

LOWELIA AVELLANA, BSN, RN

Assistant Head Nurse. Med/Surgery

NYC Health + Hospitals/Queens Hospital Center



Lowelia Avellana credits her patients with generating her strong motivation for pursuing excellence in nursing. "Being a nurse for the city's public health system has allowed me to care for various cultures and races," she points out. "Caring for different cultures has been rewarding because I'm able to learn about different traditions throughout the world. As an immigrant, I'm able to empathize with my patients on a greater scale."

As Assistant Head Nurse for NYC Health + Hospitals/Queens, Avellana was one of the very first frontline workers to confront the scourge of COVID-19. "When the pandemic struck Queens Hospital, I was extremely proud to be a frontline hero," she declares, adding, "I worked tirelessly alongside my team to combat COVID-19."

Avellana joined NYC Health + Hospitals five years ago, after her aunt urged her to pursue a nursing career. "My aunt inspired me to become a nurse," she recalls. "She worked with elderly patients and was passionate about caring for them. She encouraged and supported me in pursuing my dreams to become a nurse."

Continuous improvement is one of Avellana's primary goals. "I want to improve things to render excellent service to my patients," she remarks. "Improving things in the hospital produces better outcomes now and in the future."

In terms of nursing values, Avellana says she feels strongly that all nurses should demonstrate compassion, noting, "Compassion resonates with me as a nurse because I feel compassion is crucial in caring for patients who are in a vulnerable state. Showing compassion exceeds patients' expectations and allows them to feel recognized and cared for on a deeper level."