

April 3, 2025

The Honorable Marcy Kaptur
U.S. House Representative for Ohio

The Honorable Bernie Moreno
U.S. Senator for Ohio

The Honorable Jon Husted
U.S. Senator for Ohio

Dear Members of Congress:

My name is Hannah Baum and I am a student nurse at Firelands Regional Medical Center School of Nursing. I will be graduating in May 2025 and I wanted to share some concerns I had regarding burnout in the nursing profession. I am interested in increasing resources available to healthcare workers to prevent and manage burnout.

The recent pandemic in 2020 highlighted major concerns for nursing staff. There was a high rate of burnout and many nurses struggled with anxiety and depression. Nurses should not unreasonably sacrifice their own mental and physical health when providing care for patients. The health and safety of nurses and their patients is intertwined. A nurse whose physiological and psychological needs are met will be ready to provide care for others in a safe manner.

The School of Nursing recently had a behavioral health speaker who underscored the lack of nurses seeking out mental health services including therapy and crisis lines specific to healthcare workers. This is likely because of the stigma surrounding nurses who seek mental health services. Many nurses feel that if they need help themselves, they should not be caring for others. This stigma must be broken.

Nursing staff across Ohio should be mandated to receive mental health services once per quarter. This should be offered in the form of group and individual therapies. These services offered would help nurses find ways to cope with burnout, anxiety, and depression in order to improve patient care.

By mandating these services, the stigma may be broken, and the healthcare system may avoid staff shortages due to burnout.

Please consider this proposal as everyone will need nursing care at some point in their lifetime. We should take care of our nurses, which will in turn help ensure the best care for ourselves and our loved ones. Thank you for your time and consideration.

Sincerely,

Hannah Baum

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