

Meet Karen and Michelle, Nurse Practitioners, Adult Bleeding Disorders Program

Apr 25, 2019 |



(L - R): Karen and Michelle, Nurse Practitioners, Adult Bleeding Disorders Program.

Karen Sims, Nurse Practitioner, SPH Adult Bleeding Disorders Program

Name, professional title, site, length of time at PHC:

Karen Sims, Nurse Practitioner, Adult Bleeding Disorders Program of BC at St. Paul's Hospital. I joined St. Paul's in February 2017.

Describe your job in one sentence:

Care for adults with inherited bleeding disorders across the province, including inpatient and acute care, ambulatory care, and outreach clinics.

What makes your work meaningful for you?

Providing patient centered care.

And why did you choose to specialize in this field?

I have worked in both acute care and primary care as a nurse practitioner over the last 15 years. Joining the program at St. Paul's Hospital allows me to use my entire skill set and provides lots of variety in interacting with patient's within the hospital.

What's your favourite thing about your work?

The inter-disciplinary team.

And why did you choose Providence?

The culture!

If you weren't in your current role, what would you be?

Professionally, I would probably be doing something related to surgery and acute care. Personally, I would be skiing.

What does World Hemophilia Day and the Adult Bleeding Disorders Program mean to you?

World hemophilia (April 17) is an opportunity to increase awareness. It's one thing to suffer because nothing can be done. It's entirely another to suffer with an inherited bleeding disorder because of a lack of awareness. That's tragic!

What is one thing we might be surprised to learn about you?

I can drive a tractor. My family had a 125 acre farm growing up in Ontario. We raised sheep, chickens, and horses.

What is a quote that you live your life by and/or think of often?

Each day is a chance to start anew.

What advice would you give to your 20-year old self?

Be patient with your self.

Michelle Bech, Adult Nurse Practitioner, SPH Adult Bleeding Disorders Program**Name, professional title, site, length of time at PHC:**

An adult provincial program caring for patients with inherited bleeding disorders.

What makes your work meaningful for you?

Being able to assist patients to meet their health goals.

And why did you choose to specialize in this field?

I only recently joined the bleeding disorders program in December 2018. After 14 amazing years working with the SPH orthopedic team on 9C, I wanted to pursue and try a completely different field of work and expand my knowledge in an area I knew very little about, but still working with inpatients and outpatients.

What's your favourite thing about your work?

Being able to spend time with our clients.

And why did you choose Providence?

Because the care models are driven by compassion and social justice.

If you weren't in your current role, what would you be?

A travel photographer!

What does World Hemophilia Day and the Adult Bleeding Disorders Program mean to you?

It means that we're able to share knowledge and build awareness! There are exciting new therapies in hemophilia, but also heart-break as so many people with bleeding disorders do not have access to current treatments around the world.

What is one thing we might be surprised to learn about you?

I am a beekeeper who lives in Squamish.

What is a quote that you live your life by/ think of often?

Be the change you wish to see in the world.

What advice would you give to your 20-year old self?

Enjoy the moments.