You may ask, •So much more hat? Ž It•s called care.

Caring can injure your heart in a way you never thought possible; it can expose you to an infection that permeates and changes your whole being; caring puts you in contact with feelings you don•t coee,an e1.3(e)24.7(el1.3(g]TTsthat p)-7.17a)-.3(ito hurt.

Yet, isnet caring one of the cornerstones of good medicine? How can you care for patients and show you care about them without being injured, exposed, and hurt? The answer is, you canet. Sure, some people can tend to patients in a distant, detached way, but patients will see and sense it and they will not recover as they should.

Others will try to perform their duties with •masksŽ on so patients won•t see the sadness or concern in their face. They will wear •glovesŽ in order not to touch the patient with their feelings and be touc-5.nt 6-6.7(eir11

against this hazard.

Your job description calls for you to process (clean and disinfect) patient rooms, but your profession and humanity calls for you to do so much more. And leve seen it time, after time, after time.

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that you do care by having emotions and in patients lives.

You have a unique opportunity to minister (from the Latin wordministro, a servant or attendant) to patients. You are not an authority figure; you canet tell a patient when to bathe, eat, or take their medication. Youere often the quiet, downto-earth face of friendship, someone who can and does touch the spirit of a patient. If you take the time to be what the patient so often needs,,a quiet presence who offers no judgment, no opinions, and no diagnosis but only a friendly, welcoming smile,,you can bring hope to the hopeless, strength to the weak, faith to the helpless, and a laugh to those who lost their reason for joy.

Caring for people brings heartache, frustration, fears, and anxiety. It touches you where you live. On the other hand, the opportunity to make a difference brings you and your patients hope, joy, comfort, empowerment, peace, courage, faith, gratitude, and fulfillment.

Does caring have hazards? Yes. Does feelings, and that you make a difference caring have rewards? Yes. When a patient dies or when a medical intervention is not effective or prolongs a patient s death, you are affected by the hazards that come with caring.

> Always remember treatment may be ineffective or futile, but caring is never ineffective or futile. So continue to care, continue to love, and continue to live. To stop caring is to stop living and loving. Without love, whates the point of living? Environmental services saves lives in more ways than anyone can imagine.



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Laundered microfiber comes in every color but white.

