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To: Office
Subject: Patient safety

I am a nurse with major concerns re patient safety. I see on a daily basis patients' needs and wants being neglected secondary to that fact that we nurses do not have time as we are consistently working short staffed. I love being a nurse and wish that I could go home at the end of shift feeling like I have cared for my patients to the best of my ability. Unfortunately I frequently go home disappointed in the care that was provided. I feel rushed and unable to really give patients the physical and emotional support they truly deserve. Patients are why we are dedicated to the profession of nursing and if we can not care for them appropriately what's the point?

Not only does being short staffed directly effect the patients it's also safety risk for us as nurses. I have had minor injuries as a result of moving patients alone as there were no other nurses available to help. When we are overworked we get hurt and/or burnt out which increases sick time used which then causes the floor to work short yet again and the vicious cycle continues.

When we work short the whole hospital gets back logged. As a nurse on a surgical unit I see this as when we are short we are too busy to take patients from the recovery room right away when they are ready. This means surgeries get postponed as there there are no beds in the recovery room.

Please do not go ahead with essential service legislation. All we want is for the patients of nova scotia and Maritime provinces to receive the best care possible. All we ask for is your support.

Nicole Pelrine