



New Brunswick
Nurses Union

Syndicat des
infirmières et infirmiers
du Nouveau-Brunswick

COVID-19 – Checking In

As we move into our second month of the COVID-19 pandemic and confirmed cases increase, albeit at a slower rate in New Brunswick, I want to check in and inquire, **how are you coping on the front-lines, at home and just in general?**

WE'RE IN THIS TOGETHER

NBNU's position before and during this pandemic remains the same: **the safety of New Brunswick's RNs and NPs is not negotiable.**

We will continue to work with government and employers to ensure that you have access to the appropriate health and safety controls required to carry out your job safely. Since the start of this pandemic, the collaboration with all stakeholders has been unprecedented, in the fact that there has been a willingness to work through this together. Mistakes will be made and lessons learned, as we navigate through these unprecedented times, but it's not about laying blame, it's about finding solutions that work, solutions that make sense and solutions that protect you, our front-line workers.

The leadership at NBNU remains committed to ensuring your voices are heard and respected when judgments are made based on evidence, or the lack thereof. As we know, this is a moving target where changes to best practices can happen quickly. We know that directives today may become irrelevant tomorrow and be replaced with something new. The bottom line is that we are all trying to mitigate the risk of this virus spreading and flattening the curve, a curve that is not unique to us in NB, but that is worldwide. Together we will get through this in the safest way we can.

It is easy to become overwhelmed and feel increasingly worried with each new pandemic post in your newsfeed. However, as tragic as this virus has been and continues to be, there are many stories being shared about solidarity and kindness as well.

Below are just a few examples of how this global pandemic has enhanced the solidarity of our nation and the shared sentiment of “we’re in this together.”

- Canadians cheering on healthcare workers during shift changes,
- Communities rallying to increase donations to food banks to help mitigate the surge in demand,
- Greenhouse gases have decreased, and our air quality has improved,
- Government, employers and labour unions are working effectively in many provinces to ensure all healthcare workers are protected with the proper PPE,
- RNs relocating to units and facilities where help is most needed.

IMPORTANCE OF SELF-CARE:

It has never been more important to protect your personal health and that includes making time for self care. I appreciate many of you are leaving stressful situations at home, are worried about your health, and keeping your loved ones safe. You have childcare to find and mortgages to pay. I’ve said it to the team at NBNU, and now I will share with you: this is a marathon, not a sprint. Remember to take the time to breathe, unwind and look after yourself. We all need to be mindful of when we have hit our limit, and to take the break we need before we break!

For some suggestions and sites to assist with your mental well-being visit :

www.nbnu.ca/MindSpa

IN CLOSING:

Though these are challenging times for us all, I know that the strength, professionalism and incredible resilience that RNs and NPs continue to show every day will carry us through this. New Brunswickers are relying on us now, perhaps more than ever, and through this they will see what I have seen throughout my career - that when nurses work together, we are an incredible force that can change the world.

During this long weekend many of you will continue to work and be away from your family, friends and loved ones providing care to those that need it most. I personally want to wish you a safe and Happy Easter weekend, and remind you that we will get through this together. Be strong for one another, be kind and take care of one another, but also be kind to yourselves. I am so very proud of the work each and every one of you do, each day, and for that reason I will never give up advocating for you.

Thank you again for your extraordinary efforts during this unprecedented time.

Stay Safe!

In Solidarity,

Paula Doucet, RN
NBNU President