

Utilizing Quick Critical Thinking and Care in High-Stakes Environments as a Trauma Nurse

I still vividly remember witnessing a traumatic car accident during my senior year of high school. A vehicle spun out on slick roads and flipped over right in front of me. I immediately pulled over and dialed 911. As I waited for first responders to arrive, I assisted the driver in any small way I could.

Talking to her calmly, ensuring she didn't move her neck, and applying pressure to any bleeding scrapes. Thankfully, she ended up recovering fully. From that moment on, I knew emergency trauma care was my calling.

After college, I pursued my BSN and eventually earned a position in the emergency room at a Level I trauma center. The fast-paced nature kept me constantly engaged. I learned to assess situations swiftly, recognize life-threatening injuries, and respond effectively.

One of my first major cases was a construction worker who fell two stories from a building. He came in unconscious with a possible spinal injury. I stabilized his neck, monitored his vitals, ordered tests, and kept the team focused during the chaos.

In the end, he only suffered a concussion and a broken leg. Being able to treat patients in those critical first moments rapidly fulfilled me, unlike any other nursing specialty.

With 7 years of ER experience, I feel prepared to take on more responsibility. My next goal is to become a Trauma Program Manager. I want to oversee trauma response coordination and nurture team collaboration.

I also plan to continue earning certifications in trauma-related skills like Advanced Cardiac Life Support (ACLS). Trauma nursing challenges me every day, both professionally and emotionally. But I can't imagine a more rewarding career than being able to save lives when seconds matter.

