

Annette New Dawn Sampson

## REGISTERED NURSE

Annette works as a clinical nurse for Indian Health Service in Warm Springs, serving Native American people who live in the community. She supervises patient cases, triages care and provides a full range of services from immunizations to allergy shots, wound care, birth control services, acute care and pregnancy care through delivery.

"I think the best thing is being able to see my patients on an ongoing basis," Annette said. "We see them through prevention, acute illnesses, chronic illnesses and hopefully through them getting well. And not just that - their family members, their kids, their grandmas."

### BRINGING UNDERSTANDING

Annette is a member of the Confederated Tribes of the Umatilla Indian Reservation, which encompasses three bands - Umatilla, Cayuse and Walla Walla.

While a college student, she job shadowed at an Indian Health Service clinic. "My eyes were opened to the world of nursing in Indian country," Annette said.

### FUTURE PLANS

She is applying to three-year graduate programs with plans to become a family nurse practitioner. She would begin in Fall 2019, but expects to return to providing care in or near a Native American community when she completes her education.

ONTRACK@OHSU! works with Oregon middle and high schools to increase the number of students from underrepresented minority backgrounds in the health sciences and in Oregon's biomedical workforce.

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Registered Nurse

*"This is the future of our tribes. I think I will always work in native communities because it's such a joy to not just give back but learn from my patients."*

Applying for 3-year graduate nurse practitioner programs.

Began working in Indian Health Services full time.

Became a mom

Graduated from OHSU in 2013 with a bachelor's degree in nursing.

Became a nurse

Graduated with an associate degree in nursing from Blue Mountain Community College.

*"My advisor helped me set up the path to apply for the nursing program."*

Did job shadow at an IHS clinic.

*"You have to face that failure sometimes, to realize you just need to find a different route."*

Attended Whitman College for one semester, before leaving for community college.

Graduated from Nixyaawii Community School in 2007.

*"Classes were enriched with tribal treaty rights, learning my native language and culture."*

Participated in College Horizons, a preparatory program for native students.

**STARTED HERE**

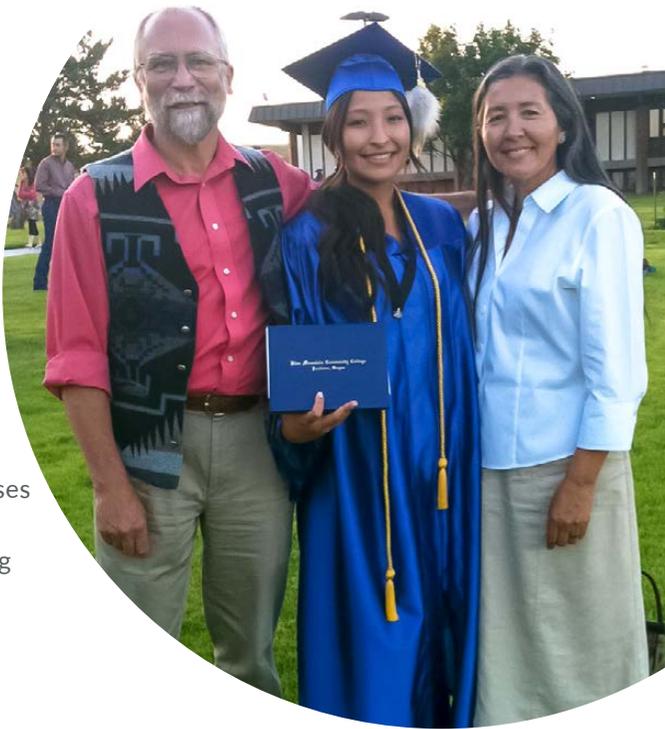
One of eight kids, raised by her mom and stepdad.



Annette New Dawn Sampson  
 Registered Nurse and Future Nurse Practitioner  
 Blue Mountain Community College / Oregon Health & Science University

**Bachelor of Science in Nursing**

# WHAT ANNETTE STUDIED



Annette discovered the benefit of community colleges early on, taking classes while in high school and then achieving both her associate’s degree and nursing program prerequisites. This prepared Annette for an OHSU nursing program that let her study online and get clinical experience close to home.

The library, tutoring center and Native Student Unions provided her with essential friendship and support.

“Staying active in the Native Student Unions always helped me stay focused on my studies and engage in leadership roles,” Annette said.

**Here’s a snapshot of the college path that led Annette to her registered nurse job:**

**YEAR ONE**

(Whitman University and Yakima Valley Community College)

**FALL**

General Psychology  
 Human Anatomy and Physiology  
*“We memorized all the muscles and bones and even got to work on a cadaver, which was a little creepy.”*  
 Microbiology  
 English Composition  
 Applied Strings

**WINTER**

Human Anatomy and Physiology  
 Elementary Chemistry  
 Human Development  
 General Sociology  
*“I enjoyed the break from math and science. We discussed feelings and emotions.”*

**SPRING**

Human Anatomy & Physiology  
 Elementary Chemistry  
 Technical Writing

**SUMMER**

Introduction to Cultural Anthropology

**YEAR TWO**

(Blue Mountain Community College)

*“I made the library my home for research, participated in study groups and also could be found frequently in the tutoring center.”*

**FALL**

Fundamentals of Nursing  
 Health Assessment  
 Healthcare CPR

**WINTER**

Medical –Surgical Nursing Pharmacology  
*“This class involved intense memorizing and studying.”*

Nursing Skills and Laboratory  
*“I received support from my tribe, the Confederated Tribes of the Umatilla Indian Reservation, through scholarship and working as a college intern.”*

**SPRING**

Medical –Surgical Nursing Pharmacology

**YEAR THREE**

(Blue Mountain Community College)

*“Being a patient advocate, being able to advocate about not just their meds and treatment but also their lifestyle choices, that’s always a long-term goal of mine when I’m working with a patient, and uses skills I learned in college.”*

**FALL**

Psychiatric/Community Nursing  
*“Working at the local prison was an eye opener to strict security protocols while providing the best care.”*  
 Nursing Skills Lab  
 CPR Recertification

**WINTER**

Nursing Skills Lab  
 Maternal/Neonatal and Women’s Health

**SPRING**

Advanced Medical–Surgical Nursing  
 RN Review

**YEAR FOUR**

(OHSU)

**FALL**

Health promotion & pathophysiology – Chronic illness/end of life

**WINTER**

Epidemiology  
 Integrative practicum  
*“A fresh look at health promotion, we looked at how to reduce risk and disease by prevention.”*

**SPRING**

Population based care  
*“A fun clinical at a day care, I got to play with students and look into developmental issues and health prevention/promotion.”*

**SUMMER**

Population based care

**YEAR 5**

(OHSU)

**FALL**

Integrative practicum

**WINTER**

Leadership & Outcome Management – Nursing topics guided discovery I

**SPRING**

Leadership & Outcome Management – Nursing topics guided discovery II

**SUMMER**

Acute Care II and End of life – Integrative practicum

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