



NURSES' MERIT AWARD

2022



MINISTRY OF HEALTH
SINGAPORE



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.



Mr Ong Ye Kung

Minister for Health

Thank you for your resilience and courage!

TO all recipients of the Nurses' Merit Award (NMA) 2022, my heartiest congratulations and deep gratitude for your selfless service through the years.

This year's award is especially meaningful, as we have started to emerge from the global pandemic crisis and restore our normal lives. It is timely to reflect how nurses have been fighting in the frontlines and toiling behind the scenes over the past two years.

To prepare ourselves for infection waves, we needed to set up new care facilities, such as the Community Care Facilities and COVID-19 Treatment Facilities. You responded wholeheartedly and got them up and going.

When it was time to launch our national vaccination programme, you answered the call of duty,

ensuring that our vaccination centres run smoothly, and residents get their jabs without hassle. Today, over 92% of our total population are fully vaccinated.

When the Delta wave hit our shores, more people fell severely ill. You were a pillar of strength in looking after them in emergency and intensive care units, and due to isolation protocols, you were often the person bidding those who succumbed goodbye.

When the Omicron wave emerged earlier this year, it was the Emergency Departments that bore the brunt of the tremendous workload. You held your ground, and kept going.

For over two years, many of you worked long hours, with little rest, endured the discomfort of PPEs and regular tests, and had to be

away from your families.

MOH will continue to do what we can to recognise your outstanding contributions, and support you wherever we can. This includes imposing strict Safe Management Measures when necessary to moderate the infection cases, decanting as many patients as possible out of hospitals, setting up partnerships with private hospitals to augment hospital capacity.

The NMA is another effort to recognise the contribution of nurses. Although the 125 nurses will receive the award, it goes out to every nurse who served, sacrificed and fought the battle.

To all nurses, I want to thank you for stepping up and standing in solidarity against COVID-19. I wish you a Happy Nurses' Day 2022!

We salute you for your dedication!

CONGRATULATIONS to all 125 recipients of the Nurses' Merit Award 2022! I am proud of each and every one of you for receiving the Award, which serves as a national recognition of your exemplary performance and dedication to the profession.

I know the last couple of years have not been easy against the backdrop of the COVID-19 turn of events, especially in terms of manpower. During the height of the viral waves, the Ministry of Health coordinated unprecedented deployments of nursing students to aid manpower

crunches in hospitals and nursing homes. Schools and the institutions responded swiftly to bring forward or extend students' clinical attachments. The students' commitment to healthcare is highly commendable and I hope that their continued support had brought some relief to our colleagues at the frontlines.

Thank you for all your hard work, perseverance and commitment to render help where needed, and for doing your best to provide care and support for your patients during these trying times. As we move from COVID-19 pandemic to endemic, we can

learn to live with COVID-19. Some of us may remain on the frontlines caring for COVID-19 patients; others continue with "business-as-usual" work and support new developments in healthcare. I know many of you have made sacrifices, and I thank you for your resilience and selflessness in caring for your patients. The journey ahead of us may hold uncertainties, but one thing is certain — if we look out for each other and press on together to care for our patients, we will find new strength to forge on as a profession.

Happy Nurses' Day!



Ms Paulin Koh

Chief Nursing Officer

AWARD RECIPIENTS 2022

Intermediate and Long Term Care Institutions

Ang Hui Li	NM	All Saints Home (Tampines)
Wang Yu Qin Cordelia (Huang YuQin)	SSN	Assisi Hospice
Tan Kek Sim	SSN	Buddhist Compassion Relief Tzu Chi Foundation (Singapore)
Muhammad Ikliuddin Bin Abdul Rahmat	CN	Dover Park Hospice
Ng Wan Ru	NM/APN	HCA Hospice Care
Sundararaj Evangeline Jeba Sheeba	NC	Jamiyah Nursing Home
Tan Shi Ling Serene	NM	Kwong Wai Shiu Hospital
Pang Yap Kean Patsy	DN	Lions Home for the Elders
Ohm Mar Kyaw	SSN	Meranti Home@Pelangi Village
Lim Tin Tin (Lin Zhen Zhen)	NC	NTUC Health (Chai Chee)
Loh Chiew Wah	SSN	Society for the Aged Sick
Chua Siew Fang	SNM	The National Kidney Foundation
Nur Syafiqah Binte Shamsuddin	SSN	The National Kidney Foundation

Private Community Hospitals

Yee Wai Yei	CI	Ang Mo Kio — Thye Hua Kwan Hospital
Toh Cheng Yen	SNM	Ren Ci Community Hospital
Feng Yan	ANM	St. Andrew's Community Hospital
Gary Ko Leui	SN	St Luke's Hospital

Private Hospitals

Nicholas Zhu	SSN	Farrer Park Hospital
Kok Kum Yoke Susan	SADN	IHH Healthcare Singapore — Gleneagles Hospital
Ren Dacui	NC	IHH Healthcare Singapore — Mount Elizabeth Hospital
Yeong Yu Boon	NM	IHH Healthcare Singapore — Mount Elizabeth Hospital
Fauziana Binte Azman	NM	IHH Healthcare Singapore — Mount Elizabeth Novena Hospital
Kuu Meei Ting	NM	IHH Healthcare Singapore — Mount Elizabeth Novena Hospital
Agnes Maria Dass	SNM	Mount Alvernia Hospital
Kooh Seok Koon Adeline	ADN	Mount Alvernia Hospital
Mastura Binte Abdullah	SNC	Raffles Hospital
Azizah Bte Mohamed	SNM	Thomson Medical Centre

MOH Partnering Agencies

Chen Suxin Lynette	SCM	Agency for Integrated Care
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Statutory Boards

Hiok Kay Mun Joanna	SSN	Health Sciences Authority
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National Healthcare Group

Lim Tien Joo	NC/APN	Institute of Mental Health
Lin Xiqing	NC	Institute of Mental Health
Varnum Fredrick George	SNM	Institute of Mental Health
Velayudham Kavitha	ANC	Institute of Mental Health
Aisyah Binte Nasir	ANC	Khoo Teck Puat Hospital
Goh Soon Pang	NC/APN	Khoo Teck Puat Hospital
Low Sing Ee	NM	Khoo Teck Puat Hospital
Meriani Chen	NC	Khoo Teck Puat Hospital
Sreevidya D/O Jayacopalan	PEN	Khoo Teck Puat Hospital
Tan Sok Keng	NC	Khoo Teck Puat Hospital
Joel Quek Wee Teck	SSN	National Centre for Infectious Diseases
K Renganathan	SSN	National Centre for Infectious Diseases
Cindy Lee Ching Siang	NE	National Healthcare Group Polyclinics
Wan Lili	NM	National Healthcare Group Polyclinics
Quek Chinghua	SSN	National Skin Centre
Chen Lin	NC	Tan Tock Seng Hospital
Erwana Binte Ismail	SEN	Tan Tock Seng Hospital
Foo Chui Ngoh	SNM	Tan Tock Seng Hospital
Hafizah Bte Hasim	SNM	Tan Tock Seng Hospital
Koh Poh Sim @ Xu Baoxin	NC	Tan Tock Seng Hospital
Low Su Ting	NM	Tan Tock Seng Hospital
MayFlor Gamil Fuertes	NC	Tan Tock Seng Hospital
Ong Wan Qiu	NM	Tan Tock Seng Hospital
Pauline Chong	SNC	Tan Tock Seng Hospital
Prema Harrison	SNM	Tan Tock Seng Hospital
Tay Lily Inez	ANC	Tan Tock Seng Hospital
Wang Zhifan Kelly	NC	Tan Tock Seng Hospital
Soh Ah Lay Carol	SNC	Woodlands Health
Wang Wenjing	SNE	Woodlands Health
Wong Bee Cheng	ADN	Woodlands Health
Tan Siow Lin Yvonne	SNM	Yishun Community Hospital

National University Health System

Belale Leodelyn Abacan	NM	Alexandra Hospital
Loh Chai-Li Jeffrey	NC/APN	Alexandra Hospital
Haryani Binte Mahmood	NE	National University Hospital
Junaidah Binte Abu Bakar	NC	National University Hospital
Khoo Yen Wee Cicely	ANC	National University Hospital
Lee Jenny	NE	National University Hospital
Lee Soke Yee	SNC	National University Hospital
Lie Adeline	ANC	National University Hospital
Lin Chunyu	NM	National University Hospital
Owe Sze Ling	SNE	National University Hospital
Wong Leong Huong	NC	National University Hospital
Zheng Lianmin	NC	National University Hospital
Koh Shu Hua	SSN	NUHS-Regional Health System Office
Teo Hui Ling	NC/APN	National University Polyclinics
Yap Hwee Luan	NC	National University Polyclinics
Kamala D/O Velu	ANC	Ng Teng Fong General Hospital
Neo Li Min	NC	Ng Teng Fong General Hospital
Poh Lishi	ANC	Ng Teng Fong General Hospital
Praveen Kaur Gosal D/O Harbahjan Singh	NC	Ng Teng Fong General Hospital
Subashini Angusamy	ANC	Ng Teng Fong General Hospital
Yeo Eng Mai Joanne	NC	Ng Teng Fong General Hospital

SingHealth

Chen Qiu Yan Joyce	NC	Changi General Hospital
Chow Weiling	SSN	Changi General Hospital
Cui Hai Hua	NC	Changi General Hospital
Hafizah Bte Hashim	NC	Changi General Hospital
Ooi Jing Wen Ivy	SSN	Changi General Hospital
Soh Ee Cheon	PEN	Changi General Hospital
Sun Li	NC	Changi General Hospital
Wang Chunhong	ANC	Changi General Hospital
Hong Zhiyang	NC	KK Women's and Children's Hospital
Liang Zhaoxian	ANC	KK Women's and Children's Hospital
Nur Asyiqin Binte Kamal	ANC	KK Women's and Children's Hospital
Rebekah Ramachandran	SN	KK Women's and Children's Hospital
Sharifah Bte Sarjono	ANC	KK Women's and Children's Hospital
Tungul Riza Umlas	NC	KK Women's and Children's Hospital
Zeng Yanyin	NC/APN	KK Women's and Children's Hospital
Liew Siew Kee Jorene	NM	National Cancer Centre Singapore
Ramah Prabah D/O Ramasamy	SEN	National Dental Centre Singapore
Wee Hwei Li Gillian	NC/APN	National Heart Centre Singapore
Suriani Binte Zahari	NC	National Heart Centre Singapore
Quek Yi Ping	ANC	National Neuroscience Institute
Chen Ling-Jun	NC	Sengkang General Hospital
Khoo Kian Boon	NC	Sengkang General Hospital
Poh Hui Shan Michelle	SSN	Sengkang General Hospital
Tan Leng Leng	ANC	Sengkang General Hospital
Tan Wei Ting	NC	Sengkang General Hospital
Vigineswary D/O Devadass	NC	Singapore General Hospital
Chong Huiwen Gladys	NC	Singapore General Hospital
Chu Xinxin	ANC	Singapore General Hospital
Ho Soo Ling	NC	Singapore General Hospital
Khairulazmi Bin Iswahyudi	ANC	Singapore General Hospital
Muhammad Hafiz Bin Hadi	NC	Singapore General Hospital
Ng Kai Lee	NC	Singapore General Hospital
Ng Li Juan Krismaine	NC	Singapore General Hospital
Ong Shihui	NC	Singapore General Hospital
Seet Wai Mei Audrey	NC	Singapore General Hospital
Suriani Bte Muhamed Ishak	NC	Singapore General Hospital
Tan Hui Fen	SNM	Singapore General Hospital
Yeap Mee Lee	ANC	Singapore General Hospital
Zhang Lei	NC	Singapore General Hospital
Zhang Xiao	ANC	Singapore General Hospital
Santhi D/O Perumal	NC	Singapore National Eye Centre
Tee Yong Ming	NE	SingHealth Community Hospital — Sengkang Community Hospital
Foo Mei Ching	ANC	SingHealth Polyclinics
Hung Yit Sim Lynda	NM	SingHealth Polyclinics



Ang Hui Li

Nurse Manager

All Saints Home (Tampines)

While I strive to cultivate good synergy within my team, I am also thankful to my mentor

EVEN after being in the nursing profession for 12 years, I will never forget my first experience of leading a team of nurses as it meant assessing their performance and even developing Standard Operating Procedures for Dignity of Care. Over the years, I have also had the opportunity to conduct ITE Homecare (a skills certificate course which touches on basic healthcare and home care for patients) as well as various in-house training programmes at All Saints Home.

Currently, I supervise a team of over 90 employees and we provide care to around 200 residents. While I strive to cultivate good synergy within my team, I am also thankful to my mentor who has given me valuable guidance over the years.

I hope that the new nurses who join the Intermediate and Long-Term Care (ILTC) sector will continue to receive the support I had and have a fruitful journey in their careers.

Wang Yu Qin Cordelia (Huang YuQin)

Senior Staff Nurse

Assisi Hospice



I am inspired by lessons learnt from patients as I journey with them near the end of their lives

BEING a palliative care nurse for nine years, I am inspired by lessons learnt from patients as I journey with them near the end of their lives.

I am grateful that I was able to care for an elderly lady on the night she passed away a few years ago. Before she passed on, she expressed her love and gratitude to her domestic helper, who had been caring for her throughout her illness.

She encouraged her helper to go home to the people who love and care about her as she deserved to be loved.

This conversation tugs at my heartstrings even today. I have learnt that a caregiver, even when he/she is not related to the patient, can make a great impact on the patient's life right till the very end.

As a nurse, this inspires me to push myself forward when I face challenges.



Tan Kek Sim

Senior Staff Nurse

Buddhist Compassion Relief Tzu Chi Foundation (Singapore)

Many patients and families need support that goes beyond medical, to psycho-socio-emotional

JOINING nursing in 1975 fulfilled a dream I had since the age of 11. My dad had nose cancer and got very cachexic. Seeing him battle with the condition, and not knowing how to help, I decided to be a nurse.

Now, after 45 years in this profession, I am still motivated by the deep awareness that many patients and families need support that goes beyond medical, to psycho-socio-emotional.

I recall a terminally-ill patient who wished to pass on at home, but his wife wasn't sure if she

could manage. When the patient mentioned their son was overseas and unable to return due to COVID-19, I suggested a video call which was quickly arranged, with their pastor. The next morning, I witnessed him breathing his last. His wife was truly appreciative despite our short four days together.

Palliative nurses need to respect patients' wishes, executing tailored care plans — although the window may be short, concerted efforts can still ensure good closures.

Muhammad Ikiluddin Bin Abdul Rahmat

Community Nurse

Dover Park Hospice

Palliative work is not about death but about how patients can live with dignity till the end of their lives

ENCOURAGED to join nursing by a family friend who shared her passion for the profession, I have been a nurse for 10 years. What keeps me going is being able to help people. However, I have always found it difficult to deal with patients and family at their end-of-life stage as I always feel I could have done more for them.

I was inspired to join palliative nursing as the Dover Park Home Care team showed me that palliative work is not



about death but about how patients can live with dignity till the end of their lives. In order to do so, I upgraded my skills with a Specialist Diploma in Palliative Nursing and pursued my passion in palliative nursing in the community.

I would highly recommend nursing as a career to anyone who is interested in helping others and making a difference in someone else's life.



Ng Wan Ru

**Nurse Manager
(Advanced Practice Nurse)**

HCA Hospice Care

It is a privilege to catch a glimpse of our patients' lives and to hear their stories

I MADE a career switch over 20 years ago, from the corporate world into oncology nursing. Some peers felt I had given up good career opportunities, however I have seen the importance of community care. After working in a tertiary hospital for a decade, I joined HCA Hospice Care in 2011, and eventually attained further qualifications to become an Advanced Practice Nurse.

Becoming a home hospice nurse is one of the best

decisions I have ever made. To me, it is a privilege to catch a glimpse of our patients' lives and to hear their stories. It motivates me to listen, to give my best to maintain their personal dignity as they define it, for the time that they have left. Only then can we be empowered to add a new dimension to quality care that is both effective and compassionate, beyond the hard science of clinical diagnosis and death.

Sundararaj Evangeline Jeba Sheeba

Nurse Clinician

Jamiyah Nursing Home



I decided to provide comfort for every patient experiencing pain... it became my sole motivation

AFTER 22 years in this wonderful profession, I am still convinced that the seed to serve was planted in me by my father because he believed in serving the people too.

Everyone expects a wonderful beginning to a career, but I had a slightly different path. My first patient was a 17-year-old who was brain dead, and I was asked to go in with a doctor to break the news to the family of the only child. The agony and suffering

of the family opened a new set of perspectives in nursing for me. At that very moment, I decided to provide comfort for every patient experiencing pain... it became my sole motivation till today.

I strive to provide patients comfort and make their life meaningful. Alongside the multidisciplinary team and management, I believe I am equipped to achieve my best for my career and for the residents I serve.



Tan Shi Ling Serene

Nurse Manager

Kwong Wai Shiu Hospital

After completing the GCE O-level examinations 23 years ago, a voice in my head said “choose nursing”

WHEN I was deciding on my career path after completing the GCE O-level examinations 23 years ago, a voice in my head said “choose nursing”.

I will never forget the first day of my clinical attachment. That day, my preceptor had asked me to join her to perform the last office for a patient who had passed on. My hands trembled and I did not dare to look at the deceased. My preceptor then said: “Serene, the patient

might have passed on but we have done our best to help ease his pain. We must continue our duties till the end to protect his dignity and support his family as they send him off.”

I was enlightened. Being a nurse is more than just a job. By doing our utmost to care for our patients to the end of their journeys, we can make a great difference in their lives.

Pang Yap Kean Patsy

Director of Nursing

Lions Home for the Elders



The appreciation from our residents warms my heart, and lends a deep sense of purpose and gratification to my work

MY passion for nursing was sparked as a child, when I witnessed first-hand how nurses and doctors resuscitated my mother who was having a heart attack. Their dedication and professional attitude deeply moved and inspired me to pursue a lifelong career in nursing. Now, over 40 years into this profession, I still have the desire to care for others by providing compassion and hope to them.

When the pandemic restrictions affected the mental

well-being of our residents, our Home organised many activities to cheer them up. The heartfelt appreciation from our residents warms my heart, and lends a deep sense of purpose and gratification to my work. This gives me the strength and impetus to continue striving to do better in my nursing journey.

I am also truly grateful to my family and colleagues for their unwavering and strong support, especially during this unprecedented COVID-19 period.



Ohm Mar Kyaw

Senior Staff Nurse

Meranti Home@Pelangi Village

I managed to juggle work and studies to complete my Advanced Diploma in Neuroscience Nursing

AFTER serving as a staff nurse in West Yangon General Hospital for 10 years, in the medical surgical as well as operating theatre department, I arrived in Singapore in 2005 to start work as a nursing aide at Ang Mo Kio — Thye Hua Kwan Hospital. During my time there, I managed to juggle work and studies to complete my Advanced Diploma in Neuroscience Nursing at Nanyang Polytechnic and rise through the ranks, eventually serving as a senior staff nurse

for a year.

One special event in my career I shall never forget is providing consistent rehabilitation care to a 55-year-old patient, who sustained a fracture on her left femur due to a fall. She underwent treatment and rehabilitation with us for three months and, upon her recovery and discharge, she rejoiced and invited me over to her residence for dinner. We established a wonderful therapeutic nurse-patient relationship.

Lim Tin Tin (Lin Zhen Zhen)

Nurse Clinician

NTUC Health (Chai Chee)

I have the opportunity to coach others, oversee new projects and bring people together

THE thought of switching careers to become a nurse came when, as a youth field coordinator, I was coaching polytechnic nursing students on how to support disaster relief missions. I was inspired by how nurses provide medical and psychological help to those in need. At the age of 32, I signed up for a nursing conversion programme and began my nursing career at Tan Tock Seng Hospital's cardiorespiratory ward in 2007.



The greatest challenge came when I was 39 and had to battle Lupus. Thanks to my colleagues' support, I managed to pull through. Now, as a nurse administrator, I have the opportunity to coach others, oversee new projects and bring people together. For instance, it was an energising experience to set up the wards at NTUC Health's nursing home. I hope to see residents enjoy their stay and receive the best care we can provide.



Loh Chiew Wah

Senior Staff Nurse
Society for the Aged Sick

My wish is to see to more local nurses working in the aged home environment

MY nursing career began way back in 1975. Over the years, I have had many memorable experiences. One that remains close to my heart was an outing to fulfil a resident's wish. On the trip, I bought him food and a toy dog that he really wanted. In return, he bought me a meal. His heart-warming gesture deeply moved me.

Nursing is not easy but I find it wholesomely satisfying. It tests one's professional skills and analytical abilities in problem-

solving on a day-to-day basis. Receiving a smile or even a friendly handshake from the residents is enough to add a sparkle to my day. These gestures motivate and challenge me to persevere in order to provide my residents with the best care.

As a community nurse, constantly upgrading our skills and knowledge is important. My wish is to see to more local nurses working in the aged home environment.

Chua Siew Fang

Senior Nurse Manager
The National Kidney Foundation

I always find time to share my knowledge and guide my junior colleagues to become better nurses

WHEN I was young, I knew clearly that I wanted a career with meaning... and I found it in the nursing profession where I have completed 34 years. We nurses are the medical frontliners who spend the most time with patients, providing holistic care to nurture them back to health; physically, psychologically and emotionally.

Despite the demanding work environment, I remain driven and steadfast in my purpose in life. I continue to be



motivated by my desire to care for others, to improve their lives, and to give back to those around me.

Some of my greatest takeaways include being able to watch my patients live a quality life in spite of their illness. At the same time, I always find time to share my knowledge and guide my junior colleagues to become better nurses. Indeed, I find joy seeing them bloom into their roles with confidence and maturity.



Nur Syafiqah Binte Shamsuddin

Senior Staff Nurse
The National Kidney Foundation

The good memories I share with my patients and colleagues motivate me to continue giving my best

MY mother is my main source of motivation when it comes to pursuing a nursing career. I was not quite sure if nursing was my calling until I joined the National Kidney Foundation as a fresh graduate. This year marks my eighth year in nursing and the journey has been a very fulfilling one.

I remember caring for an elderly patient and starting him on dialysis. Although he was scared of being cannulated at each session, he would brave

through it and never forget to express his gratitude. Small gestures like patients saying “thank you” and seeing the smiles on our patients’ faces at the end of the day wash off all tiredness.

There have been ups and downs in my nursing journey so far. The good memories I share with my patients and colleagues motivate me to continue giving my best. It is their support and encouragement that makes me what I am today.

Yee Wai Yei

Clinical Instructor
Ang Mo Kio — Thye Hua Kwan Hospital



I yearn to nurture future generations of nurses with positive values and attitudes in their delivery of patient care

EVER since I started practising as a registered nurse in 2012, I firmly believe that having sound clinical knowledge and competent nursing skills will enhance the clinical outcomes of my patients. During my early years in this profession, I encountered a female patient who collapsed while I was in the midst of performing a bed bath. Despite resuscitation efforts, due to her poor prognosis, the patient did not survive. I was stunned and felt helpless as

I was unable to contribute much to the situation then.

Since then, thanks to the training and skills I picked up on the job, I have overcome my feeling of inadequacy and am now confident enough to manage challenging situations. With a strong passion for teaching, I yearn to nurture future generations of nurses with positive values and attitudes in their delivery of patient care. I know and believe that I can, and I will!



Toh Cheng Yen

Senior Nurse Manager
Ren Ci Community Hospital

The pandemic is another life-changing experience that has taught us to be adaptable in our delivery of care

2022 marks my 24th year in nursing, a profession I have grown to love over the past two decades. It has given me the opportunity to play a part in the healing of others with the care I give them.

Caring for persons with dementia presented opportunities for me to create and implement initiatives to enhance their care, helping them to lead a dignified life. Knowing their preferences and engaging their senses through gestures

such as making coffee together paved the way for us caregivers to connect with them and deliver the best care possible.

The pandemic is another life-changing experience that has taught us to be adaptable in our delivery of care. I am glad to have helped with shaping the guidelines and care delivery process. It has been a humbling and fruitful journey filled with gratitude, especially when I witness how my patients' lives have improved.

Feng Yan

Assistant Nurse Manager
St. Andrew's Community Hospital

We derive great satisfaction whenever we see our patients recover and return home

BEFORE coming to Singapore, I was practising as a staff nurse in China since I graduated in 1991. In 2006, I took a leap of faith to move here and serve at St. Andrew's Community Hospital as a staff nurse.

I am grateful for the learning opportunities provided by my employers. Despite the initial culture shock as the nursing system and working language in Singapore are different, I adapted over time to the patient care delivery methods



in Singapore. I also worked hard to improve my English so as to communicate better with my patients and their family members, helping to build strong bonds.

Partnering with my multidisciplinary care team members, we derive great satisfaction whenever we see our patients recover and return home!

To all future nurses, I say: "Follow your dream to be the best nurse. Your life will be filled with love and purpose."



Gary Ko Leui

Staff Nurse

St Luke's Hospital

I am committed to constantly upgrading my nursing knowledge and skills

NURSING is a calling and I consider myself privileged to care for patients over the past four years. The sense of accomplishment is no less than what I derived from practising as a doctor in my home country.

I remember one patient with an open wound on his abdomen. His wound continued to be soaked with discharge and this affected his mood. I decided to switch to a new dressing material for his wound, and it proved effective.

This incident encouraged me to continue to be persistent and innovative, taking ownership to discover the best approach in making a difference to patients.

Each individual is unique and special care should be given based on each patient's condition. I am committed to constantly upgrading my nursing knowledge and skills so that I can be an even more effective member of the healthcare team.

Nicholas Zhu

Senior Staff Nurse

Farrer Park Hospital

I hope to see more recognition for the role we nurses play in supporting our healthcare system

SINCE 2013, I have been in emergency nursing which is a challenging and fast-paced working environment where no two days are the same. One day you might be resuscitating a critically declining patient, the next, you could be treating patients with common ailments.

I believe emergency nurses should be able to apply critical thinking and assessment in their practice and be ready to step up to any crisis over a sustained



period of time. In fact, there have been many days when my colleagues and I had to work very hard to manage the influx of cases, allocating the appropriate emergency care resources to the best of our abilities.

With the ever-changing demand in our healthcare needs and the advancement in technology, nurses will have to stay relevant in their clinical practice. I hope to see more recognition for the role we nurses play in supporting our healthcare system.



Kok Kum Yoke Susan

Senior Assistant Director of Nursing

IHH Healthcare Singapore —
Gleneagles Hospital

**I was determined to be
a midwife so that I could
help bring new lives into
the world safely**

FOR the past 45 years, my passion for nursing has never wavered. I take pride in my work and the wealth of experience acquired over the years has built my resilience and compassion for people. The care I render to my patients and team motivates me to further my desire in making a difference in someone's life.

When I was starting out as a junior nurse, I witnessed a patient who came into the ward

with severe abdominal pain. In the midst of the chaos, she unexpectedly delivered a pair of lovely twins. That picture of the mother caressing her babies lovingly is still engraved on my mind. That incident invigorated me and I was determined to be a midwife so that I could help bring new lives into the world safely and be the first to welcome them.

Nursing is and will always be a truly rewarding profession.

Ren Dacui

Nurse Clinician

IHH Healthcare Singapore —
Mount Elizabeth Hospital

**I want to be resourceful
and ensure a safe
environment for patients,
visitors and colleagues**



AS a nurse, I want to be an advocate for patients and provide the best care for them. As an infection control officer — a role I have been doing for the past nine years — I want to be resourceful and ensure a safe environment for patients, visitors and colleagues.

When COVID-19 struck Singapore in February 2020, I was about to fly to China to visit my family. I immediately cancelled my trip to stay back and fight the virus

alongside my colleagues. Since then we have fought the pandemic with ever-increasing responsibilities; implementing the step-up vigilance and control measures in healthcare facilities. I am very proud to be part of the team that battled the crisis.

To me, lifelong learning, being adaptable to changes and possessing the willingness to go the extra mile are the basics for every nurse.



Yeong Yu Boon

Nurse Manager

IHH Healthcare Singapore —
Mount Elizabeth Hospital

It is important for nurses to stay resilient, support one another and work as a team

I AM the nurse manager in charge of the Intensive Care Unit (ICU) in Mount Elizabeth Hospital where I have worked for the past 16 years.

One of my most memorable moments was when the ICU and F&B teams held an engagement ceremony in the hospital to fulfil the last wish of a terminally-ill patient and his girlfriend. The patient's condition deteriorated after the ceremony and, despite the ICU team's continuous

efforts to provide the best care, he passed on shortly after. However, his fiancée felt a sense of closure and was very appreciative of our teams' efforts in arranging the ceremony.

Being able to make a difference in people's lives motivates me. It is important for nurses to stay resilient, support one another and work as a team. We have to stay focused on the primary goal to keep patients safe in order to progress and excel.

Fauziana Binte Azman

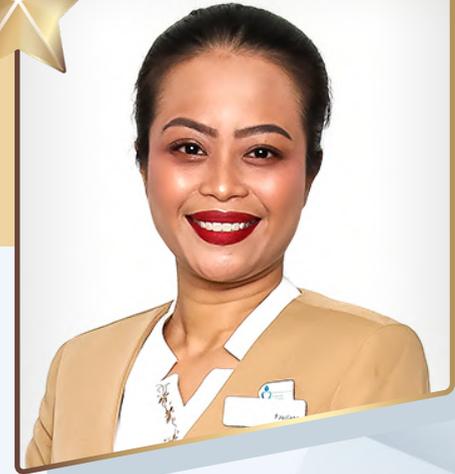
Nurse Manager

IHH Healthcare Singapore —
Mount Elizabeth Novena Hospital

As a healthcare professional on the frontline, my family is well aware of the potential risks involved

WHEN my three kids were toddlers, I encountered a situation where I needed to perform paediatric resuscitation. Despite having been in the Emergency Department setting for 16 years, the haunting cries of the parents are something that I will never forget.

I believe in treating my patients like my own loved ones, by putting myself in the shoes of family members to understand their situation. This has motivated me to provide the best care for my patients



because, indeed, "your patient is someone's loved one".

Justifiably, as a healthcare professional on the frontline, my family is well aware of the potential risks involved; wearing multiple hats meant dealing with anxious concerns from my loved ones. However, they are assured by the awareness that we don full protective gear at work and strictly adhere to hospital protocols and guidelines. That has helped allay some of their anxieties.



Kuu Meei Ting

Nurse Manager

IHH Healthcare Singapore —
Mount Elizabeth Novena Hospital

Nothing beats seeing patients recover and be given a new lease of life

GROWING up, I always admired nurses as they project selfless dedication and passion in caring for their patients. I too wanted a career that is challenging, interesting and makes a difference in people's lives. Now that I have been a nurse for 27 years, I find that this profession is indeed rewarding.

I can still vividly remember caring for a patient who was diagnosed with late-stage liver failure and required a transplant

urgently. In the days leading up to the surgery, he experienced a sudden episode of severe bleeding. The medical team was immediately activated and we sprang into action. Thankfully, the patient was able to undergo the transplant successfully. Being his principal nurse, I am very proud and privileged to have been a part of this wonderful team.

Nothing beats seeing patients recover and be given a new lease of life.

Agnes Maria Dass

Senior Nurse Manager

Mount Alvernia Hospital

Nursing is not just about skillsets but about a compassionate heart that cares and connects with those in pain

MY late uncle had a dream that someone in every household in my extended family should be a nurse. He believed that nurses would be able to help care for their ageing family and the community at large. So at 18, I decided to make his dream come true.

About 10 years ago, at a friend's request, I rushed down to the person-in-need's house to help a man who was very ill. Concerned that he might not



last the night, I convinced his wife to call an ambulance to rush him to the hospital. Sadly, the man passed on before the ambulance arrived.

Overcome with empathy and compassion, I could only hold his hand to offer him comfort before his consciousness slipped away. These are the moments that remind me that nursing is not just about skillsets but about a compassionate heart that cares and connects with those in pain and suffering.



Kooh Seok Koon Adeline

Assistant Director of Nursing
Mount Alvernia Hospital

**It was a joy to bring a
new life into the world...
and save two lives
concurrently**

FOR all the 30 years that I have been in nursing, I have always had a keen interest in midwifery.

Back in the 1990s, ultrasound scanning was still considered a luxury and was not as popular among pregnant mothers as it is today. After helping a mother deliver her first child at home, I was doing a routine check on her when I noticed that her fundal height was unusually high and I could feel there was something still

inside her uterus.

Astonished, I immediately alerted my senior who was also present. She suspected that there was another baby. As the mother's and baby's lives could be in danger, there was no time to rush them to the hospital. We did what we could and delivered the child via assisted breech delivery. It was a joy to bring a new life into the world but to save two lives concurrently was even more fulfilling!

Mastura Binte Abdullah

Senior Nurse Clinician
Raffles Hospital

**It is the simple “thank
you” from my patients
and their families that
makes it all worthwhile**

AS a child, I never imagined myself being a nurse. But here I am, 27 years in the job and having progressed from pupil assistant nurse to senior nurse clinician.

During my teenage years, I discovered that my grandmother was a nurse during the war period and her passion, as she narrated stories from her work, inspired me to follow the same path.

I always strive to ensure that my patients receive the best care



possible, caring for them as I would for my own family. I choose to remain in the nursing profession, not for recognition. It is the simple “thank you” from my patients and their families that makes it all worthwhile.

Thanks to my supervisors' support, I aim to continue imparting my knowledge to my colleagues so that we provide the best care to those we have the privilege of looking after.

I have indeed found my calling as a nurse.



Azizah Bte Mohamed

Senior Nurse Manager
Thomson Medical Centre

Nursing has its challenges, but I believe in adopting a positive “can-do” spirit by viewing challenges as opportunities

THROUGHOUT my 40-year nursing career, I am grateful to have had awesome nursing leaders, colleagues and a supportive family who consistently motivate me to go the distance. Nursing has its challenges, but I believe in adopting a positive “can-do” spirit by viewing challenges as opportunities, and learning best practices from healthcare and other relevant industries.

For instance, in the hospitality industry, core values are often

shared with the staff during the daily roll call. I have been practising this concept of sharing with my team of nurses and saw how this inspires them to maintain high service standards.

With an ever-changing healthcare landscape, it is important for us nurses to keep upgrading ourselves. I hope to see more young, aspiring nurses take the lead in driving innovation in patient care and see more nurses attain their PhDs to elevate the nursing profession in Singapore.

Chen Suxin Lynette

Senior Case Manager
Agency for Integrated Care

I am a nurse so that I can do my small part for people at their most vulnerable

IN my 15 years of nursing, I have had the privilege to work in an acute orthopedic ward and serve as a community case manager. Throughout this journey, one key element remains constant: I am a nurse so that I can do my small part for the lives of people at their most vulnerable. I am grateful to have assisted them with their various care needs, enabling their independence and/or linking them to relevant services so they can continue their happy



lives at home.

I will never forget an elderly couple who had multiple chronic diseases and struggled to remain at home as their health deteriorated. As they didn't have any children, I walked with them for five years; supported by community services to care for their basic needs and general well-being. They felt comforted and assured that I was available to assist them when they encountered care issues at home.



Hiok Kay Mun Joanna

Senior Staff Nurse
Health Sciences Authority

My time in nursing has been very rewarding despite the challenges, and I am thankful to my family

IT has been 16 years since I joined this profession, and I have spent the last 11 with the Health Sciences Authority.

As a nurse working at the blood bank, we need to maintain quality standards and meet the increasing demand for blood so that all patients have access to a safe blood supply. This requires a constant need to provide good customer service so that donors will donate regularly.

I remember, when the COVID-19 pandemic hit Singapore,

our nation's blood supply dipped drastically, prompting the media to report about the dire situation. It was comforting that many donors responded and, despite having to work late almost every day to collect the donations, my team and I felt an incredible sense of accomplishment when the stock of blood returned to a healthy level.

My time in nursing has been very rewarding despite the challenges, and I am thankful to my family for their constant support.

Lim Tien Joo

Nurse Clinician
(Advanced Practice Nurse)
Institute of Mental Health

My hope for psychiatric nurses is that we learn to make better use of technology

MY 22 years of nursing started in the forensic psychiatric ward. I recall caring for a patient who was transferred from a high-security to a medium-security facility. When he was permitted a courtyard outing, he struggled with his emotions and said: "After eight years, I see the sun, feel the heat and feel the grass again." Those words left a deep imprint in my mind.

My biggest motivation is seeing my patients reintegrate



into society successfully. Words are inadequate to express how meaningful it is for me to see them progress in their lives, and how happy it makes me feel.

COVID-19 has shown us that there is a need to be nimble and future-ready in our role. My hope for psychiatric nurses is that we learn to make better use of technology in our patients' recovery journey, so that it can bring about a positive impact even beyond the pandemic.



Lin Xiqing

Nurse Clinician

Institute of Mental Health

Fighting a novel and highly contagious disease has been an unforgettable experience for me

THOUGH nursing was not my first career choice; I had never regarded psychiatric nursing as a long-term career. My interest arose following my posting to the Institute of Mental Health (IMH), where I was amazed by how nurses can make a difference in the lives of persons with mental health conditions. As a result, I've been with IMH since 2006 and have never looked back.

The COVID-19 pandemic has disrupted and challenged the capacity of global healthcare systems. Fighting a novel and

highly contagious disease has been an unforgettable experience for me, and I was fortunate to have the support of my infection control team members, nurse leaders and clinicians in establishing the IMH swab centre, conducting nasopharyngeal swab training, organising the COVID-19 vaccination programme for staff and implementing adaptive workflows in response to changing circumstances.

I have been inspired to encourage and support others in their efforts to provide high-quality healthcare for a brighter tomorrow!

Varnum Fredrick George

Senior Nurse Manager

Institute of Mental Health

Seeing my patients smile when they are discharged, motivates me to do my best every day

OVER 18 years of nursing, I have gained a better understanding of patients' needs from their perspectives on the care that they desire. This has resulted in more positive outcomes.

I will never forget the first time I encountered an agitated patient, who wanted to be discharged so that he could talk to his wife. Being a junior nurse then, I was nervous but managed to successfully allay his concerns through



understanding his needs and offering him a call to his wife instead. This was a breakthrough for me because I saw how I could use my abilities to aid patients in their recovery.

Seeing my patients smile when they are discharged, as well as the smiles on the faces of their loved ones, working with a fantastic team and having my family members' support motivates me to do my best every day, no matter how challenging the hurdles may be.



Velayudham Kavitha

Assistant Nurse Clinician
Institute of Mental Health

Regular exercise and connecting with my twin daughters in India help me achieve a work-life balance

“THANK you for all your hard work in helping others as a nurse,” my father said to me as he lay on his deathbed.

A few years later, I received a heartfelt thank-you from a patient’s family after the patient was saved through emergency resuscitation in an isolation Intensive Care Unit.

This resonated strongly with my father’s final words, and has inspired me to go the extra mile for my patients and their families.

In my 24 years of nursing, the joy of witnessing my patients improve and their gratitude show me the value of my role and the difference that I can make. I am grateful to my supervisors and colleagues who have motivated me to stay in this profession and helped me overcome obstacles. Regular exercise and connecting with my twin daughters in India through daily video calls also help me achieve a work-life balance.



Aisyah Binte Nasir

Assistant Nurse Clinician
Khoo Teck Puat Hospital

I have learnt so much about strength, resiliency, fear, anger and love from my patients

I HAVE been in nursing for the past decade and am fortunate to have cared for various surgical patients.

My motivation has always been my patients and my colleagues. I have learnt so much about strength, resiliency, fear, anger and love from my patients. It is a privilege to be allowed into their lives and this keeps me driven to provide the best possible nursing care for them.

I will always remember the time when I was able to inspire

my nursing team when we were short-staffed especially during the COVID-19 period. We had a few patients whose conditions were deteriorating, and the morale of my team started to drop. During those challenging times, I gave them precise directions and guided them through the bedside manner to keep the patients calm. With teamwork and positive attitudes, we were able to provide excellent patient care and stabilise all patients.



Goh Soon Pang

**Nurse Clinician
(Advanced Practice Nurse)**

Khoo Teck Puat Hospital

Sometimes, you may feel you have reached a plateau, but do not be discouraged

IN my 17 years of nursing, I have never once regretted my choice of being a nurse. In fact, I consider myself privileged to be given the opportunity to pursue the Master of Nursing course, subsequently becoming an Advanced Practice Nurse.

When we were hit by COVID-19, my colleagues and I volunteered to be deployed to the Intensive Care Unit and Emergency Department. We took on extra roles and made sacrifices to help manage

the surge. Our families were extremely worried for us but supported us in every way they could.

I have learnt that the nursing career path is never an easy journey. It would be impossible without strong family support and great colleagues. Sometimes, you may feel you have reached a plateau, but do not be discouraged. Take a step back, and you will realise that the grass you are stepping on is as green as the other side.

Low Sing Ee

Nurse Manager

Khoo Teck Puat Hospital

I always take inspiration from Nelson Mandela's words "I never lose. I either win or learn"

DESPITE spending 11 years in nursing, I found myself confronted by caregiver stress last year when my grandmother suffered a stroke. If a trained healthcare professional like me were to feel such pressure caring for a loved one, I can only imagine the weight of caregiving on a layperson.

I am part of a community nursing team. In addition to improving patient care at home, my team and I strive to ensure that caregiver stress is identified



and promptly addressed, to improve the quality of life for both patients and caregivers.

I always take inspiration from Nelson Mandela's words "I never lose. I either win or learn". It reminds me to work towards excellence, and always give my best at work. I have received tremendous support from my mentors, colleagues and friends throughout my nursing career; I hope to be a pillar of strength for them one day too.



Meriani Chen

Nurse Clinician

Khoo Teck Puat Hospital

Nursing is a lifelong learning journey in which we have to continuously enhance our knowledge and clinical skills

AFTER 16 years in nursing, I still derive great satisfaction when our patients progress from a deteriorated state to recovery and are subsequently discharged. Our patients and their family members sometimes call me to express their appreciation. This gives me a great sense of fulfilment.

I am still in nursing because it gives me a chance to make a positive impact on the lives of our patients and their family members. My natural disposition

to help others has contributed immensely to my growth as a nurse.

Nursing is a lifelong learning journey in which we have to continuously enhance our knowledge and clinical skills. This, in turn, creates autonomous opportunities for nurses to be able to make clinical decisions for patient care in the future. As nurses, we must treat our patients as our loved ones and truly put our hearts and souls into delivering the best care.

Sreevidya D/O Jayacopalan

Principal Enrolled Nurse

Khoo Teck Puat Hospital

Nursing is not just a job, it is a passion that stems from your soul and mind

IT was the encouragement from my mother that led me to choose nursing as my profession.

My time in the geriatric ward provided great satisfaction as I looked after elderly patients with dementia, despite its unique set of challenges.

One unforgettable encounter I had was with an elderly patient who developed a fear for walking after a fall. Eventually, he became depressed but I kept encouraging him, persuading him to walk and build his



strength. I was so motivated and happy to see him finally walk with courage.

Nursing is not just a job, it is a passion that stems from your soul and mind. Nursing becomes even more meaningful when I see patients recovering under my care. I would like to thank my nursing managers, colleagues and family who have always encouraged me and given me a lot of support and trust, enabling me to broaden my nursing career.



Tan Sok Keng

Nurse Clinician

Khoo Teck Puat Hospital

Over the years, I have gained invaluable knowledge from physicians, nurses and allied health colleagues

MY journey as a registered nurse spans 26 years, and has had its share of challenges. I have witnessed many incidents, from birth to death, in the Accident & Emergency. I realised how individuals can be vulnerable.

COVID-19 has brought back memories of SARS in 2003. I clearly remember the fear and uncertainty that many felt then — we worked under great stress and pressure, just as we do now. Even so, I am privileged to have

a team of colleagues who are truly dedicated to caring for our patients and supporting one another. Of course, I have to thank my family too.

Over the years, I have gained invaluable knowledge from physicians, nurses and allied health colleagues. I genuinely cherish everyone I have met in my nursing journey. This passion keeps me going and, moving forward, I will continue to guide my juniors just as my seniors have guided me.

Joel Quek Wee Teck

Senior Staff Nurse

National Centre for Infectious Diseases

As an ICU nurse, I help my patients by standing in the chasm between life and death

RETURNING to bedside nursing after five years as an army combat medic was a difficult choice, one that many around me questioned. But after six years in the Intensive Care Unit (ICU), I have grown a lot professionally.

As an ICU nurse, I help my patients by standing in the chasm between life and death, either pulling them back to health or providing care as they pass on with dignity. Initially, the deaths due to COVID-19



were extremely sad as the patients were alone. Families were not able stand vigil by their side due to their contagious status.

I vividly remember having the privilege of standing by a patient's bedside, holding his hand and whispering messages to him on behalf of his family as he passed on. It is such opportunities, where I am able to make a difference in the lives of my patients, and that motivate me to strive for my best.



K Renganathan

Senior Staff Nurse

National Centre for Infectious Diseases

Bringing joy to patients during their final moments can provide some happiness to their loved ones

I HAVE been a registered nurse in Tan Tock Seng Hospital/ National Centre for Infectious Diseases for 10 years.

One particular event that stands out for me involves an 80-year-old female patient I cared for in 2016. She often referred to me as her grandson, and would occasionally tease me often as we built great rapport.

I vividly remember the day she passed on; we were joking and I was encouraging her to have her meal. However, her condition

deteriorated quickly and, despite my best efforts to lift her spirits, she eventually passed on.

One day, I received a letter from her daughter. It was extremely emotional for me as the daughter wrote how happy her mum had been in the hospital, still smiling till her time was up. It reminded me how important our role as a nurse is... even bringing joy to patients during their final moments can provide some happiness to their loved ones.

Cindy Lee Ching Siang

Nurse Educator

National Healthcare Group Polyclinics

I believe that maintaining a healthy heart, mind and soul are key to remaining compassionate

MY 26-year journey in this profession has taught me many valuable lessons about life, love, respect and, most importantly, the need to take ownership of one's health. As a nurse educator, I am honoured to have witnessed and be a part of care efforts which have helped transform patients' perception of themselves and encourage them to take charge of their health.

No words can express my heartfelt joy and pride when seeing my patients' conditions



improve. Each and every patient encounter has been a mutual learning experience, and I am grateful for how they have contributed to my growth — both as a nurse and as a person.

The constant support from my loved ones and colleagues have also made my role as a nurse a happy and fulfilling one. I believe that maintaining a healthy heart, mind and soul are key to remaining compassionate and building a good working environment.



Wan Lili

Nurse Manager

National Healthcare Group Polyclinics

Nothing compares to the happiness and sense of fulfilment I feel when seeing their wounds heal

LOOKING back on the past 20 years of my career, I am grateful for the opportunities received and to have found my passion to serve as a wound care nurse. While caring for patients with complicated wound conditions and multiple psychosocial issues has definitely been a challenging experience, nothing compares to the happiness and sense of fulfilment I feel when seeing their wounds heal.

I remember an instance

when a patient was in a highly agitated state during his appointment. Under the care and guidance of my team, he gradually opened up and shared his true fears regarding his wound condition. Moments like these make me realise that the little things we do, even if it is just providing a listening ear, can make a real difference. I hold that belief to heart in every patient encounter, and it has helped me better empathise and connect with my patients.

Quek Chinghua

Senior Staff Nurse

National Skin Centre

Working in nurse-led STI and phototherapy units left an indelible impression on me

IN my 24 years as a nurse, I have gained invaluable experience working with different patients, diverse teams and healthcare environments. Working in nurse-led Sexually Transmitted Infections (STI) and phototherapy units left an indelible impression on me. I particularly enjoyed the empowerment of nurses. With nurses leading care, patients' waiting times were greatly reduced. Working with STI and psoriasis patients, where many still face social stigma, also made me a better nurse who can put



aside personal judgment and serve patients with empathy and compassion.

During the pandemic, I was mobilised to support the infection control and prevention team and was hospitalised after having contact with patients at the upper respiratory tract infection clinic. This incident has made me more determined to pursue a Graduate Certificate in Infection Prevention and Control to advance my learning and better support the nursing community in the future.



Chen Lin

Nurse Clinician

Tan Tock Seng Hospital

With good clinical knowledge and proper training, every nurse can make a difference

I BEGAN my 20-year nursing journey in 2002 at Tan Tock Seng Hospital — one that has been challenging but fulfilling.

I recall an incident in my early years when the Accident & Emergency Department (AED) was newly introduced. After a busy morning, all the doctors were having their break when a visitor ran into the ward and exclaimed that a man had “fainted” in the lift. I ran to the scene and realised the collapsed victim had no pulse and was not breathing.

As we quickly rushed him to the ward for resuscitation, I recalled what I had learnt a few days ago and used the AED on the patient. His pulse immediately returned. My colleagues and I continued to attend to him and saved his life!

A few weeks later, we were happy to learn that the patient had been discharged. This incident strengthened my belief that with good clinical knowledge and proper training, every nurse can make a difference.

Erwana Binte Ismail

Senior Enrolled Nurse

Tan Tock Seng Hospital

What motivates me most is the sense of belonging at my place of work and the camaraderie

IT has been 14 years since I started work at Tan Tock Seng Hospital. I started my journey as a healthcare assistant and, thanks to the support of my seniors who kept encouraging me to upgrade myself, I embarked on my learning journey to become an enrolled nurse in 2015.

What motivates me most is the sense of belonging at my place of work and the camaraderie among my seniors and peers. We always help and look out for one another and encourage teamwork in our



daily work.

I vividly remember an incident about four years ago, where my colleagues and I successfully revived an elderly patient using CPR and saved her life. This experience taught me to achieve the best care for my patients by continuously upgrading my nursing skills.

I always encourage budding nurses to consider this as a profession — find meaning and purpose in a highly-satisfying environment.



Foo Chui Ngoh

Senior Nurse Manager

Tan Tock Seng Hospital

My heart is warmed whenever I see my nurses moving up the career ladder and doing well

SWITCHING from banking to nursing in 2003 was one of the best decisions I ever made. I am still grateful to my friend who encouraged me to give nursing a shot amidst the financial situation that year.

In April 2021, when Tan Tock Seng Hospital had a cluster COVID-19 outbreak, I witnessed the true *kampung* spirit of the hospital, with colleagues banding together to do everything possible for patients and staff. Swift decision-making by the management enabled

us to withstand the Delta and Omicron variant waves. It was an unforgettable experience.

I am thankful for the opportunities in the different career tracks within the organisation. With these experiences, I learnt the essence of effective communication and camaraderie.

I hope to groom and nurture more nurses to be an effective communicator. My heart is warmed whenever I see my nurses moving up the career ladder and doing well in their areas of interest.

Hafizah Bte Hasim

Senior Nurse Manager

Tan Tock Seng Hospital

Even though my work can be challenging at times, I am proud to be part of the care team

THIS year marks my 24th year as a nurse. I have never regretted even a minute, even though my work can be challenging and overwhelming at times. As a critical care nurse, I am proud to be part of the care team.

I have had many unforgettable moments at the Intensive Care Unit. I was once tasked to care for a young lady who was pronounced “brain dead”. Her parents opted for the Medical (Therapy, Education and



Research) Act, as it was her wish to help others who are in need. Her heart was successfully transplanted to a single mother with three young children who had been waiting for a suitable donor. Tears always roll down my cheeks whenever I think about that day.

The recipient requested to meet her donor’s parents so they could hear their daughter’s heart beating in her. This taught me to treasure life and the people around me.



Koh Poh Sim @ Xu Baoxin

Nurse Clinician
Tan Tock Seng Hospital

I am motivated to provide physical support and exercise empathy to bring comfort to patients

HAVING completed 13 years of service as a nurse, I am humbled to be one of the recipients of the Nurses' Merit Award 2022.

One highlight of my nursing career has to be playing a part in fighting the COVID-19 pandemic. I recall activities like closing wards, shifting furniture, sorting out manpower within the department, losing a family member, working alongside my team of nurses and juggling my studies for a master's programme. Looking back,

I knew I had to go beyond my call of duty for the nation.

I am motivated to provide physical support and exercise empathy to bring comfort to patients when they are not at ease. This desire to help could also extend to playing an active role in coordinating care between different healthcare professionals throughout a patient's recovery journey. It is extremely rewarding to see my patients' health conditions improved.

Low Su Ting

Nurse Manager
Tan Tock Seng Hospital

I hope the younger generation will consider joining nursing and be proud to be a nurse

AFTER 18 years in the nursing profession, I am still grateful for the support from my family, peers and mentors who have always trusted me and given me timely advice to become a better nurse.

In fact, you could say my journey to becoming a nurse started 28 years ago, when my father was diagnosed brain dead after a car accident. A very kind nurse gave me a warm hug, consoling me at the heart-breaking moment.



She inspired me and was the determining factor in my choice of profession.

Despite the unknown challenges and overwhelming workload at times, what keeps me going is when recovered patients come back to say "thank you, nurse". It really touches my heart and their smiles are the biggest reward!

Nursing is a meaningful journey, adding value to people's lives. I hope the younger generation will consider joining nursing and be proud to be a nurse.



MayFlor Gamil Fuertes

Nurse Clinician
Tan Tock Seng Hospital

I felt a sense of fulfilment to save a life and it boosted my confidence

EMERGENCY nursing is about providing the quickest possible care for patients who might be suffering from life-threatening illness or injuries.

From my 24 years as an emergency nurse, I can still vividly remember an incident during one of my night shifts. I attended to a patient who was experiencing shortness of breath. Just moments after the point-of-care tests and medications were administered, he suddenly turned bluish due to low oxygen level in his blood.

We rushed him to the resuscitation room, where the monitor showed ventricular fibrillation. Shock was delivered and the ECG showed massive acute myocardial infarction (heart attack). He was sent for percutaneous intervention after he was intubated.

The case was later presented in the nursing rounds. I am happy that he was discharged (ambulatory) after seven days of admission, which was uncommon after an impending death. I felt a sense of fulfilment to save a life and it boosted my confidence.

Ong Wan Qiu

Nurse Manager
Tan Tock Seng Hospital

It is truly miraculous to see a bedridden child recover and become the lively adolescent that she is today

MY interest in nursing started when I was young, as I always wanted to do my part to help the community. The wonderful experience I had working with the nurses as a patient service associate back in 2003 sealed my decision to make the career switch in 2005. It has been 15 years since and nursing has taught me many valuable lessons in life.

Nothing is more rewarding than seeing patients recover. I remember nursing a child from



Indonesia for more than half a year during my second year in nursing. Our nursing team built great rapport with the parents in the process and, even after the child was discharged, we still keep in contact via Facebook. It is truly miraculous to see a bedridden child recover and become the lively adolescent that she is today.

I am glad to continue this rewarding journey and look forward to many more years in nursing.



Pauline Chong

Senior Nurse Clinician

Tan Tock Seng Hospital

I will continue to deliver quality care to our patients, keeping them comfortable with minimal pain

THE nursing profession, which I joined 26 years ago, has provided me with opportunities in various specialties from cardiothoracic surgery, intensive care to chronic disease management.

Currently, I am a nurse clinician and have been in pain management service for last 16 years. It was a challenging but amazing journey.

I vividly remember caring for a terminally-ill patient who was delighted to go home to his daily routine with an analgesic pump. He spent his final days in a hospice

and I worked with the wonderful hospice care nurses to ensure he was in minimal pain when he passed on. I was truly inspired by this patient's positive outlook in life.

Nursing is a meaningful and rewarding profession. I will continue to deliver quality care to our patients, keeping them comfortable with minimal pain to facilitate rehabilitation, helping them achieve independence or even when they are approaching end of life.

Prema Harrison

Senior Nurse Manager

Tan Tock Seng Hospital

I hope that the future generation of nurses see nursing as more than a calling

THIS is my 22nd year in nursing, and I have had the opportunity to work with many wonderful nurses. In fact, I consider myself privileged to be guided by the best preceptors in my formative years in the Intensive Care Unit. Thus, my most memorable moment, albeit a simple one, was when I was promoted to a senior staff nurse. I felt that my success was an ode to them for always looking out for me and guiding me along.



In Tan Tock Seng Hospital, exemplary nursing leaders have motivated me to do my best as I see how hard they worked, even before the pandemic. They have led by example and their tireless support towards the ground nurses is something we really treasure.

I hope that the future generation of nurses see nursing as more than a calling and be ready to take the profession to greater heights!



Tay Lily Inez

Assistant Nurse Clinician

Tan Tock Seng Hospital

As technology advances, our perioperative nursing role evolves and that is the challenge that motivates me

HAVING joined the nursing profession in 1995, I am still very grateful for all the valuable experiences and am looking forward to more it has to offer.

The most memorable incident in my career was when I completed my probation in my current work setting. I scrubbed in to assist in my first neurosurgical case — the patient was one of three workers who fell from height. Unfortunately, he did not survive. The impact on me was amplified when I found out

later that the patient was my godfather's colleague.

I definitely enjoy every moment of my work in the Operating Theatre. As technology advances, our perioperative nursing role evolves and that is the challenge that motivates me.

Work-life balance can be achieved with full family support especially during challenging times such as the SARS outbreak and the COVID-19 pandemic.

Wang Zhifan Kelly

Nurse Clinician

Tan Tock Seng Hospital

It is quite clear that my mum influenced me to join nursing... she is my main influence in the profession

I COME from a family of healthcare professionals — my father is a doctor, my mother is a nurse and I have been in the nursing service for 19 years.

It is quite clear that my mum influenced me to join nursing. From the time I was a teenager, she would share with me about her job, how satisfied she felt when she provided quality care to her patients and received a “thank you” from them. I could tell that she was passionate about her work and she is my main influence in



the profession.

I graduated from Nanyang Polytechnic in 2003, when the SARS pandemic required all newly-graduated nurses to start work early. As a new nurse, I panicked due to all the uncertainties but thankfully my seniors encouraged me throughout that period.

I am blessed to have two role models — Sister Lay Hoon, our former nurse educator and my mum — they taught me to be passionate, knowledgeable and approachable.



Soh Ah Lay Carol

Senior Nurse Clinician
Woodlands Health

This memory (of a patient passing on) always reminds me that life is short and we should treasure every moment

I STARTED my nursing career in 2002 in the Emergency Department, as I have always loved the fast-paced environment. This year marks 20 fulfilling and rewarding years in this wonderful profession.

I remember an incident when I was a junior nurse; a patient walked into the Emergency Department with his wife to seek treatment for his chest pain and shortness of breath. Upon triage, his condition was critical and he was placed

in the resuscitation room for emergency treatment. Even though we tried our best, he passed on shortly after.

It was really hard to witness, as it happened so suddenly and I was still a young nurse at the time. When the doctor broke the news to the patient's wife, she could not accept it as the patient had been alive moments ago. This memory always reminds me that life is short and we should treasure every moment.

Wang Wenjing

Senior Nurse Educator
Woodlands Health

What helped me through challenging periods was finding a role model in nursing

PERSONALLY, nursing has been an ongoing cycle of learning and reflection. One of my most insightful experiences was an encounter with a young patient who was making a life-changing decision — getting an above knee amputation after a car accident. Journeying with this patient reaffirmed why I had chosen nursing... because it allows me to help people through their darkest periods.

For more than 20 years, it has been my steadfast



motivation to provide care and encouragement for those who may be lost and in need of help. However, nursing is also an arduous journey of ups and downs. What helped me through challenging periods was finding a role model in nursing, whose success and virtue inspire me to become a better version of myself. This has helped me since I was a junior nurse, and is a piece of advice I continue to pass on to others even today.



Wong Bee Cheng

Assistant Director of Nursing

Woodlands Health

Nursing can have its challenges, but I encourage nurses to see difficult times as an exercise to build resilience

IT has been an exciting 26 years in nursing for me. As an Intensive Care Unit (ICU) nurse, I work in a fast-paced environment that requires me to think critically for long stretches of time. This is all made worthwhile when I see patients recovering and being transferred out of ICU!

A highlight of my nursing journey was moving out of my comfort zone and joining Woodlands Health. As the ICU nursing lead, I mentor other critical care nurses; developing

them as teachers to nurture the next generation. I was also one of the nursing leads who set up the Community Treatment Facility, where working at the COVID-19 frontline reaffirmed my decision to join healthcare.

Nursing can have its challenges, but I encourage nurses to see difficult times as an exercise to build resilience. That's what I treasure most about nursing — its growth opportunities and intrinsic rewards that can't be easily found elsewhere!

Tan Siow Lin Yvonne

Senior Nurse Manager

Yishun Community Hospital

Nursing is not just a job, but an opportunity to help people through their challenging and difficult times

HAVING been a registered nurse for almost 25 years, I don't have just one moment or one patient that is unforgettable. There were many patients that touched my heart but my favourite was an elderly lady who was admitted to the neurology ward for a head injury. She was unable to sleep for days as she was worried about her dog which was alone at home. I visited her flat, fed the dog kibbles through the gate and



passed the remaining pack to her neighbour.

I will never forget the way she held my hands tightly and cried in gratitude when I updated her. Nursing is not just a job, but an opportunity to help people through their challenging and difficult times. What motivates me to do my best is knowing that I have the ability to make a difference in someone's life and a commitment to serve and help others.



Belale Leodelyn Abacan

Nurse Manager
Alexandra Hospital

It is not just my nursing duties that makes an impact, but also the kindness and compassion we show

WHAT motivates me as a nurse is seeing the difference I make in my patients' lives. In my 27 years on the job, I have learnt that it is not just my nursing duties that make an impact, but also the kindness and compassion we show our patients and their loved ones.

I remember coming across a patient with a fractured hip lying on the floor in a ward back in 2018. The family members were upset at what

had happened, but through receiving timely updates on the care given to their loved one, they saw and appreciated our extra efforts in caring for her. It was clear to me then that nursing is about forming a loving relationship with my fellow nurses, patients and their families.

Being a nurse also means pursuing lifelong learning. I am privileged to be able to use my knowledge to improve my patients' lives.

Loh Chai-Li Jeffrey

**Nurse Clinician
(Advanced Practice Nurse)**
Alexandra Hospital

Seeing my patients recover and my nursing profession progress are my two greatest motivations

I STARTED off as a registered nurse during SARS in 2003 and am now a psychiatry Advanced Practice Nurse.

One incident I remember involves an anxious elderly patient who was admitted for a fall and refused to be discharged after receiving treatment. When we engaged him, we learnt that he was lonely and afraid to die alone at home so we monitored him closely to improve his mood and partnered with



community support services to alleviate his fears. He eventually went home and went on to live a productive life in the community.

Seeing my patients recover and my nursing profession progress are my two greatest motivations. By taking care of my well-being first, I am also able to provide the best quality of care. My hope is to see more nurses take the lead in caring for our patients with greater independence and autonomy.



Haryani Binte Mahmood

Nurse Educator
National University Hospital

As a nurse educator, I am blessed with the added opportunity to nurture and guide nurses

“YOU will not make it in emergency nursing.” That was what I was told as a student nurse 15 years ago, after failing the resuscitation skills assessment several times. I had two options: give up or challenge myself. Today, I am an emergency nurse educator and glad that I believed in myself back then and challenged myself.

Working in an emergency department is like a rollercoaster ride — the adrenaline rush and the organised chaos can leave

you drained but rewarding as you save lives each day.

As a nurse educator, I am blessed with the added opportunity to nurture and guide nurses, as well as teach our nurses about the latest evidence-based practices for good health outcomes for patients.

I am honoured to receive this award for doing what I love, and would like to thank my supportive family, supervisors and colleagues for this achievement.

Junaidah Binte Abu Bakar

Nurse Clinician
National University Hospital

Knowing that I can make a difference in the life of every patient under my care is tremendously satisfying

MY nursing career has been an important and fulfilling journey for me. In fact, every day of this 22-year journey has been enriching, shaping me into a better person.

I recall an incident involving a child whose health was gravely compromised and uncertain. Despite the numerous times when we thought we might lose him, he eventually grew into a healthy and accomplished man. This memory always warms my heart.



Nursing is an extremely gratifying career, and knowing that I can make a difference in the life of every patient under my care is tremendously satisfying.

This passion runs in my family: when my children expressed their interest in nursing, I supported them wholeheartedly — one is now a registered nurse while the other is pursuing his Diploma in Nursing. After all, I believe if you choose a job you enjoy, you will never have to work a day in your life.



Khoo Yen Wee Cicely

Assistant Nurse Clinician
National University Hospital

Nursing has indeed provided me endless opportunities to render a helping hand

HAVING joined this profession in 2011, I have spent the last 11 years as an Intensive Care Unit (ICU) nurse.

I can still recall witnessing how a young family struggled to accept the death of their loved one. The father of two young children was diagnosed as brain dead and, despite their grief, the family decided to donate his organs. Their noble deed brought hope to five families. The vulnerability of life taught me the importance of caring for myself in order to care for my

patients and their loved ones.

The rewarding feeling from helping patients motivates me to do my best in nursing. It is especially encouraging when patients who recovered from critical situations visit us and share how our words of encouragement helped them through their time in ICU.

I am also heartened when nurses I mentored progress to become competent ICU nurses. Nursing has indeed provided me endless opportunities to render a helping hand.

Lee Jenny

Nurse Educator
National University Hospital

To aspiring nurses, don't be afraid to follow your passion, for you never know what you can achieve

EIGHTEEN years ago, I embarked on a career switch from engineering to nursing and have never looked back. Oncology nursing, which I have been practising since 2005, has been a challenging but exciting journey with plenty of learning opportunities, allowing me to build my clinical skills, critical thinking and communication skills as well as hone my professionalism.

The most rewarding part about being an oncology nurse is making a difference to the lives of cancer patients, providing comfort and



relief in their often long battle against the disease.

As a nurse educator today, I have immersed both simulation and technology to enhance the learning of nurses. I am grateful for the opportunity to nurture future nurses in providing competent care in clinical settings and training them to be nursing leaders.

To aspiring nurses, don't be afraid to follow your passion, for you never know what you can achieve.



Lee Soke Yee

Senior Nurse Clinician
National University Hospital

The encouragement from supervisors and the appreciation from patients' caregivers have motivated me to do my best in nursing

EVEN though it was many years ago, I will never forget my first night shift as a student nurse. That night, I had to assist an enrolled nurse to perform last office on a patient who had passed on. Her professionalism left a deep impression on me and I learnt that respect for patients should extend till the very end, to their after-death care.

Since 1996, I have cared for the tiniest and most vulnerable babies in the neonatal Intensive Care Unit. It is very fulfilling to

see these little fighters grow and eventually discharge. Over the years, the encouragement from supervisors and the appreciation from patients' caregivers have motivated me to do my best in nursing.

I am happy to be given opportunities to impart the knowledge I have accumulated over the years and groom the next generation of nurses through mentorship, in-house specialty courses and advanced skills training in neonatal care.



Lie Adeline

Assistant Nurse Clinician
National University Hospital

Throughout my nine years in nursing, my parents have consistently inspired me to view challenges as opportunities for growth

THE first time I considered becoming a nurse was in my teens, when I accompanied my grandmother on her multiple visits to the hospital. Fast forward to clinical attachments and entering the workforce, nursing is very different from what I had envisioned.

Throughout my nine years in nursing, my parents have consistently inspired me to view challenges as opportunities for growth. Their unwavering encouragement, together with

the support from my nursing leaders and colleagues, motivate me to continuously strive to give my best for my patients.

Nursing is not an easy path and there will be tough periods. Once I had to undergo an inquiry to review the care management of a patient. Despite that, I chose to stay in the profession — a career that I am proud to be an advocate of. What keeps me going is the appreciation from patients and acknowledgment from our nursing leaders and colleagues.



Lin Chunyu

Nurse Manager

National University Hospital

No matter how challenging the role, we as nurses are privileged to be able to make a positive impact

MY 20-year nursing career has seen many highlights. They include being involved at the frontline during the SARS outbreak and the COVID-19 pandemic, as well as serving as a credentialed trainer for the hospital's transition to the Next Generation of Electronic Medical Record (NGEMR) system.

One of my most memorable nursing experiences was caring for a young patient, who had undergone brain surgery, for a prolonged two-month period.

She was thankful for the care received and returned to visit the team with her fiancé months after her discharge. It was truly heart-warming to learn that she recovered well, was going to get married and start a new life chapter.

It reinforced my belief that at the end of the day, no matter how challenging the role, we as nurses are privileged to be able to make a positive impact in someone's life. I am grateful for this challenging but rewarding nursing career.

Owe Sze Ling

Senior Nurse Educator

National University Hospital

I believe care, love and warmth towards our patients will never be replaced by medicine or technology

FLORENCE Nightingale, who shone the light of care and comfort into the hearts of the sick, has been my inspiration throughout my 30 years in nursing.

When I was a young Intensive Care Unit nurse, an inconsolable mother of a young patient who had passed on leaned on my shoulder and cried in my embrace. This seemingly simple gesture of being there for her while she grieved apparently provided her with the support she



needed most at that point. It also reinforced what I believed — the care, love and warmth towards our patients will never be replaced by medicine or technology. Hence, my mantra is, "In all we do, we must never forget the human touch".

I am privileged to be a nurse educator to guide and nurture young nurses with my knowledge and experience. Being appreciated by my patients and students spurs me on to fulfil my calling as a nurse.



Wong Leong Huong

Nurse Clinician
National University Hospital

Knowing that I can make an impact in someone's life through my work, and simple gestures of gratitude, spurs me on

THE decision to enter this profession in 1999 was sparked by my mother who wanted to be a nurse. In my pursuit of her dream, my own passion for nursing grew. Today, I am a nurse specialising in wound and stoma care.

Through my work, I am glad to help patients requiring stoma. Many of them often feel helpless and anxious when they are told that they need one. I recall a patient who came to me with teary eyes,

sharing that she is clueless about managing her stoma. Like many other patients I have cared for, she calmed down after I took time to address her concerns and guided her on basic stoma.

Knowing that I can make an impact on someone's life through my work, and simple gestures of gratitude, spurs me on. I strive to continue providing incredible care for our patients and support for my colleagues.

Zheng Lianmin

Nurse Clinician
National University Hospital

My nursing career has rewarded me with unmeasurable satisfaction and motivated me to give my best

THIRTEEN years of nursing experience has equipped me with vast professional knowledge as well as groomed and shaped me to be who I am today.

Caring for patients with advanced kidney disease has been challenging yet fulfilling. One of the most memorable experiences I had was convincing a young patient to change his mind about not commencing dialysis. This experience made me realise that nursing is more



than just caring for patients' physical condition; it involves holistic care for them, including their mental and social well-being. I am thankful that nursing allows me to connect with patients on a personal level and create a positive impact in their lives. It is fulfilling when the care I have rendered touches their hearts.

My nursing career has rewarded me with unmeasurable satisfaction and motivated me to give my best. Being a nurse has made me a better person.



Koh Shu Hua

Senior Staff Nurse

NUHS-Regional Health System Office

Visiting patients at their home helps me to spot environmental factors that affect their health

WHEN I started working as a nurse in the general ward 10 years ago, I thought that people would make positive lifestyle changes after having a major health scare. However, that was not always the case. For lifestyle changes to succeed, it often requires both patient education by healthcare staff and effort by patients and their families.

Five years ago, I decided to move into community nursing and have been part of National

University Health System's community care team. Visiting patients at their homes helps me to spot environmental factors that may affect their health. I also get to educate patients and their families in areas such as diet and exercise, which helps them to achieve positive lifestyle changes.

I believe that lifestyle changes should not be limited to patients with existing health conditions — everyone plays a part to keep themselves and their loved ones healthy.

Teo Hui Ling

Nurse Clinician
(Advanced Practice Nurse)

National University Polyclinics



I feel privileged to be in the company of healthcare colleagues who served at the frontlines of the pandemic

THERE have been many memorable events throughout my career and I feel privileged to be in the company of healthcare colleagues who served at the frontlines of the pandemic and to have served as Advanced Practice Nurse since 2008.

It was rewarding to implement National University Polyclinics' Teleconsult services as a safe and viable option during COVID-19. This alternative service had benefited one of my patients in particular. Being the sole caregiver

for his wife, who has dementia, he would often miss his own appointments frequently when his wife was unwell. As he was not keen on a nursing home placement for her, I persuaded him to try day-care help for his wife and to utilise the Teleconsult services for his own healthcare. He was very thankful as the new arrangements greatly benefitted them.

Nursing is indeed a career filled with new challenges that still make my heart race from time to time!



Yap Hwee Luan

Nurse Clinician

National University Polyclinics

If I had to choose one point to share with future nurses, it's the importance of embracing new technology

HAVING completed 30 years in this profession, I have no regrets embarking on this journey.

One of my unforgettable memories is setting up team-based care; working with doctors, care managers, care coordinators and allied health professionals truly motivates me. Our small team size not only allows us to foster close relationships with each other, but also our patients. Such team-based care optimises rapport building and a greater continuity of care. Being able

to converse and interact with patients also motivates me, especially when they make small adjustments to their lifestyles.

I find satisfaction in knowing that my job enables me to make a difference in someone's life, to give that touch of care and concern no matter how small that gesture is — a smile or a greeting. If I had to choose one point to share with future nurses, it's the importance of embracing new technology to work more efficiently.

Kamala D/O Velu

Assistant Nurse Clinician

Ng Teng Fong General Hospital

It gives me great joy to walk with patients and their families through difficult times

IN my 33 years as a nurse, being appointed to lead a medical mission trip to India with fellow doctors and nurses was the most memorable. It was an honour to contribute my knowledge and skills in a foreign land.

Being a nurse is unique because we make a difference in patients' lives. It gives me great joy to walk with patients and their families through difficult times and comfort a patient in moments of discomfort, sometimes even their final



moments of life. I am grateful for good family support and work-life balance. I take breaks whenever possible to spend quality time with my family and re-energise myself.

The greatest challenge I have encountered has been the COVID-19 pandemic and its implications on patient care and life. Nursing is a rewarding career that allows you to choose your preferred area to specialise in, which makes our job very special.



Neo Li Min

Nurse Clinician

Ng Teng Fong General Hospital

Collegiality is my motivation. I also believe in treating patients like I would treat my family

I HAVE been a nurse for 23 years and, despite the challenges, I have enjoyed every step along this journey.

An unforgettable stage of this journey is the ongoing battle against the COVID-19 virus. The pandemic has disrupted our daily life and affected the way we work. Besides strict restrictions on travel and social gatherings and being required to wear personal protective equipment, healthcare workers faced the stress of risk of infection.

At the height of the pandemic in 2021, my colleagues and I volunteered to perform PCR swabs for rostered routine testing and coordinated organisational efforts with the national drive to encourage and administer COVID-19 vaccination for patients.

Collegiality is my motivation. I also believe in treating patients like I would treat my family. I always want to achieve the best for my family members, so going above and beyond for patients comes naturally.

Poh Lishi

Assistant Nurse Clinician

Ng Teng Fong General Hospital

The ability to enhance patient safety by educating staff on infection prevention keeps me motivated

THIS year is special for me... it marks my 20th year as a nurse. I graduated in 2002, not long before SARS reached our shores the following year, and I can vividly remember receiving the first patient with SARS and nursing him to recovery.

Even though there were uncertainties about the disease we were dealing with, we stood firm and fought with relentless determination to care for our patients.

Six years later, I chanced upon



an opportunity to work as an infection control nurse. The ability to enhance patient safety by educating staff on infection prevention by sharing knowledge and best practices, keeps me motivated. When the COVID-19 pandemic started in 2020, I was able to put my knowledge and skills in infection control to good use.

I believe that if one perseveres, one will succeed. I embrace change as an opportunity for growth and success.



Praveen Kaur Gosal D/O Harbahjan Singh

Nurse Clinician
Ng Teng Fong General Hospital

The CCF stint taught me the importance of teamwork, compassion, empathy and staying open to change

THE last two years in my 20-year career as a nurse have been the most memorable for me. I had the opportunity to be involved in a COVID-19 Community Care Facility (CCF) setup and operations. Caring for dormitory workers there gave me a greater appreciation for their contributions to Singapore.

The CCF stint also taught me the importance of teamwork, compassion, empathy and staying open to change. I enjoy the feeling of making a difference

in the lives of my patients and their families and empowering them to manage their conditions. A smile or a “thank you” motivates me to continue giving my best, and kindness goes a long way in building solid relationships.

Nursing has the ability to make connections with people in meaningful ways. Although it can be physically and mentally demanding, knowing that I have helped others in need gives me great satisfaction.

Subashini Angusamy

Assistant Nurse Clinician
Ng Teng Fong General Hospital

I am committed to enhancing processes with information technology to increase patient outcomes and employee satisfaction

IT has been my privilege to experience several roles during my 16-year nursing career, from an oncology nurse to even a clinical instructor. However, it was an experience in 2012 at Ng Teng Fong General Hospital that wholly altered my career path.

Through implementing the Epic Electronic Medical Record (EMR) system, I gained much knowledge that has shaped my expertise in informatics. As an instructional designer, I was involved in designing the inpatient nursing curriculum



that served as the foundation for the Next Generation EMR inpatient programme six years later.

Nurses require information to safely care for patients whilst also managing health data through technology. I worked with nursing and allied health colleagues and Small and Medium Enterprises to streamline the EMR documentation. I am committed to enhancing processes with information technology to increase patient outcomes and employee satisfaction.



Yeo Eng Mai Joanne

Nurse Clinician
Ng Teng Fong General Hospital

Nursing is more than just a job. It has taught me to persevere and to be resilient and caring

NURSING has allowed me to help others, which motivates me to continue learning and growing even after 32 years in this wonderful profession.

The most memorable event in my nursing career took place while I was a junior nurse working in an orthopaedic ward. I befriended a healthy young man who had just been diagnosed with an aggressive tumour on his right leg. During the short time that he was hospitalised, he underwent an

amputation and chemotherapy. Knowing how it affected him, my colleagues and I formed a support team to cheer him on and checked in on him regularly. His passing reminded me to always do my best to treat each dying patient with dignity.

Through this experience, I gained the ability to be agile and adaptable to challenges. Nursing is more than just a job. It has taught me to persevere and to be resilient and caring.

Chen Qiu Yan Joyce

Nurse Clinician
Changi General Hospital

Life is unpredictable and, therefore, it is important that I give the best care to my patients all the time

IT has been 19 years since I started my nursing career during the SARS outbreak, and my passion for the profession has only grown stronger over time.

There have been many memorable experiences with patients, but one particular incident left a deep impression on me. I remember preparing a patient for her hip surgery, when she had a sudden cardiac arrest. We attempted to revive her but our attempts



were futile. Through the incident, I came to realise life is unpredictable and, therefore, it is important that I give the best care to my patients all the time.

I am fortunate to work with a team of nurses who share a common drive towards delivering the best patient care with passion and empathy. It is a fulfilling career that helps to save lives as well as provide comfort and happiness to patients and their loved ones.



Chow Weiling

Senior Staff Nurse

Changi General Hospital

My time as a nurse has taught me to be agile and adapt to the constant demands in healthcare

EVER since I started my nursing career 10 years ago at the Accident and Emergency Department in Changi General Hospital, my family has been my pillar of support and strength. They encourage me to stay positive and overcome all hurdles.

My time as a nurse has taught me to be agile and adapt to the constant demands in healthcare. I can still recall an incident where a lorry arrived at the Emergency Department Bay... having been informed that a male patient

was lying motionless in the back of the lorry, I immediately climbed onto the lorry and started performing cardiopulmonary resuscitation on him. In a short while, we managed to revive the patient. He had suffered an acute myocardial infarction and, subsequently underwent an acute percutaneous intervention procedure.

I am grateful that I have come this far in my nursing career. To my fellow colleagues, we can make a difference together.

Cui Hai Hua

Nurse Clinician

Changi General Hospital

I am proud to be a nurse and to have the opportunity to make a difference to someone's life

I STARTED my nursing career in 2007 and have been working in the Medical Intensive Care Unit (MICU) since 2011.

Over the years, I have experienced numerous heart-warming moments: One involves a patient admitted to the MICU after an extensive surgery. As the frequent changes to his wound dressing were causing him some discomfort, he requested for me to be his designated nurse to care for his wound. He told me that he felt very comforted



whenever I reassured him about his condition and was therefore less worried.

It was then that I realised how a simple act of mine could mean a lot to the patient. I am proud to be a nurse and to have the opportunity to make a difference to someone's life.

This gives me a sense of achievement and job satisfaction. I will continue to provide the best care to my patients with compassion and empathy.



Hafiszah Bte Hashim

Nurse Clinician
Changi General Hospital

My motivation comes from my team of nurses; to see them grow in their careers... and make a positive impact

I HAVE been a nurse for the past 21 years, and am very proud of that.

While I care for my patients because of my passion for this profession, it always feels good to know that my work is appreciated. A good example was when a former patient's family member came looking for me in the ward. As that week had been particularly hectic and challenging, my immediate thought was that I was going to be facing a complaint.

Instead, I was greeted by a beautiful flower bouquet, a gesture of appreciation from the family for my patience and professionalism while caring for their father during his last days.

My motivation also comes from my team of nurses; to watch them grow in their careers and see that each of them makes a positive impact to the patients makes me feel proud. It keeps me going in nurturing the next generation of nurses.

Ooi Jing Wen Ivy

Senior Staff Nurse
Changi General Hospital



I believe that no matter how small the effort, it can make a great difference to someone's life

THIS year, I commemorate my 11th year of being a nurse. I was inspired by my mother to join this wonderful profession: Being a nurse herself, her commitment during the SARS outbreak had inspired me to be as selfless and courageous as she was.

An unforgettable memory I have involves caring for a patient with traumatic brain injury who had to be transferred to another hospital urgently. The team faced great challenges

in stabilising his critical condition before the transfer but, thankfully, our efforts paid off when he made it for his surgery. I can't find words to describe the satisfaction I felt then, knowing that our teamwork had saved a life!

I believe that no matter how small the effort, it can make a great difference to someone's life. This motivates me to do my best for my patients, and to influence others to share this common passion for nursing.



Soh Ee Choon

Principal Enrolled Nurse

Changi General Hospital

My motivation comes from my family, especially my husband who helps to look after our children while I work

THIRTY-FOUR years, that's how long I have been a nurse. Yet, no one day of work has been like another. That's the beauty and challenge of being a nurse where we are exposed to different patient cases every day.

I recall an incident where a patient was admitted to the Intensive Care Unit (ICU) after trying to harm herself. The act had caused serious damage to her internal organs and she regretted her actions. I sat by her bedside, held her hands and lent

her a shoulder to cry on. Sadly, she passed on. The incident affected me greatly but it taught me to treasure our lives and show compassion to others.

My motivation comes from my family, especially my husband who helps to look after our children while I work rotating shifts and my aunt, who was a nurse. With their encouragement, I grew stronger and more adaptable to the increasing demands of healthcare.

Sun Li

Nurse Clinician

Changi General Hospital

I am always excited to be able to witness and be part of change and innovation in healthcare

AFTER graduating from nursing school in 2003, I have spent nearly 20 years of my nursing career in the Operating Theatre (OT). Some may describe the OT as a frightening, cold and intimidating place but, for me, it is almost like my second home.

From the first time I scrubbed in to assist a surgery, to becoming a leader and preceptor, guiding the junior nurses;



I am always excited to be able to witness and be part of change and innovation in healthcare which will bring better care to our patients.

My OT colleagues and I share happiness, tears and celebrate every achievement. The team strongly believes in delivering the best, safe and quality care to our patients and this is what motivates me to do my best as a nurse.



Wang Chunhong

Assistant Nurse Clinician

Changi General Hospital

I am proud to be an endoscopy nurse as saving lives gives me great job satisfaction

I HAVE been working as a nurse in the Endoscopy Centre for 14 years since I graduated in 2008.

One vivid memory is providing assistance, during one of my night shifts, to an emergency endoscopy procedure.

A patient had swallowed a fish bone which was laterally lodged in the oesophagus. The procedure was performed in the operating theatre and lasted for one and a half hours due to its intricacy. The team cheered when we

managed to remove the fish bone without any complication. It was an unforgettable experience with a good outcome.

Nursing is a challenging yet interesting profession. As an endoscopy nurse, we are often activated to assist in emergency bleeding cases in the operating theatre. This allows us to learn different skills, which broadens my horizon and boosts my confidence. I am proud to be an endoscopy nurse as saving lives gives me great job satisfaction.



Hong Zhiyang

Nurse Clinician

KK Women's and Children's Hospital

The years in OT allowed me to gain critical skills to care for surgical patients, and fast-tracked my learning

EVER since I graduated with a Bachelor in Nursing in 2009, I have been part of KK Women's and Children's Hospital's Operating Theatre (OT) family. I started as a scrub nurse and had the opportunity to pursue an Advanced Diploma in Peri-Operative Nursing (Paediatric Surgery).

The years in OT allowed me to gain critical skills to care for surgical patients, and fast-tracked my learning when I furthered my career by taking up a post at the Central Sterile Supply Unit (CSSU),

a unit within OT services, in 2015. Being an avid learner and keen to improve work processes, I gained insights on instrument decontamination, sterilisation processes as well as mastered the assembly and maintenance of complex surgical instruments.

It gives me great satisfaction to be part of CSSU's contribution to patient outcomes, where ensuring instruments are processed according to protocol is crucial for patient safety. I am forever grateful for these opportunities.



Liang Zhaoxian

Assistant Nurse Clinician

KK Women's and Children's Hospital

I jog and swim on my rest days to de-stress... however, nothing beats a 'perk-me-up' from appreciative patients

I HAVE worked in the Women's Intensive Care Unit (WICU) for 13 years. Caring for critically ill patients or those on the brink of death is incredibly challenging but rewarding. Though physically and mentally draining as we need to respond quickly and decisively when a patient's condition changes for the worse, seeing a very ill patient restored to health keeps me going.

I jog and swim on my rest days to de-stress and keep

fit, and this also rejuvenates me for work the following day. However, nothing beats a 'perk-me-up' from appreciative patients. One memory I hold close is of a young lady who called me by name when she paid a friendly visit to WICU a year after discharge. I was delighted that she had recovered as she was very sick. It makes me proud to be a nurse as I can make a difference in our patients' recovery journey every day.

Nur Asyiqin Binte Kamal

Assistant Nurse Clinician

KK Women's and Children's Hospital

Appreciation from patients, support from supervisors and encouragement from peers motivate me to achieve my best

TWELVE years ago, I started my nursing journey at KK Women's and Children's Hospital, dedicated to the care of paediatric patients.

An event that I will never forget took place during this pandemic when I was working as an isolation nurse caring for young patients and caregivers. A caregiver had an emotional breakdown and insisted on leaving isolation. In full Personal Protective Equipment, I entered the isolation room and sat next to her. My presence in the room



and lending her a listening ear helped calm her down as we talked and found common ground. This reminds me to prioritise patients' emotional well-being and constantly drives me to be creative in my daily interactions with both children and caregivers.

Appreciation from patients, support from supervisors and encouragement from peers motivate me to achieve my best in leading the nursing team towards providing excellent care.



Rebekah Ramachandran

Staff Nurse

KK Women's and Children's Hospital

Witnessing the victory of life is what makes the work so fulfilling and extraordinary

I WAS first drawn to a career in nursing out of a desire to serve the sick and those in need. Being in the labour ward for the past 2.5 years has allowed me the privilege of being part of the delicate process of receiving new life into the world, and to help ensure that parents are encouraged and cared for at the start of a new and challenging journey. I am often moved when I bring a newborn

over to their parents for the first time.

In one unforgettable encounter, a young mother sang "You Are My Sunshine" to her newborn in the silence of the labour room. I stood in wonder at the gift of love that was shared between mother and child, and the budding of a new family before my eyes. Witnessing the victory of life is what makes the work so fulfilling and extraordinary!



Sharifah Bte Sarjono

Assistant Nurse Clinician

KK Women's and Children's Hospital

My contributions being valued gave me greater confidence in my abilities as an NICU nurse

THE most memorable event in my 36 years as an Neonatal Intensive Care Unit (NICU) nurse was the opportunity for me to be a 'godmother' to one of the neonates. I grew extremely attached to the newborn, who was born with chronic lung disease and was hospitalised for nine months. Her demise saddened me deeply.

Prior to the Family Integrated Care (FIC) model, parents of children with similar conditions could not hold them to bond.

She inspired me to focus on encouraging parents to establish strong bonds with their child to achieve positive outcomes. As one of FIC's pioneers, I am proud to see parents engaging in care activities with the neonates.

My contributions being valued gave me greater confidence in my abilities as an NICU nurse. It is also extremely rewarding to participate in Quality Improvement projects to enhance quality of care for neonates and streamline processes for my colleagues.



Tungul Riza Umlas

Nurse Clinician

KK Women's and Children's Hospital

Success is not dependent on a single person, but on how everyone works together to deliver the best possible care

BEING part of a team that saves lives is one of the most rewarding aspects of being a nurse. A good example for me was when an expectant mum was rushed to the Urgent Obstetrics and Gynaecology Centre. Her condition was unstable and there was no information about her pregnancy as she did not attend maternity check-ups. Our team of obstetricians, neonatal doctors, an anaesthetist and nurses worked together for hours and safely delivered a pair of premature twins!

It was amazing to see the excellent collaboration and impact it had on so many lives. Success is not dependent on a single person, but on how everyone works together to deliver the best possible care. A beautiful jigsaw puzzle will not be whole with any pieces missing — we are all important.

After 25 years of tending to patients and their families, I remain very proud of my profession and of being able to make someone's life better.

Zeng Yanyin

Nurse Clinician

(Advanced Practice Nurse)

KK Women's and Children's Hospital

While we aim to provide the best care, there is always a need to hear the family's thoughts

I HAVE been a paediatric nurse since 2005, and nursing has always been interesting and challenging. This was especially so when I joined KK Women's and Children's Hospital's Paediatric Complex and Homecare Services where we had to deal with some parents who had some demands which were difficult to meet. As I spent more time communicating with them, I was able to understand their perspective while they accepted what we could do... and, gradually,



we built a positive relationship. From this, I learnt to see things from different viewpoints — especially those of patients and their families. While we aim to provide the best care for all, there is always a need to hear the family's thoughts on what they feel is best for their child. Thus, I emphasise the need to openly share thoughts and information with my team, patients and caregivers, so that we can tailor the best possible management for each child and their family.



Liew Siew Kee Jorene

Nurse Manager
National Cancer Centre Singapore

In oncology nursing, we may not be able to heal all patients, but we can always provide care, comfort and support

MY love for nursing and interacting with patients is the biggest motivation for my long career. Having spent 24 years in the profession, with 20 years as a specialist oncology nurse, I have crossed paths with many patients who have enriched my life.

I will always remember a young patient in his 20s who had terminal cancer. Although he was devastated by the diagnosis, he was thankful for the care and support I gave him

which enabled him to persevere with the treatment. His sincere words of appreciation to me before he passed on left a deep impression and continues to fuel my passion to do my best for patients.

In oncology nursing, we may not be able to heal all patients, but we can always provide care, comfort and support to patients at different stages of their cancer journey. It is this calling to care that makes nursing truly unique.

Ramah Prabah D/O Ramasamy

Senior Enrolled Nurse
National Dental Centre Singapore

Even the smallest act of caring... has the potential to turn a life around

MY 35 years in this profession have taught me that, too often, we underestimate the power of a touch, smile, listening ear or even the smallest act of caring, all of which have the potential to turn a life around.

Now, tending to geriatric patients and those with special needs at the Geriatrics Special Care Dentistry Clinic, I pay special attention to my patients as they need extra care while undergoing treatment.

A good example was when



I was once watching over a geriatric patient during a tooth extraction and he accidentally swallowed a mouth prop. It got lodged in his throat and he started choking. I immediately went to his aid by performing the Heimlich manoeuvre which effectively expelled the mouth prop. His spouse was very grateful and thanked me for my vigilance. Since then, both the patient and his spouse often come by to visit me whenever they have appointments at the centre.



Wee Hwei Li Gillian

**Nurse Clinician
(Advanced Practice Nurse)**
National Heart Centre Singapore

Throughout my nursing career, my patients, colleagues and supervisors have always been my greatest motivators

I HAVE been a nurse for 23 years and, even now, I can still recall my encounter with a critically-ill patient eight years ago. He was on life support in the Intensive Care Unit (ICU) and, feeling uncomfortable, had asked for a bath. Despite limitations in bathing patients in the ICU, I managed to bathe him and washed his hair.

After he was discharged, he thanked me and said the bath had meant the world to him. I was surprised that a

seemingly simple nursing duty like a bed-bath could leave such a lasting impression.

Throughout my nursing career, my patients, colleagues and supervisors have always been my greatest motivators — caring for patients with challenging medical conditions spurs me to continuously keep abreast with the latest knowledge on care management. That said, I am so grateful for my family's support, knowing that they are always there for me.

Suriani Binte Zahari

Nurse Clinician
National Heart Centre Singapore

I have reaped immense rewards from witnessing patients regain their health and independence



OVER my 24 years in nursing, I have reaped immense rewards from witnessing patients regain their health and independence. I believe in helping patients focus on their recovery by making them feel comfortable and giving them the best medical care possible.

I still remember vividly my first night duty in the Intensive Care Unit — I had just extubated a patient who had heart bypass surgery

earlier in the day and he suddenly collapsed. Chaos ensued as everyone rushed to resuscitate him. Thankfully, with the care rendered by the team of nurses and doctors, the patient recovered.

The sense of fulfilment remains strong as all of us contributed in some way to the patient's recovery. Indeed, the saying rings true: "When you're a nurse, you know that every day you will touch a life or a life will touch yours".



Quek Yi Ping

Assistant Nurse Clinician
National Neuroscience Institute

Being a nurse gives me a chance to make an impact on someone's life, hopefully always a positive one

DESPITE having been a nurse for more than 10 years, and assisting in various procedures for both critical and non-critical patients, I am sharply aware that I always need to be prepared in case a patient's condition suddenly deteriorates.

A few years ago, a patient collapsed during a procedure and, sadly, despite our utmost effort to resuscitate him, he did not survive. I was the last person he spoke to.

This event reminded me that caring for those in need and holding steady in the face of a crisis form the foundation of nursing. The energy from working as a team during the resuscitation towards a common goal is something I will never forget.

Being a nurse gives me a chance to make an impact on someone's life, hopefully always a positive one. This keeps me grounded and motivated in my nursing journey.

Chen Ling-Jun

Nurse Clinician
Sengkang General Hospital

What I thought was a simple gesture of assistance actually makes a big difference in the patient's journey

MY career in nursing began more than 18 years ago, when I started working as a registered nurse in a Medical Oncology general ward.

On one of my shifts, I noticed that my patient with poor oral intake did not touch her breakfast at all. I decided to chat with her and offered to spread some butter and jam on her bread. She was agreeable and, to my surprise, finished eating all her breakfast. She even told

me that it was the best breakfast she had eaten in a while.

This made me realise that what I thought was a simple gesture of assistance, providing help and some company, actually makes a big difference in the patient's journey and experience.

As Maya Angelou once said: "They may forget your name, but they will never forget how you made them feel."





Khoo Kian Boon

Nurse Clinician

Sengkang General Hospital

Nursing is not just about bedside care, we can make a difference in someone's life

NURSING is a noble profession that provides holistic care not only for the sick, but also their families.

Over my 16 years in this profession, where I have specialised in critical care, it is clear to me that working in the Intensive Care Unit can be challenging, especially seeing some patients pass on despite our best efforts. I always do my best to manage the family's mental and emotional state during this tough period.

Once, while walking in a shopping mall, I heard my name being called. It was one of my patient's family members. She was grateful and thankful for the care and support we provided during their difficult time, when her dad was hospitalised. I was surprised that she could remember me even though it was more than a year since her dad passed on.

Nursing is not just about bedside care, we can make a difference in someone's life.

Poh Hui Shan Michelle

Senior Staff Nurse

Sengkang General Hospital

With the ever changing landscape of healthcare, I continue upgrading myself, honing my analytic and critical thinking skills

AS a student, I had been interested in nursing for a long time, originally intending to join the profession after my GCE 'O' levels. However, as my family and friends were not supportive, I went on to junior college. Fortunately, the calling for nursing was so strong that I finally entered the noble profession after my GCE 'A' levels and now have been a nurse for 12 years.

This journey has taught me many valuable life lessons. One unforgettable experience was an encounter with a brave young



patient who, despite being stricken with cancer, was so optimistic in her outlook in life. My interaction with her inspired me to go the extra mile for my patients and enhanced my motivation to be a compassionate nurse.

With the ever changing landscape of healthcare, I continue upgrading myself, honing my analytic and critical thinking skills to improve clinical judgment and to be a better nurse advocate.



Tan Leng Leng

Assistant Nurse Clinician
Sengkang General Hospital

We should never underestimate the power of a listening ear and caring heart

IT has been three decades since I embarked on my journey as a perioperative nurse and it has always been so rewarding as we play a crucial role in every patient's journey in the operating theatre.

No two days are alike in perioperative nursing. I vividly recall this patient who poured her heart out in the induction room, prior to the surgery. During post-surgery extubation, it caught me by surprise that her first response was "Thank You, Nurse Leng Leng" even though she was still recovering from the

anaesthesia. We should never underestimate the power of a listening ear and caring heart.

I have also gained invaluable experience through collaborations with multidisciplinary surgical teams, leveraging my skills and knowledge to do my best as a patient advocate.

Given the resilience of perioperative nurses, we stand tall to embrace the challenges of dynamic technology advancements. My passion for perioperative will never cease.

Tan Wei Ting

Nurse Clinician
Sengkang General Hospital

Nursing goes beyond just caring for patients' needs, it also requires us nurses to have empathy while maintaining professionalism

MY father fell ill when I was 15 years old, and it was not easy for me and my family members to care for him. However, even though he passed on four years later, this experience didn't dampen my passion for nursing. With my mother's support, my sister and I embarked on the demanding yet fulfilling nursing journey.

Over my 18-year nursing career, I've had the opportunity to collaborate with multi-disciplinary colleagues to care holistically for vulnerable transplant patients.



Later, in the outpatient setting, I've learnt different aspects of care, helping patients to lead quality lives. This added meaningful cornerstones in my journey.

Nursing is ever evolving, and I keep learning as I take on new challenges. I also find it very fulfilling to share my experiences with future nurses. Nursing goes beyond just caring for patients' needs, it also requires us nurses to have empathy while maintaining professionalism.



Vigneswary D/O Devadass

Nurse Clinician
Sengkang General Hospital

It was the COVID-19 pandemic that tested my determination and strength as an ICU nurse

LITTLE did I know that being posted to a High Dependency Unit as a fresh graduate more than 14 years ago would play a key role in changing my views on nursing. I was presented with many challenges as a newly-graduated nurse, but I embraced them and applied the lessons I had learned. Subsequently, I chose to specialise in critical care nursing to enhance my knowledge and skills.

Nevertheless, it was the

COVID-19 pandemic that tested my determination and strength as an ICU nurse. With the overwhelming number of cases and stories of families who lost their loved ones, it felt like an impossible battle. However, perseverance, resilience and my previous experiences motivated me to do my best for the patients... and I must say I am proud to see how we pulled together as a nation.

Nursing is a calling, and I am grateful to be a part of it.

Chong Huiwen Gladys

Nurse Clinician
Singapore General Hospital

A simple “thank you” is all it takes to motivate me to continue giving my best every day

IN my 19 years as a nurse, I remember most vividly a patient with toxic epidermal necrolysis. She required a lot of nursing care for the blisters, skin peelings and painful erosions over all her body. She would scold us and scream in pain whenever we turned and changed her. It was a really difficult time for her and her family.

After months of dedicated nursing care, her skin gradually healed and her pain subsided.



She started looking forward to chatting with us, even joking at times. Eventually, when she recovered and was discharged, her family was extremely grateful to us for our quality care.

Helping patients and their families overcome a challenging period by working collaboratively with my nurses gives me a great sense of pride and fulfilment. A simple “thank you” is all it takes to motivate me to continue giving my best every day.



Chu Xinxin

Assistant Nurse Clinician
Singapore General Hospital

Nursing is a blessing that provides me the opportunity to enhance lives. I am grateful to journey with our patients

MY nursing career started in 2010, at Singapore General Hospital's Urology Department, and I have gained invaluable experience working with the team. As a urology resident nurse, I find the appreciation from patients and colleagues motivates me to continue giving my best at work.

I recall an encounter that took place when I was out of the hospital. A family member of a former patient came up to me and thanked me for the care that

I rendered when her loved one was admitted to the hospital. Not only was I surprised that she recognised me, her appreciation reminded me of the positive impact of our profession.

Nursing is a blessing that provides me the opportunity to enhance lives. I am grateful to journey with our patients and provide emotional support to their families. Seeing them recover and discharge is rewarding and I will continue to provide the highest standard of care.

Ho Soo Ling

Nurse Clinician
Singapore General Hospital

Our profession is physically and mentally demanding when saving patients' lives and providing care

THIS is my 26th year as a nurse and, during my time in the Emergency Department, I have seen many patients arriving in heart-wrenching circumstances. I have also witnessed family members wishing they could go back in time to say or do things differently with their loved ones. Our profession is physically and mentally demanding when saving patients' lives and providing care.

When I started out, I nursed an oncology patient who was the

same age as me. Despite her condition as an amputee, due to complications of leukaemia, she had a very positive outlook, strong will and fighting spirit. She inspired me to treasure life and instilled in me a strong motivation to give my best when helping those in need as a nurse.

The strong support from my colleagues, family and friends has enabled me to persevere these last tough years and provide the best care for my patients.



Khairulazmi Bin Iswahyudi

Assistant Nurse Clinician
Singapore General Hospital

I am blessed to have supportive teammates and truly enjoy the camaraderie among my colleagues

AFTER joining nursing at Singapore General Hospital in 2009, I further specialised in orthopedic nursing which I am very passionate about. Being part of the permanent night shift team is challenging but I am blessed to have supportive teammates and truly enjoy the camaraderie among my colleagues.

About two years ago, a patient who had been discharged and ferried home by ambulance was anxious as she did not receive her discharge medication on

time. As it was challenging for her to commute, I volunteered to deliver the medication to her after work. The patient and her son were deeply touched by this gesture and thanked me profusely.

A simple “thank you” can really motivate me to do my best and focus on providing the best quality care for my patients. I am grateful for this award and could not have done it without the support from my supervisors and colleagues.

Muhammad Hafiz Bin Hadi

Nurse Clinician
Singapore General Hospital

Seeing my patients get well and happily return to their homes motivates me the most

MY sister-in-law is a nurse and her sharing of her day-to-day experiences at work during our family gatherings intrigued me to consider nursing as a career. The curiosity sparked in my younger self has led to 14 fulfilling years in this profession and I am looking forward to more purpose-filled years ahead.

Seeing my patients get well and happily return to their homes motivates me the most.



I cherish my journey with each and every one of them.

I vividly recall a male patient in his 30s who had end-stage cancer. The image of his two young toddlers crying inconsolably, asking him to wake up when he eventually passed on is ingrained in my memory. I was around his age at the time and it made me realise how uncertain and precious life is, and that we should make the most of it while we can.



Ng Kai Lee

Nurse Clinician

Singapore General Hospital

I find joy and meaning at work from the department's continual efforts to improve patient experiences

WHEN I entered this profession 17 years ago, I was overwhelmed by the amount of work a nurse is entrusted to do. Thankfully, my preceptor not only provided good professional care to her patients, she also ensured I settled into my role as a new nurse.

Her kindness and patience put me at ease during many intense and challenging moments. This impressed upon me that, as we care for our patients, we should also care for our colleagues.

I find joy and meaning at work from the department's continual efforts to improve patient experiences. These improvements could not be achieved without supportive leaders and the team of passionate nurses who work in collaboration with a common purpose. They are my source of inspiration!

To new nurses, stay strong during challenges which are inevitable. Remember to be kind to yourself and people around you.



Ng Li Juan Krismaine

Nurse Clinician

Singapore General Hospital

To make a difference in someone's life, I have learnt that kindness is the best language

MY 13 years in nursing have been memorable and rewarding. The last five years in Breast Care Specialty Nursing have been especially meaningful as I journey with my patients through their cancer treatment, being by their side from the moment they receive their diagnosis outcome. It can be challenging not to be affected when I see them go through the struggles during the treatment but it is also important to stay

calm and reassure them whenever required.

I am grateful to my nursing team, the breast care support group members and my supervisors for their enthusiasm and dedication, as it is their unwavering support that makes me grow stronger every day. It is fulfilling when I see each of us work towards improving quality of care.

To make a difference in someone's life, I have learnt that kindness is the best language!



Ong Shihui

Nurse Clinician

Singapore General Hospital

My aspiration is for the nursing profession to grow from strength to strength

NURSING allowed me to achieve things beyond my imagination. I started my nursing career as a Burns Operating Theatre nurse in 2006 and it has been an interesting and intense journey as the specialty is highly complex and fast-paced.

We need to be equipped with skills and knowledge while working with precision and speed. We often battle against stress and fatigue, coupled with a high temperature environment. It is very similar to working like a

Formula One pit crew. They only have 2.5 seconds to work on a car once it reaches the pit stop. Similarly, in our team, everyone works concurrently on a patient within the shortest time in perfect harmony.

My aspiration is for the nursing profession to grow from strength to strength and for our nurses to find passion and purpose in what they do, contributing to and impacting healthcare within and beyond the hospital.

Seet Wai Mei Audrey

Nurse Clinician

Singapore General Hospital

The parents' tears of joy at this small action reminded me of the impact such small gestures can have

BEING a nurse for the past 16 years has given me the opportunity to be part of the team that heals the heart, mind and body of my patients and their loved ones.

Watching my extremely vulnerable patients in the Neonatal Intensive Care Unit (NICU) bravely fighting for their lives, and the strong faith their parents have in them, has made me more resilient and kept me motivated to nurse them well.



I recall the fear a pair of parents had when they first stepped into the NICU to visit their premature child. With lots of encouragement and reassurance, they plucked up the courage to carry their seemingly fragile newborn and laid the child on the mother's chest for them to bond. The parents' tears of joy at this small action reminded me of the impact such small gestures can have, and never to take them for granted.



Suriani Bte Muhamed Ishak

Nurse Clinician
Singapore General Hospital

I am delighted to have inspired two of our kids to join this wonderful profession

THE path of being a nurse for the past 37 years has not always been a smooth one, but my love and deep-rooted passion for nursing have kept me going. Of course, the invaluable support from my husband and our five children has been instrumental, and I am delighted to have inspired two of our kids to join this wonderful profession.

Nursing can be a tough job — the high workload,

irregular working hours and the emotional demands when caring for patients are just the tip of the iceberg. Over the years, managing the challenging conditions has honed my critical thinking and decision-making skills while remaining compassionate and empathetic. I am thankful for the many opportunities to gain new knowledge and skills, to make a difference in the lives of my patients and to positively impact those I work with.

Tan Hui Fen

Senior Nurse Manager
Singapore General Hospital



I believe that no matter how small the effort, it can make a great difference to someone's life

I HAVE always been intrigued by nurses who work behind the 'magical closed doors' of an Operating Theatre (OT) and aspired to be one of them since I was young. In the past 17 years as an OT nurse, I have never looked back. In fact, I have truly relished the opportunity to helm the Transplant and Robotic OT Nursing.

Nothing beats the priceless moment of seeing life spring from death, hope

arising from sorrow and a loss of life becoming a gift of life in transplant cases... it is beautiful.

At the start of the pandemic, I felt a calling to help patients using the best of my knowledge and skills. Thus I volunteered to helm the COVID-19 Emergency OT. As a senior nurse leader, I hope to inspire the next generation of nurses to take our profession to even higher heights.



Yeap Mee Lee

Assistant Nurse Clinician
Singapore General Hospital

I am grateful to my father for encouraging me to join nursing 30 years ago

DURING one of his outpatient visits, an amputee patient once said to me: “You forced me to look at my traumatic stump wound. It seemed harsh then but that helped me overcome my fear and empowered me to take care of my wound. Thank you.”

Now, as a way of showing his appreciation, he makes it a point to look for me in the clinic just to say hello whenever he comes for his follow-up visits.

A simple gesture of a smile

and a “thank you” from patients and their families continue to motivate me giving my best. It constantly reminds me of the dignity and worth of each and every individual, ensuring I always treat my patients with respect, kindness and friendship.

I am grateful to my father for encouraging me to join nursing 30 years ago and the continuous guidance from my supervisors and colleagues along the journey.

Zhang Lei

Nurse Clinician
Singapore General Hospital

I always remember the frailty of life and cherish how I can care for patients

MOVIES that featured healthcare, especially hospital emergency scenes, sparked my interest in a nursing career. And so, when the opportunity to study nursing overseas came up, I told my mum I wanted to take up the challenge.

As a new graduate, I was overwhelmed with routine work and questioned my decision to become a nurse. However, one day after showering a bedridden elderly patient, his son thanked me personally. His gesture warmed my heart



and gave me great satisfaction. I felt appreciated and moved as I realised this simple routine act gave comfort to the patient and his family. I then sealed my decision to do my best in nursing.

Twenty years on, my nursing experience of providing bedside care, reviewing work processes to improve standards and patient safety, have all enriched my life beyond measure. I always remember the frailty of life and cherish how I can care for patients.



Zhang Xiao

Assistant Nurse Clinician
Singapore General Hospital

Seeing a smile on my patient's face is deeply satisfying and motivates me to provide quality care

AFTER 22 years in this wonderful profession, I can still vividly recall a young Thalassaemia patient who refused treatment and attempted suicide.

This patient used to avoid eye contact with the doctors and nurses initially so, when he came for his blood transfusions, I would try to engage him by preparing his favourite food and even surprised him with a gift on his birthday. Through these constant relationship-building efforts, he gradually changed and

became more open to further treatment. Today, he treats me like a family member. Seeing improvements in patients like him energises me and that makes my nursing journey meaningful.

I embrace my role as a nurse in Haematology Centre, sharing my patients' sadness and joy. I also hope to better understand and manage the complex patient care situations. Seeing a smile on my patient's face is deeply satisfying and motivates me to provide quality care.

Santhi D/O Perumal

Nurse Clinician
Singapore National Eye Centre

I believe I made the right choice to become a nurse. I will continue giving my best

ON my first night shift 30 years ago, I had to perform last office rites for two deceased patients. I was reluctant to continue nursing then. However, my mother inspired me to become a resilient person despite the challenges I face at work.

Nursing has been a fruitful journey despite the demands. It rewards me with insightful knowledge and experiences, and teaches me gratitude and humility.

Every patient deserves someone who cares for them, especially



when they are vulnerable.

A decade ago, when medication delivery services did not exist, there were a few occasions where I personally delivered medications to patients who forgot to collect them after surgery. These small gestures can make a big difference to my patient's treatment.

I believe I made the right choice to become a nurse. I will continue giving my best to make a difference the lives of my patients.



Tee Yong Ming

Nurse Educator

SingHealth Community Hospital —
Sengkang Community Hospital

I feel it has been an honour to have contributed during two major pandemics — H1N1 Influenza A and COVID-19

THE initial days when I joined Singapore General Hospital, in 2003 after the SARS outbreak, were indeed challenging but I still recall enjoying my initiation as a junior nurse with the guidance of my seniors. In 2007, I became an Infection Prevention and Control (IPC) nurse which enhanced my knowledge and training skills and since 2018 I have been with SingHealth Community Hospitals as a nurse educator.

Looking back at my nursing career, I feel it has been an

honour to have contributed during two major pandemics — H1N1 Influenza A in 2009 as an IPC nurse, and COVID-19 when I was involved in setting up specialised wards. Both were great learning experiences and they motivated me to continue to serve as a nurse.

This profession allows me to be a part of many people's lives. That has taught me many real life lessons to continuously grow — both professionally and personally.

Foo Mei Ching

Assistant Nurse Clinician

SingHealth Polyclinics

I stepped forward to provide medical care at the dormitories where foreign workers were affected

I HAVE been enamoured with nursing ever since I started to pursue my nursing career in Singapore in 1989.

Now, after 33 years, my greatest satisfaction is to journey through my patients' illnesses, ultimately seeing them get better. There were times when I witnessed pain or the death of my patients, and those were moments that made me want to deliver the highest quality of care to improve all my patients' quality of life,



with better health outcomes.

When COVID-19 hit our shores, I stepped forward to provide medical care at the dormitories where foreign workers were affected, and assisted with swab tests and the national mass vaccination exercise at the clinic.

Although my family members were worried about my safety during that period of time, I felt that it was necessary for me to step up my responsibility as a nurse and put my patients above my own concerns.



Hung Yit Sim Lynda

Nurse Manager
SingHealth Polyclinics

**As a nurse manager,
I have had the opportunity
to guide and encourage
our nurses to take on
expanded roles**

OF my 35 years in this profession, 17 have been at SingHealth Polyclinics. Since 2017, as a nurse manager, I have had the opportunity to guide and encourage our nurses to take on expanded roles and responsibilities at the workplace as well as nurture them to become future nursing leaders. I believe that recognising everyone's effort contributes towards ensuring a happy and productive work environment.

During the COVID-19 pandemic, I served as an infection control nurse. This involved working with

my nursing team to conduct training sessions that familiarised our colleagues with the proper method to wear a mask and Personal Protective Equipment.

The most challenging part was to conduct training for temporary staff because they had little knowledge of healthcare and infection control measures. Hence, our communication with them had to be clear and precise to ensure everyone understood the importance of infection control protocol.

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What is the National Nursing Academy (NNA)?



- A one-stop portal for nurses, healthcare institutions and training providers to access a wide range of nursing programmes and courses offered by healthcare institutions and Institutes of Higher Learning with the aim of building nursing capabilities. The portal also features the NNA's event calendar, which displays local nursing events like conferences, forums, workshops, seminars and webinars happening throughout the year.

What does NNA do?



- Supports the learning needs of nurses and facilitates recognition of workplace-based training across institutions and settings.
- Standardises curriculum requirements for core clinical skills, shares best nursing practices and harmonises existing curriculum at various institutions.
- Centralises the listing of the training programmes and courses across institutions to streamline training resources and promotes collaborative efforts among healthcare institutions.

Vision



- Championing professional development of nurses

Mission



- Promote life-long learning
- Provide accessibility to continuing education and training
- Enable continuous professional development with robust workplace-based programmes

I am a nurse. How can I make full use of NNA's resources?



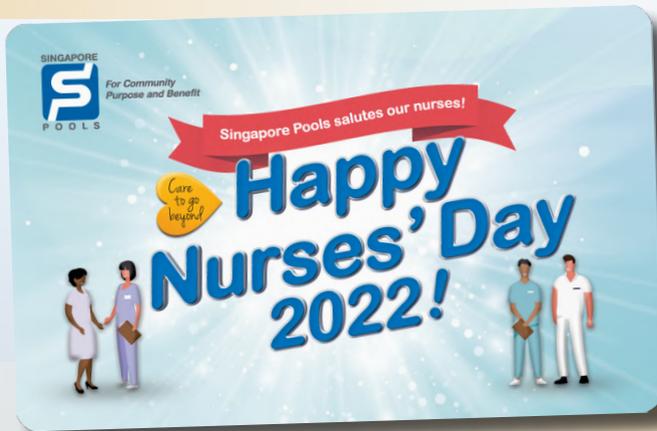
- You are strongly encouraged to visit the NNA website, especially the 'Available Courses' page which lists learning opportunities across healthcare settings. This will help you build clinical knowledge and skills necessary for your job scope or pick up new areas of interest you wish to develop yourself in. Nurses can also build on nursing competencies attained since graduating from their pre-employment nursing training programmes.
- You can use the NNA website as a resource to develop training roadmaps with your supervisor.
- You can apply for accredited courses which ensure the quality and standards of the acquired competencies and knowledge are recognised across healthcare settings.
- You can browse through the event calendar to look for nursing events such as conferences, forums, seminars and workshops as part of your professional development and to keep abreast of the latest nursing developments and resources.
- You can refer to the frameworks such as the Community Nursing, Palliative Nursing and Geriatric Nursing Competency Frameworks to identify the required competencies, plan your training needs and pursue professional development opportunities.



**Click on the NNA logo
or scan the QR Code to
visit the website now.**

NURSES' DAY TREAT FOR OUR EVERYDAY HEROES

You've worked hard. You deserve a treat... that's why Singapore Pools is giving our nurses a Kopitiam card (with \$5 value) for this Nurses' Day.



“Big thanks to our nursing heroes who brave the front lines every day to take care of all of us. We salute you on this special day for your dedication and selflessness.”

– Your friends at Singapore Pools



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