

Around three o'clock in the morning, I was in a resident's room discussing a concern she had about her medication. I heard another resident down the hall, in a muffled voice, calling for help. When I came out of the room, I called the other staff members to come quickly. The cry for help was so muffled, we were unable to pinpoint which room it was coming from. After checking each room on the hall, I opened the last room door on the left and observed Mrs. Mary, who was ninety-five years old, lying face down at the foot of her bed in a pool of blood coming from her head. I immediately told another staff member to call 9-1-1. After urging everyone to remain calm since their first instinct was to panic, I grabbed a towel from her bathroom and applied pressure to the bleeding site on her head. I prompted the other medication technician to keep the towel on her head with pressure. I instructed the staff to stay with her to keep her talking and to notify me if there were any changes with her. I quickly ran to the phone to speak with 9-1-1 personnel and our resident care coordinator to give her an update, along with the resident's power of attorney, which was her daughter. As soon as I hung up, I called the on-call nurse practitioners. I reported to them what was occurring, and they gave me step by step instructions what to do until EMS arrived. Mrs. Mary's daughter and EMS arrived shortly after, and she was then rushed to the hospital. At that moment, I knew that I strongly desired to further my education to become an adult gerontology nurse practitioner.

I began working at an assisted living facility in 2009 when I returned home from Gardner-Webb University in the summer. I was not sure how I would like it since it was my first job as a certified nursing assistant. After I learned about the variety of residents and more about dementia, I began to love it. I graduated from Gardner-Webb University with a Bachelor in Science Degree in Business Administration in August 2012. In April 2013, I earned my Assisted Living Administrator Certification. After completing it, I realized I favor personal care more. In

September 2013, I was offered the third shift supervisor and medication technician position. Since the administrator, resident care coordinator, and the memory enrichment center coordinator are not on the campus of the assisted living during the night, I am the contact person for every situation. I quickly respond to residents that have any emergencies or medication needs. I also manage any staffing concerns and scheduling issues, resident and/or staff conflict, fill in wherever there is limited staffing, and lead the entire third shift by being a good example. My goal as supervisor was to become a dependable and reliable leader that fosters an environment which understands the importance of teamwork. I value the experience, which leads me to desire to take my experience to the next level. I want to be able to provide care by treating and diagnosing patients, working as part of a team, and also become a better leader in the process.

After realizing I am passionate for taking my experiences as supervisor and medication technician to the next level by becoming a nurse practitioner, I decided to enroll at Winston-Salem State University, and obtain a second degree in biology in order to have a better foundation in human anatomy and physiology. I love and welcome every opportunity to learn and gain knowledge. After I graduate from Winston-Salem State University, I plan to enroll in an Accelerated Bachelor of Science in Nursing program to become a registered nurse. As I am working as a registered nurse, I plan to continue my studies in a Doctor of Nursing Practice program. I want to specialize in becoming an adult gerontology nurse practitioner, and work primarily with the aging population. Eventually, I plan to own and be an administrator of a continuing care retirement community to ensure older adults are well taken care of in their later years.

Mrs. Mary returned to the facility a few weeks later after being treated at the hospital. She told me, she did not remember many things from that night, but she mentioned something that really stuck out to her. She told me that my ability to remain calm, while acting very quickly, helped everyone, including herself, to remain calm. She also told me that being book smart is great but gaining experience like that night is what I need to succeed. As we continued to talk, it was confirmed that I would love the opportunity to use the direct patient care experience that I have gained and take it to the next level by diagnosing and treating patients, especially as part of a team, as a nurse practitioner.