

Reflections within a Health Care Setting

The other day in the cafeteria

I reflected on what people were saying,
the fact that health care seems so complex –
waiting lines, staff shortages, not enough
resources to go around. All true enough!

But today in the cafeteria I saw someone
from the kitchen staff
help cut the food of a patient
who was unable to do it herself.

And I knew the mission was alive!

The other day I wondered about all the bureaucracy
needed to run a hospital
or a long term care facility
– meetings, meetings, and more meetings.
Did they really accomplish anything?

But today I walked by the board room
at 9:30 in the evening and heard our CEO/
Administrator and the board members
grapple with the best way
to improve patient care.

Today I recognized and was grateful for all the
volunteer time that is given by so many people
to help make our organization better.

And I was happy the mission was alive!

The other day I wondered about my place
in the organization;
about whether or not I was really contributing;
about the obstacles that seem to get in the way
of me contributing what I really desire to do,
or even what I am able to do.

But today I walked by the chapel and saw a
healing service underway.
I saw patients/residents in wheelchairs,

others with walkers, and still others
dragging an IV drip along with them.
I saw them having to deal with their
sickness and infirmity;
having to cope with their limitations,
and their need to depend on others
for even the most basic of human needs.

Today I saw the power of spiritual care,
and I bowed my head
and paused for a moment
and felt refreshed.

And I felt in my heart that the mission was alive!

Lord, the mission of Catholic health care
is not an abstract thing,
but something real and living.

It shows itself in the smallest act of kindness;
in a moment when we go the extra mile;
at a time when we recover our energy and
enthusiasm;
when we remember why we entered the
healthcare profession in the first place.

Lord help me to honour the mission of our
hospital / long term care facility.
Help me to honour my profession and
my colleagues.
Help me to honour the people I will
encounter today.

A reflection by
Greg J. Humbert

