

The History of Bullying of a Nurse during her extended and extensive nursing career, and how the continuation of the bullying and harassment had a profound effect Mental ,Emotional Physical and Spiritually causing a total breakdown in her “wholeness”

The Nurse is now a 69 year old woman, who describes retirement to be the happiest, most contented peaceful place to be in. For the sake of the confidentiality of this woman and other stake holders in her story she has called herself “Dina Souris”

Dina Souris was brought up in Remote Australia, a very free spirit, who loved nothing else but running free. She was trusting and loved people and life. She was sent to boarding school at 12 and first experienced, not all persons were like her, and had a very difficult time settling into an up market all girls’ school environment. Things were very strict and the free spirit realised that this was too hard for her, so she ran away, only to have to ring the front bell of the convent at 1100pm after several hours on the outside (she escaped over a very big brick wall on the night”) as she had nowhere to go and she had no money in a big city. The trouble Dina Souris got into was very harsh. Her Parents kept her there; despite her pleading to come back to “Her Country “They were adamant of her getting a good education”

Dina Souris realised that she had to conform to rules and regulations and started to learn and practise tennis and became a very very good tennis players It strengthened her body and mind she, could take out her emotional pain on the Tennis ball and it gave her a

Having survived 5 years at Boarding School, Dina Souris decided to go into Nursing School, something she had dreamed of since a young girl. She was offered a place in a very famous hospital and even though it was a tough life, she loved it, with her passion of Caring through Nursing. She had great Tutors, Mentors and most of all colleagues, all young most straight from school, all living together in Nurse’s quarters and always having someone to talk too if needed about a bad day. Dina Souris states that her training days were some of the happiest days of her life.

Dina Souris on completion of training went straight back to the bush and has spent many many years working in Rural and Remote areas. When Dina Souris’s children were of an age to have the opportunities of a good education, Dina Souris and her husband decided to leave and return to Mainstream living in a city an alien place for them, however their children came first .For the first time Dina Souris had to go to work in a city secondary hospital and in 1989 as a Senior Clinical Nurse blew a whistle on an experiment that was being trialled in Theatre .The ramifications of her doing this, started an avalanche of harassment bullying and victimisation by parties involved with the practitioner involved.

This came as a shock to Dina Souris and fortunately Management were very supportive due to the absolute predicament that they realised after the whistle blew what could have been

Dina Souris suffered very badly from this and left the workplace to follow a dream of becoming a Country Matron.

Once the children were at University, Dina Souris who was very much an “old school” nurse who practised the ART of Caring did become a Country Matron –a DON, however her main goal was to ensure that the Patients were administered the highest standard of care by all involved in their care. She also cared very deeply for her nurses; she led from the front being there on call 24 hours a day 7 days a week.

During her time as a DON she had to address major issues of rogue Practitioners and unsafe practices and made changes in policies and procedures to bring Health Care Units into the 1990’s in units that were being run on the 1970’s models. This created a small cohort of clinicians who set about destroying her career. There were many incidents of malicious untrue statements being spoken and written about her and leaked out to the communities in which she worked over a period of 4 years. These ended up in Council Minutes, Medical Advisory Meeting Minutes and when a local Politician brought these in to the Political Arena, discussing her in Parliament this was the final straw that broke her back.

The Health Department knew all about what was going on, however covered it all up and ignored the issues despite calls and cries for help from Dina Souris and others for a proper investigation into the bullying harassment and victimization issues that would not stop.

Dina Souris finally broke into a physical mental emotional and spiritual wreck. Dina Souris was heavily sedated and on very strong antidepressants. She would not go outside the front door of her home for 6 months and would have severe nightmares of the main perpetrator knocking on the door and throwing acid into her face. Her light nearly went out. And if it was not for the love of her devoted husband, family and friends, of the care of a caring GP and a very caring visiting Psychiatrist, she may not be here today. Dina Souris was sent to a Private Hospital in a major city and referred to a very highly respected psychiatrist. It was this psychiatrist, who saved her life, when the psychiatrist, listened to her story; The Psychiatrist said to her “It is not you. I know this man (“one of the main perpetrators of the abuse.”)It was then the light in her heart started to become a little stronger, and the healing process began.

It took 9 months for Dina Souris to recover and heal from this break-down. It was not helped by her position being advertised by the General Manager of the Health Service during her rehabilitation period. This was done 2 months before the planned RTW day .By this time Dina Souris was so much stronger mentally emotionally and spiritually, she immediately contacted the Health Service and sought clarification of the advertisement and that she was not resigning and would be returning to her gazetted position. Dina Souris was told it was a misunderstanding and a mistake. To this day Dina Souris does not believe that.

This was fully accepted as a WC Claim.

Restructures followed on Dina Souris's return to work and although things had settled for her in some ways, other good senior nursing staffs were receiving the same abuse She had been subjected too. Again the Health Department did not support the staff until it was too late. Eventually 6 years after the abuse first manifested, the Health Department sent up a consultant to help the staff deal with the continuum of this perpetrator's behaviour and the Head of The Health Department came up to deal with the main perpetrator personally.

Dina Souris knew her days were numbered when she became a target for senior beaurocrates. Dina Souris always stuck to her ethical and holistic management practices and would not bend to suit the wants of administration services. A redundancy was arranged and Dina Souris left her community, and the role she was so devoted too.

Dina Souris finished her last years still being bullied harassed by administration in other roles she had undertaken, in a Tertiary Institution where she worked. Her role as a Peer Support Officer, brought back bad memories for her and the lies, malicious gossip that were spread about her in this setting amongst persons whom she challenged for poor clinical governance where reminiscent of the 1990's. This period lasted for 3years. Dina Souris began to feel the way she did in 19987 Fortunately for Dina Souris, she had a very supportive kind and compassionate GP who knew how she was suffering. She went off on stress leave. She finally at the age of 67 took a payout and left the profession which she had devoted her life's work to.

Whilst she had very hard times, she also has wonderful memories of her journey in Nursing and has had amazing experiences and blessed with wonderful friendships. She freely admits her husband; partner of 45 years has been her rock and brought her where she is today.

Dina Souris is proud to write up this Synopsis and hopes it will help others to see light at the end of the tunnel. Her biggest message today is to Care for and Love yourself and that it is okay to put you hand up and say I am broken, as it is then the healing begins and you begin the journey in returning to wholeness. It takes time. Journey through a Passion-Music Art or whatever makes you happy. Work on all parts of Your Spiritual, Mental Emotion and Physical Bodies

You can do it.

Before I complete this I will share a little poem with you.

To God

Please untie my knots that are in my heart and my life

Remove the can not, have not and do not that I have in my mind

Erase the will not, may not, might not, that might find home in my heart

Release me from the could not and would not and should not, that obstruct my life

And most of all Dear God that you remove from my mind, my heart and my life all of the am not, that I have allowed to hold me back

Especially the thought **I am not good enough.**

Amen

(Author known to God)

In the stage of my life , I now believe at 70 years old I have changed from the life being a journey to now **Life is a Sacred Journey to Everlasting Life**

May God bless you all and please remember, we are all on the journey and we are all here to support each other on the journey.

Thank you.

Peta