

Health Scholar Spotlight Amber Anderson

COPE Health Solutions developed the Health Scholar (formerly Clinical Care Extender) program in 1995 to impact health care workforce development by growing culturally competent, compassionate future professionals. Amber Anderson started the Health Scholar program at St. John's Hospitals in March 2017. This past spring, Amber Anderson was working as a phlebotomist in a nearby clinic when she met Laurie S. Bigham, RN, FACHE, the previous executive champion at St. John's who also helped establish the program there. Laurie needed blood work and after waiting over 1.5 hours, her phlebotomist, Amber, came to greet her with a smiling face and positive attitude. Laurie shared that "it was evident [Amber] will become a great nurse and also that she believes in the COPE Health Scholar program". We are pleased to have Amber share her story on how she has grown in the program:



Amber Anderson

The COPE Health Scholar program has been one of the most amazing programs that I have been a part of. It has given me the chance to explore different departments in the hospital and has helped me explore what kind of nurse I want to be. I have loved my time rotating in the ICU/CCU which is a great look into trauma care. I have seen so many different procedures performed including central lines, femoral catheters, arterial lines, pick lines, bronchoscopy, and have witnessed a few "code blues," emergencies in which an individual suffers from cardiac arrest. While it is unfortunate and difficult to experience the death of a patient, I was very thankful to be exposed to it, as it puts a lot into perspective to deal with death firsthand. I have enjoyed working with the nursing staff on ICU/CCU. They are some of the strongest and most amazing people I have ever met. They love mentoring the Health Scholars and always try to teach us as we help them out.

Cardiac Rehabilitation is another department I enjoyed rotating through. This floor deals with patients after they have gone through some form of cardiac failure, whether it is was from cardiac arrest, cardiovascular disease or myocarditis. In Cardiac Rehab, we are more than just clinical support for the patients. These patients can take care of themselves, but they need us as emotional support. Experiencing heart complications is terrifying, and many of these patients are filled with anxiety as they try to adjust back to a normal life. Our job as Health Scholars is to talk to them and provide encouragement as they work towards recovery.

My experience in both ICU/CCU and Cardiac Rehabilitation has made me realize that I would like to specialize in cardiac care as a future practicing nurse. The heart has always been one of my favorite organs because it is so impressive, but I never made the connection that I would enjoy being involved in cardiac care. I loved rotating in both the departments so much I decided to transition from the 15-month Health Scholar program to the 9-month program option, which allowed me to rotate through two departments each rotation so I could have the best of both worlds. I also hope to shift in the Operating Room (OR) soon to see some open heart surgeries and further explore the clinical side of cardiac care.

Outside of the program, I am working as a phlebotomist in the morning, and in the evenings, I volunteer and go to school. I only have one more class to finish before I can apply for nursing school, and I would love to get into the Channel Islands or Moorpark nursing program.

COPE Health Solutions is proud to provide educational experiences that develop future health care professionals into strong patient advocates and build trusting relationships between individuals and their local providers.

"COPE Health Scholar Program has been one of the most amazing programs that I have been a part of. It has given me the chance to explore different departments in the hospital, and has helped me explore what kind of nurse I want to be. I have loved my time rotating in the ICU/CCU which is a great look into trauma care"

COPE Health Solutions is proud to provide educational experiences that develop future health care professionals into strong patient advocates and build trusting relationships between individuals and their local providers.

For more information about COPE Health Scholars, please contact us at info@copehealthsolutions.com or (213) 259-0245.