

THE Importance of Caring

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my journey into nursing



Samantha Lozos, BSN, RN, CEN

TRAUMA PROGRAM MANAGER AND
STROKE NURSE COORDINATOR

Samantha Lozos, BSN, RN, CEN, knew from a very young age that she wanted to work in health care. Several members of her family are nurses and caregiving ran in the family.

“What really made me excited about health care was going with my mother and grandmother into homes and giving respite care to individuals,” she said.

“For whatever reason, these childhood memories are probably my fondest. Seeing two women I loved and adored being so selfless towards other people brought so much joy to my life. It was their actions that made me want to be a nurse.”

Lozos’ early decision to be a nurse has led her to a serve in a variety of different roles at Columbus Community Hospital.

She started working at CCH in 2009 as a licensed practical nurse on the Swing Bed/Skilled Nursing Unit. Then she transferred to the Acute Care Unit after earning her associate degree. From there, she moved to the Intensive Care Unit and then in fall 2011, she transferred to the Emergency Department and she’s been there ever since.

A career in emergency medicine hadn’t been part of Lozos’ career plan. Out of nursing school, she thought she’d gain more confidence in her nursing skills and then go to school to be a midwife.

“Boy oh boy, was I wrong,” Lozos said. **“I never realized until I was floated to the ER one night that I’m a bit of an adrenaline ‘junkie,’ and I like that anticipation of never really knowing what might come through your doors at any given moment. I was pretty much sold on the ER from day one of being here.”**

Lozos went on to work as ER service line coordinator as she went back to school to get her Bachelor of Science degree in nursing. After Lozos graduated, she took on the position as stroke nurse coordinator in June 2017. She also remained in her position as service line coordinator until November 2017, when she became trauma program manager, as well.

In her current positions as stroke nurse coordinator and trauma program manager, Lozos’ basic duties are to review processes and policies for patients who present to the CCH Emergency Department for trauma or stroke.

Since Lozos’ office is located in the emergency department, there isn’t really a typical day, but the majority of her days are spent reviewing charts and ensuring that the best care was delivered to stroke and trauma patients. To do this, she inputs information into national databases on trauma and strokes, and then evaluates the care CCH gives in these areas compared to the national standard. She also helps out other nursing staff when there is a high patient volume and responds to any trauma or stroke team activations.

“I would like to think that my experience as a dedicated floor nurse, and service line manager in the ER led me to my current position,” Lozos said. **“I am dedicated to improving the processes that we have in place and even creating new ones to better our patients at Columbus Community Hospital.”**

Lozos said she has been supported in this goal by the hospital leadership who let her to share her ideas for both of her programs, and give her opportunities to enhance her education in the areas of stroke and trauma.

She has received certification for emergency nursing through the Board of Certification for Emergency Nursing and she has also attended national stroke conferences. Lozos also hopes to become a certified stroke nurse later in 2020 and she is an active member of the Nebraska Emergency Nurses Association.

Though Lozos is very involved and happy in the field of emergency medicine, she said there are plenty of other opportunities in health care for people who want something different.

“There are so many different avenues you can take in health care and it might take you a little while to find your niche,” she said. **“So, don’t get frustrated. Keep learning, keep moving and keep working to find your ‘happy place,’ because once you find it, I guarantee you will not regret it.”**

For more information on Lozos, or CCH’s stroke and trauma services, visit www.columbushosp.org.