

Kimberly Hill



When I was growing up I spent many summers with my grandparents. I learned a great deal from them. They instilled in me the importance of doing my best regardless of the task at hand. When being around elderly people one learns to have patience and compassion. Relationships with elderly people are very beneficial. One learns a lot from them since they have a lifetime of experience. I chose long-term care as a career because I enjoy taking care of others and find it very rewarding. After raising my family I still wanted to care for others and long-term care offers me this opportunity.

My goal within the long-term care profession is to provide quality nursing, empathy and understanding during the patients stay. Raising a family has taught me how unique each person is and has given me the ability to use different communication methods depending on the individuals needs. Understanding peoples' needs requires good communication and listening skills in order to understand what the patient is saying.

I hope to impact the profession by providing the best care possible. I want to promote, restore, maintain health and avoid risk through the nursing process. I hope that the patients would remember me as the nurse which provided the best care. Also, that they would look forward to seeing me every day and request me as their nurse.

An example of an opportunity to impact a patient through the care I provided is as follows: A patient was admitted for a short term stay at our facility. This patient was extremely upset and wanted to leave. I fully explained to her how I could help her. For instance, I told her that I would take care of her daily needs of hygiene, nutrition and that she would receive the correct medications. I also would be available to provide assistance with ambulation to avoid falls. I allowed time to listen to her fears and discovered that she was in pain. Information was given to the patient regarding pain administration and her fears were alleviated. She became calm and understood the need to remain at our facility.

One of the most important requirements in providing care for elderly patients is to have a positive attitude. A specific incident comes to mind. I became frustrated at work one day when three people failed to show up for work and I knew it would be a very difficult day. As I became stressed and overwhelmed I recalled the advice of my grandparents to always do my best regardless of the circumstances. I focused on the positive aspects of the day, my good health and ability to help others. As my outlook changed I was able to prioritize the patients' needs and felt satisfied knowing that the patients had been well cared for.