

Families, patients also felt SARS stress

From page 1

the unit, masks only pulled down to eat or drink. When their exhaustion showed, shifts were shortened, breaks lengthened and taken off the floor.

"Our group of nurses is very close. We're friends and we see each other socially. That was the only thing that got us through—wed network on the telephone and if somebody was upset, wed all call."

It was tough on the patients, too. They were in isolation and nurses were ordered to spend

minimal time inside their rooms. They never saw more than the nurses' eyes above their masks.

Her family also felt the stress.

"There was concern for my health, the health of my husband and children. I saw how the virus worked, running through entire families. I was worried my children (daughters 10 and 12) would be shunned at school," she said.

"I had all the symptoms of anxiety, the diarrhea, headache, a hard time sleeping. I was having nightmares. I never before had to get out of bed in the middle of the night and turn on the TV, but I had to do that almost

every single night. I'd just sit on the couch and cry."

SARS nurses have been given a week off with pay. Only one SARS patient remains at Markham Stouffville, in critical condition in intensive care.

"It's been a rough ride. I have never before felt I didn't want to be a nurse. I've never felt like quitting or thought I would ever feel that, but I was close to it this time," she said.

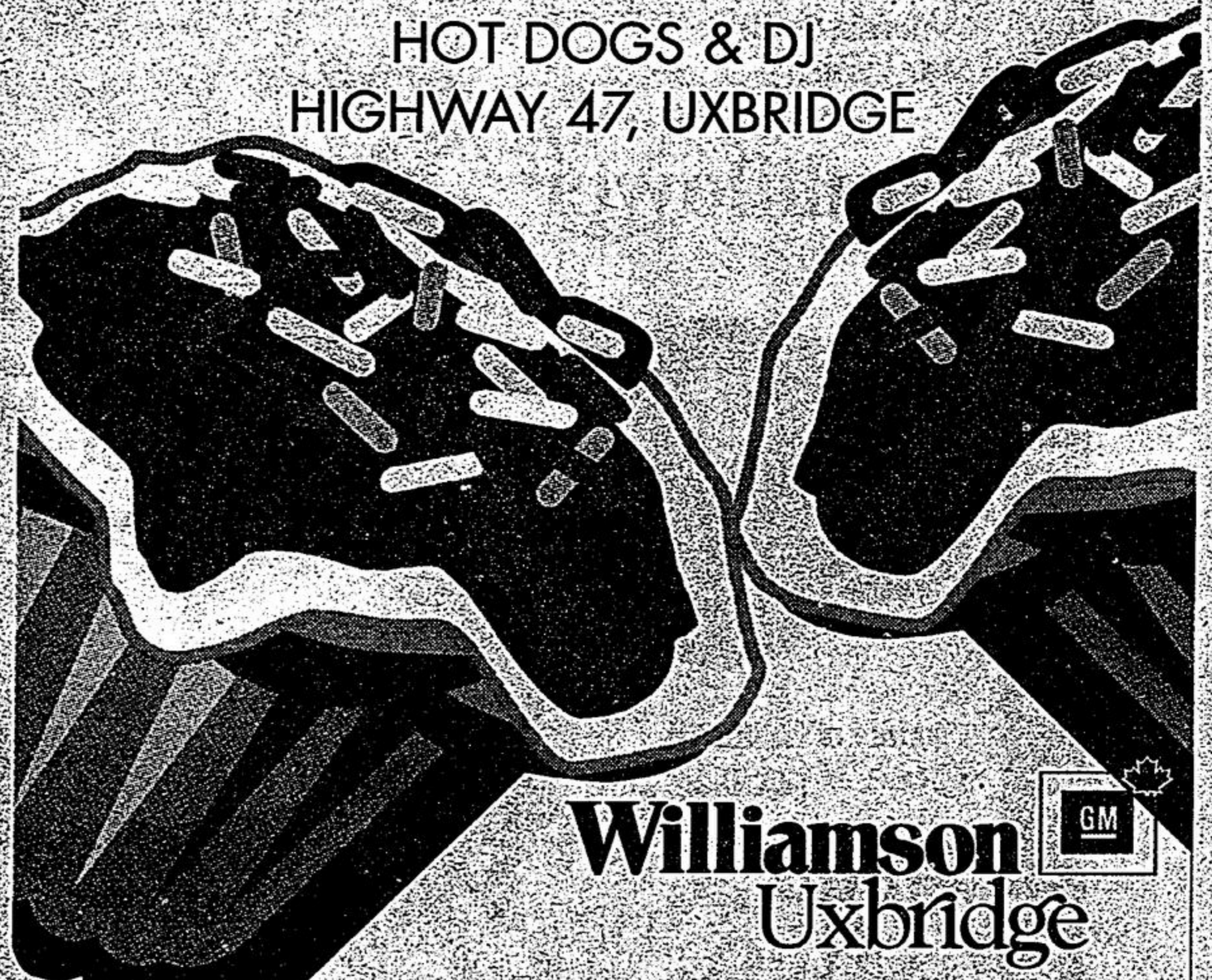
"But morally, I couldn't do it. I could not desert my co-workers and the patients. Somebody has to take care of the sick people and that somebody is me."

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