

America's Best in Medicine Recognizes Kaiser Permanente Nurse Sherry Hudson-Lay, RN: Celebrating 25 Years of Compassionate Cardiac Care



Walnut Creek, California Jun 29, 2026 ([Issuewire.com](https://www.issuewire.com)) - Raised in Rodeo, California, and now residing in Vallejo, Sherry has spent her career caring for patients in telemetry and cardiac monitoring units, where she provides direct patient care, clinical documentation, and interdisciplinary collaboration

in a fast-paced, high-acuity environment. Throughout her tenure, she has also taken on leadership responsibilities, serving as a charge nurse and supporting unit management operations when needed.

Sherry's healthcare journey began long before she earned her Associate's Degree in Nursing from Contra Costa College in 1996, graduating with Dean's List honors. Initially aspiring to become a physician, she pursued medical assisting training after high school and became licensed in EKGs and phlebotomy. Working closely with physicians, she gained valuable experience in stress testing, cardiac diagnostics, gastric capsule studies, and IV therapy, laying the foundation for a distinguished nursing career.

Today, she remains highly trained in critical care practices, having completed ICU and cardiac unit training. She maintains certifications in Stroke Care, NIH Stroke Scale (NIHSS), Basic Life Support (BLS), and Advanced Cardiac Life Support (ACLS). In addition to her bedside responsibilities, Sherry serves on a weekly wound care committee, evaluating patients for pressure injuries and contributing to treatment recommendations that improve outcomes and quality of care.

Sherry Hudson-Lay, RN, a dedicated registered nurse with more than 25 years of service at Kaiser Permanente's Walnut Creek campus, continues to make a lasting impact on patients through her expertise in cardiac care and her unwavering commitment to compassionate nursing.

At the heart of her practice is a philosophy centered on patient advocacy, education, and meaningful human connection.

"What I love most about nursing is spending time talking to patients," said Sherry. "I want to know who they are beyond their diagnosis. Education is one of the most important parts of what we do, helping patients understand why they need to heal and how to care for themselves."

Her compassion was especially evident during the COVID-19 pandemic, when visitor restrictions left many patients isolated. Sherry recalls sitting with a dying patient who feared being alone, holding his hand, playing music, and ensuring someone remained by his side after her shift ended.

Known for her clinical judgment, empathy, and dedication, Sherry continues to exemplify the highest standards of nursing while reminding patients and colleagues alike that healing begins with human connection.

Learn more about Sherry Hudson-Lay:

Through her America's Best in Medicine profile: <https://americasbestinmedicine.com/connect/sherry-hudson-lay>

America's Best in Medicine

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Source : Sherry Hudson-Lay

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