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Intensive Suffering

Received: 7 July 2015
Accepted: 9 July 2015
Published online: 21 July 2015
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Istanbul, I am almost there
But then a sudden stroke
Puts me into Intensive Care

Unable to leave my bed ever again, I heard
Only 50 years old
Isn't this life absurd?

Relatives, doctors and machines, all have their say
However I sometimes wonder
'Could there be another way?'

I cannot find sleep at night
Dear guardian angels
I thought you would be forever by my side

No doctors who speak Turkish, nobody I can understand
Except that one nurse
Who daily holds my hand

Nodding my head, pointing my fingers
I wish I were able
To speak fluent English

Cheerful in front of my family
Yet feelings of desperation
Are now a vast part of my inner reality

Seeking distraction in writing
But only for a while
Why did life become so very frightening?

Compliance with ethical standards

Conflicts of interest The corresponding author states that there is no conflict of interest.

Ethical approval The study (reference 2013/371) was approved by the ethics committee of the university Vrije Universiteit Brussel in December 2013.