

The graphic features a vertical gradient background transitioning from yellow at the top to teal at the bottom. It is decorated with numerous small, glowing yellow and white dots, larger soft-focus yellow and white circles, and several white stars of varying sizes. A large, prominent white star with a thin white outline is positioned in the upper right quadrant, and another similar star is in the lower center. The text is centered and reads:

NURSES'
MERIT
AWARD
2020



Singapore Nursing Board Nurse's Pledge

In full knowledge of the obligations I am undertaking, **I PROMISE** to provide a competent standard of care for the sick, regardless of race, religion and status, sparing no effort to alleviate suffering and promote health and to refrain from any action which might endanger life.

I will respect at all times the dignity of the patients under my care, holding in confidence all personal information entrusted to me.

I will maintain my professional knowledge and skill at the highest level and give support and co-operation to all members of the health team.

I will honour and abide by the Singapore Nursing Board Code for Nurses and Midwives, and be responsible and accountable at all times for my nursing actions and decisions.

I will uphold the integrity of the professional nurse.

*We are
proud of you!*

Mr Gan Kim Yong
Minister for Health



CONGRATULATIONS to all recipients of the Ministry of Health Nurses' Merit Award 2020. We are proud to present this Award to you in recognition of your achievements and commitment to nursing.

2020 has been a challenging year for us as the nation tackles the COVID-19 pandemic. Our nurses have been at the forefront of this battle, working tirelessly to care for COVID-19 patients and keep our loved ones and families safe. Many of you also continue to tend to other patients and provide them the best care we can. I thank you for choosing to take on this noble profession and doing your utmost for the patients under your care.

The stories shared by the

100 recipients in this booklet articulate the commitment and motivations from each of you. They depict your tenacity and professionalism, as well as the sacrifices you have made to serve your patients to the best of your abilities. These personal anecdotes are a source of inspiration for all of us, and I hope they will spur you and your colleagues on towards excellence.

I commend and congratulate all recipients of the Nurses' Merit Award 2020. May your compassionate heart and resilient spirit continue to guide you in your pursuits. I wish all nurses a Happy Nurses' Day!



*Thank you,
nurses!*

Ms Paulin Koh
Chief Nursing Officer

MY HEARTIEST congratulations to the recipients of the Ministry of Health Nurses' Merit Award 2020. Each and every one of you have demonstrated exceptional performance and commitment to nursing. The award recognises your invaluable contributions in building a quality healthcare system in Singapore.

Year 2020 is an extraordinary year for nurses and I am immensely proud that our nurses have risen up courageously to the call of duty in the fight against COVID-19 virus. Many have stepped forward to help and sacrifice time with their families and loved ones to care for the sick and vulnerable during

this crisis. This year is also the year we commemorate the Year of the Nurse and Midwife, alongside Florence Nightingale's bicentennial, with the international community. Let us celebrate our progress, unwavering spirit and continued vision to make a difference in promoting health and alleviate suffering.

My heartfelt thanks to each and every nurse for your commitment, compassion and resilience in performing your duty and serving the community. As you continue to save lives every day, may you continue to excel in your career, and be an inspiration to the future generations of nurses to come. Happy Nurses' Day to all.

AWARD RECIPIENTS 2020

Private Hospitals

Zubaidah Binte Mohamed	ADN	Farrer Park Hospital
Audrey Lim Chwee Ling	SNM	Mount Alvernia Hospital
Rodrigues Junita Henrita	SNE	Gleneagles Hospital
Yau Chuen So	SNM	Mount Elizabeth Hospital
Fung Guat Ching	SNM	Mount Elizabeth Novena Hospital
Noor Hafiz Bin Hassan	SSN	Parkway Shenton Pte Ltd
Yeo Su Vi	WM	Raffles Hospital
Lim Pang Lim	PM	Thomson Medical Centre

Intermediate and Long Term Care Institutions

Cahatian Niel Caderao	ANM	All Saints Home
Pah Bee Jun Jessie	SNM	MWS Home Care & MWS Home Hospice
Saritha Kattadichira Mani	CNM	National Kidney Foundation
Pan Mei Yu	CNM	National Kidney Foundation
Pang LingXia	SNC	NTUC Health Nursing Home (Jurong West)
Lingaraj Prabha	NM	Ren Ci Community Hospital
Aleta Arlene Dergam	NM	St Andrew's Community Hospital
Suzanna Ho May Chen	NM	St Andrew's Nursing Home (Buangkok)
Chen Danlin Naomi	NM	St Luke's ElderCare Residence @ Ang Mo Kio
Magnaye Melanie Remo	ANM	The Salvation Army Peacehaven
		Bedok Day Centre
Punitha D/O Ram Keelavan	NM	THK Nursing Home @ Hougang
Lim Wee Feng	ANM	United Medicare Centre (Queensway)

National University Health System

See Hwee Hwee	SNM	Alexandra Hospital
Antoinette Goh Wei Ling	ANC	NUHS Community Campus
Choong Mang Shya	NM	National University Hospital
Caroline Lim Yuh Yng	ANC	National University Hospital
Munirah Binte Mohamed Moktar	NM	National University Hospital
Ng Yi Li	ANC	National University Hospital
Song Ge	NC (APN)	National University Hospital
Tan Hui Ting	NC	National University Hospital
Jasline Teo Chay Ying	NM	National University Hospital
Zhao Xiaohong	NC	National University Hospital
Zhou Li	ANC	National University Hospital
Letchimi Muthusamy	NM	National University Polyclinics
Evon Oh	ANC	National University Polyclinics
Chong Siow Yong	NC	Ng Teng Fong General Hospital
Nurimah Ismail	NC	Ng Teng Fong General Hospital
Lau Meng Er	NE	Ng Teng Fong General Hospital
Hema Malini	NC	Ng Teng Fong General Hospital

Singapore Health Services

Siti Nuridahwati Binte Abd Hamid	PEN	Changi General Hospital
Che Yong Jin	SSN	Changi General Hospital
Fong Ling Qi Aaron	ANC	Changi General Hospital
Peter Lin Beng Leong	ANC	Changi General Hospital
Faridah Binte Mohamad Assalam	ANC	Changi General Hospital
Mu Yanyan	ANC	Changi General Hospital
Chitra D/O Pandiaya	NC	Changi General Hospital
Janet Toh Lay Siang	SNC	Changi General Hospital
Nurli Fadhillah Binte Ab Latiff	NC	KK Women's and Children's Hospital
Cruz Luisa Rico	NC	KK Women's and Children's Hospital
Nurulain Binte Hassan	NC	KK Women's and Children's Hospital

Shakira Khaliq	SSN	KK Women's and Children's Hospital
Lim Zi Ying	SNC	KK Women's and Children's Hospital
Sally Ong Siew Gim	NC	KK Women's and Children's Hospital
Zhang Xinrong	NC (APN)	KK Women's and Children's Hospital
Loh Chiat Sian	NM	National Cancer Centre Singapore
Juraihah Binte Haji Mohamed Saleh	NC	National Heart Centre Singapore
Luo Tao	ANC	National Heart Centre Singapore
Tan Il Fan	NC (APN)	National Neuroscience Institute
Wong Vern Tym	NC	Sengkang Community Hospital
Linda Marie Nathan	NC	Sengkang General Hospital
Teoh Yu Pei	PEN	Sengkang General Hospital
Ye Shuqin	NC	Sengkang General Hospital
Normuliana Binte Abu Hassan	PEN	Singapore General Hospital
Chia Jia En Martha Mabel	NC	Singapore General Hospital
Chiew Siew Fong	SNM	Singapore General Hospital
Esther Monica Fan Peijin	ANC	Singapore General Hospital
Nanthakumahrie D/O Gunasegaran	NC	Singapore General Hospital
Huang Liwen	NC	Singapore General Hospital
Vazhayil Joseph Lissa	NC (APN)	Singapore General Hospital
Lu Ruli	NC	Singapore General Hospital
Ng Zheng Yuan	NC	Singapore General Hospital
Rajashulakshana D/O Rajaram	NC (APN)	Singapore General Hospital
Wong Yuk Meng	NC	Singapore General Hospital
Wu Sin Yan	NC	Singapore General Hospital
Teong Soh Keng	NM	Singapore National Eye Centre
Ang Bee Leng	NC	SingHealth Polyclinics
Fong Mew Keng	NM	SingHealth Polyclinics

National Healthcare Group

Goh Ai Sze Cheryl	SNC (APN)	Institute of Mental Health
Koh Chee Meng	ANC	Institute of Mental Health
Ong Lay Kheng	PAN	Institute of Mental Health
Phu Hui Huang	SNC	Institute of Mental Health
Chan Zhi Qiang	NC	Khooh Teck Puat Hospital
Fan See Wai	NM	Khooh Teck Puat Hospital
Hou Luyin	ANC	Khooh Teck Puat Hospital
Ong Wei Wei	ANC	Khooh Teck Puat Hospital
Faith Tan Yen Hoong	ANC	Khooh Teck Puat Hospital
Sharifah Maryam Alhabshee Binte Zen	NM	Khooh Teck Puat Hospital
Nirmala Nair	SNM	National Healthcare Group Polyclinics
Anita Tan Ai Ling	SNM	National Healthcare Group Polyclinics
Samuel Ho Jia Yi	SSN	Tan Tock Seng Hospital
Lai Kit Mun Grace	SSN	Tan Tock Seng Hospital
Lau Meng Tuan	NC	Tan Tock Seng Hospital
Lee Jin Yih	NC	Tan Tock Seng Hospital
Lim Kwee Peng	NC	Tan Tock Seng Hospital
Naw Than Win	NM	Tan Tock Seng Hospital
Ng Lan Shin Nicole	SSN	Tan Tock Seng Hospital
Quah Evelyn	NC	Tan Tock Seng Hospital
Marimah Bte Rahmat	NM	Tan Tock Seng Hospital
Tang Lin Fong Selina	NM	Tan Tock Seng Hospital
Toh Bee Guat	SAN	Tan Tock Seng Hospital
Tan Siew Peng	SNC	Woodlands Health Campus
Chng Hsing Yun Priscilla	ANC	Yishun Community Hospital



Zubaidah Binte Mohamed

Assistant Director of Nursing
Farrer Park Hospital

It is essential to continue pursuing knowledge in nursing and improving quality of care rendered.



My career in nursing began more than 35 years ago in the Burns and Plastic Surgery Unit, where I spent my first year as a registered ICU nurse. I vividly remember having to manage a patient with a gunshot wound to his chest. He developed cardiac tamponade and had to be rushed to the operating theatre, where I was asked to assist the surgeon. Blood was spurting out from the patient's chest; it was both nerve-racking and heart-wrenching. This experience offered a precious lesson about

life and inspired me to make a difference in people's lives.

I am a huge advocate of lifelong learning. The healthcare environment is very dynamic; we see new diseases, new epidemiology patterns and new medicine developed. It is essential to continue pursuing knowledge in nursing and improving quality of care rendered. Indeed, nursing is a fulfilling career that provides many opportunities for growth and development.

Audrey Lim Chwee Ling

Senior Nurse Manager
Mount Alvernia Hospital

Their (patients) gestures of appreciation have served as my pillars of strength in my nursing career.



Having spent 24 years in the healthcare industry, nursing remains a meaningful and rewarding career to me. My passion lies in the medical-surgical field.

I love interacting with patients and caring for them. Their gestures of appreciation have served as my pillars of strength in my nursing career. I experience great satisfaction seeing my patients get better. Some of them even go the extra mile to return to the hospital after they have been discharged, to show



their appreciation.

In nursing, we work closely with other healthcare professionals for patient care planning and recovery. Their sharing and kind words of encouragement motivate me to give my best at work.

The healthcare industry is rapidly evolving, and I have to leverage new technological tools to enhance communication. Technology is a good supplement to patient care, but it can never replace the human touch.



Rodrigues Junita Henrita

Senior Nurse Educator
Gleneagles Hospital

My desire is to develop and influence the next generation of nurses to have a change in mindset when it comes to patient care.



My love for nursing started after finding joy caring for babies as a Healthcare Assistant in a maternity ward. Now, 32 years later, my passion for nursing continues to be as strong as ever. As I progressed up the ranks from a Staff Nurse to a Senior Nurse Educator, I gained exposure in various wards, including the ICU. My most memorable moment was looking after a patient in the ICU who woke up from a

long coma. I was overjoyed at the patient's recovery and even more so when the patient thanked me for the care rendered.

My desire is to develop and influence the next generation of nurses to have a change in mindset when it comes to patient care — through evidence-based nursing, along with technological advancements. Most importantly, we must provide service from the heart.

Yau Chuen So

Senior Nurse Manager
Mount Elizabeth Hospital



I interact with patients from all walks of life every day, and I have learnt a lot from seeing how they fight for their families, their loved ones and for their own lives.

I embarked on a career in nursing as I believed that it would offer me many valuable learning opportunities. After joining the profession, I realised that it takes passion and drive to succeed, and that learning does not come only from textbooks. I interact with patients from all walks of life every day, and I have learnt a lot from seeing how they fight for their families, their loved ones and for their own lives.

Being a nurse for 33 years has allowed me to form many fond and lasting memories. I recall spending time with a terminally ill patient as we cried, hugged and laughed together. I understood that although sickness can cause a person to feel desolate, we need courage to face reality and move on.





Fung Guat Ching

Senior Nurse Manager
Mount Elizabeth Novena Hospital

Nursing has allowed me to experience the happiness from seeing the birth of a baby, and also the sadness from performing the last office.

My father encouraged me to join nursing in order to save on family expenses, as nurses then were given free uniforms and shoes! Over time, I grew to love nursing as it is a rewarding and enriching career. Nursing has allowed me to experience the happiness from seeing the birth of a baby, and also the sadness from performing the last office. I will never forget the first time I performed the last office for

a patient who passed on from massive bleeding. Since then, I resolved to make a difference in people's lives; not only for my patients and their families, but also for my peers by ensuring that they are able to provide care through comfort, compassion and motivation. I am proud to have been a nurse for the past 27 years, and I strive to continue enhancing people's lives every day.

Noor Hafiz Bin Hassan

Senior Staff Nurse
Parkway Shenton Pte Ltd



Nursing has its ups and downs; and I will continue to strive to place my priority and focus on the care of my patients.

Being a nurse for the past 15 years has been the best decision I made. As a Correctional Care nurse in the Singapore Prison Services, I have gained valuable learning and clinical experiences. One key aspect is resilience, especially when faced with challenging situations. I fondly remember my first clinical attachment where I was assigned to care for an elderly man who was

in a dishevelled state. I had to groom and assist him with his basic activities, which included giving him a good facial shave. When I saw the smile on his face after the shave, I felt a sense of achievement and satisfaction knowing that I had made a difference. Nursing has its ups and downs; and I will continue to strive to place my priority and focus on the care of my patients.

Yeo Su Vi

Ward Manager
Raffles Hospital

I have overcome countless challenges, expanded my knowledge and deepened my passion for what I do.



I have not stopped learning in my 22 years of nursing. I have overcome countless challenges, expanded my knowledge and deepened my passion for what I do. This is only possible because of my supportive family that encourages me to continue on this meaningful journey.

Working in a multidisciplinary ward, I encounter different types of patients. I remember caring for an elderly patient who was receiving palliative care. As she held my hand,

she asked if she could have a shower. After assessing her condition, I took her to the bathroom where she started sharing about her younger days and happier moments. After the shower, her face radiated joy as she thanked me. Unfortunately, she passed on the next day. Even though I was sad, I felt privileged to have brought her some joy and comfort before she took her last breath.

Lim Pang Lim

Principal Midwife
Thomson Medical Centre

Midwifery has its challenges; but when we care, show compassion and communicate well, patients will have a smooth delivery.



I was inspired to be a midwife after hearing my mother share her painful and frightening childbearing experiences.

I have spent 43 years in this profession; with 38 years at Thomson Medical Centre's delivery suite. My first delivery at KKH was one of my most memorable experiences, as it was wonderful to see a healthy newborn delivered safely.

Witnessing births is an amazing and miraculous experience, and I still get emotional when a child

is born. It is a privilege to be part of the first moments between parents and their newborn. It is also encouraging when these parents show their appreciation for the work we do. Midwifery has its challenges; but when we care, show compassion and communicate well, patients will have a smooth delivery.

I am thankful to have a supportive family and colleagues. Being a midwife is an honour, and I look forward to celebrating new lives with parents.



Cahatian Niel Caderao

Assistant Nurse Manager
All Saints Home

To all aspiring nurses: Nursing is not easy, but it is worth it. Bring a positive vibe to work, have passion for what you do and do not let obstacles drag you down.

I chose to join nursing as I wanted something challenging and fulfilling that enables me to make a difference. Helping patients gives me a sense of satisfaction and contentment. The smile on their faces and seeing them get better motivate me to provide even better care.

The greatest challenge in my 14 years of nursing was when my wife was diagnosed with a brain tumour and

I had taken on heavier leadership responsibilities at All Saints Home. I am grateful to God for giving me the strength to cope; I am also thankful for the strong support from my management, colleagues and family.

To all aspiring nurses: Nursing is not easy, but it is worth it. Bring a positive vibe to work, have passion for what you do and do not let obstacles drag you down.

Pah Bee Jun Jessie

Senior Nurse Manager
MWS Home Care &
MWS Home Hospice



The warmth you will bring to those you care for is something you will never forget.

The past 18 years as a nurse has been challenging but fruitful. In the early days of my career as a community nurse, I allowed stress to affect my attitude at work. A conversation with a patient's frustrated husband made me realise the importance of showing empathy to my patients and their caregivers. The encounter humbled me and became a turning point in my career.

To prevent myself from

burning out, I reflect and confide in my friends regularly. The support from my family and bosses has also been critical in allowing me to focus at work and achieve work-life balance. I am grateful towards Methodist Welfare Services for the opportunities given to progress in my career. To all aspiring nurses, I am excited for you! The warmth you will bring to those you care for is something you will never forget.



Saritha Kattadichira Mani

Clinical Nurse Manager
National Kidney Foundation

His (the patient) smile and perseverance always remind me of my goal as a nurse to be an advocate for the weak and frail and to provide comfort and care.

I have been in the nursing profession for 20 amazing years. Many of my patients' struggles have touched my life – they taught me to be a better human being and to cherish every moment of happiness.

Etched in my mind is a 65-year-old patient diagnosed with renal failure. He also suffers from multiple co-morbidities, is wheelchair-bound, lives without much family support and is a victim of family violence. In spite of it all, he diligently carries on

with his regular dialysis and other routines. His smile and perseverance always remind me of my goal as a nurse to be an advocate for the weak and frail and to provide comfort and care.

My mum was a nurse, and I admired her compassion, courage and knowledge. It inspired me to choose this profession. Nursing is challenging, interesting and deals with many aspects of patient care which I certainly enjoy.

Pan Mei Yu

Clinical Nurse Manager
National Kidney Foundation



The past 40 years have been the most enriching in my life, and I am glad to be able to learn something new each day.

Florence Nightingale has always been an inspiration to me. As a nurse, I carry the same light and compassion that she did in caring for the fearless soldiers.

An unforgettable incident was one that happened 10 years ago, when I saved the life of a dialysis patient who had a sudden and severe onset of acute pulmonary edema. The ability to help my patients keeps me motivated to come to work every day –

prepared for all challenges and equipped with a smile.

I am eternally grateful to my family, my late father and my colleagues for providing me with emotional support and encouragement. I am also thankful to my patients who have taught me about strength and fearlessness amidst the toughest challenges. The past 40 years have been the most enriching in my life, and I am glad to be able to learn something new each day.



Pang LingXia

Senior Nurse Clinician

NTUC Health Nursing Home
(Jurong West)

Together with a supportive team and family, I feel like I can perform at my best every day.



I was a medical student when my grandfather passed away. Up till the day he died, he suffered immense pain that could have been alleviated with good nursing care. This made me re-consider my career choice and motivated me to choose nursing as my career.

Throughout my 17 years as a nurse, I have been fortunate to work with supervisors who mentored me closely. Together with a supportive team and family,

I feel like I can perform at my best every day.

My most memorable experience as a nurse was when a resident with dementia thanked me while I was doing an aromatherapy hand massage for her. I was surprised as, in the two years she was with us, she had never spoken a word - not even to her family!

Today, I am thankful that I am still a nurse at the frontline.

Lingaraj Prabha

Nurse Manager

Ren Ci Community Hospital

A nurse's job is not just about routines - it calls for empathy, passion and drive.



My father encouraged me to join nursing, even though there was no precedent of anyone in my family working in the healthcare sector. Initially, I was not sure that I had made the right choice. However, when I experienced the joy of seeing my patients recover and return home, I knew nursing was my calling.

My most memorable patient was a young teacher who had to undergo



14 surgeries after a terrible road traffic accident. She was bedbound for a long time, but with care and motivation, she was discharged after recuperating for six months.

A nurse's job is not just about routines - it calls for empathy, passion and drive. I know my job can impact the lives of my patients and their families, and I have enjoyed every moment of my past 17 years as a nurse.

Aleta Arlene Dergam

Nurse Manager

St Andrew's Community Hospital

My mother encouraged me to pursue nursing as she felt it was better suited to my caring and patient personality.



Twenty three years ago, I made the decision to serve in the nursing profession. Although my initial interest was in computer science, my mother encouraged me to pursue nursing as she felt it was better suited to my caring and patient personality.

When I started working in Singapore, I took a while to adjust to the new culture and work environment. I had an unforgettable experience when I struggled to understand a patient's needs due to our

language differences. With the support of SACH, I started learning new skills and languages through courses. In no time, I was able to communicate with patients in Mandarin, Malay and Hokkien; enabling me to better build rapport with them.

Nursing is my passion. I am inspired to live out our hospital's vision of being a light in society, relieving suffering and enriching lives with the love of Christ.

Suzanna Ho May Chen

Nurse Manager

St Andrew's Nursing Home (Buangkok)

Nursing has made me a warm-hearted and compassionate person who loves and gives.



My career in nursing began at Singapore General Hospital in 1998. I transited to community nursing in 2003 and joined St. Andrew's Nursing Home (Buangkok) when it opened in 2013.

Being a nurse for 22 years has been an eye-opening experience. My patients and residents have taught me many valuable lessons as we journeyed through their ups and downs in life together. I recall caring for a young cancer patient, whose wife and young child stayed by his side till his

last moment. Through such experiences, I learnt to appreciate and live life to the fullest. These experiences have also made me treasure my loved ones and develop the resilience to persevere through challenging times.

Nursing has made me a warm-hearted and compassionate person who loves and gives. I love my residents and thank God that I can make a difference in their lives!





Chen Danlin Naomi

Nurse Manager

St Luke's ElderCare Residence
@ Ang Mo Kio

My vision is to promote a person-directed care model where nurses are given the opportunities and space to think out of the box.

My nursing journey of 17 years started in Singapore, and I am privileged to have practised both abroad and locally.

My passion for aged care developed over the years. I will always remember an elderly woman with moderate to advanced dementia, whose illness robbed her of the ability to recognise people and communicate meaningfully. While holding her hand one evening to offer comfort, she turned to me and thanked me. This experience shaped my belief

that persons with dementia can have that "window period" of meaningful cognisance.

I feel honoured to be part of the journey for a safe and empowering environment where the elderly can maintain their dignity and individuality.

My vision is to promote a person-directed care model where nurses are given the opportunities and space to think out of the box, so as to provide care that respects each elder as an individual.

Magnaye Melanie Remo

Assistant Nurse Manager

The Salvation Army Peacehaven
Bedok Day Centre



My experiences with my clients allow me to see the situation they are in and push me to achieve my best.

My nursing journey began in 1999 when I arrived in Singapore as a nurse aide. Throughout my 22-year career, there were countless experiences with the elderly who are frail and lonely that brought me both joy and melancholy.

An incident etched in my memory occurred during a home visit to an elderly man who lived alone. Upon arriving at his unit, we found him lying on the toilet floor as he had

slipped and fallen. Unable to get up, he was waiting for someone to assist him. Thankfully, we visited him that day and gave him the help he needed.

My experiences with my clients allow me to see the situation they are in and push me to achieve my best. My goal is to provide the best dedicated care to my clients.



Punitha D/O Ram Keelavan

Nurse Manager
THK Nursing Home @ Hougang

Being a nurse, my priorities have always been patient safety and giving the best quality care.



I am extremely honoured and grateful to be a recipient of this award. This is a significant moment in my 16 years of nursing, and I would like to thank my supervisors and colleagues for their support throughout my nursing journey.

Since young, I have enjoyed spending most of my time with my grandparents and their friends. This could be the reason why I decided to join nursing. Through my interactions with them, I was

taught to be kind and respectful to the older generation.

Being a nurse, my priorities have always been patient safety and giving the best quality care. It has been a joy working in the nursing home, and I will impart my knowledge and skills to all staff to ensure excellent care is provided to our patients.



Lim Wee Feng

Assistant Nurse Manager
United Medicare Centre (Queensway)

The experience of caring for the vulnerable elderly encapsulates the core value of a nurse.



It had been my wish to work in an old folks' home since the day I joined nursing. For the past 13 years, I am constantly filled with gratitude for having made this choice.

I once had a memorable encounter with an old lady who was alone and seemed to be experiencing difficulty using her spoon. I helped her eat her meal as she chatted with me about her family. At the end of it, she held my



hand, smiled and thanked me. From then on, she would always smile and thank me whenever I checked in with her. When she passed away, the urge in me to cry was immensely strong. The feelings and thoughts that came over me at that time were not covered in any textbooks.

The experience of caring for the vulnerable elderly encapsulates the core value of a nurse.





See Hwee Hwee

Senior Nurse Manager
Alexandra Hospital

Nursing has allowed me to grow mentally and spiritually by helping patients, and given me a sense of fulfilment.

I have always wanted to be a nurse since I was young. Twenty two years have passed, and I still find it a blessing to be able to enhance lives through my job. Nursing has allowed me to grow mentally and spiritually by helping patients, and given me a sense of fulfilment that spurs me to do even more for them. I will never forget the time I had to care for a patient who had jumped from the third floor. I nursed her back to health

and she was eventually able to walk out of the hospital without any assistance. Her recovery affirmed my decision to be in this profession. To new nurses, do not be disheartened when faced with failures and resistance; may you keep striving to provide care for patients so that they are given the best possible chance to heal.



Antoinette Goh Wei Ling

Assistant Nurse Clinician
NUHS Community Campus

I have spent eight years in nursing, and I am thankful for the opportunities to take on various roles that allowed me to grow as a nurse.

I had many memorable experiences as a nurse – when I cried alongside parents whose child was diagnosed with cancer; when an elderly patient tearfully asked me to help save her life because she was afraid of dying; when my patient's hard work and determination paid off and his condition improved; when a patient finally agreed to seek treatment after being repeatedly persuaded to do so. These are truly humbling

experiences that push me to keep on trying and give my best to my patients.

I have spent eight years in nursing, and I am thankful for the opportunities to take on various roles that allowed me to grow as a nurse.

Choong Mang Shya

Nurse Manager
National University Hospital

The job of a nurse has changed over the years, given the advancement of technology and the creation of multiple career paths.



One of the memorable moments in my 44 years of nursing was during my stint with the Surgical ICU.

Assigned to look after a young patient with Guillain-Barre Syndrome – a rare neurological disorder – I cared for her from the day she was admitted to the day she was discharged. Years later, I met this patient again in an obstetrics ward as she had given birth to her first child. It was truly heart-warming to learn that

she was blessed with a miracle after having gone through such a challenging period.

To those who are considering nursing as a career, I encourage you to do so as this is a very rewarding career. The job of a nurse has changed over the years, given the advancement of technology and the creation of multiple career paths – from administrative leadership to academic and clinical roles.

Caroline Lim Yuh Yng

Assistant Nurse Clinician
National University Hospital

Nursing is not just a job; it is a way of life for me. I will continue to strive to become a better and wiser nurse every day.



It is true that a little encouragement goes a long way.

When I was a nursing student, a patient's daughter once said to me: "Thank you for taking care of my mother and for constantly encouraging her to take her meals even though she keeps refusing to eat. She is getting better with each passing day. You will definitely go on to make a good nurse."

These uplifting words

spurred me to do my best for the next 16 years of my nursing career. The ample opportunities at my workplace have allowed me to show kindness and bring hope to my patients and their loved ones.

Nursing is not just a job; it is a way of life for me. I will continue to strive to become a better and wiser nurse every day; and to mentor my junior colleagues with my years of experience.

Munirah Binte Mohamed Moktar

Nurse Manager
National University Hospital

Our patients will remember the nurses who cared for them when they were at their most vulnerable and in need of care.



My perspectives on life have definitely changed after 13 years in nursing.

I am currently working in the Emergency Medicine Department. In a single shift, I may share the joy of a first-time mother; and experience the sorrow and trauma of a family losing their loved one.

Once I was stopped on the street by a former patient. She told me that I had taken care of her and thanked me.

Even though I was unable to recall who she was, I was heartened that she remembered me, and that I had made an impact in her life.

As nurses, we take care of hundreds of patients and may not remember all of them. However, our patients will remember the nurses who cared for them when they were at their most vulnerable and in need of care.

Ng Yi Li

Assistant Nurse Clinician
National University Hospital

I always try to put myself in my patients' shoes – this way, we will be able to give our best in all that we do.



I have been a nurse for 16 years. As nurses, we spend hours providing comfort and a listening ear; and we also bridge the gap between doctors and patients.

It brings me joy whenever I receive words of appreciation from my patients, or when I see them smile. I always try to put myself in my patients' shoes – this way, we will be able to give our best in all that we do.

I remember a six-year-old who was terrified of needles



after having undergone numerous procedures. To distract her from the pain, I introduced a 'vibrating bee device'. Her mother later shared that her child no longer fears hospital visits and has stopped struggling during needle procedures. Experiences like this keep me going.

With the support of my family and supervisors, I am blessed to be able to strike a balance between my personal life and career.

Song Ge

**Nurse Clinician
(Advanced Practice Nurse)**
National University Hospital

I asked if he (patient) remembered me. He replied: "I don't remember you... but I recognise your voice."



I have spent the past 15 years in the ICU where work is both challenging and fulfilling. Working in a multidisciplinary team, we care for critically ill patients whose lives are hanging on the line.

One of the most memorable experiences in my 19 years of nursing was with a patient who had been warded in the ICU for months. He was eventually transferred to a general ward after his condition finally improved. When I visited him

to check on his condition, I asked if he remembered me. He replied: "I don't remember you... but I recognise your voice." He then went on to thank me for taking care of him when he was in the ICU.

That was truly a very satisfying and touching moment.



Tan Hui Ting

Nurse Clinician
National University Hospital

My career as a nurse has been eventful and rewarding, and it has helped widen my horizons in many aspects.



I have been a nurse for 15 years, specialising primarily in paediatrics; and now, in Nursing Informatics.

My career as a nurse has been eventful and rewarding, and it has helped widen my horizons in many aspects. My current portfolio has seen me involved in the implementation of projects such as the electronic medical records system and full suite documentation in various disciplines.

The support from my family,

as well as the knowledge that what I do helps to improve my colleagues' work experience and enhances patient safety, keep me motivated.

I have completed a Masters in Healthcare Informatics, and am currently working on a self-improvement study in project management. I hope to see more collaborations within the healthcare community, so we can better contribute to Singapore's Smart Nation vision and improve patient care.

Jasline Teo Chay Ying

Nurse Manager
National University Hospital

Caring for our patients and being a part of their recovery journey is an experience I truly cherish.



I made a decision to join the nursing profession 16 years ago. To this day, I never regretted my decision. Nursing allows me to make a difference in the lives of my patients and their loved ones. It has taught me the true value of empathy and family bonds.

Being at the forefront in the fight against COVID-19 has reaffirmed my decision, especially after receiving

words of encouragement from my family members and the public. Their smiles and kind words are testimony to the impact that I have made in their lives. Caring for our patients and being a part of their recovery journey is an experience I truly cherish.

I am grateful to receive this award and could not have done it without the support from my supervisors and colleagues!

Zhao Xiaohong

Nurse Clinician
National University Hospital

Over the years, the selfless dedication of my fellow nurses and patients have helped me to find value and meaning in this profession.



I have been looking after cancer patients for 15 years.

Initially, it was tough adapting to a new environment when I relocated to Singapore for my nursing studies. My grandmother was diagnosed with cancer of the esophagus, and my family kept it from me for a year as they wanted me to focus on my studies. It was a difficult period and I began to doubt my decision to become a nurse.

On one occasion during my attachment, a patient thanked me and told me that she was grateful for the care I provided. Sadly, she passed on the next day. Her words of appreciation encouraged me greatly and spurred me to carry on.

Over the years, the selfless dedication of my fellow nurses and patients have helped me to find value and meaning in this profession.

Zhou Li

Assistant Nurse Clinician
National University Hospital

We think that language is the key to communication... our actions, in fact, speak much louder than our words.

I have been a nurse for 11 years; and seeing my patients' condition improve with the care we provide motivates me to give my best.

One of my most cherished memories was of a patient who could only converse in Malay, and she suffered from end-stage heart failure. She passed on peacefully after a long period of hospitalisation. When her daughter thanked me for looking after her late mother,

I was surprised as I was only able to communicate with her mother using my limited knowledge of the Malay language. We think that language is the key to communication; but this encounter has taught me that our actions, in fact, speak much louder than our words.

Letchimi Muthusamy

Nurse Manager
National University Polyclinics

It gives me great satisfaction knowing that as nurses, we make a huge difference in a patient's life.

Having been a nurse for 43 years, I know that I made the right decision in choosing this noble profession.

I remember vividly a diabetic patient who almost lost his leg. We helped him with daily wound dressing and taught him the importance of being compliant with his diet and insulin regime. His wound healed and he was immensely grateful to us for helping him avoid an



amputation. It gives me great satisfaction knowing that as nurses, we make a huge difference in a patient's life.

As a Nurse Manager, I am motivated to give my best. I am also equally driven to impart knowledge and skills to my nurses so that they will, in turn, provide excellent care to patients. There is a sense of fulfilment when I see my nurses doing well for both our patients and themselves.

Evon Oh

Assistant Nurse Clinician
National University Polyclinics

Knowing that I can make a difference to patients and their families motivates me to do my best in nursing; and to constantly upgrade myself through continuous learning.

In my 11 years as a nurse, I have ensured that my patients get the appropriate care they need; and this extends to their family members too.

I recall a 'code blue' situation where an elderly man lost consciousness in our polyclinic. I saw a woman sobbing outside the resuscitation room and decided to sit and talk with her. She expressed regret for not seeking treatment for her husband earlier. I assured her that the medical team

will do their best to help him and managed to stop her crying. The doctor later explained that they had called for an ambulance to take him to the hospital. Before leaving, the wife held my hands and mouthed the words: 'thank you'.

Knowing that I can make a difference to patients and their families motivates me to do my best in nursing; and to constantly upgrade myself through continuous learning.

Chong Siow Yong

Nurse Clinician
Ng Teng Fong General Hospital

After the bond and rapport are established, patients do show appreciation for the work we do.

When Nanyang Polytechnic was recruiting nursing students in 1995, I decided to apply even though I did not have any knowledge of the profession. To my surprise, I was called up for an interview. Since then, half of my life has been closely connected to nursing.

Being a nurse is challenging, but rewarding. We encounter patients who are sick and vulnerable; some of them may be uncooperative,

or even become aggressive. As nurses, we need to gain their trust and show that we care for them. After the bond and rapport are established, patients do show appreciation for the work we do.

I have been a nurse for 21 years, and every patient who recovers and walks out of ICU is a memorable moment for me. This, to me, is one of the greatest rewards of being a nurse.

Nurimah Ismail

Nurse Clinician

Ng Teng Fong General Hospital

He (patient) may not remember everything that I did, but my care as a nurse must have left an impact.



his stay. He may not remember everything that I did, but my care as a nurse must have left an impact.

I believe in continual learning because it gives us opportunities to grow professionally. In healthcare, transforming care models allow for top-of-licence nursing practice. Over the next few years, I foresee innovation in delivery of care that will advance healthcare by leaps and bounds.

I joined nursing with my parents' support when I was 20. Fourteen years later, my passion for the profession still burns strong. In addition to caring for my patients and managing their needs, I also pay attention to their families' emotions.

It is rewarding when I see patients recover and return home to their loved ones. I will not forget the day I received my first appreciation letter. It was a pleasant surprise as the patient was very quiet during

Lau Meng Er

Nurse Educator

Ng Teng Fong General Hospital

Nursing has no barriers – it is a profession which tests your passion, patience and servitude for people.



This year marks my 12th year in nursing. An unforgettable incident happened in my third week as a nursing graduate at the Emergency Department. I had just completed my shift and was catching a breather outside when a minivan veered off the road. With the help of passers-by and colleagues, we extricated the driver and his passengers. This incident reminds me to always be on standby and do my utmost in nursing.

My family's unconditional

support never fails to brighten my day. Although maintaining work-life balance is a challenge, I have been able to prioritise my time. In fact, my eight-year-old daughter is inspired to be a nurse.

As a Nurse Educator, I am part of a team that trains the next generation of nurses to be the leaders of tomorrow's healthcare. Nursing has no barriers – it is a profession which tests your passion, patience and servitude for people.

Hema Malini

Nurse Clinician

Ng Teng Fong General Hospital



Nursing has helped me develop a positive mindset. Knowing that I am involved in a patient's well-being gives me satisfaction and motivates me to give my best.

I started my nursing journey in the Emergency Department and have been in this profession for 23 years. My parents are my inspiration as they feel that nursing is a noble job. Nursing is special to me because it evolves with healthcare advancements, without compromising on its holistic approach towards patients.

When I was a junior Staff Nurse, I was assigned to look after a young female patient who was severely burnt. In my

few minutes with her, I tried my best to provide assurance and comfort. Unfortunately, she passed on after a few days. Although her death saddened me, it was a valuable experience for me as a young nurse to learn to deal with tragic outcomes in the hospital.

Nursing has helped me develop a positive mindset. Knowing that I am involved in a patient's well-being gives me satisfaction and motivates me to give my best.

Siti Nuridahwati Binte Abd Hamid

Principal Enrolled Nurse

Changi General Hospital



I will never give up – the taste of success after a failure is what keeps the passion for nursing burning within me.

I have been in nursing for 11 rewarding years.

An incident that I will never forget was the first death I encountered as a student nurse. The patient was an elderly man who had been battling cancer and passed on without any family by his side. That incident left a deep impression on me, and I realised the significance of my presence with patients in their final moments. The compassion and empathy that

I can offer to the dying and their loved ones is a privilege.

My biggest source of motivation comes from my family. They are my pillars of support as they encourage me to take up greater challenges without the fear of failure. I will never give up – the taste of success after a failure is what keeps the passion for nursing burning within me.



Che Yong Jin

Senior Staff Nurse
Changi General Hospital

The acquired knowledge and skills (in nursing) allow me to make a difference in my patients' lives.



Nursing has played a significant role in every aspect of my life; it has taught me to be resilient and to display patience, care and empathy for others. The acquired knowledge and skills allow me to make a difference in my patients' lives.

I remember a patient who called out to me in public to thank me for the encouragement and care rendered during her stay in the hospital. This motivated

me to provide even better care to my patients.

I appreciate the support from my supervisors. They believe in me and have been instrumental in encouraging me to scale greater heights. I would not have been able to achieve so much in my 10 years of nursing if not for their support.



Fong Ling Qi Aaron

Assistant Nurse Clinician
Changi General Hospital



As nursing is a challenging profession that can make a difference in people's lives, I decided to embark on this journey.



After completing my National Service, I still had no clue of the career to pursue as it was never my ambition to be a nurse; this was until I read about the increased demand for nurses worldwide. As nursing is a challenging profession that can make a difference in people's lives, I decided to embark on this journey.

I have been working in the general surgical ward after graduating with a Diploma in Nursing. I believe that my

attention to detail, empathy, good communication skills and physical endurance have contributed towards my role as a nurse for the past 11 years.

I recall an incident where there were two simultaneous code blue activations. During the resuscitations, my seniors exhibited strong teamwork, leadership and seamless collaboration with the doctors to save lives. This experience motivated me to do my best in nursing.

Peter Lin Beng Leong

Assistant Nurse Clinician
Changi General Hospital

What motivates me to do my best and press on is my focus on delivering the best patient care that I can provide.



I have been in nursing for 13 years, with the past 12 years devoted to the Cardiac Catheterisation Laboratory (CCL) in CGH.

My passion lies in the dynamic environment of CCL where diagnostic and interventional procedures are available for patients with various heart conditions.

An event etched in my memory was my involvement in the resuscitation of a very ill patient late into the night,

followed by another emergency case which required my undivided attention until the early hours of the morning. The physical and mental fatigue experienced was unforgettable. However, what motivates me to do my best and press on is my focus on delivering the best patient care that I can provide. I was fortunate to have my wife's unwavering support when I decided to make a career switch to nursing, and I have never looked back since.

Faridah Binte Mohamad Assalam

Assistant Nurse Clinician
Changi General Hospital

The opportunities for continual learning and upskilling to keep abreast with the evolving healthcare landscape energise me.

There has never been a dull moment in my 13 years of nursing. The opportunities for continual learning and upskilling to keep abreast with the evolving healthcare landscape energise me.

I have gained priceless life lessons from patients I cared for. I recall being tasked to take care of an uncommunicative patient from a nursing home when I was a junior nurse. At that time, I was grieving from the



loss of a loved one. My eyes suddenly welled up with tears when assisting the patient with self-care. The patient pulled out some tissue and motioned for me to dry my tears. I was deeply touched by this gesture of kindness. This incident constantly reminds me to empathise and be sensitive towards patients.

In the future, I hope to be able to guide more nurses to be competent and empathetic.





Mu Yanyan

Assistant Nurse Clinician
Changi General Hospital

Nursing is not only a job; it is a career that makes me feel proud and provides me with a sense of fulfilment.



I decided to be a nurse when I was in college, and I never regretted this decision. The past 15 years have been a wonderful journey for me as an OT nurse. The knowledge I gained has empowered me to deliver holistic peri-operative care to my patients.

I clearly remember how disheartened my team members were after the death of a patient on the operating table, despite our best efforts to save him. However, given

the close multidisciplinary collaboration during the operation, this incident brought everyone in the team closer.

Nursing has shaped my personal and professional development. Nursing is not only a job; it is a career that makes me feel proud and provides me with a sense of fulfilment. I look forward to contributing as part of a team, for many more years to come.

Chitra D/O Pandiaya

Nurse Clinician
Changi General Hospital



To me, nursing is about giving the best possible care to patients and their loved ones and making a difference in their lives.



It had always been my ambition to be a nurse, and I have been in this profession for 20 years.

I recall an incident where my secondary school teacher was given a referral to the Outpatient Day Care where I worked. During her care sessions, I would spend time chatting and reminiscing with her about my days in secondary school. As she suffered from cognitive impairment, these acts were

a form of therapy to help her recollect past memories. Eventually, she passed on. Though it was heartrending, I was glad that we were able to form positive memories before she passed away.

To me, nursing is about giving the best possible care to patients and their loved ones and making a difference in their lives. I am thankful to my colleagues who have offered great support throughout my nursing journey.



Janet Toh Lay Siang

Senior Nurse Clinician
Changi General Hospital

Understanding the feelings and needs of the elderly patients I care for allows me to see beyond their ailments and treat them with respect.

I have worked in CGH for 23 years, with 20 years devoted to the Geriatric Department. Understanding the feelings and needs of the elderly patients I care for allows me to see beyond their ailments and treat them with respect. The satisfaction I get when my patients recover and return home motivates me to do my best.

Following the completion of my Healthcare Manpower Development Programme

attachment in 2012, I took on the role of a discharge lead where I managed and conducted training for coordinators from various inpatient wards. Discharge coordinators play an important role in the safe discharge of patients and ensuring that appropriate care arrangements are made. The training of 21 nurses to be discharge coordinators was well received by the interdisciplinary team.

Nurli Fadhillah Binte Ab Latiff

Nurse Clinician
KK Women's and Children's Hospital



After serving two decades in this profession, I have grown to appreciate that nursing is a calling.

Raised by three generations of teachers, I never imagined that I would one day become a nurse. However, after serving two decades in this profession, I have grown to appreciate that nursing is a calling.

I work with an exceptional group of neonatal nurses, and it is gratifying to be able to nurture and empower them to be responsible for their personal and professional growth.

In 2010, I was assigned to escort a four-month-old baby

who required oxygen therapy to Saudi Arabia via a commercial flight. Even though I was hindered by air-sickness due to turbulence, I maintained my professionalism throughout the 12.5-hour flight and delivered the baby safely into the hands of the care team upon arrival.

Now, I co-lead the Children's Hospital Emergency Transport Service team and constantly embrace the opportunities to be a mentor.



Cruz Luisa Rico

Nurse Clinician

KK Women's and Children's Hospital

As a nurse, seeing my patients recover and discharged with a smile on their face is extremely rewarding and gives me much joy.

As a child, I never dreamt of becoming a nurse. Before I graduated from high school, my parents encouraged me to take up nursing; and that was how I found my way into this profession.

Given the opportunity to work in Singapore, I had to persevere and embrace new challenges, while learning something new every day. Collaborating with different healthcare professionals motivates me to perform my duties well.

I always treasure the skills and knowledge gained from having been in the surgical ward for 10 years; and these experiences have allowed me to help my colleagues at work.

I am grateful to be in the nursing profession. It gives me a sense of pride and fulfilment to touch peoples' lives and alleviate their suffering. As a nurse, seeing my patients recover and discharged with a smile on their face is extremely rewarding and gives me much joy.



Nurulain Binte Hassan

Nurse Clinician

KK Women's and Children's Hospital

It is extremely fulfilling and rewarding when the care I render touches my patients' hearts.

I have been a nurse for the past 12 years, and my nursing journey started in the gynaecology ward. It is extremely fulfilling and rewarding when the care I render touches my patients' hearts.

Once, a patient broke down after learning that she had been diagnosed with ovarian cancer. As I stood by her side and prayed with her, I offered words of consolation and encouragement. After that

encounter, she would choose the same ward and request for me to nurse her every time she was admitted. Knowing that patients feel secure and place their trust in me gives me a sense of responsibility to guide them to better health and provide them with comfort up until the final moments of their life.

During this trying COVID-19 period, it gives me great satisfaction and pride to fight this battle alongside my team.



Shakira Khaliq

Senior Staff Nurse

KK Women's and Children's Hospital

My motivation to deliver exemplary care came from a patient who said: "It was an amazing experience, and my caring midwife was excellent in all aspects."



Nursing is an important part of my identity and has made me who I am today. The hospital's supportive culture has played a fundamental role in my learning and career development for the past 11 years. As an International Board Certified Lactation Consultant since 2012, I have been providing support to mothers in their breastfeeding journey.

I became a certified midwife in 2019, and I am privileged to

share life's special moments, as well as make a difference to women during their pregnancy, labour and postnatal periods. I am also empowered to provide quality, safe and effective care to mothers and their newborns.

My motivation to deliver exemplary care came from a patient who said: "It was an amazing experience, and my caring midwife was excellent in all aspects. My mind was put at ease, and you have made such a great difference."

Lim Zi Ying

Senior Nurse Clinician

KK Women's and Children's Hospital

Nursing is a never-ending learning journey. What keeps me going is knowing that I make a difference in my patients' lives.



When I chose nursing as my career, many were taken aback and asked me to reconsider my decision. Upon graduation, I was posted to Children's Emergency (CE) and have been working there for 17 years. I enjoy the adrenaline rush when handling medical and trauma emergencies.

Facing life and death is inevitable in CE; and this has taught me to stay strong and calm during stressful situations. The many

memorable moments include managing a collapsed patient and a 23-week-old baby who was delivered on the way to the hospital. Though small, she was a brave warrior whose heart beat strongly.

Life is amazing as it teaches us to stay strong in trying circumstances and to overcome all difficulties. Nursing is a never-ending learning journey. What keeps me going is knowing that I make a difference in my patients' lives.

Sally Ong Siew Gim

Nurse Clinician

KK Women's and Children's Hospital

I am glad that I became a nurse as this enabled me to provide excellent care to my father during his hospitalisation, before he passed on.

It has been 47 years since I joined nursing in 1973. I had been tasked to improve processes and raise OT nursing standards in what was previously known as Kandang Kerbau Hospital's Major Operating Theatre. This responsibility motivated me to do my best.

An unforgettable experience I had was in 1990, when I was the scrub nurse assigned to assist in an emergency open surgery involving our first HIV-positive patient in the OT.

Our surgical team bravely took up the challenge without hesitation.

I am glad that I became a nurse as this enabled me to provide excellent care to my father during his hospitalisation, before he passed on. I encourage school leavers to join nursing as clinical technologies are now available to assist in making nursing easier. However, even with the increased help from technology, nurses must always remember to care for patients from the heart.

Zhang Xinrong

Nurse Clinician

(Advanced Practice Nurse)

KK Women's and Children's Hospital

As a nurse, it is immensely rewarding to have patients show their appreciation and thank us after our encounters with them.

I have been a nurse for 22 years. My nursing journey started in an obstetric ward, where I picked up the importance of always being willing to learn. I vividly remember an encounter with a patient who was kind and understanding, in spite of my inability to answer her queries. This memory constantly motivates me to keep learning and growing, in order to provide better quality care to my patients.

I was fortunate to pursue a Master of Nursing and become

an Advanced Practice Nurse. Furthering my education and gaining more experience has empowered me to improve nursing standards through sharing what I have learnt, conducting research and participating in quality improvement projects. I am also able to play a part in bettering patient care and management.

As a nurse, it is immensely rewarding to have patients show their appreciation and thank us after our encounters with them.



Loh Chiat Sian

Nurse Manager

National Cancer Centre Singapore

I journey with them (patients) and try to make the process less painful. As the saying goes: “To cure sometimes, to relieve often and to comfort always.”

Nursing has been my choice of career since young, and it has given me immense satisfaction for the past 20 years. One patient left a lasting impression on me when I was 25 years old. I was then caring for a 16-year-old cancer patient, who stayed positive and bravely accepted all the aggressive treatments. My heart broke when I saw him cry on the day he was told that the cancer had

returned and to be prepared for the worst. I knew how hard it was for him to hear that and tried my best to comfort him.

Caring for him taught me the importance of giving my best to support cancer patients who are at their most vulnerable. I journey with them and try to make the process less painful. As the saying goes: “To cure sometimes, to relieve often and to comfort always.”



Juraihah Binte Haji Mohamed Saleh

Nurse Clinician

National Heart Centre Singapore

To all future nurses: Being a nurse will teach you to appreciate the small moments that life has to offer.

When I witnessed the passing of my grandmother, the feeling of helplessness and loss struck me. At that moment, I made a decision to answer the call of nursing.

When I was a young nurse, I encountered a patient who was emotionally unstable, and she became aggressive during a medical procedure. Although I was scared, I held her hand to comfort her. She grasped my hand so tightly that I cried from the pain.

Thankfully, my touch calmed her down and till this day, her words of gratitude continue to motivate me.

In my 25 years of nursing, there have been ups and downs; but strong support and understanding from my family and supervisors have made this a smooth journey.

To all future nurses: Being a nurse will teach you to appreciate the small moments that life has to offer.



Luo Tao

Assistant Nurse Clinician
National Heart Centre Singapore

I hope my nursing journey will inspire other nurses to never stop learning; and show that they can achieve greater heights in their career as well.

When I was young, I often accompanied my grandmother to the hospital where the nurses' kindness and patience towards her inspired me. Since then, I dreamt of becoming a nurse.

My nursing journey of 37 years began when I joined the National Heart Centre Singapore (NHCS) as a Staff Nurse in 1995. Having just arrived in Singapore, there was the initial anxiety of adapting to the cultural differences. However, this was overcome with the support from

my supervisors and colleagues; and to them, I am grateful. Receiving a sponsorship from NHCS in wound management at Curtin Singapore at the age of 50 was a significant milestone, as the course enhanced my nursing care capabilities in the wards and outpatient clinics.

I hope my nursing journey will inspire other nurses to never stop learning; and show that they can achieve greater heights in their career as well.

Tan Il Fan

**Nurse Clinician
(Advanced Practice Nurse)**
National Neuroscience Institute

I learnt that we must not disregard the family's need for reassurance and comfort when it comes to patient care.

I have been a nurse for 17 years. After graduating with an Advanced Diploma in Nursing (Neuroscience) in 2009, I was tasked to provide a year of home care for a stroke patient. As a junior nurse then, I was apprehensive and struggled with my lack of confidence in managing home care.

I recall an incident where I was performing nasogastric tube feeding at my patient's house when she suddenly



vomited. In addition to caring for my patient, I reassured her husband and addressed his concerns. I learnt that we must not disregard the family's need for reassurance and comfort when it comes to patient care.

The desire to help the elderly and those in need keeps me going. I am thankful to my peers and colleagues who motivate me to do my best and help me in my career.



Wong Vern Tym

Nurse Clinician

Sengkang Community Hospital

The knowledge and skills gained in nursing can be applied in our daily lives to help people around us.



Twelve years ago, I was motivated to make a career switch from engineering to nursing when my late grandmother and godmother were hospitalised with cancer. The composure and unwavering compassion of the nurses were inspirational, and this led to my decision to join nursing.

The first time I participated in a resuscitation effort as an inexperienced nurse was unforgettable. Having only gone through simulations before,

the real experience was terrifying, and I relied heavily on the guidance of my seniors. This experience motivated me to improve myself, to do my best and make a positive impact on others.

The knowledge and skills gained in nursing can be applied in our daily lives to help people around us. To everyone considering nursing, I am sure that, like me, you will find it a deeply satisfying career with boundless opportunities.

Linda Marie Nathan

Nurse Clinician

Sengkang General Hospital

I hope to better understand complex patient care situations and create new ways to improve care.



My nursing journey started in 2001 as a novice nurse.

Having been a nurse for 19 years, I embrace my role as an advocate for my patients and their families. I hope to better understand complex patient care situations and create new ways to improve care. Seeing my patients smile and receiving gratitude for my work motivate me to work harder.

I will always remember my experience with a



Neurosurgical ICU patient, who was a hit-and-run victim. His pregnant wife and four-year-old daughter had come to visit him. When the little girl saw her unconscious father, she said: "Papa, wake up! I want you to carry me!" While titrating critical drugs, I looked down and noticed tears trickling down the corner of the patient's eyes. This moment reminded me of the impact our work has on the lives of our patients and their families.



Teoh Yu Pei

Principal Enrolled Nurse
Sengkang General Hospital

Being a nurse requires empathy, patience and curiosity for knowledge to supplement basic and emotional care.



I joined nursing in response to the nation's call to meet the demands of an ageing population. Being a nurse requires empathy, patience and curiosity for knowledge to supplement basic and emotional care. With guidance from my seniors, I have learnt that one is able to grow and develop when exposed to different individuals and situations.

It is very encouraging to be recognised with this award

after 17 years in nursing. I am motivated to aim higher and take up the challenge to be a Clinical Instructor in order to share my knowledge with the next generation of nurses, heighten awareness on patient safety and contribute to saving the environment.

As nurses, our objective is to facilitate recovery. However, if recovery is not possible, the next best option is to provide comfort and good end-of-life care to our patients.

Ye Shuqin

Nurse Clinician
Sengkang General Hospital

Nursing is not just a profession to me; it is also my passion and allows me to be genuine, mindful and empathetic.



This year marks my 20th year in nursing. Knowing that I am able to make a difference in my patients' lives keeps me going. Nursing is not just a profession to me; it is also my passion and allows me to be genuine, mindful and empathetic.

An experience etched in my memory was the time I assisted in an Aortic Dissection surgery – a time critical and lifesaving surgery with no room for error. There was wonderful teamwork between the doctors



and nurses; communication was concise, actions were swift and targeted, with everyone focused on achieving the best outcome. It was a nightlong surgery that concluded with a life saved. Although such experiences are mentally draining, I still enjoy caring for my patients.





Normuliana Binte Abu Hassan

Principal Enrolled Nurse
Singapore General Hospital

Nursing is special as we are constantly reminded of the dignity and worth of each and every individual.



I have been a nurse since 2005. Nursing is a challenging profession and the work can be overwhelming at times. However, I get a great sense of satisfaction when my presence and what I do are valued by my patients and fellow nurses.

I remember an occasion where a patient requested my help to clean him and shave his beard. After I was done, he gave me a weak smile with his eyes closed and said: "I feel

so much more comfortable now." He passed on shortly after. The memory of his words warmed my heart when I realised that I had managed to bring comfort to a patient through a simple act.

Nursing is special as we are constantly reminded of the dignity and worth of each and every individual. It gives me immense satisfaction to be able to treasure the diversity of people and develop compassion.

Chia Jia En Martha Mabel

Nurse Clinician
Singapore General Hospital



A large part of nursing is about people skills, especially when caring for vulnerable patients.



The many interesting stories shared by my aunt, who was a Nursing Officer, inspired me to join the profession. Her stories, coupled with my own experiences, motivate me and keep me going even after 30 years in nursing.

In addition to the clinical skills and knowledge, a large part of nursing is also about people skills, especially when caring for vulnerable patients. I vividly remember an encounter with a patient

who was diagnosed with leukaemia. In spite of the pleas from his elderly parents, the patient refused treatment. I spent some time talking to him and he gradually became more receptive and compliant to his treatment plans. Although he eventually passed on, his parents thanked us for the sincerity, strength and perseverance in supporting their child. This experience touched my heart and continues to motivate me to give my best to all my patients.



Chiew Siew Fong

Senior Nurse Manager
Singapore General Hospital

Knowing that what we do can create a positive impact on our patients' lives, encourages me and serves as my driving force.



I graduated with a Certificate in Nursing in 1989 and have been a nurse for 31 years.

A memory that I vividly recall was caring for a young patient who was in critical condition because he refused to have his lower limb amputated. I managed to communicate to him the severity of his condition and convinced him to undergo the surgery; he has been coping well with his prosthesis since. Knowing that what

we do can create a positive impact on our patients' lives, encourages me and serves as my driving force.

My thirst for knowledge also motivates me to learn continuously. I have been given many wonderful opportunities to further my studies and managed to complete my Master of Science (Clinical Leadership) degree. I am grateful for my family's unwavering support throughout my career.

Esther Monica Fan Peijin

Assistant Nurse Clinician
Singapore General Hospital



Given my skills and knowledge, I am able to support my colleagues through teamwork; and deliver the best care to my patients.



I spent the majority of my seven years in nursing in the ICU, where I witnessed the journey of patients who eventually recovered from their illnesses. Unfortunately, there are also those who passed on.

Once, I overheard a patient's family saying their last words to him and was moved by the sorrow they were experiencing. That scene reminded me that we are only human and have similar needs

and vulnerabilities. It also motivated me to treat patients the way I wish to be cared for. Given my skills and knowledge, I am able to support my colleagues through teamwork; and deliver the best care to my patients.

My motivation remains unchanged even though I am now with the Nursing Research and Transformation team. I hope our work will improve patient safety and nurses' experience in the wards.

Nanthakumahrie D/O Gunasegaran

Nurse Clinician
Singapore General Hospital

Our actions at work, no matter how big or small, can make an impact and leave a lasting impression on our patients and their families.

I will never forget an experience I had with the daughter of a patient I cared for early in my career. The patient had passed on three years ago, but her daughter still remembers the care that was provided to her mother. During a chance encounter, the daughter expressed her gratitude for my dedication and devotion towards her mother, and mentioned how that had helped in managing her grief

over her mother's passing. As nurses, we often do not realise that our actions at work, no matter how big or small, can make an impact and leave a lasting impression on our patients and their families. I am proud to be in a noble profession – nursing.

Huang Liwen

Nurse Clinician
Singapore General Hospital

I find it useful to keep up to date with the latest organisational initiatives and nursing practices for clinical improvement and quality care.

It has been 16 years since I chose nursing as my career, and I have never looked back.

As a Nurse Clinician, I find it useful to keep up to date with the latest organisational initiatives and nursing practices for clinical improvement and quality care. Besides my clinical duties, I am also tasked with ensuring that the nurses in my ward receive the information they need and have the skills and knowledge to perform their



duties well.

Safety is our priority, and I encourage my staff to highlight issues or challenges that they encounter in the ward. I also find it helpful that we provide a listening ear to one another.



Vazhayil Joseph Lissa

**Nurse Clinician
(Advanced Practice Nurse)**
Singapore General Hospital

A smile and a “thank you” from patients and their families give me great satisfaction and inspire me to continue giving my best.

I have been in nursing for 16 years, and my most heart-wrenching encounter was with an elderly patient whom I cared for when I was a student nurse on attachment. After noticing that he would refuse to take his meals when left on his own, I decided to feed him. He would cry each time I fed him, as he was touched that someone cared enough to make sure he ate.

This experience made me resolve to provide the best

care possible to every one of my patients, and motivated me to do all that I can to make a difference in my patients’ lives. A simple gesture of a smile and a “thank you” from patients and their families give me great satisfaction and inspire me to continue giving my best.



Lu Ruli

Nurse Clinician
Singapore General Hospital

It is most rewarding when I see that my staff are empowered and applying what they learnt, to deliver safe, consistent and quality care.

I have spent 16 years in nursing. As a Nurse Clinician in the Anaesthetic Unit, I experienced many challenging and meaningful moments.

Being a nurse is fulfilling, as we are able to make a significant and positive impact on our patients’ lives, and work towards improving the quality of care. I am proud to be part of the in situ simulation faculty team since 2014. The team strives to support the next generation of doctors and

nurses, by providing them with the essential skills and attitude to overcome adversities in the perioperative environment without compromising on safety. It is most rewarding when I see that my staff are empowered and applying what they learnt, to deliver safe, consistent and quality care.

I am grateful to my supervisors and family, as it is their unwavering support that keeps my passion for nursing strong.



Ng Zheng Yuan

Nurse Clinician
Singapore General Hospital

I take pride in delivering quality care to my patients and listening to their fears and worries.



As a mental health nurse, I strongly believe in psychological well-being. I plan, execute and evaluate the nursing care and treatment for my patients with complex medical conditions and varied biopsychosocial issues. I constantly keep an open mind; ensuring that my patients' needs are met and that clinical duties are carried out promptly and safely. I take pride in delivering quality care to my

patients and listening to their fears and worries.

Once, as a student nurse, I administered first aid to a lady who had fallen down the escalator. She was grateful that besides treating her physical injuries, I had calmed her down after her fall. I was encouraged; and I envision future nurses who are equipped to care for patients' physical ailments as well as their emotional well-being.

Rajashulakshana D/O Rajaram

**Nurse Clinician
(Advanced Practice Nurse)**
Singapore General Hospital

As nurses, how we care for our patients in their most vulnerable state is just as important as the skills and knowledge we apply in caring for them.



It was not my childhood dream to be a nurse. However, now that I am a nurse, I cannot imagine myself in any other profession. I love what I do and consider it a privilege to be a part of my patients' lives.

I recall a patient who, in her last moments, held my hand and asked if she would die. Putting aside my emotions, I spoke calmly and comforted her until she took

her last breath. As nurses, how we care for our patients in their most vulnerable state is just as important as the skills and knowledge we apply in caring for them.

To ensure that I give my best to my patients, I am driven to keep up to date with the advancements in medicine and to share my knowledge with other nurses as an Advanced Practice Nurse.





Wong Yuk Meng

Nurse Clinician

Singapore General Hospital

Being a nurse requires skills, knowledge and, above all, empathy and compassion.



I have been a nurse for 20 years, and was working in the isolation ward when SARS hit in 2003. It was a time of fear and we had to adapt to the long hours and new work processes. However, I am glad that I persevered.

Tackling shift work as a wife and parent can be challenging, and I am grateful for the support from my family. We keep a "family calendar", where my work schedule is marked

out alongside our family's activities. To bond as a family and remind my children of the importance of giving back to the community, I involve them in community outreach efforts. One such activity was the President's Challenge, where we baked cookies and sold them to raise funds.

Being a nurse requires skills, knowledge and, above all, empathy and compassion. I hope to instil these values in my children too.



Wu Sin Yan

Nurse Clinician

Singapore General Hospital

The well-being of my patients remains my priority and serves as the motivation for me to do my best.



I specialise in peritoneal dialysis care, and my nursing journey has spanned more than 30 years.

Having to look after my younger siblings when I was growing up made me realise that I enjoy providing care to others. This is the reason why nursing has been my passion since young. As a dialysis nurse, what drives me is ensuring that patients receive the treatment they need, especially during this

COVID-19 period. The well-being of my patients remains my priority and serves as the motivation for me to do my best.

My journey in nursing has been meaningful, and I am grateful that I have experienced much growth in this profession over the years.





Teong Soh Keng

Nurse Manager
Singapore National Eye Centre

As nurses, we do not only treat patients; we also listen, empathise and assure them.



I have been a nurse for 32 years. My passion for nursing is driven by the care that my team and I deliver to patients of SNEC, where I have been working for the past 27 years. I find it meaningful to be a part of the centre's mission to save sight.

At SNEC Retina Centre, I lead a team of nurses who counsel patients with Diabetic Retinopathy and Age-related Macular Degeneration. These patients are afraid that they

may lose their vision and turn to us. This has made me realise that as nurses, we do not only treat patients; we also listen, empathise and assure them.

I am also motivated to learn about other aspects of healthcare, so that I can address patients' concerns. As Florence Nightingale once said: "Let us never consider ourselves finished nurses... we must be learning all of our lives."



Ang Bee Leng

Nurse Clinician
SingHealth Polyclinics

Her (the nurse) final act of care for him, inspired me to give my best; and to treat all my patients with dignity and humanity.



An unforgettable incident happened during my clinical attachment in a medical ward, when I was performing the last office with an enrolled nurse for an elderly man who had just passed on. After the procedure, the nurse took some flowers from the nursing station, trimmed them nicely and placed them on the pillow where the elderly man lay.

This touching moment has stayed with me until today. Her compassion and

dedication, especially her final act of care for him, inspired me to give my best; and to treat all my patients with dignity and humanity.

I have been a nurse since 1991, and I chose this profession because it has endless learning opportunities. My passion in chronic disease management drives me to keep up-to-date with medical trends so that I can help my patients achieve the best outcomes.

Fong Mew Keng

Nurse Manager
SingHealth Polyclinics

The thing that keeps me going throughout the years is knowing that I can make an impact on my patients' lives.



It has been 40 years since I entered the nursing profession. Having lost my father to a shipyard explosion at a young age, the memory of his pain convinced me to pursue nursing.

The thing that keeps me going throughout the years is knowing that I can make an impact on my patients' lives. I still remember a tuberculosis patient who was worried about losing his job. To allay his fears, I contacted his

supervisor and assured him that with proper treatment, there is no cause for alarm. Being able to make a difference in my patients' lives reminds me of the very reason I became a nurse.

On tough days, I remember the words of appreciation and handshakes from my patients. These simple gestures push me to do my best – to continue as a provider of comfort to the sick, to serve, help and celebrate life.

Goh Ai Sze Cheryl

**Senior Nurse Clinician
(Advanced Practice Nurse)**
Institute of Mental Health

Nursing rewards an individual in many ways. It has given me an essential "Vitamin M"... meaning.



During my attachment as a third-year nursing student at the Institute of Mental Health, I witnessed a female patient pleading with her mother to call her husband. In her distraught state, the patient's mother exclaimed: "What can I do... you cannot keep thinking about him." That incident made me reflect on what the patient was going through. It encouraged me to remain resilient in the face of adversity and to also help others in need



to build their mental fortitude.

Psychiatric nursing is special, as we often rely on therapeutic use of self to help patients cope with their mental health issues and support them in times of sadness and joy.

Nursing rewards an individual in many ways. It has given me an essential "Vitamin M"... meaning. When I see my patients recover and go back to their lives, I strive to always do better.

Koh Chee Meng

Assistant Nurse Clinician
Institute of Mental Health

Nursing gives me the opportunity to connect with people on a personal level and make a difference in their lives.



I have had many memorable experiences, and I recall one particular incident where we found a patient crying uncontrollably in the ward. He refused to be engaged despite our best efforts. Remembering an earlier conversation about how much he loves his family, I started asking about them. After much persuasion, he began to respond. He eventually recovered and, upon discharge, expressed his gratitude to the

nurses for not giving up on him and instilling hope in him.

Such encounters make me feel proud of what I do. It motivates me to do the best for my patients and their families.

Nursing gives me the opportunity to connect with people on a personal level and make a difference in their lives.

Nursing also offers opportunities for professional growth. At the age of 60, I completed the Bachelor of Science in Nursing.

Ong Lay Kheng

Principal Assistant Nurse
Institute of Mental Health

To me, nursing is more than a job; it requires courage and passion to help others in times of need.



Being a nurse has always been my dream, especially after getting hands-on experience as a member of the St John Brigade in secondary school.

My most memorable experience was my deployment to Alexandra Hospital A&E during the SARS outbreak in 2003. Amidst a climate of fear, the camaraderie of fellow frontline healthcare workers looking out for one another



and working together to defeat the virus was an unforgettable experience. Prior to my deployment, I recall taking a suspected SARS patient in IMH to TTSH. The feeling of fear and unease was soon overcome by my sense of duty to care for the patient. To me, nursing is more than a job; it requires courage and passion to help others in times of need.

Forty two years on, the joy and challenges that my job brings keep me going.

Phu Hui Huang

Senior Nurse Clinician
Institute of Mental Health

Knowing that patients are functioning well in the community motivates me to always do my best.



After witnessing how nurses cared for my cancer-stricken grandmother in the hospital, I decided to follow in their footsteps. Their words of comfort helped us through the bleak period.

Upon graduation, I was posted to IMH. Psychiatric nursing was not something I had considered; thankfully, I had a caring mentor and friendly colleagues who eased me into my role. It has been 17 years, and I have never looked back with regret.

I often encounter challenging

cases in my work. I remember a patient who defaulted on her appointments and was upset when her mother brought her to the hospital. After speaking to her for almost an hour, she agreed to be admitted for treatment. I was heartened when the patient recovered and was discharged. She also returned for her follow-up appointments. Knowing that patients are functioning well in the community motivates me to always do my best.

Chan Zhi Qiang

Nurse Clinician
Khoo Teck Puat Hospital

Ultimately, our motivation remains the same – all nurses truly care for and want to make a difference in the lives of our patients.

I joined nursing in 2008. Even though it was a venture into the unknown, it turned out to be one of the best decisions that I made. Nursing has made me a more caring person, and I even found my life partner in the healthcare industry.

As nurses, all the hard work that we put in on a daily basis is worth it when we see patients who once needed constant care regain their independence.

I love being a Nurse Clinician and keeping my knowledge and skills up to date.

Nursing has become more challenging and complex over the years as our role in the healthcare industry continues to evolve. Ultimately, our motivation remains the same – all nurses truly care for and want to make a difference in the lives of our patients.





Fan See Wai

Nurse Manager
Khoo Teck Puat Hospital

I am glad that I did not give up nursing as it turned out to be my calling. Once a nurse, always a nurse.



This year marks my 26th year as a nurse. In 2001, I had the honour of caring for a girl named Queena. She had leukaemia and was repeatedly admitted to my ward. As one of her primary carers, we had a lot of interaction and she saw me through my entire pregnancy. Queena had taken the O-level examinations; unfortunately, she succumbed to her illness before her results were released. Sadly, she

never got the chance to find out that she had aced her examinations. I was immensely proud of her.

Taking up nursing was incidental for me. I was waiting for the opportunity to do something else before I met Queena. I am thankful to her because she changed my perspective. I am glad that I did not give up nursing as it turned out to be my calling. Once a nurse, always a nurse.

Hou Luyin

Assistant Nurse Clinician
Khoo Teck Puat Hospital



My patient had stitched my name on a gift! At that moment, I teared up and realised that, as nurses, we are remembered by our patients.

In my 14 years as a nurse, there were many moments that made an impact on me and kept me going.

I remember a patient who had a severe abdominal wound and was repeatedly sent to the ICU. Although she was suffering, she had faith that she would recover. When her health deteriorated, she looked at us, filled with a desire to survive. She placed immense trust in us, and we

did our best to care for and encourage her.

I was on leave on the day she was discharged. When I returned, my colleague passed me an item; and I discovered that my patient had stitched my name on a gift! At that moment, I teared up and realised that, as nurses, we are remembered by our patients. We can make a difference in our patients' lives with our passion and knowledge.





Ong Wei Wei

Assistant Nurse Clinician
Khoo Teck Puat Hospital

Through the decades and in various care settings, my patients have been my greatest teachers and mentors.



I started my nursing journey in 1995 and belonged to the pioneer batch of nurses from Nanyang Polytechnic. Many were sceptical of our abilities, as nurses then were trained at the School of Nursing. That was a period of transition for nursing in Singapore.

Through the decades and in various care settings, my patients have been my greatest teachers and mentors. Their health journeys have enriched my nursing knowledge and

shaped my perspective of life. I gained knowledge beyond my immediate experience through the generosity of the physicians and peers I work with.

My teacher-mentor, Ms Rosalind Ang, whose name strikes fear in all nursing students, once said: "Ask the wrong question and you may be a fool for five minutes, but keep quiet and you will be an idiot for life." I live by that ethos – no fear and favour, and to serve with humility.



Faith Tan Yen Hoong

Assistant Nurse Clinician
Khoo Teck Puat Hospital

I should always speak up, especially when the well-being of my patients and co-workers are in question.



I have served in geriatric wards for nine years. The best piece of advice I received was from my preceptor, who said: "Patients who need our close attention most are non-communicative and have no next of kin to advocate for them."

I remember a destitute elderly patient who repeatedly pulled out his feeding tube. Even though I was new to the healthcare industry then, I mustered my courage and suggested to the Senior

Geriatrician that the patient be transitioned to comfort care. The care team agreed and implemented this plan. The patient passed away peacefully a few days later. It was at that moment that I decided I should always speak up, especially when the well-being of my patients and co-workers are in question.

The phrase "You may not have a second chance at doing this right" motivates me to give my best at work.

Sharifah Maryam Alhabshee Binte Zen

Nurse Manager
Khoo Teck Puat Hospital

Ten years of nursing has taught me to always consider different perspectives and care for people with sincerity.

I was inspired to help others lead a better life after having witnessed my mother care for my grandparents.

My parents have always motivated and supported me, especially during the challenging years when I took up a diploma in nursing. Through my parents, I learnt to be more patient and to work with an open heart.

Ten years of nursing has taught me to always consider different perspectives and

care for people with sincerity. As a ward supervisor, I have learnt to treat all members of my team equally and to be a leader that my staff can rely on. Taking care of patients and earning their trust are very important to me. I feel appreciated when patients remember us after being discharged; and gain a sense of satisfaction from a job well done when former patients remember our names and thank us individually.

Nirmala Nair

Senior Nurse Manager
National Healthcare Group Polyclinics

My world revolves around people and relationships; and how I can make a difference to their lives.

I have been given ample opportunities in the past 40 years of my career, which helped me realise the importance and power of believing in people. My world revolves around people and relationships; and how I can make a difference to their lives. This is a philosophy that I hold close to my heart in my approach to the community and my patients.

As a healthcare professional who was on the front line

during the outbreak of SARS and H1N1, the recent emergence of COVID-19 reminded me of what it takes to be a nurse. Even when battling an unknown enemy, I strive to provide quality care for patients while staying courageous and resilient.

For me, being a nurse is an ongoing learning journey; every patient that I have crossed paths with has guided me and made an impact on my life in different ways.



Anita Tan Ai Ling

Senior Nurse Manager

National Healthcare Group Polyclinics

Knowing that I have the ability to make a difference to someone's life motivates me to continue providing the best possible care to each and every patient.

When I was 15 years old, I visited my grandaunt at the hospital and witnessed a nurse help her shower and settle into bed. This encounter inspired me to join nursing.

My most fulfilling moments are seeing patients improve or recover. However, after 36 years in this profession, I have learnt that this is not always the case. I recall caring for a terminal patient during her final days. As her attending nurse, I did my best

to ease her discomfort and support her family. She was gradually able to come to terms with her situation, and this provided comfort to her loved ones during her final moments.

Nursing definitely has its ups and downs. However, knowing that I have the ability to make a difference to someone's life motivates me to continue providing the best possible care to each and every patient.

Samuel Ho Jia Yi

Senior Staff Nurse

Tan Tock Seng Hospital



Being a nurse is not just a job; it is a skill and an art which enables us to respond to the needs of the patient for positive outcomes.

I have had many memorable experiences throughout my 10 years in nursing. The most significant incident etched in my mind was the first time I resuscitated a patient. It made me appreciate the fragility of life and our role in seeing the patient as a person in need of our care and attention.

The intangible reward of seeing my patients get better motivates me to do my best,

as I know that I played a part in their recovery.

It is a joy to work in a team where colleagues look out for one another. Being a nurse is not just a job; it is a skill and an art which enables us to respond to the needs of the patient for positive outcomes. The skills and knowledge attained over the years will serve us well wherever we go.



Lai Kit Mun Grace

Senior Staff Nurse
Tan Tock Seng Hospital

I find tremendous meaning in nursing and was greatly inspired by my father's loving kindness in my upbringing.



I have had the privilege to serve as a Community Health Team nurse for the past three years. I find tremendous meaning in nursing and was greatly inspired by my father's loving kindness in my upbringing.

The unexpected death of a frail and elderly patient in my ward during my early days in nursing, remains deeply etched in my mind. He lay motionless shortly after wailing in discomfort from the worsening of his chronic

condition. This incident made me wonder if things would have turned out differently if he had received timely help during the earlier stage of his illnesses, when he was in the community.

I have learnt that we play a role, no matter how small, in our patients' ecosystem. By collaborating with our community partners and with good teamwork, we can help patients to age in place and improve their quality of life.

Lau Meng Tuan

Nurse Clinician
Tan Tock Seng Hospital

Nursing is beyond demonstrating care or empathy; it is the selfless dedication of helping someone who is a total stranger.



I have been a nurse for 35 years. I vividly recall having to counsel the family members of a young patient who had suddenly passed away in the ICU. Knowing that I can make a difference in someone else's life keeps me going, and I strive to always give my best.

I strongly believe in continuous learning to stay relevant in nursing. For example, I took up the challenge to be involved in the Next Generation Electronic Medical

Record project – a national initiative that will shape our future healthcare landscape.

Nursing is beyond demonstrating care or empathy; it is the selfless dedication of helping someone who is a total stranger. Nurses continue to persevere because we form the backbone of the healthcare system.





Lee Jin Yih

Nurse Clinician
Tan Tock Seng Hospital

I will continue to serve as a role model and commit to caring for the sick and frail elderly in our community.



Nursing has always been my career choice. Being in the St John Brigade motivated me to choose nursing; I wanted to be a source of comfort and strength for patients and their families in their most vulnerable moments. I have been in nursing for 28 years and never looked back.

As a "Fall Nurse" clinician, my job is to help minimise falls of the frail elderly and prevent traumatic injuries. I remember a case of an

elderly disabled patient who had to visit the Centre of Geriatric Medicine because of his frequent falls. With fall evaluation, education and rehabilitation, he was able to regain his independence and lead a quality life.

I am thankful for everyone I have met in my nursing journey. I will continue to serve as a role model and commit to caring for the sick and frail elderly in our community.



Lim Kwee Peng

Nurse Clinician
Tan Tock Seng Hospital

I find a sense of purpose in rebuilding people's lives through rehabilitation, alleviating pain and providing comfort.



It has been a fruitful 32 years in nursing, where I learnt to appreciate how rewarding and emotionally satisfying this profession is, despite its ups and downs. I find a sense of purpose in rebuilding people's lives through rehabilitation, alleviating pain and providing comfort; especially when looking after the sick and dying. Along the way, I was able to mentor young nurses, and I shared with them that

we can learn from our patients too. Early in my career, a patient's act of kindness and reassurance when I was unsure of what to do, helped me to look beyond myself. This act motivated me to show the same kindness to the people around me.

I would like to thank my mentors and colleagues who believed in me and helped me to progress and grow.

Naw Than Win

Nurse Manager
Tan Tock Seng Hospital

We can make patients feel safe and comfortable by caring for them with passion, empathy, kindness, respect and dignity.



An unforgettable incident in my career was when I offered spiritual support to a patient at the end of his life. This spurred me to do a specialised diploma in palliative nursing.

For some patients, staying in the hospital can be among the worst days of their lives. Nursing is a calling as we can make patients feel safe and comfortable by caring for them with passion,

empathy, kindness, respect and dignity.

In my 33 years of nursing, I had the opportunity to experience different specialties and work in many different fields; including the Operating Theatre, Emergency Department, Infectious Disease, Geriatric Medicine and General Medicine. Being able to work in different departments enhances our expertise and ability to think out of the box.

Ng Lan Shin Nicole

Senior Staff Nurse
Tan Tock Seng Hospital

What makes nursing special? When newborns take their first breath and patients take their last one, we nurses are there.



I have been a nurse for 14 years. Once, I was involved in the care of a young patient and had encouraged the doctor to provide an update to the family, a gesture which they appreciated. This incident showed me that the compassion of nurses can make a difference.

In order to provide the best care for my patients, I go for training and equip myself with up-to-date medical practices. I strive to learn something

new every day, and seek to gain a deeper understanding of various medical techniques and procedures performed. It is a privilege to be able to share my knowledge with young nurses as a preceptor.

What makes nursing special? When newborns take their first breath and patients take their last one, we nurses are there. The journey and time we spend together with the patient until the end is what counts.

Quah Evelyn

Nurse Clinician
Tan Tock Seng Hospital

In emergency nursing, I deal with many aspects of patient care and that makes my job extremely satisfying.



My career in nursing began in 1999. I started as a junior staff nurse in Emergency Medicine and have remained in that department since. I recall my experience with the H1N1 outbreak in 2009. Back then, I worked under tremendous stress for eight months to provide patient care round the clock.

In January 2020, Singapore received its first COVID-19 case and the TTSH ED was activated to set up the NCID screening

centre. As a nursing officer now, I ensure the smooth running of these areas and look out for the welfare of deployed nurses.

As a hospital, we continue to be alert in our fight against COVID-19, not knowing when this will end. I wanted a career that is challenging and allows me to make a difference.

In emergency nursing, I deal with many aspects of patient care and that makes my job extremely satisfying.

Marimah Bte Rahmat

Nurse Manager
Tan Tock Seng Hospital

Nursing paves the way for a genuine connection with people; and helping people without expecting any rewards in return.



When I was young, my mother had to undergo a surgery and I realised I had no knowledge to help her in the way I wanted to. That experience motivated me to become a nurse; and here I am, a nurse for the past 35 years.

When I was a junior nurse, I encountered a challenging night shift in the paediatric ward. However, my supervisor encouraged me with her soft-spoken words:

“You have the potential, and you can do it!”

That incident motivated me to not only master clinical skills, but to also show respect and compassion to all my colleagues. Nursing paves the way for a genuine connection with people; and helping people without expecting any rewards in return. I love my job and can never imagine working anywhere else. I give my best to everyone. It truly takes a special person to be a nurse.





Tang Lin Fong Selina

Nurse Manager
Tan Tock Seng Hospital

Nursing is not for the meek and faint hearted; it requires compassion, endurance, empathy and commitment.

My aunt, who was a nurse, inspired me to choose nursing as my career. It has been 20 years, and I have no regrets as this job has widened my horizon and perspectives in life. Nursing has also provided me with useful life skills that I can apply and share with my family and friends.

Intrigued by the challenges and holistic approach of ICU management, I decided to specialise in critical care. Being an ICU nurse has given me the privilege to provide care for the

most sick and vulnerable patients. It can be tough as well as physically and emotionally draining at times. However, when this group of patients recover from the brink of death, it gives me a sense of pride and joy.

Nursing is not for the meek and faint hearted; it requires compassion, endurance, empathy and commitment. I hope to nurture the younger nurses and bring nursing forward.



Toh Bee Guat

Senior Assistant Nurse
Tan Tock Seng Hospital

Nursing is a humbling career and it has given me a sense of contentment in my life.

In my early years of nursing, I came across very senior nurses who actively contributed to the healthcare sector; and I wondered what drove them to carry on in this profession. As time passed, I realised that the driving force was their passion and love for nursing. This motivated me to give my best as a nurse, towards patient care and my organisation, for the past 31 years.

My family fully supported

my decision to be a nurse, as I wanted a career where I can help the sick. Being in nursing makes me feel special, as I am considered a resource person for my family and friends. Nursing is a humbling career and it has given me a sense of contentment in my life. I urge nurses to develop themselves continuously and acquire further education to meet the changing demands in patient care.



Tan Siew Peng

Senior Nurse Clinician
Woodlands Health Campus

Just like any other profession, there are many challenges in nursing; but I always stay motivated through positive thinking and by staying focused.

My journey as a nurse began 22 years ago. The skill sets that I acquired over the years have enabled me to care for my patients and family; especially my father who was a stroke patient. There have been many indelible moments in my nursing career, and one that stands out was an encounter with an oncology patient. The encounter itself was uneventful, as all I did was find a room for him to rest. However, months later,

that patient's daughters visited with a bouquet of flowers to thank me for looking after their late father; even though I had been deployed to another clinic. Just like any other profession, there are many challenges in nursing; but I always stay motivated through positive thinking and by staying focused. I am thankful for the support from my colleagues and my family, especially my husband.

Chng Hsing Yun Priscilla

Assistant Nurse Clinician
Yishun Community Hospital



I hope that nurses will continue to embody the spirit of compassion and camaraderie in all that we do.

In my 12 years as a nurse, one of my most memorable milestones was the day I plucked up the courage and agreed to be transferred from a general ward to an isolation ward. That was the beginning of my journey in learning how to care for patients with infectious diseases.

Observing first-hand the pain and difficulties some patients experience when coping with illnesses is a reminder for me to stay kind

and caring; and to extend the same compassion and understanding to my co-workers as we navigate the stresses of work.

I am blessed to have come across many inspiring nursing leaders and colleagues. Having them as role models motivates me to always do my best in nursing. I hope that nurses will continue to embody the spirit of compassion and camaraderie in all that we do.

ACKNOWLEDGEMENTS

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We would also like to extend our appreciation to corporate communications teams at MOHH and all healthcare institutions who contributed to the production of this booklet.

**We thank our generous friends
for honouring nurses with
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Gong cha



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NOTES



A series of horizontal dotted lines for writing notes, set against a background of soft, overlapping circles in shades of yellow, orange, and pink, with scattered small white dots.



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Rabiah Tul Adauwiyah
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Senior Staff Nurse
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