

Submitter: Annie Jarvis

On Behalf Of:

Committee: House Committee On Behavioral Health and Health Care

Measure: HB2697

Since I started as a new to practice nurse a little over 6 months ago we have been short staffed for the majority of my shifts. If not for the camaraderie of my consistently overburdened coworkers I would have left by now. I have grown to expect that I won't be able to take any of my breaks and will consistently leave feeling exhausted, hungry and dehydrated. I mostly feel guilty for the things I couldn't do that shift because there consistently just isn't enough time and manpower. While it's been frustrating I haven't had the time to fully process it all as I turn around and enter the next stretch. This pace isn't sustainable. The lack of time for actual mental and physical breaks is taking a toll and is unsafe for patients and staff alike. The team of nurses around me is what motivates me to keep pushing but they are growing weary and taking other jobs. I can't blame them though I don't know how I can feel safe going to work with even fewer experienced nurses to count on and more trying to leave.

Annie Jarvis