

I am currently pursuing a Bachelor of Science in Nursing degree through Arizona State University. As a mother to four children, I have experienced the medical community in a variety of settings. I delivered all my children in a hospital which gave me a patient perspective on the Labor and Delivery floor. My third child was born with a genetic mutation which we were finally able to have diagnosed when he was 8 years old. Over those years we traveled to multiple specialists to try to find out what the issue was with our son. This experience gave me insight into the patient and parent side of the complex medical world. My son went through intense testing, and it was incredibly difficult as a parent to watch that. There were multiple medical professionals that assisted us through the process and there were some who were impatient and less caring than I felt they should be.

Now I work in the medical field, I am a scrub tech in the Obstetrics department. I love my job and I love working with people who love their jobs. I plan to train as a Labor and Delivery nurse and in the future, I would like to train to be a NICU nurse. Once again as I have worked with these professionals, I have seen those who are caring and compassionate, and those who are not.

The biggest change I would like to make is to increase the compassion of nurses in general. I know that the strain of the pandemic has changed the perspective of medical professionals. It has been an immense challenge to the medical community. I believe there are many changes we can make to improve our health care system. Administrative professionals, who have not had to be in the trenches of caring for patients, lack an understanding that would improve the way they lead their teams. I believe it would be beneficial to make changes in administration. Along those lines, it would improve the trust that the staff has in their leaders,

when they know that the administration supports them, it would be easier to extend compassion to patients.

It is a difficult job to care for people. They are all in different situations and handle those situations in unique ways. But we would all benefit from a healthcare system that is more compassionate and understanding. In the same way that staff wants administration to understand where they are coming from, patients want staff to understand them too. We would all benefit from more compassion in the world.