



# Continue Optimizing Emergency Medicine Profession in My 30s

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At the age of thirty, I have already spent a decade developing my skills in the field of nursing. My decision to enter healthcare was influenced by the TV series “Large Hospital, Small Doctor,” where I saw the value of using one’s expertise to help others. The idea of working in a hospital felt natural to me, despite the potential challenges and hardships in such an environment. After graduating from high school, I resolved to pursue a career in nursing, even though my father disagreed. He was concerned about the physical demands of the job—taking care of bodily functions—and, being a male, he felt it might be socially frowned upon. Additionally, the fear stemming from the SARS epidemic made him even more worried about my safety in a healthcare setting.

Eventually, my father came to terms with my decision, and I enrolled in the nursing program at Tzu Chi University. The capping ceremony before my clinical internship was perhaps even more significant than graduation itself. My whole family attended the event in Hualien.

During the intermission, a Tzu Chi volunteer approached me and said, “Jingde, your father seems to be tearing up near the restroom.” I couldn’t guess what he was feeling at that moment. Was he moved by the ceremony, seeing his son grow up to become a nurse? Or was he anxious about



me entering clinical practice? I never asked him. My parents had always taught me to think positively and replace fear with blessings, so perhaps my father's tears were a reflection of his understanding and pride in my growth.

After graduation, the real challenge began. The early days in clinical practice were full of mistakes. I was once told, "Don't wash with hot water!" At first, I didn't understand why. My seniors simply responded, "Would you wash vegetables with hot water?" It was a simple lesson—an early indication that I had much to learn.



From a rookie nurse to a seasoned clinical professional, the journey has been full of trials and growth. Along the way, I have learned to adapt, communicate more effectively, and refine my skills. I believe every nurse's path is similar, and I strive to be a role model for others, always mindful not to become complacent with experience. I adhere to the saying, "Heed the ending no less than the beginning," keeping it in my heart as I continue my work.

Looking back on my efforts, the challenges I faced, the recognition I received, and the fulfillment of my dreams, I wonder: is that enough? Clinical learning is an endless pursuit, something that never stops. The practices I follow today might be outdated in ten years, but that's the nature of healthcare—it's constantly evolving. The most unpredictable aspect is how human beings and their needs change. We must adapt, not stay static. This applies not only to medical practices but also to mentoring new colleagues. The mindset of Generation Z may be vastly different from ours, and we must adjust our approach to teaching and leading them.

Nowadays, many in nursing work tirelessly, passing on their knowledge, but hard work alone does not guarantee excellence. Its adaptability and creativity that lead to true success. I am still working to become a more versatile and open-minded nurse, striving to see things from multiple perspectives.

In the emergency department, I've encountered many critical situations, but they have always taken place within the relatively protected environment of the hospital. This made me wonder: if an emergency occurred outside the hospital or in more difficult



conditions, how would I respond? Would I freeze up? It was this curiosity that led me to volunteer with the New Taipei City Fire Department's Ankang Squad and join their EMT (Emergency Medical Technician) training. This publicly funded training was rigorous, with no room for slack. It taught me invaluable skills in pre-hospital emergency care, from evaluating patients to providing treatment in the most challenging environments—whether in extreme heat, heavy rain, or unsanitary conditions. These situations may not be as controlled as a hospital setting, but they are just as crucial. Without EMTs

providing care before reaching the hospital, a patient's chances of survival would significantly decrease.

However, not every experience is a success. I remember one particular case: an OHCA (Out-of-Hospital Cardiac Arrest) emergency. The Ankang 92 ambulance was dispatched to a location just a few streets away from my home—it was at a neighbor's house. Upon arrival, I found the patient was not breathing and had no pulse. After confirming the family's consent for resuscitation, we initiated emergency procedures. I worked alongside an EMT-P (Advanced Paramedic), an EMT-2 (Intermediate Paramedic), and a fellow EMT who was also a nurse. Each of us performed our role: one person was performing intubation, while I was establishing IV access. However, despite our efforts, the patient arrived at the hospital still without signs of life.

Facing the loss of a neighbor was especially difficult. On the way back, my senior said, "This team is the best, but sometimes even the best can't win against death. All we can do is adjust our mindset and keep going." It was a sobering moment, but one that reminded me of the importance of resilience and the need to keep pressing forward, no matter the challenge.

Every profession has its challenges, but it also has its rewarding moments. Strengthening one's emotional resilience is part of growth. As I stand at this milestone of turning thirty, I continue to learn, evolve, and prepare for the challenges ahead, growing stronger every day.