

Perla Ruiz: A Leader in Phlebotomy and Patient Care at UCHealth

Get to know Phlebotomist Perla Ruiz, who serves the population of Aurora, Colorado.

New York City, New York Jul 14, 2025 ([IssueWire.com](https://www.issuewire.com)) - UCHealth proudly announces the remarkable contributions of Perla Ruiz, a dedicated Phlebotomy Supervisor and Lead whose expertise and commitment to patient care have made a significant impact in the healthcare community of Aurora, Colorado. With a strong background in Phlebotomy, Perla Ruiz has emerged as a leader in the field, exemplifying the values of compassion, safety, and effective communication to ensure proper patient care.

Perla is a highly skilled and experienced Certified Phlebotomy Technician (CPT), recognized for her precision, professionalism, and dedication to patient care. Although she also holds certification as a Respiratory Therapist, her primary focus and passion lie in the field of phlebotomy, where she continues to make a meaningful impact through her expertise and commitment to excellence.

A phlebotomist is a healthcare professional who is trained to draw blood from patients for various medical tests, transfusions, donations, or research. Their primary responsibilities include venipuncture (inserting a needle into a vein), collecting blood samples, properly labeling and handling those samples, and ensuring the comfort and safety of patients during the procedure.

Phlebotomists play a vital role in the healthcare system in several ways:

1. Accurate Diagnoses

By collecting blood samples, they provide essential data for the precise diagnosis of illnesses and conditions.

2. Patient Care

They ensure blood draws are performed safely and comfortably, helping to reduce patient anxiety and discomfort.

3. Laboratory Efficiency

Their expertise ensures that blood samples are properly collected, labeled, and handled, maintaining the integrity of samples for accurate testing.

4. Support for Medical Staff

By efficiently managing the blood collection process, phlebotomists allow doctors and nurses to focus more on direct patient care.

5. Public Health

In roles such as those in blood donation centers, phlebotomists contribute to maintaining adequate blood supplies, which are critical for emergencies and surgeries.

Perla Ruiz began her journey in healthcare at Denver Health in the food services department in July 1999 at the age of 17. She went on to the transportation department in 2001, before deciding to go back to trade school in May 2003. While still working full-time, Perla attended Pima Medical Center as a Phlebotomy Technician. In July 2003 she graduated with honors for academics and attendance. She immediately transferred to the InPatient Phlebotomy team where she remained until May of 2010. Her endeavors took her to Presbyterian St. Luke's Medical Center, of course to the IP Phlebotomy department. In 2013 Perla decided to go back to school for Respiratory Therapy. Graduating from Concorde Career College in 2015, where she honed valuable skills in respiratory therapy. Her clinical rotations at esteemed institutions such as Denver Health and the University of Colorado Hospital

provided her with invaluable hands-on experience in neonatal care and intensive care unit procedures. This diverse background laid a solid foundation for her leadership roles in Phlebotomy at UCHHealth, where she and her team are dedicated to providing exceptional care to patients.

In her role, Perla Ruiz is not just a Lead; she is a mentor and advocate for both her team and her patients. Her passion for enhancing patient quality of life drives her to continuously improve practices within her department. She believes that effective communication is key to building trust with patients, which is crucial for their overall experience in the healthcare system. This patient-centered approach has earned her recognition and respect among her colleagues and patients alike.

In her words;

“My biggest accomplishment to date is at UCHHealth. I began in January 2019 as a lab technician. After COVID-19, my role evolved into a specialist. After three years in the lab, I joined the IP Phlebotomy department in September 2022. There was no structure—no AM rounds, break schedules, or unit prioritization.

I developed a morning rounds workflow, reducing completion times to 7:00-7:30 AM, VS 10:00 AM, and created a "mini run" system for stat, timed, and deferred draws, ensuring consistency across shifts. With the support of leaders Taryn Syler, Kenza Khataoui, Sarahi Madoza, Levi Berg, Sierra Hawks, Audee Trujillo, and Toni Prothro, we maintained this efficiency. We successfully decreased STAT draws by 28 minutes—a huge win! Though we are still in the process of changing and building, I firmly believe the task will be accomplished.

Additionally, we established break schedules and rounding times for units, tackling the immense challenges of working in a trauma center. The team, driven by hands-on supervisors, across all shifts, we are some of the the first line of defense, essential for providing effective care.

Though I may not see this project to completion, I have trained the staff to continue our success, promoting inclusivity, teamwork, and patient-first care. With 26 years in public health, including 22 as a bedside Phlebotomist, I believe in creating a safe, inclusive, and productive environment for patients and staff.

At the end of the day, I continue to do this job because it's important to me that we practice a high standard of safety, ensuring we cleanse the site properly and avoid nerve damage. I genuinely care for our patients, and there are always those who are very appreciative. Blood draws aren't as easy as they might seem, and veins aren't always as visible or suitable as they appear. Not everyone can draw blood effectively. I love the feeling of doing a good job and making their day just a little bit better”.

Perla's leadership style fosters a collaborative environment where team members feel empowered to share ideas and enhance their skills.

Perla's dedication extends beyond her daily responsibilities. She volunteers for initiatives dedicated to enhancing community awareness of domestic violence and supporting single mothers and women of color. Her ventures have taken her internationally and she hopes to volunteer at MSF.

<https://www.msf.org>

MSF - Médecins Sans Frontières | Medical humanitarian organization

As healthcare continues to evolve, Perla Ruiz remains at the forefront, ready to adapt and innovate in order to meet the needs of the community she serves. Her unwavering commitment to excellence and patient advocacy makes her an invaluable asset to UCHHealth and a true leader in the field of healthcare.

Learn More about Perla Ruiz:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/85022421-Perla-Ruiz-Phlebology>

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Source : Perla Ruiz

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