

Submitter: Melissa Hamilton

On Behalf Of:

Committee: House Committee On Behavioral Health and Health Care

Measure: HB2697

I have been a nurse at OHSU since 1993 and a Kidney Transplant Coordinator since 1999.

In this role, RNs are an integral part of the care of over 1,900 transplant patients.

Last month, one of my coworkers committed suicide.

I don't know the struggles my coworker had, but I know that our department is not a place of peace.

I have struggled for years now with BURNOUT, caused by chronic understaffing and unrealistic workloads. I have tried over and over again to express to management that I can't possibly do all that has been put on the nurses to take care of our transplant patients. Management has replied to my pleas for help, with " Well, you are the only one who can do it", "You should delegate better" and "There is no money in our budget for more staff." This left me in a state of physical and emotional exhaustion. I lived with a feeling of dread every day.

I am afraid that I will make a mistake and something bad will happen and it will be my fault.

I would like hospitals to acknowledge the emotional struggles that many nurses are experiencing.

Kind regards,

Melissa Hamilton RN, BSN, CCTC