**Name**

Sarah Lynn Foster

**Credentials**

BSRT, RRT-ACCS, RCP

**Education**

Wilkes Community College, Respiratory Program, 2012

University of North Carolina-Charlotte, BSRT, 2019

**Years of Experience**

8 years

**Current Place of Employment**

Wake Forest Baptist Medical Center, Winston Salem

**Role in Respiratory Care**

Lead Respiratory Therapist

**What do you enjoy most about your position?**

Learning! Being in the Lead position at Wake Forest has given me an excellent opportunity to learn and grow professionally. People often look to me to know the answers and it has required me to seek those answers and to ensure that they are correct! Leading others is much more difficult than I anticipated it to be. It has been a great journey that has taught me a lot about myself and others. Working as a team to provide the best care for patients is a very gratifying feeling! I am proud of my team here at Wake Forest Baptist Hospital. My position wouldn’t be possible without each of them. They all bring something special to the table and have challenged me and taught me things I will carry throughout my career. I am truly grateful.

**What are your biggest challenges in your position?**

A big challenge is sparking and maintaining others motivation and excitement for what they are doing. Everyone is not always on the same level of “love” for the work that we do and sometimes it is hard to understand or accept that. Generating excitement in every respiratory therapist will always be a challenge. Do what you love, love what you do; you’ll be better at it.

**Would you lease identify one strength in our profession (not job description) as a whole and why you feel it is a strength?**

One of the strengths in our profession is the ability to bring calmness to a situation; which is directly related to our education and training. You often hear how RT’s are not recognized in the same light as other healthcare professionals. However, in an emergency situation, you will always hear the words “call respiratory.” Some joke and some are even offended by being called “respiratory.” I feel it is an honor. When we walk into a room, other healthcare professionals (not just the patients) are relieved and are able to breathe! In our profession, Respiratory Therapist have the ability to bring strength, knowledge, education, order, and clarity to emergent situations that result in literally saving someone’s life. This is a strength only we hold. “Call Respiratory.”

**Would you identify one weakness in our profession (not job description) as a whole and why you feel it is a weakness?**

A weakness in our profession is the lack of incentive to promote further education and credentials. There isn’t a lot of information available or shared on advanced opportunities and additional avenues available with advanced degrees. Without advanced degrees, people lack the esteem needed to act as an equal part of the treatment team. Some are not motivated by the simple will for more knowledge and that isn’t a problem you can fix. Some are motivated by more pay, recognition, opportunities, or advancement. School is time consuming, expensive, and doesn’t automatically come with a salary increase so people ask, “Why should they do it?” We need better answers. We need more motivation and the realization that this is a *professional* profession, not just a good job. If we begin to show professional behavior, display higher education, and become a steadfast member of the treatment team, our profession will grow as well as our recognition.

**What health care skills would you like to develop?**

I have no limits on skills I would like to develop! I want to know anything and everything I can hold. Over the years, I have learned that everything falls together somewhere along the way and those “A-HA” moments are the best! Since working through the BSRT program I have discovered that I have an interest in research and education and a great passion for smoking cessation and protecting others form secondhand smoke! I am proud to be a quitter! I am seeking training to become a smoking cessation specialist and have been able to help with a tobacco cessation support group on occasion. I am working on the development of a smokeless vehicle law here in North Carolina, where I hope to make improvements on the quality of life for children in the state.

**Is there anything you would like to share with our readers?**

Please check out my website ([www.giveachildachancene.com](http://www.giveachildachancene.com)) and click the support tab to help pass a law in North Carolina against smoking in a vehicle with a child! I am only one person, but together we can make a difference. Always remember the impact of what you are doing. You may not remember every single person you see today, but if you are intentional, they will never forget you.

**Could you please attach a photo?**

[x] Yes

[ ] No