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My name is Ashley Grate. I'm a registered nurse in labor and delivery, so I've worked at Ephraim Mcdowell for a few months.

I chose to work here because it's close to home. I preferred a small hospital setting and I actually did my 120 hours nursing practicum here at Ephraim Mcdowell while I was in nursing school and I really enjoyed it.

I love the small family atmosphere of Ephraim Mcdowell the most, just recognizing faces all over the hospital, feeling like more of a family team atmosphere versus a big sea of employees.

So while I was in nursing school, I worked at a large hospital in a big city, and it was a hospital that employed over 30,000 employees. And when I graduated from nursing school in the middle of COVID, I did take a job there in one of their intensive care units. And it opened my eyes pretty quickly, that was not the place for me. I felt like just a number in a big hospital like that. I felt like people didn't really try to get to know me, didn't really know me really well, and didn't really mind if I was there or if I wasn't. So when I was granted the job opportunity here at Ephraim, I immediately took it and it was the best decision that I've made as far as my career goes so far.

My work environment is great. I love everybody that I work with. It's almost like a sisterhood or, I don't know. There's men also, but it's a family, everyone has your back. They want you to succeed because you succeeding is going to help the unit overall in the hospital and the patients.

So Ephraim has student loan repayment. They have a great retirement. My insurance benefits I've been really happy with, as far as copays and things like that, especially for my children's healthcare. I've been really, really satisfied with the benefits here.

My biggest piece of advice would be if you're even considering applying, just apply and meet and talk with managers and directors and other employees, and don't be afraid to give it a shot.

You don't need a huge hospital on your resume to make you a good nurse. Ephraim is a great place to work.