

Influential Women Features Trisha Bielski: Healthcare Consultant And Retired Army Lieutenant Colonel

GREENWICH, CT, UNITED STATES, August 4, 2026 /EINPresswire.com/ -- With More Than 25 Years of Nursing Experience, Trisha Bielski Continues to Advocate for Patients, Veterans, and the Future of Healthcare Leadership

Trisha Bielski is a nurse, healthcare consultant, and retired Army Lieutenant Colonel whose career has been defined by service, leadership, and an unwavering commitment to improving patient care. With more than 25 years of experience across critical care, trauma, flight nursing, primary care, and military medicine, she has dedicated her professional life to supporting patients, developing healthcare teams, and advancing stronger healthcare systems.



Based in San Antonio, Trisha has built a distinguished career that combines advanced clinical expertise, military leadership, and healthcare consulting. Her journey began with a passion for nursing and service, which ultimately led her to a two-decade career in the United States Army, where she held leadership positions across some of the most demanding healthcare environments in the world.

Trisha earned her Bachelor of Science in Nursing from the University of Wisconsin–Oshkosh and joined ROTC, beginning a path that would shape her professional identity as both a nurse and military leader. During her 20 years of Army service, she worked in combat and forward-operating environments, providing care to wounded service members and supporting medical operations under challenging circumstances.

She later expanded her clinical expertise by earning dual Master's degrees from San Diego State

University as both a Critical Care Clinical Nurse Specialist and a Primary Care Nurse Practitioner. These advanced degrees strengthened her ability to provide complex patient care while also preparing her for higher-level leadership roles within healthcare organizations.

Throughout her military career, Trisha served in numerous clinical and administrative leadership positions, including overseeing critical care nursing operations at major military medical centers such as Brooke Army Medical Center and Walter Reed National Military Medical Center. Her experience managing healthcare teams, developing clinical practices, and leading in high-pressure environments shaped her approach to healthcare leadership.

Among the most meaningful experiences of her career was caring for wounded warriors during military deployments. Those moments reinforced her dedication to patient advocacy, compassionate care, mentorship, and ensuring that healthcare professionals remain focused on the people behind every diagnosis and treatment plan.

Trisha approaches every challenge through the perspective of a nurse, allowing patient care, empathy, and service to guide her decisions. Her leadership philosophy has been shaped by both positive mentorship and difficult professional experiences, which taught her the importance of accountability, resilience, emotional intelligence, and supporting others through challenges.

Since retiring from military service in 2021, Trisha has continued her mission of improving healthcare as a senior consultant with Health Management Associates. In this role, she advises healthcare organizations on best practices, policy development, operational strategy, and staff mentorship. Through consulting, she applies decades of clinical and leadership experience to help organizations improve processes, strengthen teams, and better serve patients.

At the same time, Trisha continues expanding her knowledge and expertise by pursuing a Master of Science in Health Law and Strategy at New York University. Her commitment to lifelong learning reflects one of the core principles that has guided her entire career: healthcare professionals must continue questioning, adapting, and growing in order to make meaningful improvements.

Trisha attributes much of her success to the example set by her parents. Her mother is a retired nurse, and her father is a retired carpenter and construction worker. Both continue to remain active, hardworking, and dedicated to their responsibilities.

Growing up with parents who demonstrated commitment, perseverance, and a strong work ethic provided Trisha with the inspiration and motivation that continue to drive her today. She considers herself a go-getter like them and believes their dedication to their careers and family created the foundation for everything she has accomplished.

One of the most memorable pieces of career guidance Trisha received came from a colonel

during her transition out of the military. He told her that she would likely go through several jobs before discovering what truly felt right for her professionally.

Although it was not traditional career advice, Trisha appreciated the honesty behind that perspective. She recognized that military careers often follow a structured path where service members are assigned roles based on rank, responsibilities, and organizational needs. After leaving the military, many veterans must navigate the process of identifying where their skills, passions, and experiences best align in the civilian world.

Trisha has experienced that transition firsthand, having worked through three different positions during the five years since leaving military service. She views this journey as a natural part of growth and believes that finding the right professional direction often requires exploration, adaptability, and patience.

For young women entering nursing, Trisha recognizes that the profession can be demanding, challenging, and emotionally exhausting. However, she believes the moments when a patient expresses gratitude, offers a smile, or shows appreciation are reminders of why the work matters.

She encourages aspiring nurses to develop resilience, remain committed, and understand that meaningful careers often come with significant responsibility. She also emphasizes the importance of never stopping the pursuit of knowledge. Continuous learning, asking questions, and remaining curious are essential qualities for healthcare professionals who want to make a lasting impact.

As a former clinical instructor, Trisha shared this same philosophy with her students, encouraging them to continue developing their skills and perspectives throughout their careers.

Looking at the current healthcare landscape, Trisha believes one of the greatest challenges facing the industry is the complexity and fragmentation of the healthcare system itself. Through her years of experience and continued education, she has developed a deeper understanding of the challenges facing both healthcare professionals and patients.

She believes healthcare in the United States faces significant obstacles, including high costs, political influences, and the ongoing challenge of improving outcomes. While she recognizes that there are no simple solutions, she remains focused on identifying areas where she can create meaningful change.

Rather than attempting to solve every challenge within healthcare, Trisha focuses on making improvements within her own sphere of influence. Through consulting, advocacy, and mentorship, she continues working toward stronger healthcare systems and better experiences for both patients and providers.

The values that guide Trisha's personal and professional life are honesty and integrity. These principles were deeply influenced by her military background and the Army values represented through the acronym LEADERSHIP: Loyalty, Duty, Respect, Honor, Selfless Service, Integrity, and Personal Courage.

These values continue to shape how she approaches relationships, leadership, and responsibility. Trisha takes pride in being authentic, dependable, and transparent, believing that strong character is essential in both healthcare and everyday life.

As she looks toward the future, Trisha remains passionate about supporting veterans and improving veteran-focused healthcare and advocacy efforts. She believes veterans often connect most deeply with those who understand their experiences firsthand and hopes to continue contributing to initiatives that support this community.

Grounded in service, leadership, and compassion, Trisha Bielski continues to make a meaningful impact on healthcare. Through her work as a nurse, consultant, mentor, and advocate, she remains committed to strengthening healthcare systems, supporting future generations of nurses, and ensuring that service and integrity remain at the center of patient care.

Learn More about Trisha Bielski:

Through her Influential Women profile, <https://influentialwomen.com/connect/Trisha-Bielski>

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