We have seen so many changes in the past four years, and over those years, the practice of nursing has changed dramatically. The staffing for all types of facilities (hospitals, long-term care, etc.) has become an even bigger issues than before, the patients have changed, and the treatment of the patients have evolved to an unanticipated way of caring for patients. With these changes, everyone that is in any way involved with the healthcare field has felt the impact, but there is one group of people that has been impacted the most, the nurses. The nurses are the backbone of the healthcare system because they are in one way or another involved with everything healthcare. One way they are the backbone of healthcare system is the number of jobs nurses occupy. Unfortunately, with the aging population and recent pandemic there has been an increase of nurses leaving the profession and have left a large number of vacancies that nurses can occupy. The real question is why. Most recently, nurses have experienced burnout, illnesses, PTSD from traumatic experiences, stress, and internal conflict with their moral and ethical compass. According to Bernard Grant, Ph.D. (2023), "Nurses are exhausted, morally injured, and burnt out, with many considering leaving the profession earlier than they normally would, Dabrow Woods explained." While the nurses are expected to care for others it is often forgotten that they must take care of themselves too. Many times, this is overlooked and the nurses feel unappreciated and they choose to leave the profession to take care of themselves. This not only poses a problem with job vacancies, but the overall care and safety of the patients. According to the Gayle Morris, BSN, MSN (2023), "The nurse owes the same duties to self as to others, including the responsibility to promote health and safety, preserve wholeness of character and integrity, maintain competence, and continue personal and professional growth." This means that they not only have to care for others in all of the ways, but they have to take care of themselves in the same way. It has been said that if you don't take care of yourself, you can't take care of others. This is a very true and current issue in healthcare. And without the nurses, the patients can loose out on the care and help they need.

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