

Honoring Elder Patients through Specialized Clinical Care and Respect as a Geriatric Nurse Practitioner

During college, I volunteered to visit elderly patients in nursing homes. Many seemed sad and lonely, with minimal visitors. I made it my mission to form real connections with each person and brighten their days even just a little. Gertrude, a spitfire of a lady at 96 years old, became a fast favorite.

Her stories transported me to fabulously different times and places. I realized medicine was not just about her physical care but also nurturing her mind and spirit. She taught me more about kindness and resilience than any class could. After graduation, I knew elder care was the specialty for me.

I first pursued my Bachelor of Science in Nursing, focusing electives on gerontology. I also interned at a senior living community, conducting health assessments. This allowed me to gain experience with common conditions like arthritis, dementia, and cardiovascular disease.

My gentle approach put anxious patients at ease. My favorite part was the life advice patients would share if I took the time to listen. After a few years as an RN, I advanced my studies to become a geriatric nurse practitioner.

Today, I manage my practice, specializing in caring for older adults. My comprehensive training helps me coordinate whole-person care centered on patients' goals. I do everything from prescribing medications to order therapies to educating caregivers.

I make home visits when mobility is an issue. My calm demeanor and experience enable me to advocate for each senior's health needs and preferences. Though we may visit for physical concerns, I get to know each individual's incredible stories and spirit. Being a trusted resource to seniors throughout aging is a true honor for me.

