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Capital Nursing Professor Publishes Book for New Graduates *Stressed Out About Your First Year in Nursing*

Hartford, CT - Patricia A. Duclos-Miller, MS, RN, CNA, BC, associate professor in nursing at Capital Community College, has written a book to assist new graduates in managing the transition from student nurse to graduate registered nurse. Duclos-Miller provides sound advice on a topic rarely discussed: How to survive the rigors of the first year in the demanding profession of nursing.

Building on her many years in nursing practice and education, Duclos-Miller's book, *Stressed Out About Your First Year in Nursing*, helps the graduate learn how to manage conflict and navigate the various stages of the first-year experience. The book provides guidance and understanding on steps to growing in competence and confidence on the journey towards becoming a great nurse.

In addition to her role as full-time associate professor in nursing at Capital, Pat Duclos-Miller is a consultant for the Kelsco Consulting Group in Cheshire, CT, a special lecturer for the University of Connecticut's graduate nursing program, and a per diem supervisor at Bristol Hospital.

During her 32 years in nursing, Duclos-Miller has served in a variety of roles, including staff nurse in the specialties of medical/surgical nursing, obstetrical nursing, and neonatal intensive care. She has also served as a nurse

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administrator in the performance improvement, acute, home healthcare, and long-term care settings. Duclos-Miller is a recognized speaker on contemporary nursing topics such as quality, team building, and documentation issues.

In addition, Duclos-Miller has served in key leadership positions for professional organizations and is the author of the HCPro book *Managing Documentation Risk: A Guide for Nurse Managers*. She has also spoken about documentation on several HCPro audio conferences and is a contributor to the newsletter *Strategies for Nursing Managers*.

Duclos-Miller is a registered nurse and is board certified by the American Nurses Credentialing Center (ANCC) in nursing administration.