

Nursing Taught Me to Be Brave and Strong

Chang Mei-Hui, Registered Nurse, Preventive Medicine Center, Taichung Tzu Chi Hospital

Loud sounds from the pumps of medical instruments filled the air of the hall way, call bell deafening ears left and right, task action carts shuttling from ward to ward; suddenly, shrilling crying and screaming broke up and a team of medical personnel rushed to the spot... Oh my God! What's happening? What a terrible scene? At that moment, I scared, I hesitated. I asked myself: how can people stay in the nursing profession for long? I thought I would be proudly celebrating my achievement if I can finish one year as a nurse. That was years ago, when I was a rookie nurse.

Learn to Be Strong, Be Empathy

"Delivery Room Nursing" was my first choice. I vividly remembered what happened one night during my internship in a hospital while as a nursing student. It was a winter day, around 4 or 5 am. There was an expectant mother lying on the laboring bed, sweat over her forehead and tears filled her eyes. After one hour and a half pain bearing, the birth not a joyful scene recorded by a video camera, but a fist size stillborn baby. Helpless and speechless, this passage made me think deeply for what I could do to help the patient.

My internship scores in internal medicine and surgical nursing were not to my satisfaction. I had to settle for a career other than my first choice. "Get up from where you fall". I selected internal medicine ward as my freshmen workplace. Since then, I fell



in love with internal medicine. I love the heartfelt interaction with the patients and their families. As I started to feel the joy of nursing, something happened that saddened our family. My elder brother of 26 years old passed away in an accident. Because of my nursing experience, I not only have the courage to stand up, but also have the power to comfort my parents to get out of the sadness of losing their son. Thanks for nursing, I learned to be strong.

In the tenth year of nursing career, I suffered the intervertebral disk herniation; the disc was pressing the nerves, which caused the embarrassing incontinence. After the operation, with tears in my eyes while recovering, I asked myself: how could I treat myself like this? Then I resolved by telling myself: "Don't do to others for what you don't like others do to you." Since then, I love my patients more, just like I care more of myself. Nursing taught me that patients have the same feelings as I do.

Performing CPR on the Street, I Am More Brave Than I Thought of Myself

One day during the eighth year of my nursing career, I was riding my motorcycle to work. While waiting for the traffic lights to turn I saw two young high school students, one on a bicycle the other on a motorcycle. The traffic was very heavy and they were fighting for fractions of a second to get ahead. All a sudden, the two eighteen year olds collided with an explosive sound. The cycles and the young students all fled into





the air. Blood sprayed all over the street after they landed. Without any hesitation, I asked the bystander to call for ambulance. Meanwhile, I jumped off my motorcycle to perform CPR. The two young cyclists were both severely wounded, they both needed instant care. I asked a middle age man to help. But he lacked the knowledge of CPR. On the spot, I asked him to follow me step-by-step. This way, we help the injured until the ambulance arrived.

A side story of the episode was when the middle age man and I were performing the life saving CPR, a mother carrying her child to school on a motorcycle stopped, hurriedly crossed the street and took off her jacket to conduct traffic. That safeguarded our lives. This scene is deeply in my memory. The two high school students were fully recovered after emergency care and now in rehabilitation therapy. Looking back on the incident, I concluded that this world is full of warmth and tenderness. Never before the episode, had I realized that I am such a brave person.

I am greatly thankful for the help of my seniors, and partners, as they patiently provided timely guidance along every step in my professional career. You are wonderful! Twenty years passed, the life cycle of birth, fading, sickness and death occurred daily around me. There were many days in my job I worked odd shifts, I ate at odd hours. Frankly, there were days I felt that I don't deserve this kind of routines, I even thought of quitting. However, I am still marching along the way in my nursing profession. This is an honor and I am so proud of myself.