

NURSES NEED WATER TOO

This is a reminder to all you busy nurses and healthcare professionals. Drinking water is important. I know you know this, but do you practice it?

When you have the additional stress of being away from home in a different environment, you have to spend extra attention in taking care of yourself. This means at least keeping up with the basics of good nutrition, rest, and exercise.

In this article I want to focus on the aspect of water as part of that nutrition. While traveling, I began to feel very tired. I felt so tired that I decided I needed to look at the way I was living. Again and again I would hear how a person feels tired when they are dehydrated, but I never really paid much attention. When it came time for my little 15 minute work break, I couldn't wait to open up a can of coke and guzzle it down. Finally, at this all time low energy point in my life, I decided to drink more water. A friend of mine decided to do the same. We would keep score as to how much water we drank and compare notes at the end of the day. This kept me motivated.

First, I noticed that the more water I drank the fewer cravings I had for my cokes. I would try to drink cokes, but often I wouldn't end up finishing them. This never happened before. Then I started to feel better. I still get tired when I don't get enough rest, but I feel better. The most amazing and unexpected thing it did for me was took care of my sinus problems.

I used to take Sudafed practically every day. I would feel tired and feel sinus pressure and take Sudafed to prevent a sinus infection. I remember when I first started my nursing career; I started to have sinus problems and had my first sinus infection. I used to think that the hospital had some sort of chemicals or something that affected my sinuses. After drinking water, I simply realized that I started drinking less water as soon as I started my nursing career.

Now I bring a bottle of water with me every day and I just take a sip every time I get a chance to pass the break room or have an official break. I still drink my cokes, but then I try to replace the coke with additional water in my system for the day. At first it felt like a lot of work to drink that much water, but now I have gotten used to it as part of my day. I figured out different routine areas of my day to add a glass of water such as when I brush my teeth and first thing in the morning.

This has been a great reminder for me that I want to pass onto you busy worker travelers. I know you know what to do, but are you doing it?