

My Personal Social Media Posts

8/13/2020:





Hello everyone. It's "me", Amanda. I was going to originally post a video of me talking, but I continue to (annoyingly, according to me) cough after not too many sentences. I'm posting this as a very personal update to those I love, respect, and admire.

I am beyond blessed and thankful for the outpouring of love, kind words, support, visits, etc. I have frequently stated that I don't feel that I could ever come close to being deserving or worthy of the love I have received. It's probably very good I could type that statement instead of saying it out loud as I would have cried (and probably would have had to stop to collect myself). Not everyone knows or understands what happened the evening of July 13th, one short month ago, so I felt it was perhaps needed for me to share more about it.

I worked a 12 hour day shift on July 13th with my beautiful coworkers serving our patients. I'll be honest here and say that I don't remember that day. Perhaps it's from the accident or it was God's way of protecting me from the ending of that day. I can tell you all that I am in Love with my job and felt So blessed to make it through 5 years of absolute blood, sweat, and tears to serve others.

On July 13th my car was t-boned on the passenger side (thank God not my side) by a police officer who was responding to an emergency call. Anyone who has driven in Watford City knows how "hilly" and beautiful it is. Due to the injuries I sustained, I had to be taken to Watford City's ER to be assessed, treated, and intubated by staff I am beyond grateful were present and able to treat me. Thank You, Thank You!!! I was then transported to Trinity Hospital for ICU care. Four days of ventilator care and steroid treatments later, I was extubated.

From what I learned, I jokingly said I'm surprised my family and friends are still around as I was not a fun patient to be around. I had a Lot of pain and I was dealing with 3 brain bleeds. I'm So sorry.

I was transferred back to Fargo via non-emergent ambulance to Sanford Health Rehab a few short days later. I started various therapies by the next day and it felt So good to be so close to "home" (Casselton). It also felt beyond weird to be a Patient. Perhaps the "weirdest" part was the daily Progress I could feel and see. I can now see what my patients mean by progress. Again, typing that makes me want to break down and cry. I should mention that I am Not one to cry easily. This experience has changed me in more ways than one, all for the better.

I was discharged back Home with scheduled outpatient therapies and appointments by August 4th!! August 4th!!!!!! ♡

I did not mention specific names throughout this update. This is Not because I do not remember them. I did not mention names as I do not believe any specific person is more significant than the next. You Are All Significant To Me!! I am So So blessed. Thank you!!! I am so thankful for my family and friends who have updated others on my progress so far ♡!!

I resumed outpatient therapies this week with Sanford Health (yay!) and can tell that each day is better!! My goal throughout this process has been to absorb as much valuable information as I can as a Patient to help treat My future patients. I have no doubts that I Can and Will resume treating patients as a nurse practitioner. Therapy staff at Sanford have All been Amazing to work with.

I felt it was personally needed at this point in time to update on my progress (so far). I am still "here" (ha!) with every intention of returning back to work as a nurse practitioner. I heard many stories about how my original outlook was projected to look like. I am so Proud and Thankful to be blowing those initial projections out of the water!!! Again, I am glad I am typing this update instead of speaking as I would likely not be able to finish the next sentence. I miss my patients, my coworkers, my profession, and what "normal" can be. ♡

Don't Ever forget to count your blessings. Please keep my family and I in your thoughts and prayers along with a continued very speedy recovery. I am not allowed to work yet and I do Not receive a temporary paycheck. This accident has dramatically changed my family. Also, Please keep Officer Moran and his family in your thoughts and prayers. I am one text away if anyone has a burning question ♡ I'm beyond thankful to be alive and well. Thank you all.

12/12/2020:

 **Amanda Marie Mitchell**
Dec 12, 2019 · 🧑

Thank you [Katie Prothero](#) for your guidance the past 14 weeks!! Last day of clinical as a FNP student in the books!! One test left to take tomorrow and I'm D-O-N-E!! ❤️ 🧑 🧑 🥰 [Kenneth Mitchell](#) [Susan Upton](#)



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What I'd give to be back "here" today. ❤️🧑 I worked 5 years straight to get to that point (2.5 years for my RN to BSN and 2.5 years for my FNP masters—half-time school "status"). The first 4.25 years I worked full-time as a nurse until I knew traveling up to 2 hours one way to clinical sites, plus being a mother, etc. was too much. I dropped my work hours to 24 hours per week for my last 2 semesters. I hardly saw my family or friends. I tried to be the best mom and wife I could be. I accepted the "lived in" look of my apt because my education and son's needs (and Some sleep) had to come first. I finished strong despite feeling like I knew so little. I was so exhausted yet felt so damn proud of myself. I was so happy to be able to transition to being an "all present" parent to Quincy who watched me work on homework or attend virtual classes. I prayed he would see my dedication and determination as a guide to never give up and to try hard at life.

I took "off" from studying for nurse practitioner boards for almost a full month before I put my foot down and forced myself to open that review book. I scheduled boards for January 30th which happens to be my little brother, Kody Herold's, birthday. I was so scared that I would either be celebrating passing my boards and my brother's birthday or feeling like a failure at his birthday celebration.

I took the entire testing time allotted on the first computer at the testing site. I answered the final question on the test, reviewed a few of my answers, and hit "submit". A message opened up on my screen stating that I PASSED!!! I wasn't sure if it was "real" or not!! I was shaking as I gathered my marker and my scratch paper. I opened the door to leave the testing room and asked the receptionist if the message was "real". She looked at me, smiled, and said, "If it said you passed, then you passed"! I shook and was so excited. I gathered my things from my locker at the testing site and bolted to my car.



The first person I called (sorry Kenny, lol) was my mother, Tina Herold. She said she was waiting for me to call for over an hour. Ha! I told her I passed by boards and was officially a nurse practitioner. I cried happy tears and called my husband.

I got to Celebrate my achievement and my brother's 25th birthday that evening. I had already returned to working full-time weekend status after my last clinical on December 12th, so I didn't stay out very long. I'll never forget that day. I'll never forget the path I took to get to that point.

Unfortunately at the same time, COVID-19 was making its way throughout the world. Due to the virus and changes that needed to take place for the safety and well-being of others, very few nurse practitioner positions were available. Already long story short (sorry), I accepted my first nurse practitioner position as an independently contracted locum nurse practitioner in Watford City, ND. I was offered reduced cost health, dental, vision, and long term disability insurances at \$1450 per month. I started my nurse practitioner journey on May 2nd. I chose the dates to work so I could be home the weeks I had Quincy. I was coordinating moving back to Casselton at the same time as starting as an NP. It was "messy", but my family was there to help (So So much).

Fast forward to July 13th—I worked a 12 hour day shift. I was told I left the clinic/hospital to pick up supper and treats for staff (I do not remember that day or the day before). A police officer responding to a call ran through a red light at over 60mph and t-boned the passenger side of my car. At that moment, my life changed.

I can give more details about the journey I have experienced so far since that day, but I choose to leave it at this. Remember to take in all those moments. Give life your "all", especially when you are doing God's work and what is right. There will be hills and valleys. There will be blood, sweat, and tears. Above all, keep your Faith that God has a plan for us all, even in our darkest moments when it may feel impossible to see the light.

My life will never be the same, but that will not stop me from working hard and hopefully working as a nurse practitioner again in the future to care for others. I've learned so much from this accident about what is important in life along with what disparities exist in the healthcare world. I hope to make a difference  . Thank you for taking the time to read this. Share it if you'd like. Keep going!!!

12/30/2020:

I try to not post too many "negative" things because I have always tried my best to "fix" situations and get things solved. That's part of the reason I became a nurse practitioner. I wanted to be the voice for others in times that seemed impossible. I could now use some of my own warriors as my long term disability insurance company denied my claim. After 3 bleeds on my brain—a traumatic brain injury that has changed my life.

Acute Care Inc, my attorney, and friends are fighting this as the reason for denying my claim was Wording. Wording that was Corrected. Until my claim is approved, my family and I are at a huge loss. Medical bills are expensive. I Need occupational and speech therapies in order to improve. I have no vehicle. I've fought to get this far. The honest truth for me? I'm Exhausted.

No programs exist to help a nurse practitioner who is independently contracted get back on their feet. I get all "no's" for volunteering in medical facilities or job shadowing other NPs which is my next step in therapy. Some explanations I receive are due to COVID while others are "you aren't an employee here".

My husband's birthday is today. I want this day to be about celebrating, however I don't think that will be very "easy" for our family. We are Scared. Kenneth Mitchell and our Arkansas boys go back to Arkansas on January 1st. I have no car or income.

What I need is Your help. I need your help by being my voice. Call the news stations, call the radio stations, call our local/state/house legislative members, REPOST THIS THREAD. I spent 5 years of my life to become a nurse practitioner. A rug was pulled from underneath me only 2.5 months into my new career. I cannot yet work as a nurse. I cannot be cleared to Work. Please, be my Voice. THANK YOU!!! ♡♡♡♡🙏

***Edit: I have been asked if I have Venmo or PayPal—I do have both: mommamarier25@gmail.com;
@Amanda-Mitchell-179

My post:

Good morning! Brandy Pyle, our District 22 ND House Representative, MY HERO ♡, has gone above and beyond to help bring attention to the inadequacies of ND Century Code Section 32-12.1-03(2)—Governmental Liability.

..."the liability of political subdivisions under this chapter is limited to a total of two hundred fifty thousand dollars per person and one million dollars for any number of claims arising from any single occurrence regardless of the number of political subdivisions, or employees of such political subdivisions, which are involved in that occurrence."

Although House Bill No. 1332 (1987) amended Subsection 2 of Section 32.1-12.1-03 to limit liability to a total of two hundred and fifty thousand dollars, the \$250,000 limitation per person has been in place since the section of law was created in 1977. Senate Bill No. 2315 (2015) increased the total liability amount for a single occurrence from \$500,000 to \$1,000,000.

I am finishing up on My personal testimony for submission by 7:15AM on 1/7/2021. Personal written testimonies can be submitted by Anyone online by the same time/date.

There may or may not be enough time for oral testimonies due to constraints, however the proceedings can be viewed online (I will attach a link). I WILL BE PRESENT at the public hearing and my family will be watching (Kenneth Mitchell will also provide testimony from Arkansas).

If you, a loved one, or friend have been affected by the unfortunate limitations of this law, or you want to be My hero and Voice, please submit a testimony!!!

https://www.legis.nd.gov/legend/committee_hearings/testimony/public-testimony/29/?bill_number=1057

Here are Some items I hope to be included/added:

- ☑ Individualized financial reimbursement based on income obtained at the time of the incident including lost wages, cost of hospitalization, cost of rehabilitation and therapies, cost of vision therapy and adaptive equipment, cost for counseling and mental health services, cost of health/dental/vision/LTD/Life insurances, and cost (potentially) for legal representation (attorney fees/legal fees). Cost of future cost inflation to also be included.
- ☑ Code changes to be retroactive to at minimum my case.
- ☑ Above recommended updates to be considered throughout the rehabilitative process (for example, Traumatic Brain Injury (TBI) patients often require 2-3 YEARS of rehabilitation—this includes Myself).
- ☑ Option for virtual therapies to be covered by healthcare facilities/health insurance when virtual therapies are deemed to be appropriate by therapy professionals directly caring for the patient.
- ☑ Reimbursement for or replacement of lost vehicle of equal cost/value at time of incident (if applicable, as it would be in my case).
- ☑ Free transportation services for patients to and from medical appointments who have not yet been released to drive or cannot afford vehicle maintenance and or cost of fuel including patients in rural settings.
- ☑ Reimbursement or payment of student loans (Federal and private) if patient is unable to return to former occupation due to sustained injuries (I have worked as a nurse for 12 years and have \$170,000 + in student loan debt to become a nurse practitioner [LPN, RN, BSN, MSN, FNP-BC]). Reimbursement or payment of student loan interest while loans are on temporary deferment (if applicable) and/or forbearance. Reimbursement and payments are to not be taxed.

☑ Legal assistance for self-employed/1099 independently contracted workers including filing of paperwork for assistance programs (in conjunction with an APPOINTED social worker).

☑ Implementation/creation of return to work programs for nurse practitioners/healthcare providers (including those who are independently contracted/1099) that are supported by healthcare networks for rehabilitative purposes.

Please join me in this “fight” to improve this code, the rehabilitation of patients, and to help be my Voice!! Share!!