

Intro

In this episode of Certify It, you're going to hear from two students who are currently in class. These students have not been certified yet. They're both in the middle of preparing to be certified. Our first story is going to be with Brittany, who is currently in our CNA class, about her experience here at the Mason center for Health Care Education.

And then we're going to transition to another Brittany, who has actually been a CNA for 17 years. And we're going to talk to her about what it's like going back to advance her career in care as a med tech. I hope you enjoy the show.

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00:48 - 01:20

Doug Bryant

Welcome to certify the podcast for advancing your career and care. Joining me today is one of our current Sienna students still currently in class. We just grabbed her out of class and her instructor name. So everybody's fine. We're fine. But her name is Brittany Burris. And Brittany, thank you so much for talking to me today. I've just got a few questions. For anybody that's out there looking to take a CNA class, what was it that got you interested in taking a class?

01:20 - 02:00

Brittany Burris

So I always wanted to know, like, what I wanted to do when I grew up. Like, I've always been searching for that. So, my mom was in the hospital, and I saw the CNAs and LPNs coming in and out in the arms, and I could kind of see myself doing that in the future.

So I didn't like, initially start looking for a CNA program because I didn't know that there was, places like this that would sponsor us. So, a girl posted about it on Facebook, and she was like, you should do Hillcrest, and they'll sponsor you. And that's kind of where I started. I didn't look at any other programs.

02:00 - 02:32

Doug Bryant

What I love the fact that you said you weren't actually looking for it, because anyone who works in long-term care, their story usually starts with, I wasn't looking for long-term care. Long-term care found me. And that's exactly what's happened with many people who go on and do great things in long-term care is it's one of those things that you never see yourself actually doing, but you fall in love with it. So that's great. So what drew you specifically to the CNA role?

02:32 - 02:58

Brittany Burris

I could see myself doing that position from what I saw, like firsthand, but I didn't really know for sure. I've been out of school for a while, so I thought I could at least get that baby step. And if I could see myself growing from there, I would. Or if I like being a CNA, I could stay there.

02:50 - 02:58

Doug Bryant

So you joined the class through one of our health care partners, Hillcrest, which is sponsoring you in the class? And then s,o you already have a job?

02:58 - 02:59

Brittany Burris

Yes.

02:59 - 03:09

Doug Bryant

Well, look at you. You're going to leave here as a CNA and already have a place to work. Yeah. So that is great. So how has the CNA experience been so far? How have your classes and training been?

03:09 - 03:21

Brittany Burris

It's been great. I didn't feel like I was too rushed. I mean, it's a short program, but it was all step by step, so I didn't feel like I was overloaded with information right off the bat.

03:21 - 03:23

Doug Bryant

So what has been the biggest struggle?

03:23 - 03:40

Brittany Burris

Probably the skills so far are, I think, what we're all most focusing on now. Sue taught us great further knowledge. I feel like we all have our heads wrapped around that, but it's just learning all of the proper steps. Keep the present safe and

03:40 - 03:53

Doug Bryant

So, looking back at your journey up to this point, because you're not finished yet, you start clinicals on Monday. So we're excited about that. What's been the biggest success in your eyes that you've seen for yourself?

03:53 - 04:09

Brittany Burris

Probably. To this point, I feel like the test has been my biggest success because I got my first test back. I was like, oh my, I missed like two. I was like, I didn't think I was that smart, that I could do it. And then it just kept getting better and better.

04:09 - 04:16

Doug Bryant

So, how long had it been since you had taken the test? Lord, if somebody gave me a test right now, I would freak out. Just because it's been so long since I've had to take one.

04:17 - 04:25

Brittany Burris

Probably been like ten, 12, 13 years. So I definitely wasn't in that mindset of right off the bat.

04:25 - 04:26

Doug Bryant

So Sue has helped you get there?

04:26 - 04:27

Brittany Burris

Oh, for sure.

04:27 - 04:43

Doug Bryant

We just had a conversation with her. And her passion for this business is unmatched. And learning from someone like her, I'm sure, has it's just been invaluable. So, how does your instructor make a difference in your learning?

04:43 - 05:03

Brittany Burris

So Sue has been absolutely great as an instructor. I feel like all of her experience mixed with, like, all the rules and all the procedures and a certain order that you have to follow, like it. I don't feel like you could have one without the other. And I'll be able to, like, learn as quickly as we have.

05:03 - 05:16

Doug Bryant

We have a hands-on skills lab here, completely set up, just like a resident room. How do you feel that the setup of our classrooms and the resources that we have available for students help you in preparation?

05:16 - 05:31

Brittany Burris

Oh, it's definitely great. Sue actually told us too, that some of the sheets and blankets and stuff we get from that are from actual facilities that they send us, so that the fact that we're working with actual stuff that we'll be working with in clinicals, that helps a lot.

05:31 - 05:43

Doug Bryant

The other thing, because the Mason Center is also a testing site, you're going to do your test right here in the same classrooms and in the same lab that you've been teaching in. That has to be.

05:43 - 05:47

Brittany Burris

Yeah. It's reassuring. I don't feel as many nerves about it.

05:47 - 06:02

Doug Bryant

Yeah, you'll know where everything is. You don't have to worry about going into a new place. So has this journey changed you personally in any way? Have you gained confidence? Have you seen your you know, have you done an inventory on your empathy and compassion towards others?

06:02 - 06:24

Brittany Burris

Definitely. I guess putting me and like in, in my mind, like putting me as a resident, something you wouldn't like, ever think of, I guess, until I got to this program and see how I would want to be treated. And it's definitely built my confidence. And, I feel like if I wanted to, I could go to the next program.

06:24 - 06:40

Doug Bryant

So what are your future goals? Speaking of the next program, because we, love CNAs, we need good CNAs to stay good CNAs. But then I also know that a lot of times, CNA is a baby step. Yeah. To the next thing. So what goals is it that that you have for yourself?

06:40 - 06:56

Brittany Burris

I could definitely see myself seeing a CNA if that's if I get like into clinicals and feel comfortable that way. I see myself going up to an LPN also, but I don't, I don't know. After that, I feel like I would be happy with either of those two.

06:56 - 07:01

Doug Bryant

So what advice would you give to someone who's considering becoming a CNA but isn't sure that they're ready?

07:01 - 07:04

Brittany Burris

I guess just to do it anyways?

07:04 - 07:15

Doug Bryant

Oh, I can tell you're one of Sue's instructors. When I asked her about the same thing, she said, Just do it. Yeah, so if you could go back and tell yourself one thing before you started this training, what would it be?

07:15 - 07:18

Brittany Burris

You're capable of doing it too, just like anybody else.

07:18 - 07:23

Doug Bryant

And what's one thing that you hope people understand about the heart of a CNA?

07:23 - 07:33

Brittany Burris

I guess it would be because we want to take care of somebody, making the end of their life enjoyable as much as possible and comfortable.

07:33 - 07:39

Doug Bryant

And if you could leave one word of encouragement to other people who are getting ready to start this journey, what would it be?

07:40 - 07:45

Brittany Burris

That you're capable of doing it. And if you're scared, just do it scared.

07:45 - 07:14

Doug Bryant

You can hear from Brittany and other students who have either completed their journey or started their journey in health care at themasoncenterknox.com. Brittany, thank you so much for being here today.

I know you were super nervous. That's perfectly fine. Perfectly fine. And I also love what you said at the beginning, where you said, well, I didn't really, I've always been trying to figure out what I wanted to do when I grow up. Yeah, well, I'm 40 now, and I'm still trying to figure out what

I want to do when I grow. So welcome. And we're so glad you're here and can't wait to see where this journey takes you.

08:14 - 08:15

Brittany Burris

Thank you.

08:15 - 08:16

Doug Bryant

Thank you.

Mid-Roll

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08:38 - 09:04

Doug Bryant

Welcome to Certify It, the podcast for advancing your career and care. I'm here today with one of our medtech students at the Mason center for Health Care Education. Her name is Brittany Hudson. Brittany, thank you so much for being with us today. You're welcome and for taking time to share a little bit about your story. So you're in med tech class. So tell us a little bit about in what med tech is. What will you be doing once you graduate and get certified?

09:04 - 09:08

Brittany Hudson

Assisting the nurse with passing medication.

09:08 - 09:35

Doug Bryant

In a long term care facility? Yes. Okay. So in order to be a med tech, you had to obviously already be a CNA in the state of Tennessee. They require you to be a CNA prior to sitting for your medtech certification. So how did your healthcare journey start? Because here at the Mason center, we're all about people. You know, we're wanting to grow the next group of healthcare professionals in our area. So what got you started in health care to begin with?

09:35 - 09:38

Brittany Hudson

I was a CNA for 17 years.

09:38 - 09:48

Doug Bryant

17 years. You don't even look like you're 17 years old. Yeah, it's 17 years. So what made you want to get into that? What made that the the career that you chose?

09:48 - 09:55

Brittany Hudson

Taking care of people. Just born to help other people.

09:55 - 10:03

Doug Bryant

is there a particular thing that happened in your life that made you say, hey, this is where I really want to serve?

10:03 - 10:08

Brittany Hudson

This working in a nursing home and working in home health and getting to know patients

10:08 - 10:45

Doug Bryant

So if you want to get to know patients, CNA work is a great way to do it. You all spend so much time, with the residents and you can make such a difference. In CNA work. So can you share a little bit about what made you decide? And if you have a story about why you decided, okay, I've been a CNA for 17 years, most CNAs that have been a CNA that want to go do something different would pursue LPN or R.N., but there is now in Tennessee this intermediate level between the two CNA and nurse that is called medtech. What made you decide that that route was the best for you?

10:45 - 11:01

Brittany Hudson

Being a single mother, have two kids and just a time. I don't really have that much time to go to school for a whole year. So doing this program really helps me change and change my career.

11:01 - 11:11

Doug Bryant

So this program you're talking about is time. This program is four weeks. So it's three weeks on lots of bookwork, probably lots of homework.

11:11 - 11:12

Brittany Hudson

Lots.

11:12 - 11:20

Doug Bryant

Lots of homework logs, and then a week of clinicals. Correct. So you're about two weeks in. Okay. So you to tell me, how's it been so far?

11:21 - 11:21

Brittany Hudson

Stressful.

11:21 - 11:23

Doug Bryant

Stressful. That's the only word you can come up with.

11:24 - 11:25

Brittany Hudson

Stressful, fun.

11:25 - 11:26

Doug Bryant

Fun?

11:26 - 11:31

Brittany Hudson

Stressful and learning different, different things.

11:31 - 11:44

Doug Bryant

Did you ever think there would be so much to learn to do this? Yes. You did. Well that's good. You had realistic expectations coming in. So how's how's it been with your instructor? How's the instructor been in helping prepare you?

11:44 - 11:54

Brittany Hudson

She's great. Yeah, she's a very sweet person and just teaching me different things and learning different things. She breaks it down, makes it more easier for me to be able to understand it.

11:54 - 11:58

Doug Bryant

So what's the your most favorite thing that you've learned so far?

11:59 - 12:02

Brittany Hudson

The role of a medication aide, what you can and what you cannot do.

12:02 - 12:03

Doug Bryant

So what can you do?

12:03 - 12:06

Brittany Hudson

Pass out medication.

12:06 - 12:30

Doug Bryant

You're still learning, right? So the lab that we have for medication Aids is different than the lab we have for CNAs. We have an actual medication cart with, fake I guess fake. I think it's candy. But we have our old packs of medications and things like that. So how has that been? How's that experience?

12:30 - 12:36

Brittany Hudson

A very big experience. Because you get to learn to court. You get to learn how to work the cart.

12:36 - 12:43

Doug Bryant

So, has your training for Med Tech, has it changed your view on health care at all?

12:43 - 12:44

Brittany Hudson

Completely.

12:44 - 12:45

Doug Bryant

And in what way?

12:45 - 12:49

Brittany Hudson

About learning a patient, learning and patient from the medication

12:49 - 13:16

Doug Bryant

From the medication part. So you're able to pass medications, whichever, whatever the policy the facility allows you to pass and you work in, you will work directly with a nurse, correct? Yes. So how has Daphne? Daphne is your instructor. How is she preparing you for not just the exam, but for the realities of what this role will look like once you are certified?

13:16 - 13:22

Brittany Hudson

By showing me just the hands-on skills part of how it is in different facilities.

13:22 - 13:26

Doug Bryant

So do you see this as a stepping stone to becoming a nurse or?

13:26 - 13:27

Brittany Hudson

Most definitely.

13:27 - 13:32

Doug Bryant

What advice would you give to someone who's considering becoming a med tech, but they're not sure that they're ready?

13:32 - 13:40

Brittany Hudson

Start as a CNA first and then work your way up. So that way, you get to know the feel of working in healthcare.

13:40 - 14:06

Doug Bryant

So what was your most valuable lesson that you've learned in 17 years of being a C and a? Because those lessons I found usually aren't learned in the classroom. They're learned with the service that we provide, the people we're serving. So, is there a particular person that when you think back over the last 17 years, you think, you know, what that person right there, it was. It was that person who changed me.

14:06 - 14:18

Brittany Hudson

Just knowing that everybody's different and treating people with respect, and knowing that everybody's going through something. So I always come with a positive and great attitude.

14:18 - 14:47

Doug Bryant

So this is like we've had three of these recordings today. And instructors and students and empathy and compassion are something that's been a running theme. A lot of people, when they think of school, think of the knowledge, and they think of the book work, and they think of working in a lab. They think of, okay, I'm going to learn how to pass medications, but it sounds like even from your perspective, there's a little bit more taught here than just what to do. It's the attitude I'm supposed to have when I do it. How important is it that people have empathy and compassion if they choose to do this?

14:55 - 14:57

Brittany Hudson

Very important, very important.

14:57 - 14:59

Doug Bryant

And for what reason would you think?

14:59 - 15:02

Brittany Hudson

Treat people how you want to be treated.

15:02 - 15:06

Doug Bryant

Okay, well, thank you so much for being with us today, Brittany.

15:07 - 15:17

Doug Bryant

Much success to you in the future. Excited about you getting certified. So you'll start clinicals in a week? Yes, a week. So go out there and do great things.

15:18 - 15:18

Brittany Hudson

Thank you.

15:18 - 15:19

Speaker 1

Thank you,

15:19 - 15:32

Doug Bryant

Thank you for joining us today. This has been Certify It, the podcast for advancing your career in care. You can find Brittany's story, as well as stories of other students and instructors, at the [masoncenterknox.com](https://themasoncenterknox.com).

Outro

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