

Submission  
No 82

**INQUIRY INTO HEALTH OUTCOMES AND ACCESS TO  
HEALTH AND HOSPITAL SERVICES IN RURAL,  
REGIONAL AND REMOTE NEW SOUTH WALES**

**Name:** Name suppressed  
**Date Received:** 29 November 2020

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Partially  
Confidential

Our aim is to provide the best care to our patients but because we are constantly short staffed, we cannot provide adequate care and we are constantly under stress. The public expects us to deliver but are not able to. It is not safe, we try and support each other however we can only take so much before we fall apart! There are not enough resources to go around and we are expected to deliver. There are many shifts where we do not have our meal breaks because of the patients presenting needing our care causing us to have headaches due to dehydration, getting sick from urinary infections due to insufficient fluids and getting run down because of all of the above. Sometimes the ward is full to capacity and we need 3 nurses to work, 2 RNs and x1 EEN, but we have not had that luxury for a long time now. It is not safe and it opens room for errors due to fatigue, inadequate staff and poor staff morale!

The NSW government is capping the wage rise and that is an insult to nurses. There needs to be an incentive to work in a rural area and the government needs to draw nurses to these areas.. We provide excellent care at Gilgandra MPS and are very proud of it. However sometimes we are faced with no doctors to cover the hospital, having to use the virtual service which makes it less than ideal and time consuming especially when we have numerous patients to tend to.

Please hear our cry and provide a solution!