From Nursing to Cybersecurity

My story

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Abstract

The author has a foundation in nursing. However, the author is transitioning to cybersecurity. This move is driven by a commitment to patient care and an interest in system analysis and pattern recognition. The primary concerns that the author hopes to solve are the complexity of healthcare systems and the critical need for data security to safeguard patient information. The author’s career pivot involves intensive study in the field of cybersecurity. She puts a special emphasis on healthcare applications. The goal is to develop user-centric security systems that can prioritize data integrity and user experience. She therefore aims at leveraging a unique perspective that will combine empathy and analytical skills. The author aspires to innovate personalized cybersecurity solutions that simplify and secure healthcare data management.

Keywords: Cybersecurity, Healthcare, Data Security, Patient Care

My life can be described as a series of steps taken by an artist making a painting on a canvas. Every once in a while, there emerges a line that was not intended, but this line is extended to produce an even more grand piece of work. This is how I feel about how I ended up in this course. My name is Mercedes. From a young age, I had two was interested in two things. On the one hand, I love taking care of people. I think it is human nature to want to alleviate the challenges of those who are suffering. For me, this need is very close to my heart. On the other hand, I have always been captivated by the intricate complexity of numbers and systems. I love patterns, and so I love designing systems that work. These two qualities have guided the path that I have taken.

Initially, I began my career path by studying nursing. I was drawn to this noble cause because I wanted to impact the healthcare profession positively. I think healthcare processes are too complicated. Many times, those trying to access healthcare encounter barriers that might mean they do not get the help they need in time. In becoming a nurse, I would be able to make my mark, however small it might be. During my nursing studies, I started discovering that my passions lay elsewhere. My fascination with systems ignited my attraction to healthcare systems. I soon discovered that systems hurdles have a very significant impact on both patient and physician experience in healthcare. I understood that this was my best position. In this area, there was potential to change healthcare experiences on a large scale.

The first attempt was to understand the difficulties in healthcare systems. I first understood that electronic health records were an emerging issue. While this would significantly simplify the processing of cases, there are challenges regarding data. Patient data is a very sensitive case. Organizations have to implement systems but are always anxious about potential breaches that could violate HIPAA compliance (Bowcut, 2023). Formulation of good cybersecurity solutions would be the first step to enhancing the user experience of healthcare information and technology. I immediately knew this would be my new focus.

With unwavering determination, I shifted my focus to cybersecurity studies. I am now diving into courses that challenge and intrigue me at the same time. The transition has not always been easy. As I mentioned, my life is an intricate connection of lines that were not planned but when they appear, they can be used to develop a more comprehensive picture. I have had to catch up with technical knowledge gaps for this transition. Technology is a volatile field and therefore this information is always changing. One has to be very agile, otherwise, there is the risk of learning things that are already being phased out. I am not deterred. I spend nights digging into books to understand the essentials of cybersecurity especially one that is dedicated to healthcare. I have found that this field combines three aspects; healthcare, cyber technology, and legal aspects (Healthcare and Public Health Cybersecurity | CISA, n.d.). I am immersing myself in all these areas with resolute determination.

Little by little, these efforts have been paying off. I now have a greater understanding of the intricacies of cyber security. This is being helped by my empathetic nature as well as being attentive to detail. The empathy helped me understand my initial urge to enter the care industry. My attentiveness to detail helps my analytical skills to stand out. I can anticipate user needs intuitively and have already designed simplified solutions that could personalize user experience and enhance the healthcare processing experience (Healthcare and Public Health Cybersecurity | CISA, n.d.). My chief determination is to design systems that are effective in cyber protection by also user-friendly (Cartwright, 2023). I have an interest in ethical hacking. I explore ideas that can help organizations find vulnerabilities and resolve them before they become active threats. This process is very exciting for me. It is like a game of cat and mouse where I am the protector in the shadows waiting to resolve the cases. This is exhilarating. When you can do this, you make healthcare leaders free to focus on other patient-centric care processes.

My journey has not been solitary. My child has accompanied me. Balancing childcare and studies is a challenging task but it has its benefits. On one side, having a child provides you with a profound reason to do things. It is an object that makes the future more interesting for you. Having a child has therefore even more enthused my determination to make better systems. On the other hand, it involves some form of multitasking that hones skills essential in my academic career. Taking care of my child has surprisingly made me a better student as it increases my discipline in planning work and following routines. However, I appreciate that this might have caused some gaps in my experience. I have not been able to attend internships because it is difficult to navigate schedules of work and caregiving. I hope to fill these gaps as soon it is possible to do so.

However, this time has also been filled with experiences that enrich my career path. I got an opportunity to volunteer in a mental health hospital. This has been a rich experience considering my nursing background and cybersecurity focus. From my nursing background, this is an opportunity to give back to the community. It is also an opportunity to work with individuals who might have a lot of challenges navigating systems. This is therefore the best opportunity to understand how basic system designs need to be so that even those who have challenges can navigate comfortably. I am also at the forefront of operations. I can observe how potential data breaches happen. This is preparing me to prepare efficient systems in the future.

This is the journey that has led me to this point. It is a path of multitasking where goals have been achieved by strict prioritizing, routine, efficiency, support system, and self-care. The most important lesson I have learned is that to be productive, one needs to be in the proper state of mind. This is an aspect I could have assimilated by observing and caring for mental health patients. I am therefore striving to take care of myself as a way to improve efficiency in my work. This will be an important skill in my target industry. The tech industry is prejudiced to foster negative work-life balances. People in the tech industry are presumed to be overconsumed with work and unable to live life. I appreciate the fact that my experiences up to now have helped me develop some coordination. All these experiences are therefore preparing me for a successful career and life ahead.

References

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