

TEAM MEMBER SPOTLIGHT

Lilian Sobalvarro, RN
ICU Registered Nurse



#1 Tell us a bit about your job.

I work as a Registered Nurse in the ICU. I'm a charge nurse & have been in this role for three years. I take care of the most critical patients in the hospital. I watch over all of the nurses in ICU department. I have to monitor all of the patient's labs, medications & orders to ensure elite-level care is provided. I'm also a second-hand (extra help) when the nurses need assistance. As a charge nurse, you must always be available to provide assistance. I've worked the pandemic from the beginning, working 12 hour shifts - 5 days a week, even picking up extra shifts when I could. I am also 8 months pregnant, so it was challenging at times. It was very hard mentally & physically. I don't think I've cried more during my nursing career, than during covid. But there is nothing more rewarding than helping patients through their healing process.

#2 How long have you worked at SWMC?

5 years. I started as an LPN in the Intensive Care Unit.

#3 What is the most rewarding part of your job?

Being there and helping your patients get better, especially during Covid. It was really draining, but it was also very rewarding to see people walk out when it was least expected. The feeling to know that you were a part of that.

#4 What is one accomplishment, personal or professional, that you are most proud of & why?

I was a teen mom. I almost dropped out of school, but my parents were there to help me. I'm proud of how far I've come. I could have been one of those statistics, but I stuck through it. I went to school, I didn't take time off. I finished my associates and the nursing program. I'm thankful for the support system at SWMC, who pushed & motivated me to continue my education. I plan to pursue my bachelor's degree in nursing this summer.



Born & Raised: Liberal, KS



Nickname: Lil



Favorite Food: Enchiladas, lasagna, & chocolate



Hobbies: Read thriller/mystery books, watch Netflix, & go on walks with her dog, Crystal



Favorite Artist: Bad Bunny



Quote that best describes your personality: "I'm a teddy bear at heart."



Fun/Random Fact: I have to eat chocolate every day of my life. I love Nutella sandwiches.

