

# 15. Time to mix medicine with feelings

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Christy-Joy Webster

## Who I am

I was born in Bulawayo, Zimbabwe, and I am 29. My family moved to South Africa when I was 4 and I grew up in the Natal Midlands in a rural farming community. My passion for helping people led me to a life of service as a midwife and a nurse. My patients in the ARV clinic became my friends as I threw myself into HIV care, resulting in me burning out with severe compassion fatigue. I now train health care workers in HIV care and management for Zoë-LIFE, a Durban-based company.

## Why I am telling my story

I write this story to reflect on my own journey as a person and as a nurse, alongside HIV. This is a tribute to my friends living with HIV and dear people who have passed on. Writing has helped me heal and has highlighted my strengths, as well as my weaknesses. I trust my journey of love and hope will touch you. I wish to encourage an understanding of compassion fatigue and support for people who care for others.

