

SARAH L. BLUM

NURSE VIETNAM VETERAN

Sarah L. Blum is a champion for justice since 2012. Her first book ***Women Under Fire: Abuse in the Military*** exposes the culture of abuse toward women in our military, the history and what can be done to change it. Sarah received her B.S. in nursing Summa Cum Laude, from Seattle University and her MS in Nursing, Cum Laude, from University of Washington. She is a decorated nurse Vietnam veteran and has been featured on radio, TV and Podcasts.

Her second book ***Warrior Nurse: PTSD and Healing*** released March 2025 is her story of being an operating room nurse at the 12th Evacuation Hospital in Cu Chi, Vietnam during the height of the fighting in the Hobo Woods and the Iron Triangle. Sarah shares many experiences from her year in Vietnam, what it was like coming home, her struggle to adjust at home, and her healing. *Warrior Nurse* takes the reader through her emerging PTSD symptoms, and dearth of resources for women veterans. Sarah went to the University of Washington to study trauma, its effects and how to heal it. She spent 34 years healing trauma in herself and others. Her book is full of healing “medicine.”

Sarah is an authentic passionate speaker who connects easily with audiences and imparts wisdom, inspiration and motivation wherever she goes. Holder of a third- degree black belt in Japanese Aikido, she loves to drum at music jams and with MusicWorks4Vets.

Sarah is available for podcasts, radio, newspaper, magazine and TV interviews as an authentic inspirational and motivational speaker for small and large groups. She designs her talks to benefit the group, organization or company she is hired by. Ask her about the “nurse killer” locusts and the first mortar attack.



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 [womenunderfire.net](https://www.womenunderfire.net)

 [YouTube: Sarah Blum Mini Movie](#)

