wants to feel like, they were your only choice or option.
-
- Don't cry during your interview. Crying tells the interviewer that you can not stand pressure. Just take a deep breath, because its not a good sign of a nurse. It means you can not stand pressure(meanwhile, nurses are always under pressure).
 - Eat before attending the interview. Empty bowels before entering the interview room.
 - Be confident but not rude.
 - Never say " i am done" after answering a question, just stay silent.
 - Never give a straight forward answer.

Example: Where do you come from?

Nursing Interview Dress Code: 3 Tips

1.

Dress for an Office Setting: This could mean slacks or a long skirt and a dressy blouse.

3.

Keep it Simple: Go for a simple hairstyle, jewelry and keep your



WISHING YOU THE BEST OF LUCK!

PRAYER POINT:(James 1:5).

For any further questions you would like to ask.....

Whatsapp....0205084897

Email.....