



A Patient's Perspective

The less conventional road to work

Nicola Kirkham RN

About me. . .

- Emergency Department RN
- Endurance Mountain Biking
- Trail running
- Adventure racing

Always a very busy person!

Bike vs. Truck



VS.



Journey to Hospital

Full Recollection

Calm and clear

Arrived at “my” ED

Feeling Safe

Perception of time



A pretty nasty x-ray!



From Nurse to Patient

“Magic” Moments

- Can be the smallest everyday things
- Brief moments in care
- May seem insignificant as a healthcare professional but to a patient they can be the most important

Life on the “other” side

- To know or not to know
- Knowledge is power
- Being “that” patient

Looking slightly better now!



Moving Forward



Recovery Journey
Goals
Expectations



Questions

