

Shelia A. Roberts, RN: Transforming Lives Through Compassionate Nursing in North Carolina

Leading the Charge in Patient-Centered Care and Behavioral Health Expertise



New York City, New York Mar 12, 2025 ([Issuewire.com](https://www.issuewire.com)) - Shelia A. Roberts, a distinguished nurse with over 40 years of experience, is making significant strides in the field of nursing, particularly in behavioral health and substance abuse detoxification. With a career dedicated to enhancing patient quality of life, Roberts exemplifies the values of communication, safety, and trust, making her an invaluable asset to the North Carolina healthcare community.

In regards to her educational background, she began her journey in nursing with an Associate in Applied Science from Dutchess Community College in May 1983. Her passion for helping others led her to specialize in behavioral health and alcohol detox substance abuse, areas where she has become an expert. Her commitment to her patients is evident not only in her clinical practice but also in her continuous pursuit of knowledge, as she is set to graduate with a Bachelor of Arts in Christian Leadership from Destiny Bible College on December 28, 2024, where she will also be certified as a counselor.

As a member of professional societies such as the National Alliance on Mental Illness (NAMI) and the United States Institute of Diplomacy and Human Rights (USIDHR), Roberts stays at the forefront of advancements in nursing and mental health. Her dedication to ongoing education and professional development ensures that she is well-equipped to provide the highest standard of care.

In her role, she offers guidance to patients seeking to improve their health and well-being, particularly those dealing with hypertension. “Lifestyle changes can significantly lower blood pressure,” Roberts explains. “I encourage my patients to adopt dietary changes by reducing salt and fried foods, increasing their intake of fresh fruits and vegetables, and practicing stress management techniques like deep breathing and yoga.” Additionally, she emphasizes the importance of regular exercise and making lifestyle adjustments to alleviate stress, always advising patients to keep in contact with their medical doctors for monitoring and potential medication needs.

Shelia is not just a nurse; she is a beacon of hope for many in North Carolina. Her unwavering commitment to improving the lives of her patients through compassionate care and expert guidance sets a standard in the nursing profession. As she continues her journey, Roberts remains dedicated to making a positive impact on the health and well-being of her community.

Learn More about Shelia A. Roberts:

Through her online profile, <https://todaysnurse.org/nurse/4150216>

Media Contact

TodaysNurse

*****@todaysnurse.com

Source : Shelia A. Roberts

[See on IssueWire](#)