

RN  
Roseburg, OR

RE: HB 2697 (Nurse Staffing)

February 20, 2023

Chair Nosse, Vice-chair Goodwin, Vice-chair Nelson, and Committee members,

I am a nurse here in Oregon.

I have seen countless nurses leave for traveling nurse jobs because if they have to work in unsafe conditions, why not make more for it? We are not forced to initial that we have taken all 3 of our 15 minute breaks and our 30 minute lunch. If we say we did not take them we are talked to and our charge nurses get in trouble. Meanwhile the acuity of our unit is so high, the charge nurses barely get a lunch.

So the culture is now to skip all of our 15 minute breaks in order to get patient care completed and then lie and say we took them. Basically we are forced to choose between safe working conditions with adequate breaks, nutrition, hydration, rest or adequate patient care. The patient acuity is too high in the first place so if we actually take our breaks, patient care suffers.

Nurses simply will not work in conditions like this.

Better nurse staffing could help preserve the nursing workforce by helping to recruit and retain direct care nurses. Studies show that nurses who work in supportive environments that prioritize nursing resources and minimum staffing standards experience better job satisfaction, less illness and injury, less emotional exhaustion, burnout and moral injury, and are less likely to want to leave their jobs (Twigg et. al., 2021).

Thank you for considering this important bill.

RN, Roseberg, Oregon