

## Nurses' Week Profile

### Porsche Adams

For some people like Porsche Adams, their calling in life is revealed through a traumatic experience. After she assisted in caring for her grandmother, Lillie Richardson, in a life or death situation, she knew she had to become a nurse.

“After a trip to the dialysis center, my grandmother started to hemorrhage,” explained Adams. “As my mother drove her the hospital, I applied pressure so that she would not bleed to death.”

Still a teenager, Adams was forever changed by that experience that she found both scary and exciting. She helped save her grandmother's life, and she knew she could help others as a nurse.

Adams received her Licensed Practical Nursing (LPN) degree from Central Georgia Technical College soon after graduating from Georgia Military College Prep School. She will earn her Bachelor of Science in Nursing degree this week from Middle Georgia State University.

Adams is currently working for Navicent Health Baldwin (NHB) as an emergency room (ER) nurse. She enjoys the fast pace of the ER and the adrenaline rush that the department abundantly provides. “The ER was my first choice after completing my clinical rotation,” she said. “I love the hectic environment.”

As a young nurse, she says she is still learning how to balance her emotions while at work. Adams recognizes she is human but knows she must be strong and professional for her patients, especially if they are critical.

She added, “I also have to be strong for the family members. It is very easy to empathize with the emotions of the family, but you have to be brave and continue to do your job well.”

Adams might have known from an early age that she wanted to be a nurse and help others, but, some aspects of nursing remain challenging, even after years of caregiving. As she describes, nursing can become difficult when serving an angry or disruptive patient.

“In the ER we see all the range of emotions, and some patients lash out at us, but it is because they are in pain or are very scared, she said. “Through it all, no matter how hard, I have to remain professional and continue to provide the best care possible.”

The love of medicine runs through Adams' family as her mother, Petrenna Richardson, is a respiratory therapist at NHB. Her sister, Erika Williams, is a medical assistant, but currently enjoys being a stay-at-home mom. She has a younger brother, Christopher Smith, who will be graduating this month from Georgia College's Early College and attending Tennessee State University in the fall.

Adams credits the support from her family for sustaining her through nursing school and the daily stress of working in the ER. Her husband, Tyler, has seen her through many trials and difficult days.

“We have been together for nine years and married for two,” explained Adams. “He has always been supportive of my nursing, even with the stress of working and going to school at the same time.”

Adams enjoys reading books and going out to eat with her husband to relieve stress and unwind. She also loves taking walks with her Yorkie named Kymo. “He is two years old, and is like my child,” she says. “He, along with my family, help me cope with life.”