

Loanda Lichtwardt
2443 NE 27th Ave
Portland, OR 97212

February 20, 2023

RE: HB 2697 (Nurse Staffing)

Dear behavioral health and health care committee members,

My name is Loanda Lichtwardt and I am a nurse at Providence Portland Medical Center.

I work nearly every single shift without adequate staffing. There was one Saturday, in particular, that comes to mind. I was actually not scheduled to work that day, but the Charge Nurse called out sick and there was no one else on the schedule trained for the Charge Nurse role, so I found last-minute childcare for my two young children and came in on my day off to be the Charge Nurse. We had zero CNA's (we are supposed to have three on dayshift), and our unit was full with 24 patients.

The nurses working that shift could barely keep up with basic nursing care, much less the high acuity needs of our patient population. We had no one to help answer call lights, help patients to the toilet, or help with basic hygiene needs.

Ambulation is so important after surgery, but there was no one who had any time to walk with the patients. I made sure I sent all the nurses to lunch, but I didn't personally get one break the entire shift. I brought a snack out to the charge station, and continued to answer call lights and assist where I could with patient care, in addition to all of the charge duties.

Like I mentioned before, we ALWAYS work without a full staff these days, but this day was a special brand of awful and dangerous. I work with an amazing team of caregivers, but we can only do so much. I am scared that someone will be seriously injured or dead one day due to lack of staff. We need help. Our patients need help.

We deserve help, and so do our patients. Please pass HB 2697.

Sincerely,

Loanda Lichtwardt