

VOICES OF

Southwest Medical Center

How long have you worked at SWMC?

I've been with Southwest Medical Center for 25 years. I started in 1996 as a CNA in the Med/Surg Unit. In 2000, I graduated with my RN and worked in the Med/Surg and Skilled Unit. Recently, I transferred to ICU full-time and fill in as House Coordinator when needed.

Tell us a bit about your job.

I work in ICU as a Registered Nurse and every other Monday as a House Coordinator. I also float to help out in the emergency room and other floors as well. My job as a House Coordinator is to ensure all the floors have adequate staffing. I am also an advocate for the patients and delegate a variety of tasks on the floors. In ICU, I care for critically ill patients and their families during their times of need.

What is most rewarding about your job?

The most rewarding part of my job is to see my patients improve and discharge home. It makes me feel good to know we made a difference in their lives.

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

My children are my biggest accomplishment. They are the reason I keep going. I'm very proud of where I am today, started off as a CNA and am transitioning to critical care.



SARAH KOUHOD

ICU REGISTERED NURSE
HOUSE COORDINATOR



Born:

Laos

Raised:

Liberal, KS



Favorite Artist:

I enjoy all genres.



Favorite Hobbies:

I enjoy cooking, couponing, gardening and working out. I love traveling and seeing new places.



Favorite Food:

I love a variety of food.



*Be the
change you
wish to see.*

