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This is the time to reinforce the real meaning of Social Europe. In early 2020, we (SE-Sindicato dos Enfermeiros) started here in Portugal the discussion of the official status of Nursing profession as rapid wear and asked for a result in risk allowance in Portugal also.

Higher exposure to workplaces risks should have higher allowances and need to be addressed by national and EU governments.

Pressure and Stress

We are a profession that requires a high level of focus and concentration and to deal daily with a high responsibility, the responsibility to deal with human lives. The stress of dealing with disease, birth, aging and death itself! The pressure of working in the context of emergency, urgency, intensive care, operating room, etc. Where the line that separates life from death often does not exist and stress becomes brutal! But it is also in the context of primary health care, where prevention and action have to be a constant that nurses feel pressured to do their best, continued care and hospital admissions are still valences where one deals daily with death.

Nurses work without a doubt in stress... and pressure and tiredness increase the risk of medication error and limit care delivery itself.

(See <http://www.ipv.pt/millennium/millennium28/18.htm>)

• Emotional or Physical Wear

We develop activities whose working conditions are precarious and whose remuneration can and should currently be considered low, thus inducing a strong emotional exhaustion. We are a profession of complexity grade 3, but at present the minimum salary is already more than half of our monthly salary! We have a busy work schedule, working in the form of shifts, day and night with consequences in addition to emotional, also physical.

It has been proven since 2016 that one in five nurses feel in emotional exhaustion! (See <https://www.dn.pt/sociedade/um-em-cada-cinco-enfermeiros-sente-se-em-exaustao-emocional-5499660.html>)

• Working conditions

We work in adverse working conditions: we work shifts, we work often at night to sleep every day, without regular sleep pattern. Many of the times we are few... absenteeism increased exponentially in the profession (see <https://observador.pt/2018/04/26/taxa-de-absentismo-de-enfermeiros-atinge-valor-historico-e-elevadissimo/>) and with it the need to follow shifts making consecutive shifts of 16 hours increasing the workload and professional dissatisfaction...

• Violence

It is also known that nurses are the most attacked professionals in the Health sector (<https://www.dn.pt/edicao-do-dia/07-jan-2020/quatro-por-dia-numero-de-agressoes-a-profissionais-de-saude-dispara-11676527.html>) as well as 60.2% have been physically assaulted and 95.6% verbally in their workplace (<https://observador.pt/opinioao/agressoes-a-enfermeiros-a-realidade-e-bem-mais-negra/>)

For all the above, we request that the profession of Nurse be assigned the official status of profession of rapid wear and result in risk allowance in Portugal and we want to reinforce this discussion at EU-level

3. You can also [submit your contribution by email](#) to the European Commission's Directorate-General for Employment, Social Affairs and Inclusion.

Contact

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