

DO YOU HAVE A MINUTE - Page 1

You have worked here nurse now for 7 years

And in that time, not all is good for me as it appears

For I am in my starched, pristinely made bed

On my back, side to side, with invisible thoughts

in my head.

For me day to day nothing really changes, as my

heart is full of sorrow

I see staff, visitors, management all come and

go

But I had a life once, full of dreams and

experiences

That only I could convey to you, should you

have the time to listen

I was once like you: living, breathing and  
rushing around

Working as a nurse, oblivious to a patient's  
inner most sounds

But my life changed - I got old, frail and  
sick to the core

I really didn't know how much more pain  
I could endure

I became a burden to my family, too  
difficult to look after

I entered this facility with promises of care  
to my ailments nurses may alter

But all I really observe through my eyes  
and ears

Are staff doing duties they have done for  
years

It is written on nurses faces: the tiredness  
and the stress

While they wash and dress me, feed me,  
trying to do their best

All I've ever wanted was really someone  
to sit and talk to me

But time is of the essence - I get it - says  
the emotional side of me.

But don't worry nurse, 'cause I will soon  
slip away

To a place of true freedom, it could happen  
now any day

I do not hold you responsible, as I know  
this is just life

But please think of me some time as you  
meet your new resident, who was once

someone's wife

We are human beings just like yourself

A life lived full, till these cards were dealt

Make it your pact to read my life story

Assume nothing, practise patience

Eye contact between us - now that is the  
true glory.

Service before self, remember me nurse

As it could be you in years to come, sickness  
can be a curse

Flashes of me will come to your mind

And all you will yearn for is a nurse to  
be kind.