

Ramm joins QVMC staff

New provider at SageView clinic is no stranger to Quincy hospital

BY REBECCA YOUNG
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Rhonda Ramm is a new nurse practitioner at Quincy Valley Medical Center's SageView Family Care Clinic.

Ramm was born and raised in Soap Lake, where she still lives with her four children. She earned an associate's degree in nursing from Big Bend Community College and then earned her bachelor's and master's degrees in nursing from Washington State University. Ramm was named Nursing Student of the Year three different times. During her associate's degree studies, she was selected for the honor by her peers and during her bachelor's and master's programs, was selected by the faculty.

"It has been amazing," she said.

She worked for eight years as an emergency room nurse at Columbia Basin Hospital. For four years, she was the director of nurses at McKay Health Care in Soap Lake, during which time she was going back to school. Her master's program through WSU was a telecommute program with six different locations, including one in Spokane. Ramm drove to Spokane weekly, sometimes more than three times a week, for five years.

"After I was done, I had so much time! So I started running triathlons this summer," said Ramm, adding that she enjoyed being on the QVMC corporate team during the Farm to

Market Run a few weeks ago.

She worked as an agency nurse, covering rural ERs for five years. She started working shifts in the QVMC ER in February of 2007.

"My experience in the ER has prepared me for urgent care," said Ramm, adding that she has treated infants to the elderly, with a diverse group of medical issues. The clinic keeps a walk-in schedule, so when it is open, it can take some of the urgent care cases that would otherwise end up in the ER, she explained.

Working in sub-acute care in Soap Lake strengthened her internal medicine background, said Ramm. She is very familiar with geriatric issues.

"I realized that with the 'Graying of America' there are not going to be enough care providers or even beds for everyone. It is actually what spurred me to go back to school. It is a very under-served area and I've developed a love for it," said Ramm.

Being a director of nurses also strengthened her administrative skills, she said. She is certified in trauma, critical care and pediatric advanced life support. Ramm has experience in mental health, adult care, internal medicine, pediatrics, orthopedics, dermatology, Botox, family medicine and OB/gynecology. The clinic setting will provide her with a variety of cases to put those skills to use. Ramm also did a family internship with SageView physician Dr. Mary Klingner.



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"I practice evidence-based medicine. I look at each individual and try to give them individual care using a holistic approach, instead of using a cookie-cutter method of treatment," she said.

Ramm said she is excited to be at the clinic. She enjoys its small-town setting and community feel.

"The people here are amazing. They are like a family unit," said Ramm.

Her main goal for the next year is to build up her practice. Ramm hopes to offer Botox in the next two months, both for pain relief and cosmetic enhancement. She said those suffering from TMJ for example, can greatly benefit from Botox paralyzing muscles causing pain.

"It is fascinating and it can make such a differ-

ence. I am really excited to offer it," she said.

Ramm said the clinic is planning to offer extended hours a few days a week in the near future. She said the longer hours will help the clinic better serve patients who are in school or working, by allowing them to come in after school or after work.

Ramm has four children: Rylei, 19, Mercedes, 17, Colton, 15, and Deonne, 13.

"I love being a mother and nurse. I am passionate about both," she said.

With her children all involved in a variety of sports and piano, her biggest hobby is attending their various games and recitals. When she does have spare time, Ramm enjoys bike riding and cooking.