

HI! MY NAME  
IS JESSE :)

**FULL NAME:**  
JESSE RAMIAH

**BIRTHDAY:**  
14 SEPTEMBER 1993

**HOMETOWN:**  
× PHOENIX, DURBAN

**OCCUPATION:**  
PROFESSIONAL  
NURSE

**1. Tell us about yourself, describe who you are...**

I'm a registered nurse at Queenstown, Eastern Cape. Formerly from Durban, I worked for a private hospital, where I was recruited to join specifically the COVID-19 ward because I had the experience and academics required.

I'm a person that wants to make a difference in this world. I wouldn't want to leave here without making a difference. "I find myself in the ability to loose myself in the service of others"

**2. What inspired you to become a nurse?**

The outreach and community work I did with the church. I took a liking to the medical field. I love the idea of how an engineer works except I'm the engineer of a human body, it's a day of saving a life.

**3. Give us a little insight of what your day looks like**

I arrive at 6:30am, I first find out

what's going on with the patients at causality. I want to know them personally. I only take a break when there's no patient and when all the staff under me has eaten. What keeps me going is bubble-gum and water. I leave at 9pm, sometimes 10pm. In the COVID-19 section, in the casualty department including patients under investigation for COVID-19. I am in charge of that department and other areas in the emergency department such as normal medical patients /surgical patients and general emergency.

**4. Tell us what's it been like working with COVID-19 patients**

You got to be very dedicated and know what's happening. You got to know each symptom because each symptom can be fatal to the patient if not dealt with appropriately. Patients come only when the symptoms are severe. They come in gasping for air because covid attacks the lungs as well as patients who are diabetic. Covid has the



nature of increasing the blood sugar levels. Patients that are on chronic medication are highly susceptible to covid, because of their weak immune system.

It's difficult in the casualty department because we stabilize the patient before they go to the ward, there's no time to ask or bother other nurses for help because you have to know exactly what you doing.

#### 5. How do you keep motivating yourself to do what you do?

You want to be the best at what you do. In order to Get something you never had before you got to do something you never did before. In order to be the best you can

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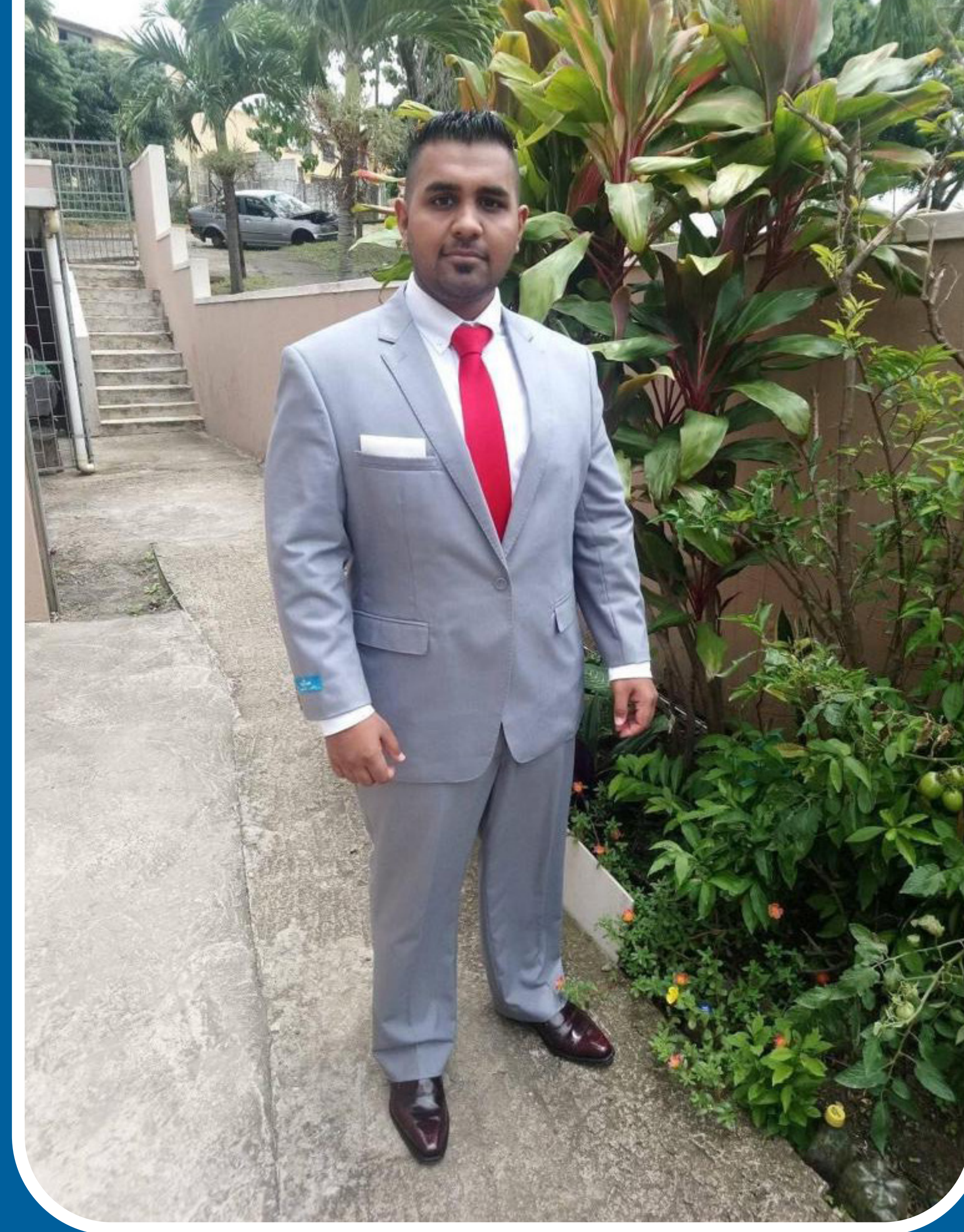
be you've got to take risks, and do whatever it takes to save your patients life. It's satisfying when a patient says thank you, or when they are so sick that they cant respond but they still smile at you.

#### 6. Please give our readers advice on dealing with COVID-19

The main thing is to stay positive. Have a positive mind set. Before it attacks the body, it attacks the

mind. A person who has a positive mind will have a healthy body. A healthy lifestyle can help prevent or cure covid.

#### 7. What is your perception of Ivomectin?





I believe Ivomectin can cure covid. It was approved many years ago for human consumption, it may not of been used for covid but it's properties can fight of the virus.

**8. With all the theories regarding the vaccine,** what is your expert advice?

It should be properly tested but not forced on people. They should have a choice because we don't have enough information on it as yet. I don't think it should be used on health care workers first, if for any reason it has side effects, you are killing the first line of defence against covid, which are the health care workers.

**9. Advice for awesome people like you, taking care of COVID-19 patients**

Eat Healthy, exercise on a regular basis. Spend as much time with your

family because covid has made life so uncertain that its either we get infected and succumb to it or our bodies fight it off and it's best to prevent covid because prevention is better than cure.

**10. What is your perspective on being the feature of SALT?**

Its wonderful, it's my first time. And I think it's a really good thing what you guys are doing. I hope it inspires the people that you are targeting. I'm glad that SALT can help be the voice of the medical profession.

