



Male Nurse
Diary

Show My Confidence and Pride as a Male Nurse

By Lin Liu Wen-Bin,
RN, Ward 6B, Dalin Tzu
Chi Hospital

I was born in Hualien County, eastern Taiwan, and grew up in an Amis ethnic family. I graduated from the Junior College of Tzu Chi University of Science and Technology as a hospital subsidized student. Why I chose a nursing career? It started from the death of my aunt who died from breast cancer. She was so close to me just like my second mom. I decided that I had to take care of my family.

Because I was Tzu Chi Foundation subsidized, I was assigned to Dalin Tzu Chi Hospital in Chiayi County, western Taiwan, after graduation. I started my nursing career in the intensive care unit of internal medicine. In the past, we often heard from school seniors that male nurses are highly protected in the workplace, and female seniors treat male nurses well, etc. However, I realized later that senior nurses (mostly female) treated all freshmen the same after I joined the workplace. In addition to the pressure from the ICU, different diseases, and the use of equipment I needed to learn from the beginning, I started to have the thought of quitting many times. However, because of the head nurse and senior sister's encouragement, I gradually survived from the tough environment.

Clinically, we appeared "inattentive", "absent-minded", or not suitable for giving care to female patients. In practice, I have never experienced the unequal treatment for being a male. Everyone is doing the same kind of work whether it is urine bag or bathing female patients, we are practicing the same expertise. As a male, our advantage is the strength. Not only can we handle the movement of medical





equipment and materials, but also dealing with overweight patients, for instance, the tasks of turning over patients and dealing with hot tempers. Gradually, I started to gain grounds in the ICU. However, because I wanted to try to challenge myself in different environment, I transferred to the chest medicine and infection ward to continue my nursing career after a year in the ICU.

While working in the ward, I have seen all kinds of patients, responding to the emergency calls, turning on the air-conditioning, TV, helping to get water, logging into hospital Wi-Fi, etc. In addition, because I am the only male nurse in the ward, it is easy to be doubtful in the mind of patient's families. However, I have accumulated a fair amount of expertise and self-confidence; I do not care about the family's questioning and the distrustful attitude.

I remember once helping a patient with an intravenous injection; a family member asked rudely, "You must be a new comer! Should we get a senior nurse? My mom is very afraid of needles." However, I answered him very calmly, "I am the best one of injecting needles in the whole ward. You are welcome to ask others to do it, but I cannot guarantee you how many pokes your mom might get." At the time, the family watched me placing the needles with disdainful face. Of course, one poke was all that needed, as usual.

Being looked down as untrustworthy needlessly, I believe that as long as I am providing good care to patients, it does not bother me. I also learned a motto: "If it is right thing, just do it."

The work in the ICU and currently the chest and infection ward, I have seen the life cycle of birth, aging, illness, and death. Many times pressure made me want to quit. My encountering with unreasonable patients and families was the bad part of the job. Looking back, these incidents did not dampen my enthusiasm for nursing. In this high-pressure environment, it only helped me grow. It made me to do well with my expertise in every minute and second and taking good care of my patients.

I am a male nurse. I am proud of my job.