

- Melissa Houp, R...: My name's Melissa Houp. I've been a nurse at Ephraim in the ER at Fort Logan for five years.
- Amber Hamlin, R...: Hi, I'm Amber Hamlin. I'm the emergency department director at Ephraim McDowell Regional Medical Center. I've been with Ephraim for McDowell for 16 years. And I have worked in the emergency department for the last 11 years.
- Carmen Graf, RN: My name is Carmen Graf. I am an RN. I work in the emergency room here at Ephraim McDowell, and I've been here for a little over 18 months.
- Melissa Houp, R...: I needed a job that would travel. My husband was active duty military, so I needed something that I could pick up and move with him.
- Amber Hamlin, R...: I became a nurse because I felt like it was my calling. I want to help people. And I chose ER nursing because I feel like with ER nursing, you're there for people on their worst days and their best days. And I feel like that is a calling that the Lord called me to.
- Carmen Graf, RN: I wanted to become a nurse since I can remember, even when I was little. I was a weird kid. I always loved hospitals. I always liked being surrounded by healthcare workers. I feel like it was something I was truly meant to do. It's something I enjoy.
- Melissa Houp, R...: I think it means that you just have to keep going, even when you don't want to, even when patient outcomes are bad, you have to overcome and move on to the next patient.
- Amber Hamlin, R...: I think that the ENA chose 2021 as Grit for ER nurses because of the last year and a half with COVID, it has been very challenging and it has been very hard for ER nurses, for all nurses, but it definitely takes a lot of grit to stick with it. And it has taken a lot of grit to come in every day, to face the challenges that we've had to face in the last year and a half in this pandemic.
- Carmen Graf, RN: It takes a lot of courage and a lot of strength to be an ER nurse. Seeing patients and families deal with loss, deal with terminal illnesses and things like that, it takes a lot out of you and you have to be a very strong person to be able to comfort people in their times of need. It takes a lot of courage to wake up and come in here every day. You don't know what you're coming into, who you're going to see, what you're going to see and just as a nurse, just being ready for that.
- Melissa Houp, R...: They would experience a lot of challenges and overcoming challenges going from one crisis to another, one patient to another, and trying to stay upbeat through it all.
- Amber Hamlin, R...: They would probably say that it's very chaotic, that it's very busy and it's very non-stop, but it's also very rewarding because you save lives every day in the ER.

Carmen Graf, RN: There would probably experience all the emotions really, joy sadness, and anger too at times. I say anger for, you can't always save everybody and that's a hard pill to swallow at times.

Melissa Houp, R...: When you can talk to a patient and really feel like they're understanding, they're getting it, when you feel like you've actually made a difference with a patient. And sometimes even with their families, just knowing that what you have done has impacted their lives.

Amber Hamlin, R...: Probably the most rewarding part of my job is helping people. I get to be there, sit with someone when they have received the worst news of their life. I get to be there with somebody when we save their life, and that's the best news that they've ever had. It's just, ER nursing to me is a gift. I get to give a gift to people and being there for them on their worst and their best days.

Carmen Graf, RN: The most rewarding part of my job is getting to help save lives, getting to help people in their biggest times of need. Everybody when they come into the emergency room is scared, so being able to be the nurse to help them at their scariest times is the most rewarding.