

# THE Importance of Caring

OCTOBER 2020

## my journey into nursing



### Amber Citta, APRN-C

COLUMBUS OTOLARYNGOLOGY CLINIC

Amberlace Citta, APRN-C, grew up around the health care field.

**“I’ve had a lot of family members who have been nurses and lab techs so I was always been exposed to it, even as a young kid,”** she said.

Citta entered the health care field herself at 16 years old when she became a certified nursing assistant (CNA). From then on, she knew nursing was the career for her.

She went on to receive her Bachelor of Science in nursing degree and a master’s degree as an advanced practice nurse practitioner in family medicine from the University of Nebraska Medical Center.

Since earning her master’s degree, Citta has worked as a nurse practitioner at Columbus Children’s Healthcare from 2011 to 2016 and at the Nebraska Heart Institute in Columbus from 2016 to 2018. Both of these positions have prepared her for her current role as a nurse practitioner with Columbus Community Hospital’s Columbus Otolaryngology Clinic – a position she started in about two and a half years ago.

Otolaryngology or ENT is a branch of medicine and surgery that specializes in the diagnosis and treatment of ear, nose, throat, head and neck disorders. Columbus Otolaryngology Clinic offers a full range of medical and surgical ENT treatments, and

offers treatment for dizziness, head and neck cancer, snoring and sleep apnea, and skin lesions and cancer.

As a nurse practitioner in the clinic, Citta sees patients in conjunction with Dr. Nila Novotny.

**“Typically, I come into work and I either see patients pre-operatively who are going back to have surgery or I will go up and see patients in the hospital,”** she said. **“After I round on them, I come back to the clinic and see patients throughout the day. There are days that I’m also assisting in the OR with Dr. Novotny on some of the bigger cases.”**

Even though Citta hadn’t initially planned for a career in ENT, she believes her past nursing experiences have prepared her well for this role.

**“I loved the ICU I worked in as a nurse, so I knew I liked critical care and stuff, but God had a path for me and I ended up in pediatrics and cardiology which ultimately has benefited me in ENT,”** Citta said.

In her role with Columbus Otolaryngology Clinic, Citta sees a lot of children who have surgeries, so her experience in pediatrics and cardiology allows her to pre-op them efficiently and recognize if they have a heart murmur or need further evaluation before surgery, for example.

Though Citta was well prepared for her current position thanks to her past nursing work, she is always learning more. She said CCH has been very supportive of her continuing her education.

**“Whether it be doing continuing medical education, or attending conferences or just educational opportunities here at the hospital, I feel like I’m able to get a lot of experience, not only in the clinic, but in the OR, as well as the hospital,”** she said.

Hands-on experience and learning opportunities like these are valuable for health care workers and for those who are just considering a medical career. That’s why Citta recommended anyone who is interested in health care do job shadowing and explore of all of the various jobs in the field. Even though some of these jobs may not involve direct patient care, they are still an invaluable part of the health care community.

**“I feel like sometimes people only see the nursing side or the doctor side, but there are so many different things within health care that you can do,”** Citta said. **“We have a great medical community here and we all work together the best we can in order to provide the best care.”**

**For more information on Citta or the Columbus Otolaryngology Clinic, visit [www.columbushosp.org](http://www.columbushosp.org).**