

America's Best in Medicine Features Shanna Carey: Compassionate Healthcare Professional and Patient Advocate

Aspiring Reiki Practitioner Combines Nearly 25 Years of Clinical Experience with Empathy, De-Escalation Expertise, and Holistic Healing Principles



Blackfoot, Idaho Jun 1, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Shanna Carey is a dedicated healthcare professional whose nearly 25-year career reflects an unwavering commitment to compassion, advocacy, and healing. Throughout her extensive journey in healthcare, she has worked across

behavioral health, dialysis care, Veteran services, and mental health support, consistently earning the trust of patients and colleagues through her calm presence and deeply empathetic approach.

Shanna began her career working with behavioral and emotional children, helping them navigate oppositional behaviors and emotional challenges. Early in her professional life, she also served as a Certified Nursing Assistant (CNA), caring for Veterans whose experiences left a lasting impression on her understanding of dignity, patience, and patient-centered care.

Over the years, Shanna embraced a variety of demanding healthcare roles, each strengthening her dedication to supporting individuals during some of the most difficult moments of their lives. For ten years, she worked as a Certified Clinical Hemodialysis Technician, entering the field unexpectedly but quickly excelling in both technical skill and patient education. During her time in dialysis care, she trained 17 patients in home hemodialysis, equipping them with the confidence and knowledge to manage their treatments independently.

Her work in dialysis became especially challenging during the COVID-19 pandemic, when immunocompromised patients faced heightened risks and uncertainty. The emotional and professional toll of caring for vulnerable populations during that period deeply impacted Shanna and reinforced her belief in compassionate, individualized care.

In addition to her dialysis experience, Shanna has spent eight years working in behavioral and mental health settings with both children and adults. Her work includes helping establish a behavioral health unit in a Level IV trauma hospital and serving within a state hospital system. Known for her ability to de-escalate tense and emotional situations, Shanna approaches every patient interaction with empathy, patience, and understanding.

“I like healing people,” says Shanna. “I have more of a motherly aura because I didn’t grow up with that kind of comfort myself. I feel like I bring that nurturing quality to my work. When patients are scared or vulnerable, I tell them I’m not here to judge them — I’m here to help them.”

Driven by this philosophy, Shanna is currently expanding her approach to care as a Licensed Reiki Practitioner. She aims to integrate holistic healing practices alongside traditional medicine, helping patients achieve greater balance, comfort, and emotional support throughout their healthcare journeys.

Shanna believes communication and emotional connection are often just as important as clinical treatment. She credits her own difficult upbringing and traumatic experiences with helping her better understand the fears and struggles many patients face.

“I can talk people down and change the energy in the room,” she explains. “I’m a firm believer that medicine is essential, but sometimes healing requires more than medicine alone.”

Whether advocating fiercely for patient care, supporting individuals through mental health crises, or teaching life-changing medical skills, Shanna Carey continues to embody resilience, compassion, and an extraordinary dedication to healing others.

Learn more about Shanna Carey:

Through her America’s Best in Medicine profile, <http://americasbestinmedicine.com/connect/Shanna-Carey>

America's Best in Medicine

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