

International Nurse's Day Poem

Written by Dana Dajani May 2023

inspired by interviews with HMC Nurses

A Nurse is the ultimate HUMANITARIAN

To be a Nurse is to be devoted to a path of service
And as all greater LEADERS know,
service requires sacrifice
It's some of you here today
who have told me of the countless overnight shifts,
or showing up during your rest time, meal time, days off
But it is your effort that yields the big payoff
From the tiniest and gentlest encouragement,
like singing to a baby during open heart surgery
to unexpectedly saving a life because
you caught a risk and you brought it to lig

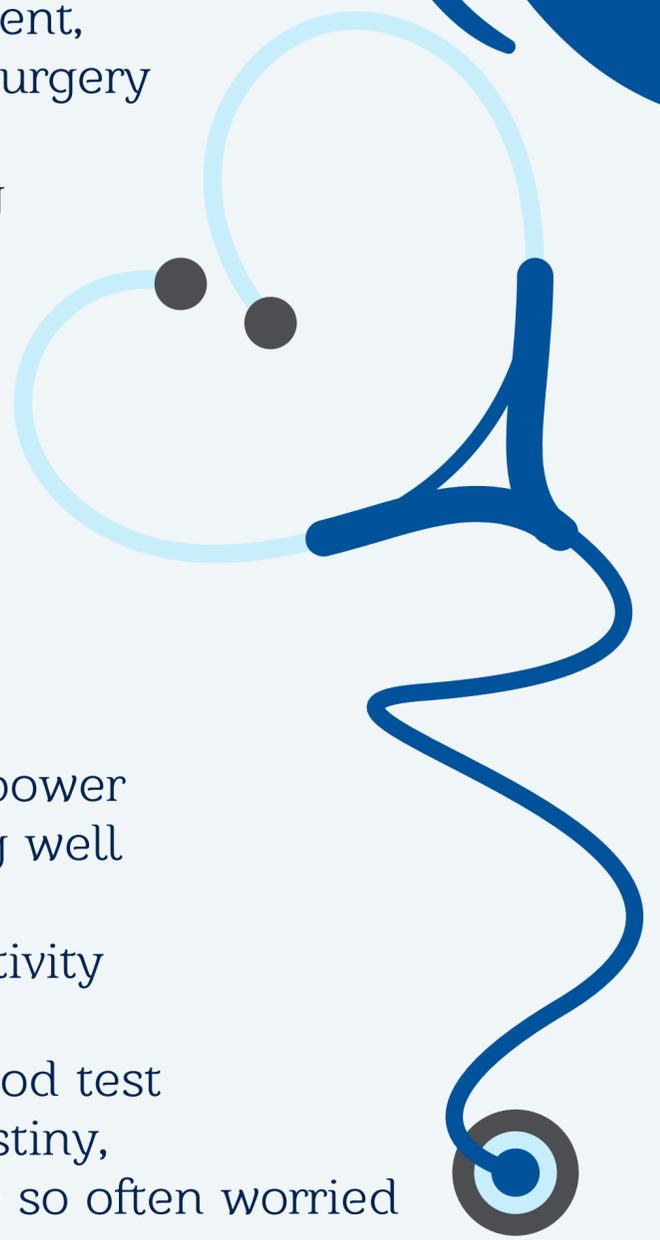
To be entrusted with our precious lives,
Nurses, you are gracious
I have learned that you are noble
You are kin
Extending care to all those in need
spiritually, physically, and psychologically

In fact,
Compassionate Care is your tender superpower
Teaching us to trust the process of getting well
and maintaining health
Providing guidance, reassurance, and positivity

Because something even so small as a blood test
could change the course of someone's destiny,
so when we show up to the hospital we're so often worried

No matter who we are, or where we are from
young or old, rich or poor, man or woman
we are all the same when we enter the hospital
vulnerable
Equal in that moment
so totally reliant
on science, yes, on technology
but also on the benevolence of others, and generosity

A nurse's energy is fueled by an appreciation and
respect for humanity
Your attention to others is a selfless legacy
The spirit of God's Love is in
the way you treat every person with dignity



@DanaDajani.poetry

You receive reward in the smiles of your patients,
in their family's prayers for you,
the endless thanks when they endure
and finally feel a breakthrough

But to be a nurse means to withstand
constant pressure and great demands

I asked a few of you
what you wish the public knew
about your profession, Nursing

And the answers came:

A Nurse has a holistic perspective,
passionate and detail oriented

A Nurse is a multi-tasker,
Team player

Excellent communicator

Thoughtful and dependable, filled with empathy

A Nurse is disciplined, rises to the occasion of their duty

Adaptive, and talented, they never shy away from accountability

Because a Nurse knows that to promote these qualities
in your patients,

you must embody them yourself, totally

You know

that if the mind is not healthy

the body will be diseased with some pathology

So, with patience and curiosity,

you are a witness

allowing your patients to express

what has been suppressed

And that alone can cure

Your patients are empowered by your
consistent resilience

and you have a hundred motivating stories about survivors

to inspire self care, a way to cope,

the will to live, and the hope

that things will be better again

You provide spiritual support when

we are faced with our mortality

and life's fragility

A Nurse does way more than just medical upkeep

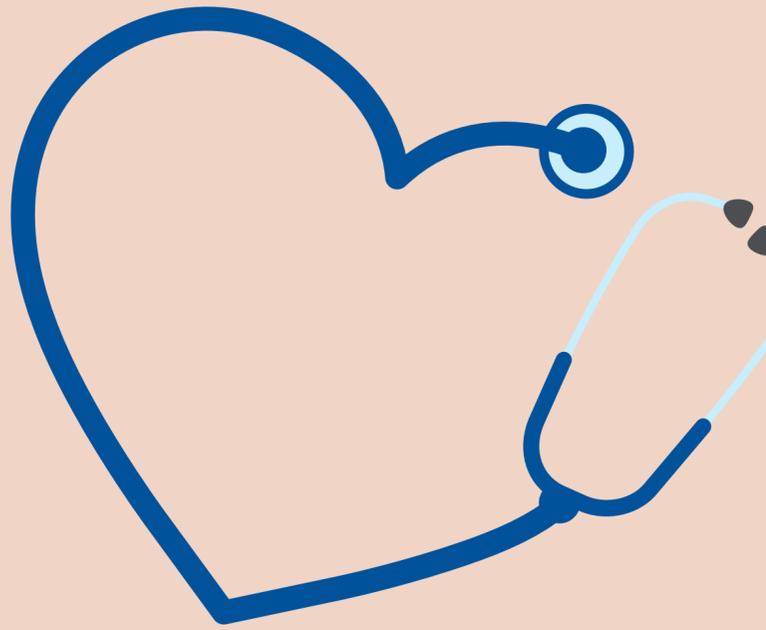
the nurse's role is one of intimacy

to counsel patients and console families

after receiving devastating diagnosis

You are there in battle and defeat,

and to celebrate the victories



Your colleagues told me how
you, the Nurses of the world,
feel the responsibility of that handover
when we put the care of our loved ones life into your hands:

You see my white knuckle grip on the bed
and you know the million questions running through my head
Before I can even ask
you assure me of every detail
and offer me relief
But it doesn't end there, you know because you see
that I will scan the halls for a sign of your face
a hint on if my loved ones ok
until they are out of surgery
So you find a way to keep a bright smile on
day after day
Dear nurses, thanks for showing up like that
You're brave
To manage the emotions of others is an art form

Your patients draw from your strength
and honesty, comforted by your integrity
And you create a bridge which connects them
with the rest of the hospital entity
implementing the regimens
informed by the attending Doctors and Specialists
Behind each and every step is
your mission to protect, treat, care, save, and strengthen

Historically the act of care-taking was associated
with Houses of God
carried out by those who were in God's service
who had compassion and patience
and they were close to life and death
Think about it, the first hands to hold a baby
and perhaps the last hands to comfort the sick
Probably a Nurse, isn't it?

A Nurse is a blessing
an Angel who appears
in life's toughest moments
to ease our fears
You are selfless
sometimes putting your own needs aside
because you gain satisfaction and gratification
from seeing the success of others
so you make a difference to a thousand smiles

Your colleagues told me the secret that
you treat everyone as if they are
a member of your own family



Imagine a world where everyone had this
capacity for love, and this
degree of compassion
Sometimes I do imagine

But before we dream about the future
let's recall the past
In 1976, Sister Callista Roy created
an Adaptive Model of Nursing
She said, "the individual is a set
of interrelated systemsbiological,
physiological, social
And health is to strive to maintain a balance
between those systems and the outside world"

So too is the "healthcare system" is actually
an interrelated set of many networks
working in tandem
and Nurses generate feedback for
the living network called Modern Medicine

In fact, Nurses have contributed
many ideas towards the improvement of healthcare
I found out about Sister Callista Roy and other Nurses
who developed Nursing Theory
employing various different modes and modalities
to look at the dynamic process of healing

And I discovered that today in HMC nurses conduct research
inside and outside of hospitals
which converts to projects for development
to be implemented across their ward and others
in the greater HMC network

Nurses are influencing awareness and policies
to improve patient outcomes
Not in competition, but complimenting
evolving and refining care

And Covid was a time where everyone
stepped forward to rise and respond to the crises
As the military defends the country's borders
our Nurses are at the frontlines of global health
You're the first one to receive and release
"Waging War on Illness and Disease"
though it seems like you're more in the defense position
Taking on big effort and huge responsibilities

Forgive me,
if I am "preaching to the choir",
but it has to be mentioned here, today



that your profession, Nursing, is in dangers way
Which means: that the entire global healthcare system
could give way
systems upon systems collapse
That is to say,
Global Health is at risk

Why? The demand for Nurses around the world has risen,
But the supply of Nurses steadily decreases
Less people are able to show up to care
Can't handle the pressure, and that's fair, it's intense
and not all hospital networks can provide
the best work environments

And this profession, like all others,
has its own known challenges:
Time management, stress, too many meetings
Can't finish documentation
Increased number of patients
Limited budget when requesting new equipment
Language barriers of being in a multinational city
with diversity in staff and patients
Bad network connectivity
Poor education of patients who are not comfortable
accepting the appropriate treatment at the appropriate time
Sacrificed time with your own family
Managing so many systems and machines
Constantly responding to emergencies
Need to take compassionate leave
when someone you've been providing care
for a long time doesn't make it
It's all very demanding of mind, body and spirit

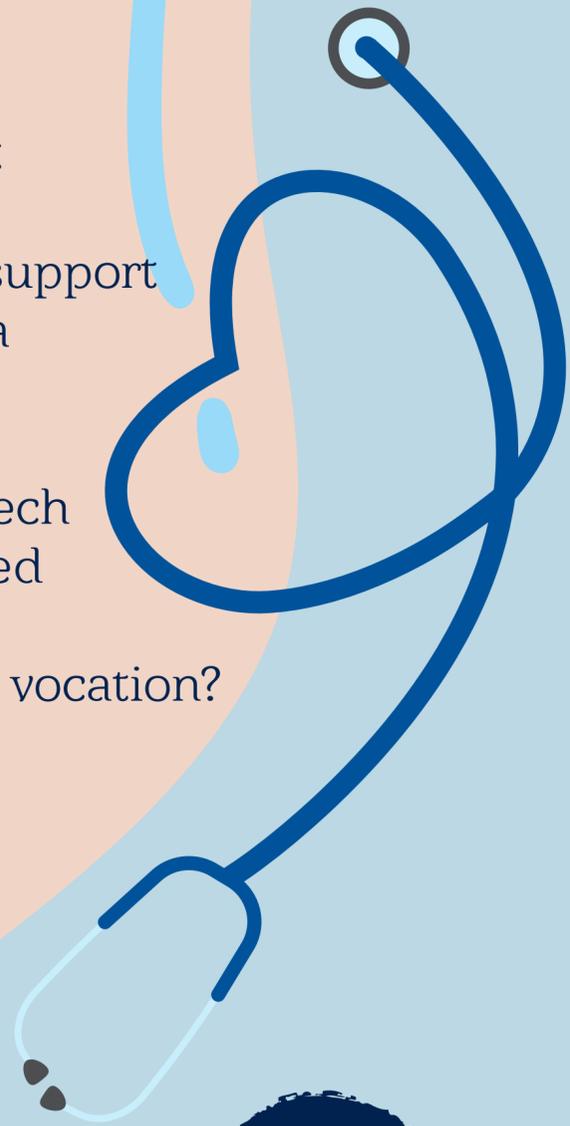
Meanwhile robotics are introduced to provide support
but recently I saw a report of a woman in China
smashing a nursing robot to bits

It got me thinking about the future of Health Tech
It is possible, a Doctor could one day be replaced
But a Nurse? No way
How could a bot ever emulate the most human vocation?
They say the its "the job that chooses you"

Ultimate Humanitarians,
here's my dream for the Future

The year is 2032, Universal Healthcare is FREE
because health is a right of humanity

We all have
digital health records
to track our labs and medical history



no matter where we are, or who we see
Because healthcare will be decentralized- as you can expect
this has been an ongoing global trend
so we may see the end of hospitals as we have known them

Can you imagine a hospital without walls?
A diverse healthcare team will be available
for patients at their home
through their phone, that's Telemedicine
See? Doctors, replaced
But the need for Nurses "on the ground" will be huge
the future will be built around YOU

This movement could see us connected through
a universal digital health network
where multi-disciplinary teams and experts
doctors, physicians, therapists, nutritionists
can take a holistic view of a patient
track their health and prescribe care
which is facilitated by local Nurses

Artificial intelligence will be a great ally, yes
monitoring patients stats, providing lab analysis,
or predicting reactions
but Nurses will remain the connection to humanity
supporting wellness throughout the community
in Care Centers for
physical health, nutrition
and mental well-being

That's why we could also see
ill patients brought together in smaller clinics, like an ICU
to encourage each other to heal in open view
with a curtain for privacy
but patients can talk
and those who can't enjoy the company
Nurses care for all together, like a family

Expect reduced stays and happiness increased
because the collective has power
Health is not something cultivated in isolation,
we are a communal species

If global political leaders today
were as caring as our nurses
I say, the world could get close to perfect

To reach that vision of the future
where nurses are centered within community
and culture
we must pave the way today
by honoring the role you all play
in the creation of a great society



A day of celebration is a start
but Nurses, you are all superheroes
ALL year long

With so much respect and gratitude,

Happy International Nurses Day
& Thank You!



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