

Staffing issues on my acute care unit have become an issue. We have a significant number of high acuity patients transferring to or from ICU level care and sometimes we have 4 of these patients at once, which is a tremendous strain on patient care standards and nurse well-being. Currently, taking a “wellness day” is out of the question due to limited staffing and I personally can feel the burn out! As a new graduate nurse with less than 6 months experience, I can see firsthand how staffing issues lead to burn out, nurses leaving the profession, and frequent turnover. I have questioned my decision to enter the field countless times in these first few months, and notice I am happier with my choice when we have better staffing ratios. We need to value our new and experienced nurses alike to make this profession one people don't need to leave for their own mental and physical well-being. Safe staffing laws are essential to keeping people like me, new nurses, in the workforce.