

# THE Importance of Caring

JANUARY 2018

my journey into nursing



## Danielle Frewing, BSN, RN, Director OCCUPATIONAL HEALTH SERVICES

Danielle Frewing, BSN, RN always dreamed of becoming a nurse and Columbus Community Hospital (CCH) helped make that dream a reality.

Frewing started working at CCH's Occupational Health Services (OHS) in 2005 as the clinic receptionist.

From there, she worked her way through the department's ranks, serving as a medical tech, staff nurse and interim director of the department. She is now the director of OHS.

Frewing was able to achieve this thanks to her dedication to her education and because the hospital supported her along the way.

**"When I started at OHS, I still had that desire to go back to school and become a nurse,"** Frewing said. **"But in my mind, I always thought that there was no way that could be possible, because they needed me to work."**

Frewing found that CCH took a different approach. Rather than saying no, Frewing said hospital staff asked her how they could help her reach her goals.

**"It's the total opposite of what had always been in my mind, and it turned into something I never even dreamed of,"** she said. **"That's always meant a lot to me."**

With the support of her employer,

Frewing went back to school while working at OHS. She was offered flexible hours so she could better manage her classes and coursework.

**"I'm a wife and mother, so I still had to pay the bills, so that was a real help for me as I progressed through my nursing classes,"** she said.

Frewing received her Registered Nurse (RN) degree from Central Community College - Columbus in 2011, but she wasn't done yet.

**"I had always wanted to go back to school to get my Bachelor's degree and I knew that was something that I would do down the road,"** she said. Frewing would do it sooner than she thought.

Around this time, CCH developed a policy that RNs needed to have a Bachelor of Science -Nursing (BSN) degree or be in the process of getting one.

Frewing was also made the OHS's interim director at this point, so she fast-tracked her BSN goals. Again, CCH supported her through loan forgiveness and tuition reimbursement.

Now with her BSN and RN, Frewing enjoys each day as the director of OHS. In this position, Frewing acts as a sort of bridge between CCH and local businesses. The office partners with employers in more than 900 companies to provide health and safety programs

designed to prevent accidents and injuries the workplace.

Frewing enjoys this aspect of her job, but she especially enjoys interacting with her patients and educating them about their overall health.

**"I really have a passion for wellness, not only wellness in terms of taking your height, weight, blood pressure, but wellness in terms of a holistic approach to health,"** she said.

Frewing believes health is more than just what you eat and how often you exercise. It includes things like how much sleep you're getting and the social support you have.

**"Everybody is made up of pieces of a puzzle, and if one of those pieces is missing, you can't live the best life you're meant to live,"** Frewing said.

**"I love helping people learn that and helping them reach all of their health goals."**

Frewing loves her job as a nurse and she encourages others interested in nursing to prioritize their education.

**"Going to school isn't always easy and it's not always fun, but if you work hard, you can reach any goals you put your mind to,"** she said.

**To learn more about Frewing and OHS, visit [www.columbushosp.org](http://www.columbushosp.org).**