
Changing the Moment: A dedication to nurses

Thank you for *Changing the Moment*. Thank you for being a Nurse.

In millions of ways Nurses like you have been
Changing the Moment for countless men, women and children ever since time began.
Now it's not only the marvelous skills you have acquired,
which play such a vital role in the healing process of those in your care;
It's the above and beyond time and attention given;
it's the soft word spoken, the gentle reassurance and encouragement shared
when anxiety, fear and sometimes despair engulf us.
It's the cup of tea, the magic of a smile, it's the gentle touch of a hand
that gives hope when hope itself is almost gone.

These are the things that in so many wonderful ways *Change the Moment* for others
and though the eventual outcome may never change,
it may lighten a burden that just seconds before seemed too heavy to bear.
You do these things consciously, you do them spontaneously,
And we thank you for all of them.

But what about you, the Caregiver?
Who *Changes the Moment* for you when in spite of your best efforts,
the bottom falls out of your day?
Modern nursing is a high pressure occupation generally carried out at full-run,
and outside of family and intimate friends,
you have to rely on each other for support and understanding.
Sometimes a smile, a word or a humorous remark is all it takes to set things right,
sometimes non-judgmental listening and bridge-building are required.

Few people outside your profession will ever understand
the emotional roller coaster you ride
when you are front row centre to life coming in, life going out
and the myriad of humanities' illnesses in-between.
It is imperative then that you also use that power within you, that gift of healing,
to comfort and support each other.

Examples of people *Changing the Moment* for others can be found in all the religions,
cultures and professions in the world.

One example from the Bible....

Weary and weak from the beatings he had just received, Jesus was forced to carry a heavy wooden cross to his own execution,
his followers (out of fear) keeping a safe distance away.

As Jesus staggered up the hill, his face covered in perspiration and blood,
Veronica, with great courage and wonderful compassion, stepped out of the crowd
and wiped the face of Jesus with a towel.

Veronica knew she was never going to change the outcome,
but she was determined to *Change the Moment*.

The courage and compassion that Veronica showed that day,
along with uncompromising care and dedication,
have long been the hallmarks of the nursing profession.

So, from that new life just beginning, knowing instinctively
you will give it warmth, care and protection;
to the person seeking comfort as they prepare to take that final journey;

I say to you again...

Thank you for *Changing the Moment*

Thank you for being a Nurse.

Terry McGarry, 2004

Terry has a daughter who has been an RN for more than 23 years. He has a passion for writing and has published a number of works including a dedication to police officers and another to firemen. If interested in a copy of his work, please contact him at: ttmcgarry@yahoo.com