

Submitter: Vanesse Chew

On Behalf Of:

Committee: House Committee On Behavioral Health and Health Care

Measure: HB2697

Today, 2/26, I had a 12 hour shift and had 1, 15 minute break, and another moment where I took 20 minutes to eat something real quick before I admitted a new patient. During this 20 minute break, I did not give report to my buddy because they were also on break and I was covering for them but I was hungry. I took my first break at 11 to snack on something but wasn't ready for my 30 minute lunch yet, seeing that I still had 8 hours of work left. When I wanted to take a lunch, my buddy was busy discharging a patient and I didn't want to dump another 3 patients on top of their 4 with a discharge in progress. I'm sure my situation isn't a rare occurrence to any nurse. We want to take our breaks, we want to be there for our buddies, we want to be there for our patients. But our jobs aren't set for a timed lunch when it's convenient for all parties, and it feels frustrating that I feel bad to take my lunch for fear of burdening my coworkers or delaying patient care. I wish our hospital had a break nurse so we could take care of ourselves without any guilt. I think that as nurses, we care about everyone and everything, and it's just hard. That's why I want this bill to pass so we will be taken seriously and listened to, our system will be held accountable and we will get to care for ourselves guilt free.