

## **UC San Diego**

### **Winter 2008 - UC San Diego Health Journal of Nursing: Oncology Nursing**

#### **Title**

A Patient Speaks.....

#### **Permalink**

<https://escholarship.org/uc/item/9jq5z3kk>

#### **Journal**

UC San Diego Health Journal of Nursing, 1(1)

#### **Author**

Lavengood, Mary

#### **Publication Date**

2008

Peer reviewed

Dr. Nicholas Kormylo described the contribution of the Pain Clinic nurses: “Our outstanding nurses guide the patient through the procedure from start to finish. They do a great job of educating the patient on exactly what will happen in the procedure room and they take the time to answer whatever questions may arise. This is an extremely important step that alleviates a lot of anxiety. The nurses then walk with the patient to the procedure room and help them get positioned comfortably. They monitor the patient’s vital signs and ensure the patient is comfortable throughout. Our nurses are famous for the back rubs and leg rubs they give to distract the patient from any discomfort. Once the procedure is finished they escort the patient to the recovery room for a brief stay. Any new questions are then answered and they make sure the patient is stable and comfortable prior to discharge.

While we (physicians) may spend only a few minutes with the patient during the procedure, our nurses are with the patient every step of the way to provide the patient with a safe, comfortable, cohesive experience. Our patients routinely comment on the outstanding level of nursing care they received during their visit. Our nurses really are our most valuable asset.”

# Mary Lavengood



Patient, Mary Lavengood, has been treated at the Center for Pain and Palliative Medicine for the past year. She has chronic nerve pain, which resulted from a tooth extraction. Dr. Kormylo has been performing right superior alveolar nerve blocks and radiofrequency ablations to treat her pain.

Mary was asked to comment on how the staff at the Pain and Palliative Medicine Center is fulfilling the UCSD mission statement and core values. Mary said “Sarah (my nurse) is a leader. From the first time I met her, I found her to be in control, to have answers to all my questions, and to be informative.

She always told me exactly what procedure was being done and then reconfirmed everything with Dr. Kormylo and his team. She was always kind, offering words of encouragement, some type of leg or arm massage, a warm blanket or just a countdown of how much longer the procedure might be . . . it was very encouraging.”

When asked about what we are doing well and where we could improve, Mary noted “Everyone I have come in contact with has a smile or a kind word, and is genuinely concerned about my well-being. The team is efficient, compassionate, and appears to really enjoy their work! This is something one does not see often enough in the medical field. Trust me! I’ve been looking for answers for my pain for almost 6 years, and truly believe you are all the most dedicated team I have encountered!” She went on to comment about what makes the UCSD program exemplary: “Dr. Kormylo was willing to try new areas of pain relief and some were effective. The after-care room is a nice stop- over before leaving. Again such kind staff. I have felt very confident at UCSD and always speak highly of everyone. I try to refer people to UCSD!! You are all great people. You show dedication and integrity that is beyond the call of duty. Thank you for everything!”