

## RMC Nurse of the Year: Hands is top nurse

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Staff Reporter

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CONYERS - Sandra Hands said she almost did not make it to Tuesday's Nurse of the Year announcement at Rockdale Medical Center because she was tired from a 12-hour shift she worked the day before.

But she was glad she showed up when RMC nurses and administrators recognized her as their 2008 Nurse of the Year.

"I told my supervisor I would do it for her," said Hands, who believed she did not have a chance to win after a co-worker had also been nominated.

Hands was chosen as the Nurse of the Year from among 36 other nurses nominated by their supervisors. The event coincides with National Nursing Week - held each year from May 6 to 12 to celebrate nurses' contributions to patient care. May 12 is Florence Nightingale's birthday and is also International Nurse Day.

Special Photo: Rockdale Medical Center Sandra Hands, a charge nurse in the labor and delivery unit of Rockdale Medical Center, smiles after receiving a bouquet of roses and certificate when she was named the hospital's Nurse of the Year on Tuesday.

RMC President and CEO Mike Potter recognized the contributions of nurses by noting they are, by all accounts, the face of the hospital for patients.

"Nurses are the biggest interface in the health care system and the biggest connection we have with patients," he said.

Nursing has been the only job for Hands. She said she had wanted to be a nurse since she was in middle school.

"As a kid I watched nurses on television and it seemed like it was a very exciting job," Hands said. "What helped me stick with it was the satisfaction I get helping others."

Hands has worked at RMC for 12 years, when she and her husband moved to Conyers from North Carolina.

As this year's winner, Hands received a plaque, a paid weekend getaway for two to Chateau Elan, a reserved parking space for a year and a cash bonus.

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