

Interview With Lauren Morabito-Lizzo

Lauren Morabito-Lizzo, BSN, RN, PCCRN

Current Position: General Staff Registered Nurse at Maria Fareri Children's Hospital

Education: Bachelors of Science in Nursing at Mount Saint Mary College in New York

Interview:

What Inspired Her to be a Nurse: Mrs. Lizzo said she always knew she was going to be a nurse, since she was little she had been the caring, maternal type. Even as a child she was drawn to kids and always asked to hold the new babies in church. Once in highschool, her mom mentioned looking into nursing and after that Mrs. Lizzo knew it was meant to be. While going through nursing school she wasn't drawn to pediatrics, she happened to get into through a colleague.

Path to Current Job: Mrs. Lizzo obtained her first job in the healthcare field as a Patient Care Tech during her freshman year of college. As a new grad nurse Mrs. Lizzo worked at Montefiore Medical Center in the Pediatric Coronary Care Unit. She then networked her way with a new Pediatric Critical Care Certification to a position at Maria Fareri Children's Hospital in the Pediatric Intensive Care Unit. After working in the PICU as a night nurse for over 3 years, Mrs. Lizzo needed a change to day shifts and took an opening on the General Pediatric Floor where she is currently working part time after the birth of her first child in May of 2020.

Basic Roles and Responsibilities: Depending on the shift as a General Registered Nurse, Mrs. Lizzo has 2-4 patients even 5 sometimes. This was somewhat difficult for her to adjust to from the PICU. In the PICU, as a RN you are assigned one nurse and you just take care of their medical and basic needs, you stay in your sector, bedside or

go to the med-room or supply room. On the General Floor, you are responsible for your patients direct care, medication, and patient assessments at least once per shift. After an initial assessment at the start of a shift, assessments and care is then delivered based on the patient's condition through a daily care plan. She is also responsible to inform the patient's doctor of any changes and to escalate care as needed. She is responsible for making sure all of her patients have proper bedding, fluids, and food. If something is missing or is not correct and she cannot fix/find it, she must find the person who can.

Favorite/Most Rewarding Aspect of the Job: Mrs. Lizzo thinks it's amazing to be a part of someone's experience, to see her patients grow and get better and stronger. Especially when she was in the PICU, she loved seeing her patients get moved to the General Floor and not need critical care anymore. This aspect of the job can also be difficult according to her because your patients don't always get better, some conditions are permanent or extremely life-threatening. This can be very mentally and physically draining to watch patients suffer, especially children, with time you learn to not let it get to you. But when things do go well, she says it is the best feeling, knowing that she had a part in that.

Most Surprising Aspect of their Career: Mrs. Lizzo said the most surprising aspect of the job is how personal it is. As a new grad nurse she said she didn't expect the job to be so family oriented, or to learn so much about the patients real life, not just their medical history. When she first started in the field as a Patient Care Tech, she realized how many responsibilities nurses were accountable for but once a Nurse, she found there were many more unwritten responsibilities of nurses. Those include mental health care, small talk, family care, and basic people skills.

Most Challenging Aspect of their Career: As a new grad nurse Mrs. Lizzo said it took a lot of time to learn how to relate to people and what to say and do for people when they are possibly going through the worst days or experience of their life. This makes it very difficult to rationalize that that is just another day at work. At the same time, she

has to respect what her patients and families are going through even though this is just another day for her. She realizes the significance it has in her patients life and respects that while caring for them and keeping her own stability a priority.

Advice to Someone Getting into the Field: “Stick with it, keep your chin up, it's hard and it's no joke but it is so unbelievably worth it. You truly learn something new everyday and you are never stuck in one position. I remember feeling like nursing school was the hardest thing ever but now, I'm like eh it's fine. Do your work, study hard, but make time for yourself.”

Take Away:

If you put your mind and put in the work you can do it. Talking with Mrs. Lizzo truly opened my eyes to the possibilities and options with Nursing. She also told me that she didn't get into her original nursing program and that transferring to a different school was the best thing for her education and career because if not, she wouldn't be where she is now. I think that this interview helped me realize that it is extremely hard but if you want/are meant to be a nurse you will be a nurse even if it's at a different school or in a different field of nursing than what I imagine I want right now.