

THE Importance of Caring

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my journey into nursing



Mary L. Romshek, RN, BSN, CCRN

HOUSE SUPERVISOR

Mary L. Romshek started off her career in the medical field at a very early age.

As a young girl, she volunteered at a local nursing home and she worked as a nurses' aide at a nursing home during her high school years.

The experience made her want a to become a physical therapist. However, at the time, there were no physical therapy schools in the state and even fewer potential jobs for a female physical therapist.

So, Romshek turned to nursing instead.

She graduated from high school early and worked full time at the nursing home to help pay for her college education.

Romshek earned her diploma RN in 1979 and then worked 12 years at the Butler County Hospital in David City. Here, she gained experience in a wide variety of nursing practices, working in obstetrics, the emergency department and on general floor duty.

"In a rural facility, you have a great deal of responsibility and you learn how to do everything" she said.

Along with her on-the-job learning experiences, Romshek continued her education by earning her Bachelor of Science degree in nursing from Nebraska Wesleyan University.

Romshek started working at CCH in 1991

in the intensive care unit (ICU). She still does a few shifts there each month as a staff nurse, but about 10 years ago, Romshek moved into her current position as house supervisor.

In this position, Romshek essentially serves as administration in their absence. House supervisors assist in the coordination of patient bed placement, accept patients from other facilities, manage staffing, and help with patient care and other hospital services. They round frequently to ensure they know how many staff are on duty and whether this staffing adequately meets patient needs.

"Basically, we have to know what is going on in the building so we can help things run smoothly," Romshek said. **"We are who staff calls when they don't know who else to call."**

In addition to these duties, house supervisors are also nurses, so they provide clinical support where and when needed. Romshek enjoys this part of the work because it allows her to live out one of her earlier career goals.

Romshek initially wanted to work in the emergency department when she came to CCH, but at the time, they weren't any openings in the department.

"As house supervisor, I get to work in emergency department when it's really busy, so with this job, I get my ER fix," she said.

Though Romshek initially considered a career in physical therapy and then in the emergency department, she's happy she ended up where she did – as a house supervisor and ICU staff nurse.

"I guess God put me where I was supposed to be," she said.

Romshek also enjoys working at CCH which she said has supported her over the years by funding educational opportunities. For example, CCH helped Romshek pay for expenses when she went back to school for her bachelor's degree.

"We also have a budgeted education allowance that pays for workshops of our choice, as well as many required continuing education courses that are paid for by CCH," she said. **"At CCH, we are always learning and education is encouraged."**

Romshek herself is a lifelong learner and throughout her career, she's obtained and maintained certifications, including CCRN, a certification for nurses who provide direct care to acutely/critically ill patients; Trauma Nursing Core Course (TNCC); Advanced Cardiac Life Support (ACLS); Pediatric Advanced Life Support (PALS) and the Neonatal Resuscitation Program (NPR).

For more information on Romshek or the nursing opportunities at CCH, visit www.columbushosp.org.