

## **A day in the life in an ICU experiences**

**Name:** Jodie Konior

**Title:** Social Worker, Hamilton General Hospital

**Photo link:** <https://hsc.box.com/s/6zfdn1177rldmw0z9z01dw7lsc3pwof>

“As a social worker in the ICU, much of my job has become focused on supporting families of loved ones who are extremely sick or dying from COVID-19. My days are long, busy, and emotionally exhausting. Please think of everyone working in the hospitals and these families when you’re considering whether or not to follow public health guidelines.”

**Name:** Deb Anstee

**Title:** ICU Nurse Clinician-Educator, ICU East/South, Hamilton General Hospital

**Photo link:** <https://hsc.box.com/s/7h90u15udeg53gyzxd9l3kev9qe2brxi>

“Our role as an ICU educator has changed in the way that we have been pulled thin in various directions. With the increased pressures, we have been onboarding redeployed staff as well as supporting our current ICU staff. We are constantly juggling onboarding new staff through redeployment, as well as new ICU Registered Nurses. The “in the moment teaching opportunities”, updating staff regarding policy changes, new equipment as well as helping the staff with admitting patients, proning, mixing medications and anything else that needs addressing are the new normal. We are all going through so many different emotions daily, hourly and even minute by minute. It’s been over a year and we need the community to understand that this is real. Things are not glorified or put on show to scare them. People are truly sick and entire families are affected by this virus. How am I coping? I’ve taken things to a day by day thought process or else you would become too overwhelmed. Surround yourself with positive people who can make you laugh. Do things you truly enjoy and make you happy.”

**Name:** Cindi Neptune

**Title:** ICU Nurse, Level 1 Trauma ICU, Hamilton General Hospital

**Photo link:** <https://hsc.box.com/s/hxnblpvbbj0jbwn14a6nr7votwg2va1>

“Pre-pandemic, although our days were unpredictable, they were manageable. Now, not only has the unpredictability multiplied, but resources and support has dwindled. We have been doing this for a year, we are more than exhausted. We are no longer the frontline or the last line. The public needs to save themselves. We are seeing multiple family members, within a family, die from Covid-19, and their holiday and family gatherings more important than life. The Covid fatigue on the outside of the hospital walls pale in comparison to the suffering and moral injury on the inside. We are not coping, we are showing up because we are nurses and that's what we do.”

**Name:** Dr. Bram Rochweg

**Title:** ICU Juravinski Hospital Site Lead, Associate Professor of Medicine, McMaster University

**Photo link:** <https://hsc.box.com/s/xaxh0ngnds6pt9gvglqwkelay61b4r6e>

“Every day at this point is controlled chaos. The ICU is operating at 150% capacity compared to pre-pandemic times, and we are constantly planning for where and how we can care for more critically ill patients with COVID. The nurses, respiratory therapists and doctors are stressed but working hard to care for patients as best as they can, including the staff that have been redeployed from other places. We are incredibly lucky to have such a hardworking, compassionate and caring team. There's no way we would have gotten through this without each other. We know stay-at-home measures are hard on everyone, but from the perspective of the ICU they are absolutely needed. We all appreciate what everyone is doing to help bring cases down. The future is filled with hope, we just have to get through this surge.”

**Name:** Elise Loreto

**Title:** Physiotherapist

**Photo link:** <https://hsc.box.com/s/xhcal0s2c8c5g2b400zc3mdsmizl0mx>

“Our healthcare system and our ICU team is being stretched to its limits. With the surge in ICU patients, my work days have become increasingly more stressful and tiring.

I work with an incredible team that excels in times of crisis but we can't do this alone. We need everyone to continue adhering to public health guidelines to protect our healthcare system and to ensure our family, friends and fellow citizens have access to care when they need it.”

**Name:** Lara Gobrail

**Title:** Registered Nurse, Redeployed to ICU, Juravinski Hospital

**Photo link:** <https://hsc.box.com/s/rqvbqu19alnp3filpwvl1kege3mo1x9v>

“It can be challenging and stressful to work in a department that you've never worked in before, and the ICU is an extremely specialized area that demands a high level of physical and mental effort. I've had to quickly learn new skills and draw on much of my previous nursing experience to adapt to this environment. I have the greatest respect for my colleagues who have been caring for patients throughout the entirety of the pandemic; they truly are heroes. The effect that this virus has had on patients and our healthcare system is devastating, and I hope that everyone can appreciate the seriousness of the situation that hospitals are facing at this time. I urge the public to continue to follow the advice of our medical experts, and to adhere to all safety measures, to prevent further strain on our hospitals. Right now, more than ever, we need to continue to keep each other safe and support our healthcare staff.”

**Name:** Jeff Benner

**Title:** Registered Nurse, Oncology, Redeployed

**Photo link:** <https://hsc.box.com/s/yc0mfa39660mco668vu4bj25whc6ue4e>

“As a nurse that has been redeployed to the ICU, I have seen firsthand how the pandemic is affecting our population and healthcare system. Please stay safe and follow the safety measures. A big thank you to the ICU staff for being so welcoming and the amazing care you’re providing during these extremely difficult times.”

**Name:** Amy Teichmann

**Title:** Registered Nurse, ICU, Juravinski Hospital

**Photo link:** <https://hsc.box.com/s/l6j9985etl55yeutkbj54k5drwp3q7bg>

“This pandemic has had a massive impact on the physical, mental and emotional capacities of our team in ICU. Pushed beyond our limits but not willing to give up for our patients, I worry about the long term effects on us as individuals. It is difficult to sum up the impacts, concerns of this situation in just a sentence or two. The whole thing saddens me, such a terrible time. I wish the public could see within our walls. I wish they could see our hurt. I wish they could see our tears. I wish they could see our fear. I wish they could feel the heartbreak we feel for the patients, their families and for each other.”

**Name:** Deb Harding

**Title:** Registered Dietitian, ICU, Juravinski Hospital

**Photo link:** <https://hsc.box.com/s/qscvwgew9esgq586as1jsu8flnorpxa>

“Nutrition is very important for patients with COVID-19 who face up to a yearlong recovery. Research shows their energy needs increase after the first and second week in ICU; some studies estimate between 3000 to 5000 calories daily.”

**Name:** Bianca Llanora

**Title:** Registered Nurse, Juravinski Hospital

**Photo link:** <https://hsc.box.com/s/hhzo8cwn81bf6kjs1gt8sb8lncvtnxmf>

“This third wave is hitting us hard as we’re seeing younger, sicker patients come in every day. I feel fortunate to work with a great team who support me and help me cope through these difficult shifts.”

**Name:** Caitlin Panton

**Title:** Senior Medical Radiation Technologist for the Cardiac and Vascular, Heart Investigation Unit/Electrophysiology Unit/Vascular OR, Hamilton General Hospital

**Photo link:** <https://hsc.box.com/s/o6dp5wl82brbzmiti338ps9f1xs0hps8>

“The teamwork throughout every single health care professional is exemplary. We are working tirelessly to help your loved ones. However, everyone needs to continue to do their part so we can all get through this. We truly are ALL in this together.”

**Name:** Dr. Sunjay Sharma

**Title:** Medical Director, ICU, Hamilton General Hospital

**Photo link:** <https://hpsc.box.com/s/u0ib1mrdect175subsqqal8n9a6yrlgz>

“Treating COVID in the ICU is a difficult job, but the incredible team I work with helps me cope.”

“The more everyone follows the rules, the faster we get back to normal, and the easier it is for us to take care of you if you ever need ICU.”

“Teams at the hospital are working above and beyond, 24/7, to help keep the community safe and take care of those with COVID.”

**Name:** Elise Moore

**Title:** Registered Nurse, Heart Investigation Unit, Hamilton General Hospital

**Photo link:** <https://hpsc.box.com/s/wclv1jkmng6i8qh2rlvu42ma1900e1op>

“One of the most important lessons I have learned during this whole pandemic is just how interconnected we all are. Especially thinking about the volume of cases we are seeing during this third wave. The little decisions we make every day are how we take care of each other right now. We need to continue to advocate for those whose work continues to put them in positions of risk and vulnerability. Anything you can do to reduce your exposure is a step in the right direction.”

**Name:** Kathy Badeau

**Title:** Clinical Manager, Heart Investigation Unit, Hamilton General Hospital

**Photo link:** <https://hpsc.box.com/s/fycty2pu1v83gyiss2jpsv4ipx579vqb>

“Careful planning and preparation of the Heart Investigation Unit (HIU) for ICU surge began early on in the Pandemic. The dedication and support of all team members, champions, physician partners, and leaders that worked tirelessly to ready the unit for the required equipment and supplies; development of staffing models and schedules; education and training to enhance our nursing teams’ critical care skill set...is truly inspiring! It is with much gratitude that I work alongside the team as we care for our patients, families, and each other during this very challenging time.”

**Name:** Brian Dang

**Title:** Medical Radiation Technologist - Cardiac and Vascular program, Heart Investigation Unit/Electrophysiology Unit/Vascular OR, Hamilton General Hospital

**Photo link:** <https://hpsc.box.com/s/bnx7fyimfb1c1udnyfw6uf0scdohs7vj>

“In the HIU, we usually run 3-4 labs a day but dropped down to 2. We are still very busy. Any available staff have been sent to assist elsewhere such as DI-ER. Within the Vascular Operating Room, we are seeing much younger, very sick patients requiring ECMO support. Every discipline within the healthcare system is coming together in all capacities to help save these people. We need everyone to do their part and stay safe so we can come out of this as quickly as possible.”