

The cover features a light beige background with a pattern of thin, curved lines. Numerous gold stars of various sizes are scattered across the top half. A thick, wavy gold ribbon curves across the bottom. The text is centered in a gold, serif font.

**NURSES'
MERIT
AWARD
2019**



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.



PROGRAMME

11am	Registration
11.45am	Guests to be seated
Noon	Arrival of Guest of Honour Mr Gan Kim Yong, Minister for Health
12.15pm	Welcome address Ms Tan Soh Chin, Chief Nursing Officer
12.20pm	Guest of Honour's address
12.30pm	Presentation of Nurses' Merit Award 2019
1pm	Lunch
2pm	End of event



*Thank you for
your care!*

Mr Gan Kim Yong
Minister for Health



*Congratulations
award recipients!*

Ms Tan Soh Chin
Chief Nursing Officer

THIS is the 44th year we are celebrating the achievements and dedication of our nurses with the Ministry of Health Nurses' Merit Award. The Award recognises the commitment, passion and hard work of our nurses in their care of Singaporeans.

Nurses do more than save lives. You provide care and comfort to patients, and you are a source of strength and support for them. Often, you take on the role of caregiver, advocate and educator to your patient.

As we face an ageing population with increasing chronic disease burden, the nursing profession will evolve to meet

our changing healthcare needs. Nurses will play an important role as we shift healthcare upstream towards preventive health and care in the community. We are also empowering our nurses to do more, so that you can reach your full potential.

My warmest congratulations to all the award recipients of the Nurses' Merit Award this year. I hope you will continue to develop your capabilities and knowledge while keeping patients at the heart of all you do. May you continue to grow in your profession and inspire those around you. I wish you a Happy Nurses' Day!



NURSES save lives every day. We are a force to be reckoned with; that was one of the key messages at the International Council of Nurses Congress held in Singapore recently.

Indeed, as the largest segment of the professional healthcare workforce, we have the influence and power to drive change. Not just by our sheer numbers and the impact we have in the different settings we work in, but in our unity of vision and purpose.

This purpose emanates from

our pledge — 'spare no effort to relieve suffering and promote health, and refrain from any action which might endanger life'. Patients truly are at the centre of whatever we do.

I hope that the write-ups shared by 101 of us in this booklet serve as a reminder of our pledge and that you will continue to inspire one another.

Congratulations to the recipients of this year's MOH Nurses' Merit Award, and I wish all of you a Happy Nurses' Day!

AWARD RECIPIENTS 2019

Intermediate and Long Term Care Institutions

Reyes Aimee Grace Quinco	Ag SNM	Ang Mo Kio - Thye Hua Kwan Hospital
Rosmah Bte A. Hamid	SSN	Assisi Hospice
Lydia Quah Mei Hwei	SN	Dover Park Hospice
Serene Wong Su Ling	Sr Pall. Care Nurse	HCA Hospice Care
Precilla Lai Manting	APN & NC	Home Nursing Foundation
Sim Puay Cheng	SNE	Kwong Wai Shiu Hospital
Aguilar Abarientos Alma	SSN	National Kidney Foundation
Kumaresan Shanmugapriya	CNM	National Kidney Foundation
Pan Foong Luan	NC	Pacific Healthcare Nursing Home
Grace Lo Shiang Lan	ANM	Society for the Aged Sick

Private Hospitals

Constance Valerie Koh Kim Hwa	ADN	Gleneagles Hospital
Pua Siew Keing	SNM	Mount Elizabeth Hospital
Tan Mui Eng	DDN	Mount Elizabeth Novena Hospital
Siti Hosier	SADN	Parkway East Hospital
Irny Hidayah Binte Muhammad	NC	Raffles Hospital
Fan Zuoxia	SN	Thomson Medical Centre

Statutory Boards

Rachael Phua Xue Ying	SSN	Health Promotion Board
Ruzanah Binte Othman	ANC	Health Sciences Authority

SingHealth Services

Normala Bte Abdullah	ANC	Changi General Hospital
Serena Koh Ee Ling	APN & NC	Changi General Hospital
Ng Chia Chi	NC	Changi General Hospital
Eileen Ng Yiling	SSN	Changi General Hospital
Ong Ling	ANC	Changi General Hospital
Janet D/O R Santiago	PEN	Changi General Hospital
Seah Ngee Chuan	SSN	Changi General Hospital
Joanne Yap Bee Eng	NM	Changi General Hospital
Maria Baguita Boey Soh Qi	SSN	KK Women's and Children's Hospital
Chan Sze Wern	SSN	KK Women's and Children's Hospital
Chua Mei Tuan	APN & NC	KK Women's and Children's Hospital
Andrea Hei Geok Mei	NC	KK Women's and Children's Hospital
Catherine Sandra Paul	SNM	KK Women's and Children's Hospital
Andhrias Maria Pushpam	NC	KK Women's and Children's Hospital
Charlene Wimala Qing Fang	NC	KK Women's and Children's Hospital
Stella Goh Seow Lin	APN & SNC	National Cancer Centre Singapore
Foo Lee Lian	ADN	National Heart Centre Singapore
Vijaya Letchmi D/O N Sankaran	NM	National Heart Centre Singapore
Marilyn Kang Siew Geok	NC	Sengkang General Hospital
Tan Chien Yen	SSN	Sengkang General Hospital
Rose Bte Borhan	NC	Singapore General Hospital
Chen Liyun	NC	Singapore General Hospital
Louisa Hope Goh Ai Lian	ANC	Singapore General Hospital
Thiruselvi D/O Letchimanan	SEN	Singapore General Hospital
Lim Wee Hong	NC	Singapore General Hospital
Lim Xiao Ting	NC	Singapore General Hospital
Nozean Binte Mohamed Ali	NC	Singapore General Hospital
Annabelle Neo Yen Peng	NC	Singapore General Hospital
Zainah Bte Rahmad	SNM	Singapore General Hospital
Kalsom Bte Saptu	NC	Singapore General Hospital
Seah Wan Hin	ANC	Singapore General Hospital
Katherine Concepcion Tesalona	NC	Singapore General Hospital

Siti Khadijah Binte Zainuddin	NC	Singapore General Hospital
Yeo Liew Soo	NC	Singapore National Eye Centre
Hezlin Bt Adenan	NC	Bright Vision Hospital
Zuhaida Binte Amir	NC	SingHealth Polyclinics
Joanna Tan Lee Lim	NC	SingHealth Polyclinics

National Healthcare Group

Saralla D/O Arunasalam	APN & SNC	Institute of Mental Health
Sim Thiam Hee	SAN	Institute of Mental Health
Win Min Htet	SSN	Institute of Mental Health
Xie Huiting	SNE	Institute of Mental Health
Yuan Peng	NM	Institute of Mental Health
Chan Hoi Sum	NM	Khoo Teck Puat Hospital
Fan Xiulan	ANC	Khoo Teck Puat Hospital
Siti Nor Ilyana Binte Kamsol	NC	Khoo Teck Puat Hospital
Koh Pei Pei	ANC	Khoo Teck Puat Hospital
Joyce Lee Pooi Wan	NM	Khoo Teck Puat Hospital
Yu Lee Hoon	SNC	Khoo Teck Puat Hospital
De Roza Jacqueline Giovanna	APN & NC	National Healthcare Group Polyclinics
Elane Zhang Yunxia	NM	National Healthcare Group Polyclinics
Ahmad Shufi Bin Jasmani	SSN	National Skin Centre
Wendy Leong Hui Ling	NC	Tan Tock Seng Hospital
Benjamin Low Wei Yao	SSN	Tan Tock Seng Hospital
Sarinah Bte Mohamad	PAN	Tan Tock Seng Hospital
Phang Lai Yee	NE	Tan Tock Seng Hospital
Qiu Hong	ANC	Tan Tock Seng Hospital
Kossila Shanmugam	NC	Tan Tock Seng Hospital
Tan Soak Buay	APN & SNC	Tan Tock Seng Hospital
Lorraine Tan Yee Ching	NC	Tan Tock Seng Hospital
Charmaine Tan Jiali	SSN	Tan Tock Seng Hospital
Teng Wei Peng	NM	Tan Tock Seng Hospital
Thin Thin Htet Aung	NC	Tan Tock Seng Hospital
Lily Ng	SNC	Woodlands Health Campus
Kathy Lam Sie Mien	NE	Yishun Community Hospital

National University Health System

Lai Sook Funn	NE	Alexandra Hospital
Muruganandam Devi	SSN	Jurong Community Hospital
Tang Yoke Lai	NM	National University Cancer Institute, Singapore
Oon Siow Eng	NC	National University Heart Centre, Singapore
Suzana Binte Abdul Rahman	NM	National University Hospital
Norazlin Binte Esa	PEN	National University Hospital
Albert Ho Siew Foo	NM	National University Hospital
Dawn Huang Huiqi	NM	National University Hospital
Liu Huan	NC	National University Hospital
Ng Hui Chin	ANC	National University Hospital
Muhammad Shahabudin Bin Ramli	NM	National University Hospital
Hidayat Safiuddin Bin Shari	SSN	National University Hospital
Saptah Haji Ahmad	ANC	National University Polyclinics
Mariam D/O Sukumaran	NM	National University Polyclinics
Sa'adiyah Binte Arsad	NC	Ng Teng Fong General Hospital
Nagarethinam D/O Ramasamy	SNM	Ng Teng Fong General Hospital
Kathie Teo Kwan Thian	SNM	Ng Teng Fong General Hospital
Toh Lay Cheng	NC	Ng Teng Fong General Hospital
Ng Qi Wen	SSN	NUHS Community Campus

Reyes Aimee Grace Quinco

Acting Senior Nurse Manager
Ang Mo Kio - Thye Hua Kwan Hospital

 **Tough times never last, but tough people (nurses) do!**



Nursing was not my first choice, but I have had no regrets about joining this profession.

“The world needs nurses,” my mother said to me, and urged me to join. Having been a nurse for 23 years across different disciplines, it has been most gratifying to be one in a community hospital.

As my hospital is part of the Thye Hua Kwan Moral Society, we are able to support the caregiver as well. Working here, I have imbibed the ‘can do’ spirit. After all, as the adage goes, ‘tough times never last, but tough people (nurses) do!’



Rosmah Bte A. Hamid

Senior Staff Nurse
Assisi Hospice

 **Nursing has made me understand life better and appreciate every single minute that I have.**



I have been a nurse for 34 years, and have no regrets joining this profession. Nursing has made me understand life better and appreciate every single minute that I have. Making a difference in people’s lives also gives me a great sense of satisfaction.

Being a palliative care nurse is interesting and challenging.

Besides taking care of patients, I also provide comfort to their loved ones. When we recognise that a patient is nearing the end of life, we inform his or her family members. Many of them are grateful as they are able to prepare themselves mentally and spiritually, and to be at the patient’s bedside at the last moments.

Lydia Quah Mei Hwei

Staff Nurse
Dover Park Hospice

 My passion for healthcare began when I was in junior college.



My passion for healthcare began when I was in junior college. I joined Red Cross and was actively involved in community work ranging from befriending seniors to participating in overseas community involvement projects. Not only did I learn first aid, I also derived joy from helping those in need. Since then, my interest in healthcare

has grown stronger, and that affirmed my decision to take up nursing studies at the National University of Singapore.

I have been a nurse for four years, and never regretted embarking on this career path. I had a terminally-ill patient who often shared her personal stories and thoughts on life and death. Her perspectives provided me with valuable lessons on life.

Serene Wong Su Ling

Senior Palliative Care Nurse
HCA Hospice Care

 Nurse Serene, when I grow up, I want to be just like you!



I was a special education teacher for nine years before making a mid-career switch, and joined the accelerated programme for nursing at Nanyang Polytechnic. I have not looked back since; I have been in nursing for 12 years now. To me, it is a fulfilling profession where I can touch lives and bring comfort to those in need.

My patients push me to be a better person, and an even better nurse. They continue to live their

lives to the fullest despite the challenges they face. I am humbled by their strength and courage, and it pushes me to persevere and never give up.

I have a six-year-old patient who shrieks with delight whenever she hears my voice at the door during home visits. One day, in her innocent voice, she said: "Nurse Serene, when I grow up, I want to be just like you!"

Precilla Lai Manting

**Advanced Practice Nurse
& Nurse Clinician**
Home Nursing Foundation

 **As nurses,
our actions
can make a
difference in
patients' lives.**



I chose nursing because it is a meaningful, fulfilling and challenging field where I am able to make an impact on patients.

I remember a patient who was discharged against medical advice. The family was at a loss as the patient had rejected all treatment options. Learning that his last wish was to see his daughter get married, my care team

managed to persuade him to undergo treatment. He relented, but unfortunately failed to witness his daughter's wedding in time. The family was very grateful nevertheless, and thanked us for our dedicated care and support.

As nurses, our actions can make a difference in patients' lives. My goal is to always render the best support to help them get better.

Sim Puay Cheng

Senior Nurse Educator
Kwong Wai Shiu Hospital

 **Now, I hope
to use my
role as an educator
to inspire the next
generation of nurses
to care for their
patients with a
human touch.**



When I told my parents that I wanted to join nursing in 1980, they dissuaded me, citing reasons such as poor pay and job image.

While my parents viewed nursing as a dirty job that only handled human waste and faced death, I saw the need to care for the sick and frail. I persisted, and pursued my dream despite my family's discouragement.

I recall during my student days when I had to care for an elderly

patient who had passed on after I had given her a bed bath. I saw a peaceful smile on her face. At that moment, I knew that I had made a difference. It is moments like these that have kept me going for over 39 years.

Now, I hope to use my role as an educator to inspire the next generation of nurses to care for their patients with a human touch.

Aguilar Abarientos Alma

Senior Staff Nurse
National Kidney Foundation

 I saw life from a new perspective, where its significance lies in its quality and dignity, not the length.



I joined nursing because I have always been passionate about looking after the sick and helpless. I feel proud when I see patients' health improve. Throughout my 20 years of nursing, I have laughed, and I have cried. More importantly, I also learnt many things that made me a better nurse. I gained new perspectives, and made lifelong friends along the way.

My most distinct memory is of a patient who had suffered

nerve damage due to diabetes. I encouraged her to undergo dialysis to prolong her life. However, she chose to stop treatment, and she told me to be happy for her instead. I was so shocked that I cried, but I eventually came to terms with her decision, and even admired her bravery. I saw life from a new perspective, where its significance lies in its quality and dignity, not the length.



Kumaresan Shanmugapriya

Clinical Nurse Manager
National Kidney Foundation

 The satisfaction I get from nursing is absolutely phenomenal.



Growing up, I never imagined that I would become a nurse. Yet, it has been 18 years since I first stepped into a ward, and I have never regretted choosing nursing as my profession. I have always wanted to pursue a career that is challenging and interesting, and which could make a difference in people's lives. The satisfaction I get from nursing is absolutely phenomenal.

I remember one particular patient coming for his orientation at the dialysis centre. He was

depressed and despondent. He shared with us that he had been hospitalised for severe coronary heart disease. I encouraged him to focus on his family's love for him, and to realise the consequences if he was no longer around. He gradually found hope and consented to undergo dialysis.

Nursing is an honest and ethical profession. To me, it plays a multi-faceted and pivotal role in promoting health and caring for the sick.

Pan Foong Luan

Nurse Clinician
Pacific Healthcare Nursing Home

 Nursing has given me tremendous job satisfaction as I believe that it is not just a job, but a commitment to serve and care.



The value of compassion was instilled in me by my maternal aunt, who was working as a physiotherapist. I was inspired by the interesting and passionate stories about her work at the hospital.

In spite of various challenges, nursing has given me tremendous satisfaction as I believe that it is not just a job, but a commitment to serve and care. I am pleased that I can contribute to society in such a

unique way.

The most significant event of my career occurred during the SARS period. It was an invaluable experience that taught me to be ready at all times to face uncertainties and challenges, both in my personal and professional life.

I am honoured to receive this award, and would like to thank my supervisors and colleagues who have supported me.

Grace Lo Shiang Lan

Assistant Nurse Manager
Society for the Aged Sick

 The wonderful residents and colleagues here have made it possible for me to serve as a nurse for 35 years.



I chose nursing as a profession as I was inspired by my aunt, who is a nurse. I love helping and taking care of people, and feel a sense of satisfaction whenever I see patients recover. Having residents look for me when I am on long leave and seeing them so delighted to meet me when I am back at work warms my heart. The relationships that I have with them keep me going.

My most unforgettable incident was when one of the residents, whom I was very close to, passed away. Everyone called her Ah Po. Ah Po had treated me like a granddaughter and even shared her life experiences with me. It was not easy to accept her passing.

My wonderful residents and colleagues have made it possible for me to serve as a nurse for 35 years.



Constance Valerie Koh Kim Hwa

Assistant Director of Nursing
Gleneagles Hospital

 The experience I have gained from different disciplines has made me versatile and resilient.



I was encouraged to pursue nursing by my two aunts, who were nurses. My love for nursing grew when I discovered how much of a difference I could make in patients' lives through my care.

I will never forget the first time I performed CPR on a patient who had collapsed. I managed to save his life! That gave me a sense of fulfilment and reinforced my desire to care for others.

Four decades on in this field, the experience I have gained from different disciplines has made me versatile and resilient. I work closely with my nursing leaders and encourage my staff to pursue their nursing aspirations.

I hope to not only raise awareness about proper care and service, but also inspire my younger colleagues. I want them to know that their work can positively impact their patients.

Pua Siew Keing

Senior Nurse Manager
Mount Elizabeth Hospital

 It has been 26 years and my passion for nursing has never wavered.



I was hospitalised when I was five years old. Deeply impressed by the nurses and their caring ways during my time there, I aspired to be one myself.

One of my most memorable encounters was with a first-time mother who was having a difficult labour. I was only a student midwife and she had not expected me to have so much knowledge and competence. She was very grateful and even gave me a thank-you card. I was truly

touched when she told me that she could never have made it without my help.

It has been 26 years and my passion for nursing has never wavered. The immense joy I get from helping mothers bring life into this world is indescribable. The vivid memories of appreciative words from my patients, and the people whose lives I have touched have been my pillar of strength.

Tan Mui Eng

Deputy Director of Nursing
Mount Elizabeth Novena Hospital

 I love the fast-paced environment in the OT and feel energised and renewed whenever I successfully support a challenging case.



Siti Hosier

Senior Assistant Director of Nursing
Parkway East Hospital

 Patients trust nurses with their lives; a privilege only the nursing profession can have.



In 1973, my father met with an industrial accident which left him a paraplegic for years. With good rehabilitation and a strong will, he managed to walk again. I personally witnessed the transformative effect dedicated nursing staff had on my father's recovery. The very next year I joined nursing!

I have been an Operating Theatre (OT) nurse for more than 39 years. I love the fast-paced environment in the OT and feel

energised and renewed whenever I successfully support a challenging case.

As nurses, we can make a difference. I remember helping my anxious neighbour before an emergency operation. I volunteered to scrub for the case and was on my toes throughout the operation. She was extremely grateful for my presence. It was a small gesture on my part but it was significant to her and gave her a peace of mind!

When my grandmother passed away, I observed that the nurses spoke to her when they were cleaning her body during last offices. They said: "As nurses, we must deliver a good experience, whether dead or alive". Their passion inspired me to join nursing 25 years ago.

The most challenging case was when I had to deal with the constant, unreasonable requests of a VVIP's family.

I persevered, and earned their respect and confidence.

Patients trust nurses with their lives; a privilege only the nursing profession can have. When a patient is well enough to be discharged, it motivates me to continue to serve. I encourage all school leavers to follow their passion and make a difference in people's lives.



Irny Hidayya Binte Muhammad

Nurse Clinician
Raffles Hospital

 I treat patients as if they are my loved ones.



I meet patients with different concerns every day. The challenges at work give me an adrenaline rush, and that helps me to stay positive and motivated. I am grateful that I am able to touch the lives of patients by providing individualised wound care services.

I once nursed a 92-year-old patient who had a non-healing ulcer for three years. He required wound dressing at

least twice a week. My patient was initially resistant to treatment, but after building a good rapport, I convinced him to undergo a treatment regimen with regular check-ups. The wound has since healed, and we remain friends to this day.

I treat patients as if they are my loved ones. It is rewarding to be a Nurse Clinician, because I can care for my patients as part of a team.



Fan Zuoxia

Staff Nurse
Thomson Medical Centre

 Nurses do not just fulfil duties; we also touch lives with each and every encounter.



My aunt inspired me to pursue a career in nursing. I grew up witnessing her dedication to the profession, and sensed the difference she made in her patients' lives.

Throughout my career, I have been involved in many aspects of patient care. I remember a delivery case involving postpartum haemorrhage. My colleagues and I took turns to stay by the mother's side to closely monitor her condition.

The bleeding finally stopped after 26 hours. She personally thanked me upon her discharge for looking after her, and even requested that we take a photo together for memories.

I was surprised by her action. I was just performing my duty as a nurse. Her overwhelming gratitude made me realise how important a nurse's role is. Nurses do not just fulfil duties; we also touch lives with each and every encounter.

Rachael Phua Xue Ying

Senior Staff Nurse
Health Promotion Board



 **Nursing is not only about bedside care, it is also about enhancing our soft skills so that we can manage our patients' emotional needs.**

When I was young, I enjoyed television shows which featured medical professionals saving lives. They inspired me to join the healthcare sector.

I started my career in 2006. I used to take care of children in hospitals but now, I work with youth in schools to promote good health. The journey has been an enriching one.

I once encountered a youth who was a smoker. With regular sessions, he improved. Although he has

completed his programme, he still approaches me for advice on how to live a healthier lifestyle. This showed me that the nurse-patient relationship often continues beyond episodes of care.

I believe that many nurses can resonate with this story; that nursing is not only about bedside care, it is also about enhancing our soft skills so that we can manage our patients' emotional needs. It makes us stand out as professionals.

Ruzanah Binte Othman

Assistant Nurse Clinician
Health Sciences Authority



 **Nurses make a difference in the lives of others. My experience has influenced my sister and cousin to carry on the legacy.**



My nursing journey started in 1984 when my sister chanced upon a recruitment advertisement and encouraged me to apply. Nursing is more than just a career; it is truly a calling. I have no regrets becoming one.

The clinical knowledge that I have acquired has enabled me to help others. In my early years in the field, I remember being called to dress the wound of a bedridden man. His subsequent recovery

and gratitude gave me great satisfaction.

Nursing is a career where learning is continuous. I have been given many learning opportunities and attended international conferences overseas to expand my knowledge in blood banking.

Nurses make a difference in the lives of others. My experience has influenced my sister and cousin to carry on the legacy.



Normala Bte Abdullah

Assistant Nurse Clinician
Changi General Hospital

 If I were to start all over again, nursing will still be my one and only choice!



What started off as a short visit to a hospital years ago saw me witnessing doctors and nurses tirelessly resuscitating a patient. That incident led me to where I am today — 25 years in nursing and still counting!

One incident that has been indelibly etched in my mind was seeing a young girl grieving over the loss of her father to cancer. It moved me to tears.

Patients lie at the heart of

everything I do. I want to make a positive impact in their lives. I enjoy working in a fast-paced and challenging environment, and nursing offers me just that!

I know I can make a difference to people's lives through this meaningful career, filled with many opportunities, challenges and rewards. Simply put, if I were to start all over again, nursing will still be my one and only choice!



Serena Koh Ee Ling

Advanced Practice Nurse & Nurse Clinician
Changi General Hospital

 I am thankful to be given the privilege every day to make a difference in my patients' lives.



Coming from a family with two generations of nurses before me, I was inspired to continue the tradition. I pioneered a medical emergency team for the first two years before specialising as a trauma nurse for the next 11 years.

Now, with the support of a great team of multi-disciplinary professionals, I help my trauma patients overcome challenges. Over the years, I have learnt

that we need to tailor our care for each patient.

Teamwork is very important, as it takes a whole team to achieve success. I am thankful to be given the privilege every day to make a difference in my patients' lives. This award is dedicated to all nurses out there. May it continue to remind me of my resolve to serve my patients with passion and humility.



Ng Chia Chi

Nurse Clinician
Changi General Hospital

“People will forget what you said and what you did, but they will never forget how you made them feel.”



My childhood dream was to be an angel in white. Today, I am humbled to receive this award, and feel blessed to be able to do what I love as my job. This year marks my 20th year in nursing.

Being able to render care and support to others in their moments of need brings me joy and happiness. There was once a patient who, while holding my hands, said, “Missy, Uncle cannot remember your name, but I can still remember how you made me

feel when I was admitted the last time. Thank you!”

That really brought tears to my eyes and affirmed the saying: ‘People will forget what you said and what you did, but they will never forget how you made them feel.’

My greatest satisfaction lies in witnessing patients develop resilience while facing challenges. I am glad that nursing is my passion and profession.



Eileen Ng Yiling

Senior Staff Nurse
Changi General Hospital

“This profession is special to me. As nurses, we get to spend time with patients and build a good rapport with them so that we can provide the best possible care.”



It has been an exciting and enriching nine years for me as a nurse. Nursing has given me a lot of satisfaction despite its many challenges. There have been many opportunities for me to learn, and it is very rewarding when I see my patients get better and go back home.

I enjoy imparting my knowledge and experience

to new nurses, as it empowers them with the confidence to carry out their duties. I also mentor these nurses and guide them when they need help.

This profession is special to me. As nurses, we get to spend time with patients and build a good rapport with them so that we can provide the best possible care.



Ong Ling

Assistant Nurse Clinician
Changi General Hospital

 For those who are considering nursing as a profession, it gives you the opportunity to make a difference in the lives of others by giving them care in their time of need.



I joined nursing 20 years ago because I loved interacting with people, and strongly believe in making a difference.

One of my most memorable moments was an encounter with an unemployed, middle-aged gentleman who had a non-healing leg ulcer for 14 years. Through building trust and rapport, I was able to convince him to comply with treatment and regular

attendance at our Wound Clinic. His wound healed within four months. He was grateful and told me that he could finally look for a job. I was glad that I could motivate him and improve his quality of life.

For those who are considering nursing as a profession, it gives you the opportunity to make a difference in the lives of others by giving them care in their time of need.

Janet D/O R Santiago

Principal Enrolled Nurse
Changi General Hospital

 I have always wanted to be a nurse, and I have been one for the past 29 years!



I have always wanted to be a nurse, and I have been one for the past 29 years!

While I was a student nurse, I assisted a staff nurse in performing a wound dressing. When I first handled the wound, I was fearful and anxious, because the patient was groaning in pain. The staff nurse saw my reaction. Instead of scolding me, she was empathetic. She started talking

to the patient and I saw how he gradually relaxed and felt more at ease.

The patient subsequently made a full recovery. He thanked us with a big smile, and that gave me a great sense of satisfaction and achievement as a nurse.



Seah Ngee Chuan

Senior Staff Nurse
Changi General Hospital

 I developed a passion to help others, and was inspired to join nursing after being with the St John Ambulance Brigade during my school days.



Joanne Yap Bee Eng

Nurse Manager
Changi General Hospital

 Inspired by the nurses who cared for my late mother during my younger days, I decided to pay it forward by becoming a nurse.



I developed a passion to help others, and was inspired to join nursing after being with the St John Ambulance Brigade during my school days.

After completing my National Service, 11 years ago, I started working as an Enrolled Nurse. That same year, I was given the opportunity to become a Registered Nurse (RN).

I have been a RN in the Emergency Department for the

past nine years. One incident which I remember was when I had to care for a terminally-ill patient, whose family members were uncertain of what to expect. I reassured and guided the family members through the patient's end of life process. The family was grateful.

I dedicate this award to my colleagues, patients and their family members who have nurtured me all these years.

Inspired by the nurses who cared for my late mother during my younger days, I decided to pay it forward by becoming a nurse.

My perception of nursing has changed after 24 years of nursing; from institutional to communal. It began with encountering a senior who stayed alone. She had a poor understanding of healthcare and consequently neglected her condition. We reached out to

private clinics and social services nearby for support and her state of health eventually improved.

That experience made me realise that it takes an entire network of partners to keep our elderly in good health, especially for the vulnerable and those living alone. Although the lady eventually passed on, I am glad that I was able to help her in her final phase of life.

Maria Baguita Boey Soh Qi

Senior Staff Nurse
KK Women's and Children's Hospital

 Holding their hands is my way of showing patients that I am here for them.



Chan Sze Wern

Senior Staff Nurse
KK Women's and Children's Hospital

 Midwifery has its ups and downs. Nevertheless, it is a job that brings much contentment to me.



When I was nine, I fractured my left arm and was hospitalised. The nurses took good care of me. From then on, I aspired to be like them.

I have been in the nursing profession for eight years and have no regrets joining, especially becoming an oncology nurse. It is fulfilling as I get to accompany patients through their cancer

treatments. Holding their hands is my way of showing patients that I am here for them. Being with them at such times is special to me.

Though I may not be their family member, I know I have made a difference in my patients' lives as a nurse, just like how the nurses made a difference in mine.



Nursing is a meaningful career filled with many opportunities, challenges and rewards. I have gained amazing experiences over my nine years in this field.

As a student nurse, I did a clinical attachment in a labour ward where I witnessed how the midwives cared for mothers, and that spurred me to be one myself. I became a certified midwife in 2016 and

now ensure that women and their babies receive continuous, proper care from pregnancy to childbirth, and during the important days after birth.

I rejoice with families who receive their bundles of joy, and grieve with those who do not. Midwifery has its ups and downs. Nevertheless, it is a job that brings much contentment to me.

Chua Mei Tuan

**Advanced Practice Nurse
& Nurse Clinician**

KK Women's and Children's Hospital

 I have been a nurse for 18 years, and never has there been a boring moment.



It is tough for me to nail down a single reason why I wanted to be a nurse. Nursing is more than a profession; it has also enriched my life in many ways.

I have been a nurse for 18 years, and never has there been a boring moment. Every encounter with a patient is a new learning experience. Each day, I learn how to handle different people, conditions,

cultures and treatment plans. Helping patients and their families through difficult times has also inculcated positive values in me.

I truly believe that nursing is one of the greatest professions in this world. As a nurse, you can bring happiness to people and their families, comfort those in need and make a difference in people's lives!

Andrea Hei Geok Mei

Nurse Clinician

KK Women's and Children's Hospital

 I have learnt how to remain calm under highly stressful situations and process information for effective and accurate decision making.



I chose nursing as a career because I know that the care I deliver can potentially save someone's life. My training and experience once led me to recognise that a child, who was waiting in the triage area, had a heart rhythm disorder. As she was taken into the resuscitation room, she went into cardiac arrest right away. She was

resuscitated and eventually recovered.

Throughout my 14 years in Children's Emergency, I have learnt how to remain calm under highly stressful situations and process information for effective and accurate decision making.



Catherine Sandra Paul

Senior Nurse Manager

KK Women's and Children's Hospital

 I have no regrets, as it has been an upward trajectory of learning and caring for my patients.



I have been a nurse for 34 years. My first posting was to the neurosurgery ward and it was daunting. However, I thrived in the highly stressful environment, attending to injured patients while calming anxious families.

In 1990, I made the shift to study oncology nursing. I was enlightened by the resilience of cancer patients and their loved ones, who bravely faced

critical illnesses while coping with other setbacks in life.

Now, I guide nurses specialising in oncology care. I am glad to have helped my younger colleagues to stay and find their calling in nursing. I have no regrets, as it has been an upward trajectory of learning and caring for my patients.



Andhrias Maria Pushpam

Nurse Clinician

KK Women's and Children's Hospital

 When my patients smile, however momentarily, I feel contented and heartened that I have cheered them up.



Nursing has been my dream job since young. The passion has never left me, despite the challenges faced.

As a paediatric oncology nurse, I help to ease the discomfort of my patients when they are under duress. Sometimes, all it takes is to be present to help lift their spirits. When my patients smile, however momentarily, I feel contented and heartened that

I have cheered them up.

Caring for cancer patients has greatly impacted my life and given me many invaluable memories. I once received a thank-you card from a patient whose cancer had relapsed. He wrote: "You have encouraged and motivated me to keep fighting this battle." I was touched. It made me want to do more for my patients and continue my career in nursing.

Charlene Wimala Qing Fang

Nurse Clinician
KK Women's and Children's Hospital

 The fighting spirit of these premature babies motivate me to provide the best care for other babies in the NICU.



Stella Goh Seow Lin

**Advanced Practice Nurse
& Senior Nurse Clinician**
National Cancer Centre Singapore

 Having been a nurse for 20 years with the last 10 years in palliative nursing, it has been an edifying journey connecting with patients and their families.



Every girl dreams of becoming a princess growing up, but I had always dreamt of becoming a nurse. At 11 years old, I was given the responsibility of looking after my diabetic grandfather. I would monitor his blood glucose levels and prepare his insulin injections every day. Caring for him piqued my interest in nursing.

Thirteen years on, my passion in neonatal care has not wavered. I recall a mother

who had gone into labour, just 25 weeks into her pregnancy. Her premature baby battled countless setbacks before finally going home. That baby is now a healthy eight-year-old child.

The fighting spirit of these premature babies motivate me to provide the best care for other babies in the Neonatal Intensive Care Unit (NICU).



Witnessing someone attend to a family member's bleeding wound while calming another motivated me to begin my nursing journey. When I wanted to join the profession, my father asked: "Is this what you see yourself doing for the rest of your life?" That is beyond any doubt. I love my job, even until today.

Having been a nurse for 20 years with the last 10 years in palliative nursing, it has been an edifying journey connecting with

patients and their families. I will always remember one incident: the final wish of a patient to have dinner with his wife. My colleagues and I arranged a candlelit dinner and bought two plates of chicken rice from his favourite shop. He wore his wedding suit for the occasion and enjoyed himself tremendously. The next day, he passed on with a smile. That team effort has since become one of my most bittersweet memories.

Foo Lee Lian

Assistant Director of Nursing
National Heart Centre Singapore

 I am thankful for these memories, for they remind me of how blessed I am to be alive to help others.



I joined St John Ambulance Brigade in secondary school, and that was when my interest in first aid and CPR developed. When my grandmother fell ill and was hospitalised, I saw how attentive and reassuring the nurses were. That inspired me to join the profession.

Having been a nurse for 27 years, I have learnt a lot from the pitfalls, frustrations

and surprises at work. I was also given opportunities to help others beyond Singapore's borders, such as providing humanitarian support during the war in Afghanistan and the Aceh tsunami disaster. I am thankful for these memories, for they remind me of how blessed I am to be alive to help others.

Vijaya Letchmi d/o N Sankaran

Nurse Manager
National Heart Centre Singapore

 Do what you love and you will never work a day in your life.



I believe in the saying 'do what you love and you will never work a day in your life', and have held this with me since I joined the nursing profession at the age of 18.

When I was a newly-minted nurse, I remember assisting an elderly lady with her clinical discharge. She suddenly had fits and collapsed in front of me. My colleagues and I tried

our best, but we could not revive her.

Incidents like these are part and parcel of my work. I am glad that, as a nurse, I have the power to do good and help others to the best of my ability.



Marilyn Kang Siew Geok

Nurse Clinician
Sengkang General Hospital

 The support of my colleagues and gratitude of my patients continue to fuel my passion.



Nursing is a meaningful career that comes with its challenges and rewards. To do what nursing entails – saving lives, bringing joy and comforting those in need – is a calling. I strive to do just that for the sick.

Caring for the critically ill can be challenging, but it gives me great satisfaction to see them recover. I have nursed patients at the various stages of life from

cradle to grave. Despite having been in the field for 20 years, accepting the death of a patient remains one of my greatest challenges, especially when I have cared for that patient for a long time. I have learnt to let go but it is not easy. The support of my colleagues and gratitude of my patients continue to fuel my passion.



Tan Chien Yen

Senior Staff Nurse
Sengkang General Hospital

 I once witnessed my senior saying “thank you for allowing me to care for you”.



My journey in healthcare began in secondary school as a Red Cross member. Not only did I learn basic first aid, reaching out to those in need also gave me immense fulfilment which cemented my decision to join nursing.

Over the last 15 years, I have been attached to many wards and departments, dealt with different patients and met wonderful colleagues from multiple disciplinary

teams. From there, I picked up various communication styles and even advanced into speciality care. More importantly, I have come to view nursing as a holistic profession.

I once witnessed my senior saying, “thank you for allowing me to care for you”. It was to a patient, who had a complicated case. Those words always lift my spirits whenever I am faced with difficult situations.

Rose Bte Borhan

Nurse Clinician (Patient Navigator)
Singapore General Hospital

 What we can do as nurses is to offer emotional support as best as we can.



I entered the nursing profession after completing my O levels in 1979. In my 40 years of service, I have cared for and supported many patients professionally and emotionally.

Handling patients' friends and family is also part of my job. I once stood witness to an emotional outburst from a patient's daughter; in fact, I was on the receiving end of it.

The patient had passed away and she was understandably overwhelmed at that moment. She apologised later for losing control of her emotions.

That incident has been seared into my mind. Nothing can ever prepare one enough to deal with the grief of those whose loved ones have passed on. What we can do as nurses is to offer emotional support as best as we can.



Chen Liyun

Nurse Clinician
Singapore General Hospital

 He grabbed my hands as he drew his last breath, and even forced out a soft whisper to thank me.



I believe that patients' needs are not just limited to physical care; we also have to consider their emotional needs. Through nursing, I have come to truly appreciate the value of life and the meaning of teamwork.

I will never forget one of my patients who was in the terminal stage of lung cancer. He grabbed my hands as he drew his last breath and even forced out a soft whisper to

thank me. I was overwhelmed by his gesture, nodding and acknowledging his parting words while holding back my tears. It left me with a great sense of loss.

Such experiences reflect how we, as nurses, can touch the lives of patients. My patients keep me going strong at work, and they make me feel truly blessed to be in this profession.

Louisa Hope Goh Ai Lian

Assistant Nurse Clinician
Singapore General Hospital



 **Mother Teresa,** who had devoted her life to looking after the sick and poor, inspired me to become a nurse.

Mother Teresa, who had devoted her life to looking after the sick and poor, inspired me to become a nurse.

When SARS hit Singapore, I volunteered and became part of a team fighting the disease in 2003. My colleagues and I were assigned to nurse quarantined patients at Tan Tock Seng Hospital.

Recalling the worries of patients' family members, we assuaged their fears by assuring them of the stringent infection

control measures we had in place. We worked together, tirelessly supporting each other and the affected families during those hard times. All of us wept with joy when Singapore was declared SARS-free! That experience drew us closer.

It has been 15 years since the outbreak and my passion for nursing is still burning bright. I hope to see nursing become one of the most desired careers in Singapore someday.



Thiruselvi d/o Letchimanan

Senior Enrolled Nurse
Singapore General Hospital

 **I greatly respect my teammates; they are truly an inspiration to me.**

After 14 years, I have come to appreciate the valuable support and partnership of my colleagues in healthcare. I greatly respect my fellow teammates; they are truly an inspiration to me. We enjoy caring for our patients, growing professionally and personally together.

Trauma patients and those fighting for their lives are the most challenging to

care for, but they push me to become a better nurse. We need to be understanding and empathetic towards our patients and to provide crucial support for their loved ones as well.



Lim Wee Hong

Nurse Clinician
Singapore General Hospital

 I am happy to be able to be part of the drive in revolutionising our healthcare practices, and increasingly playing a bigger role in our healthcare system.



Lim Xiao Ting

Nurse Clinician
Singapore General Hospital

 I seize every opportunity to grow professionally and take part in overseas missions and assignments so that I can broaden my knowledge and become a better nurse.



I was hospitalised when I was 12, and always remembered the nurses who had so lovingly cared for me. I wanted to do the same for others and became a nurse.

During the SARS period, everyone kept a distance from one another. It was even more so for those of us who worked in healthcare. I remember being on the train in my uniform when a man came up to me, bowed and saluted me for being a nurse.

I was surprised and very touched by his action. Kind gestures like his and the appreciation I have received from patients and their family members, continue to be my motivators at work.

I am happy to be able to be part of the drive in revolutionising our healthcare practices, and increasingly playing a bigger role in our healthcare system.

My interest in nursing developed as a cadet in St John Ambulance Brigade 14 years ago. When I decided to make it my career, I faced a lot of discouragement and criticism from my peers, as nursing was not a popular choice. Nevertheless, I became one with the support of my parents.

I have no regrets. I seize every opportunity to grow

professionally and take part in overseas missions and assignments so that I can broaden my knowledge and become a better nurse. Working in the Operating Theatre has led me to witness many life and death situations. My experiences have made me more considerate of others, and appreciative of what I have.



Nozean Binte Mohamed Ali

Nurse Clinician
Singapore General Hospital

 The things we nurses do, even if it is something as simple as giving reassurance, can make a significant difference in our patients' lives.



Growing up, I loved listening to my aunt's encounters at work. Having been a nurse for over 30 years, she became my inspiration and role model. After completing my secondary education in 1997, I embarked on my nursing studies.

This year marks my 19th year in nursing. The gratitude of my patients is my main

motivation. I remember a patient who once called out to me in public and thanked me for the encouragement I had given her while she was hospitalised for a major operation. The things we nurses do, even if it is something as simple as giving reassurance, can make a significant difference in our patients' lives.



Annabelle Neo Yen Peng

Nurse Clinician
Singapore General Hospital

 Watching my father, who was a nurse, positively impact his patients while growing in his career further affirmed my decision to follow in his footsteps.



I have always been fascinated by the science and knowledge behind healthcare and I wanted to contribute to this field as well. Watching my father, who was a nurse, positively impact his patients while growing in his career further affirmed my decision to follow in his footsteps.

Caring for my patients has taught me valuable life

lessons. There were also many incidents that have shaped me as a person, and allowed me to hone my skills. Every occasion has taught me the importance of working in a team.

Even after a decade, I remain excited about my work. I am proud to be part of the change, revolutionising the ways patients are cared and treated.



Zainah Bte Rahmad

Senior Nurse Manager
Singapore General Hospital

 I am proud to see how the profession has evolved over the years.



Kalsom Bte Saptu

Nurse Clinician (Community Nurse)
Singapore General Hospital

 I love my role as a community nurse, helping residents to age gracefully in our society.



My journey started when I joined St John Ambulance Brigade in secondary school. I discovered my passion for nursing, and decided to enrol as a Pupil Assistant Nurse in 1984.

A teenage amputee I once cared for came back to thank me for encouraging and looking after him during his hospitalisation. He disclosed to

me that my comforting words and experience had given him the courage to live life to the fullest. That was when it sank in for me... our care can have a tremendous impact on others' lives.

I seize every opportunity to upgrade my skills and knowledge. I am proud to see how the profession has evolved over the years.

Inspired by the nurses who took care of my late grandfather, I decided to join the profession. The sense of duty towards helping and caring for those in need keeps me on my toes every day.

My most memorable experience definitely has to be when I first resuscitated a collapsed patient. Thankfully, my colleagues and I managed to revive him. The gratitude we

received from his family members was overwhelming.

I love my role as a community nurse. I coordinate and work closely with community partners to keep residents healthy and well-supported, helping them to age gracefully in our society. I am truly blessed to have great colleagues, who have given me their endless support and guidance.

Seah Wan Hin

Assistant Nurse Clinician
(Resident Nurse)
Singapore General Hospital

 Nursing will always have a special place in my heart.



Katherine Concepcion Tesalona

Nurse Clinician
Singapore General Hospital

 I am grateful that I get to share in the joy of many couples, who have been eagerly awaiting the births of their babies.



As a child, the inner workings of the human body fascinated me. I simply loved reading books on human biology. As I grew up, I began to realise that I enjoyed helping others and putting a smile on their faces. Nursing was the obvious choice for me; it was a perfect union of two of my long-standing interests!

I had a patient who was worried about a major surgery he was slated to undergo.

I explained the procedure and reassured him. The patient successfully underwent the surgery and fully recovered. He thanked me personally for the support that I had provided right from the start.

Nursing will always have a special place in my heart. I can act as an advocate and a conduit of care for patients undergoing their healthcare journey.

I joined the profession as a healthcare assistant in 1996. I grabbed every opportunity to upgrade my skills and knowledge and become a nurse clinician today.

I am grateful that I get to share in the joy of many couples, who have been eagerly awaiting the births of their babies. I find that having constant communication, empathy

and lending a listening ear are keys to caring and handling the high expectations of patients and their families.

I am very thankful for the support of my family, hospital, supervisors and colleagues, as well as the patients I have had the privilege of caring for them. Nursing is my passion, and I will continue to do my best!

Siti Khadijah Binte Zainuddin

Nurse Clinician
Singapore General Hospital

 Now, I can be just like that nurse who had inspired me, by helping and reassuring my own patients!



Yeo Liew Soo

Nurse Clinician
Singapore National Eye Centre

 I credit my personal growth and discovery to my experiences in the field; I have become a better me.



When I was 16 years old, my mother mysteriously started passing out large blood clots. She became very worried, and we went to a hospital's emergency department.

The first healthcare professional we met there was a triage nurse. She identified my mother's bleeding as the result of

fibroids, and assuaged our worries by reassuring us. I looked at the nurse, and thought: "She is so cool! I want to be a nurse like her."

Now, I can be just like that nurse who had inspired me, by helping and reassuring my own patients!



I joined the nursing profession as a Pupil Assistant Nurse 35 years ago. Prior to this, the thought of being a nurse had never occurred to me. In fact, I wanted to be an electrician or a plumber, a job that could keep me on my feet with a valuable skill set.

After my O levels, I was persuaded by a friend to

apply for nursing. I did so without giving it much thought. Despite my initial lack of interest, I have never regretted becoming a nurse. Throughout my career, I have learnt how to care, love and work well in a team. I credit my personal growth and discovery to my experiences in the field; I have become a better me.



Hezlin Bte Adenan

Nurse Clinician
Bright Vision Hospital

 I feel blessed to be where I am now, and will continue to serve as a nurse for many more years.



Zuhaida Binte Amir

Nurse Clinician
SingHealth Polyclinics

 I have no regrets choosing nursing as my career – it lets me work with many who have become my friends.



Being a nurse has been my ambition since primary school, and I have been one for 16 years now. I even enrolled myself in St John Ambulance Brigade in secondary school.

Some of my relatives think that nursing is a tiring job, but my father has always been supportive of my decision. His belief in me motivates

me to face any challenges in my job.

There was an unforgettable incident where a patient hurled vulgarities at me, which made me lodge a police report. I am truly appreciative to have had the support of my management. I feel blessed to be where I am now, and will continue to serve as a nurse for many more years.

As a St John Ambulance Brigade cadet during my school days, I volunteered for ward attachments at the hospital and had the opportunity to assist nurses with basic nursing care. I was also inspired by my uncle, who was a student nurse at that time to join nursing in 1989.

Nursing is challenging and calls for hard work, dedication

and courage. Fortunately, I have met wonderful supervisors and awesome colleagues, all of whom I cherish till today. I have no regrets choosing nursing as my career – it lets me work with many who have become my friends. This motivates me to do my best, especially when patients and their families express their appreciation.



Joanna Tan Lee Lim

Nurse Clinician
SingHealth Polyclinics

 I hope to impart my skills and knowledge to support, nurture and inspire others and build nursing leaders for the future.



My father passed on when I was very young. From that loss emerged my source of strength and passion to help others. As such, nursing has been my calling since graduating from school.

My most memorable moment was when I first assisted in a caesarean section birth. My heart almost stopped as the new-born was not breathing. I prayed hard. "Breathe, breathe, breathe!" I silently told the baby.

When the baby started to cry, I sighed with relief.

I aim to help people lead long and healthy lives. Seeing my patients smile and express their thanks makes me happy. I hope to impart my skills and knowledge to support, nurture and inspire others and build nursing leaders for the future.



Saralla d/o Arunasalam

Advanced Practice Nurse & Senior Nurse Clinician
Institute of Mental Health

 As a psychiatric nurse, active and empathic listening is essential in my work. It validates patients' feelings and reaffirms their trust in us.



I have had an interest in nursing since my school days. While the work is stressful and challenging, I have never stopped learning, even after 21 years of being in the profession.

My decision to work in the field of mental health came from a desire to help individuals with such issues, and support their families through the rehabilitation process. I once nursed a depressed patient with suicidal thoughts. She was initially guarded but by engaging

with her, she gradually opened up. She shared that her marriage was floundering and she had difficulties with parenting. I facilitated a session with her family, which turned out to be the first time they had openly talked about their issues. Upon her discharge, she thanked me for instilling hope in her.

As a psychiatric nurse, active and empathic listening is essential in my work. It validates patients' feelings and reaffirms their trust in us.

Sim Thiam Hee

Senior Assistant Nurse
Institute of Mental Health

 I am grateful for the support and guidance from my colleagues, and the encounters I have had with my patients. They have shaped me into who I am today.



When I was young, my relatives in nursing used to tell me about their jobs. I hesitated joining the profession back then, as I knew it required a lot of patience and commitment. However, my interest grew over time, and I eventually mustered up the courage to make a career switch to nursing.

I remember an elderly, bedridden patient who looked intently at me while I was on duty. He started talking to me as

I approached him. Although I could not understand him clearly, I continued to lend him a listening ear. That patient passed away a few days later. His passing made me realise that patients sometimes just want company, and to have someone to talk to.

I am grateful for the support and guidance from my colleagues, and the encounters I have had with my patients. They have shaped me into who I am today.



Win Min Htet

Senior Staff Nurse
Institute of Mental Health

 Nursing is a profession that gives you a sense of fulfilment and achievement.



I came to Singapore to study nursing in 2007. It was not my first choice, but my interest in it deepened after witnessing how helpful the nurses were to the patients during my attachments.

A memory that has stayed with me is of a patient who refused to speak to anyone when he was admitted. I tried to engage with him whenever I was on duty, and knew I had finally gotten through to him

when he greeted me with a smile one day. "Thank you, Win," he said, "for not giving up on me," and went on to share his personal issues and feelings with me. It made me happy to know that he trusted me and let me care for him. Such incidents motivate me to continue doing my best for my patients.

Nursing is a profession that gives you a sense of fulfilment and achievement. It is a decision that I have never regretted.

Xie Huiting

Senior Nurse Educator
Institute of Mental Health

 My training has given me the confidence to understand people's emotional needs, and be someone that my colleagues can turn to in times of need.



The decision to study nursing was not a difficult one, and securing a scholarship provided me with the financial means to pursue it at the tertiary level.

During my time as a student nurse, I witnessed displays of community spirit among the patients, a stark contrast against the stigma surrounding mental health in our society. That experience deeply warmed my heart, and made me set my sights on becoming a mental health nurse.

I recall a colleague from the Research Division who approached me to de-escalate things with a client, who had suddenly become agitated during an interview. Fortunately, I was able to calm the client down and help elicit sufficient information to complete the research interview.

My training has given me the confidence to understand people's emotional needs, and be someone that my colleagues can turn to in times of need.



Yuan Peng

Nurse Manager
Institute of Mental Health

 As a nurse, I could be the difference between life and death.



Nursing barely crossed my mind as a career option when I was growing up. It all changed when I received a scholarship to study nursing, and I have not looked back since!

In 2014, I pursued my interest in information technology and specialised as an informatics nurse. Choosing this path was initially intimidating. Thankfully, I had the full support and encouragement of my mentor and supervisors.

When I was younger, I once spotted an unconscious patient in my ward. My team and I worked together to resuscitate the patient, saving his life in the nick of time. I knew then, that as a nurse, I could be the difference between life and death, and that continues to motivate me.



Chan Hoi Sum

Nurse Manager
Khoo Teck Puat Hospital

 **Patient safety will always be my utmost priority.**



Since I was eight years old, I have always wanted to help others, especially the less fortunate.

My secondary school teacher encouraged me to take up nursing, and my family was very supportive too. They affirmed my decision to become a nurse.

One incident I will always remember happened during my rounds in the medical-surgical ward. I noticed that one of the patients under my care seemed less responsive after undergoing

a procedure, and sensed something wrong. However, my colleague assured me otherwise and sent him back to his ward.

My intuition was right, though. The patient collapsed soon afterwards and had to be cared for in the Intensive Care Unit. That incident highlighted the importance of trusting my instincts. I now know better; patient safety will always be my utmost priority.



Fan Xiulan

Assistant Nurse Clinician
Khoo Teck Puat Hospital

 **As a patient advocate, I enjoy my work ensuring patient safety and preserving their rights during surgical procedures.**

When I learnt about a scholarship to obtain a Diploma in Nursing in 2004, I pursued the opportunity to ease my parents' financial burden.

My first posting was to a surgical ward, before transferring to the Operating Theatre. As a patient advocate, I enjoy my work ensuring patient safety and preserving their rights during surgical procedures.

Once, I had to assist in a surgery which lasted more than ten hours. It was a long operation, but the team was focused on the shared goal of seeing it through, and we persevered. That memorable experience has empowered me to overcome many other challenges and obstacles in my life as a nurse.



Siti Nor Ilyana Binte Kamsol

Nurse Clinician
Khoo Teck Puat Hospital

 As an A&E nurse, I am often the difference between life and death.



I obsessively played with medical toy kits as a child. Growing up, it seemed natural that nothing would resonate more with me than nursing as a career, and so I entered the profession!

Working in Acute & Emergency (A&E), I have to be prepared to face anything. There was a patient who was brought in after being found unconscious at a basketball court. Nobody knew who he was, and he was pronounced

dead soon after. His family eventually turned up to claim his body. But the moment when the deceased's face was uncovered for the family to verify his identity was surreal. The sadness I felt that evening was immense.

As an A&E nurse, I am often the difference between life and death. The satisfaction I get from saving lives at the most critical times is indescribable, and that is why A&E is the right place for me!



Koh Pei Pei

Assistant Nurse Clinician
Khoo Teck Puat Hospital

 When SARS struck Singapore in 2003, the stories of nurses who toiled around the clock to care for patients deeply inspired me.

When I was younger, becoming a nurse never crossed my mind. However, when SARS struck Singapore in 2003, the stories of nurses who toiled around the clock to care for patients deeply inspired me. Choosing nursing has been one of my best decisions.

As a student nurse, I encountered a terminally ill patient whose family was struggling to come to terms with the inevitable. Although still inexperienced, I tried my best to

comfort and support them. After the patient passed away, the family was thankful that I had helped them through the difficult time.

That incident constantly reminds me to look beyond my primary role of caregiving and focus on building relationships with patients and their family members. One way I do this is by communicating with them as much as possible. Through engaging them, their worries are allayed.

Joyce Lee Pooi Wan

Nurse Manager
Khoo Teck Puat Hospital

 **Nursing became my ambition ever since I discovered the meaning of the word 'nurse' in primary school.**



Nursing became my ambition ever since I discovered the meaning of the word 'nurse' in primary school, and I have been living out my passion since 2003.

However, that doesn't mean that it has been all smooth sailing. When I was a junior nurse, I overlooked the fact that a patient under my care was on anti-platelet medicine and allowed her to undergo an ultrasound-guided liver biopsy. As a result, the patient suffered a bleeding

episode. Despite quick work by the doctors and senior nurses, she had to be hospitalised.

Because of that incident, I nearly gave up on nursing. However, my colleagues gave me encouragement, instead of blaming me. I understood then that it is more important to be honest and humble, and to learn from our mistakes. My colleagues also taught me the value of teamwork – the foundation of every good workforce.

Yu Lee Hoon

Senior Nurse Clinician
Khoo Teck Puat Hospital

 **Nurses are superheroes for those in need.**



I gained an interest in nursing at 14 while caring for my grandmother, who had been hospitalised. It was gratifying to look after her. Going for a job interview for nursing with a classmate marked the beginning of my career.

I remember a patient who hurled vulgarities at every healthcare worker that walked by him. However, as he started to see hope in his recovery, he became

more polite and even started smiling! Through this experience, I learnt not to give up easily on difficult patients.

It has been 38 years now and I have never been more proud to be a nurse. Nurses are superheroes for those in need. It gives me a great sense of satisfaction when patients and their family members recognise the part I play in their care journey.

De Roza Jacqueline Giovanna

**Advanced Practice Nurse
& Nurse Clinician**

National Healthcare Group Polyclinics

 **My patients
have been my
pillars of strength
over the course of
my career.**



Elane Zhang Yunxia

Nurse Manager

National Healthcare Group Polyclinics

 **Together,
we nurses
can contribute to
the greater good
in helping to build
a healthier, happier
population.**



I have been a nurse for 18 years, and an Advanced Practice Nurse for eight years. I picked up first aid and nursing knowledge when I was a cadet in St John Ambulance Brigade. Little did I know that it would go on to spark my interest in healthcare and the desire to help others.

After attaining my Diploma in Nursing, I worked in a geriatric ward before moving on to primary care. I encountered many frail elderly and loved interacting with

them. However, the ones I will never forget are those that remained cheerful despite the adversities they faced.

My patients have been my pillars of strength over the course of my career. They are an inspiration to me. I gain satisfaction from seeing their conditions improve. The rapport I have developed with them through sustained care is priceless... and it motivates me to always give my best at work.

I have been a nurse for 32 years. Growing up, my parents have always taught me to care for others, and so nursing seemed like the natural path for me to take.

As primary providers servicing an increasing number of patients, we are at the frontline of healthcare. I remember an incident where a patient suddenly collapsed at the clinic with a heart attack. My colleagues and I successfully resuscitated and

transferred him to a hospital. The patient later wrote in to thank us and we were heartened to learn that he had recovered well after surgery.

I am passionate about training, nurturing and inspiring other nurses to uphold the highest standards of care so that patients' needs are efficiently met. Together, we nurses can contribute to the greater good in helping to build a healthier, happier population.

Ahmad Shufi Bin Jasmani

Senior Staff Nurse
National Skin Centre



 Heartwarming incidents at work remind me why I chose nursing in the first place.



This year marks my 10th year in the profession. As a nurse, I am often busy with my job, but heartwarming incidents at work remind me why I chose nursing in the first place. A seven-year-old girl once praised me for doing a good job; moments like this ground me and keep me going.

Growing up with my extended family, I was inspired

to become a nurse to better care for my grandparents. My experiences at work also remind me of the importance of familial ties. I make it a point to visit my parents and grandparents every weekend. Not only do I get to spend some quality time with them, I also get a chance to check on their health. After all, happiness is the best medicine!



Wendy Leong Hui Ling

Nurse Clinician
Tan Tock Seng Hospital

 Nursing is definitely not a 'dirty' job. It is a calling; one that has helped me realise my potential to help the sick.



fulfilling friendship with the patient and her family.

Through my friendship with my ex-patient, I have come to see nursing in a different light. To the naysayers out there, nursing is definitely not a 'dirty' job. It is a calling; one that has helped me realise my potential to help the sick. I am beyond honoured to be a nurse.

Benjamin Low Wei Yao

Senior Staff Nurse
Tan Tock Seng Hospital

 Nursing has taught me resilience and broadened my perspectives.



Sarinah Bte Mohamad

Principal Assistant Nurse
Tan Tock Seng Hospital

 I am glad to have found my calling as a nurse.



A career in nursing has provided me with stability and honed my ability to help others. One of the challenges I face on the job is caring for demanding or emotional patients. I always do my best to overcome such hurdles by making a consistent effort to work hard, work smart and stay creative in managing difficult situations. Nursing has taught me resilience and broadened my perspectives.

This field is always evolving, and my wish for all patients is for them to be able to take charge of their own well-being and lead a healthier lifestyle. I hope to see more physicians and nurses supporting our patients too. Together, we can build a better, healthier community!



Nursing was my childhood dream and passion. Having been in this field for 27 years, I have gathered valuable experiences along the way and I am grateful to my family for their never-ending support.

I once reconnected with a long-lost friend at the hospital, who was a patient at my ward. He was very impressed with the bedside care I gave to him, and even said that every nurse should be like me! Those words have kept me motivated to do my best

for patients.

With support from my mentors and nursing officers, I have reached new heights in my career. I challenge myself to bravely meet my new responsibilities as a Principal Assistant Nurse.

To succeed, we need to be responsible, dedicated and have the perseverance to deliver quality care to our patients. I am glad to have found my calling as a nurse.

Phang Lai Yee

Nurse Educator
Tan Tock Seng Hospital

 **Being a nurse is special as you are in a privileged position to support and help the vulnerable.**



My career in nursing started at 16. The job offered financial stability and allowed me to enter the workforce quickly. I enjoyed my practical attachments, embracing challenges at work.

On my first night shift in a ward, I had to manage a patient with gastrointestinal bleeding. It was daunting – the work left me drained! Luckily, I was with a senior nurse who knew what to do.

My greatest challenge lies in balancing work and family time. Many nurses switch specialities

or careers to cope with the strain. Fortunately, I have understanding and flexible supervisors.

Nursing has developed rapidly over the years. It is important to stay updated on medical trends while undergoing training and self-development courses to better care for patients. Hopefully, nursing will be a sought after career locally in the near future. Being a nurse is special as you are in a privileged position to support and help the vulnerable.



Qiu Hong

Assistant Nurse Clinician
Tan Tock Seng Hospital

 **Nursing has been a rewarding and fulfilling career thus far, and I know that I have made the right choice to be a nurse.**

I entered nursing without hesitation and have never doubted my choice.

Working in the Emergency Department, I see patients who inevitably pass on. The deaths which pain me the most are those of children and young adults. It is tragic that they depart from this world too soon. Providing support for bereaved families is a task that I undertake.

Nurses are at the forefront of healthcare

every day. I tell myself that the opportunity to make a difference in patients' lives is a rare and precious one. It helps me stay on top of challenges and maintain a positive outlook on life. My patients are also my inspiration and they make what I do worth it!

Nursing has been a rewarding and fulfilling career thus far, and I know that I have made the right choice to be a nurse.



Kossila Shanmugam

Nurse Clinician
Tan Tock Seng Hospital

 **Nursing is not just about what we do for our patients, but how we make them feel.**



A career switch from IT to nursing turned out to be a blessing in disguise for me. It has been 14 years and I have never looked back. I have grown to be more empathetic as I found purpose in my work throughout the course of my nursing career.

Nursing is not just about what we do for our patients, but how we make them feel. I have learnt that carrying out my duties with my heart speaks loudest to patients, as they can feel and remember

how I have cared for them.

Nursing is no doubt a challenging profession that requires passion, commitment and patience. I would encourage those who are considering nursing to take up the challenge and make a difference in the lives of others. I feel blessed and honoured to receive this award, and would like to thank my supervisors and colleagues for giving me the strength and support to continue this journey.

Tan Soak Buay

Advanced Practice Nurse & Senior Nurse Clinician
Tan Tock Seng Hospital

 **Nursing is both challenging and emotionally rewarding. I still love my job after 20 years!**



Nursing is both challenging and emotionally rewarding. I still love my job after 20 years! I wish to thank all my excellent and nurturing supervisors who have helped shape me into who I am today.

One of my best moments happened early on in my career. I was caring for an elderly patient who had just undergone knee surgery. I was talking to her for one moment, and she fell unconscious in the next!

I commenced CPR while waiting for help to arrive. Thankfully, she came to after our help.

The patient's family thanked me for saving her life. I thought little of what I had done. It was simply part and parcel of my work, but it had made a positive impact on someone's life. That incident always reminds me to give my best every day and aspire to reach new heights as a nurse.

Lorraine Tan Yee Ching

Nurse Clinician
Tan Tock Seng Hospital

 It was through caring for these patients that I truly embraced the meaning of empathy.



There have been many memorable experiences throughout my career. I began my journey caring for elderly patients who had no family members, and saw that simple acts of tending to patients, such as serving their medication and meals, would cheer them up. It was through caring for these patients that I truly embraced the meaning of empathy.

I moved on to specialise in critical care, trauma and post-operative wards. I looked

after SARS patients during the outbreak in 2003 and took care of patients who required intense support for failing organ systems and infectious diseases.

My definition of nursing has evolved tremendously. When I was a newly minted nurse, I thought that nursing was merely about safeguarding patients. Now I know better and I am committed to provide safe, holistic and quality care for my patients.

Charmaine Tan Jiali

Senior Staff Nurse
Tan Tock Seng Hospital

 Even after nine years, I still love caring for people, and my healthcare knowledge has been a blessing to my family, friends and the community.



 I was drawn to the profession because I wanted to make a difference in the lives of others. Even after nine years, I still love caring for people, and my healthcare knowledge has been a blessing to my family, friends and the community. There are hard-hitting moments at times when I face the frailties of life, but

my determination to see patients get better by the day pushes me to do my best.

Compliments from patients and their families are an added bonus that comes with this challenging job. They motivate me to keep pushing on through tough times and to unlock my greatest potential in my nursing career.

Teng Wei Peng

Nurse Manager

Tan Tock Seng Hospital

 Touching the lives of others is like finding a treasure chest overflowing with gold.



Thin Thin Htet Aung

Nurse Clinician

Tan Tock Seng Hospital

 Nursing is sought after around the world and there are immense opportunities for personal growth and development.



In nursing, we see people at their weakest and most vulnerable. I have been in this occupation for 14 years, and it is more than just a job to me – it is an adventure. I am always learning.

I will never forget the time I came across a patient with Korsakoff syndrome as a trainee nurse. He was unresponsive, and his eyes were always closed. My colleagues and I tried ways to help him, but nothing worked. We persevered

nonetheless and our efforts bore fruit. The patient's eyes opened one week later and he whispered: 'Thank you'.

My work is not easy, but whenever I recall the patient's smile, I am motivated to carry on, for touching the lives of others is like finding a treasure chest overflowing with gold. I have learnt much from my seniors and team in my nursing journey, and am thankful for their support and inspiration.

I chose nursing because I find it a noble profession. Nursing is sought after around the world and there are many opportunities for personal growth and development.

The job scope is not for everyone, especially when things get tough. I look after patients with infectious diseases, and it is upsetting when patients pass away from complications. Seeing patients' loved ones mourn for them saddens me. At other times, I face patients

whose violent behaviours make me afraid. Disparaging remarks made by patients and their families makes me feel dejected too.

Despite these unhappy moments, I choose to remain in the field. There are always patients out there who need to be cared for, and I feel glad when patients recover and get back on their feet again. The joy I feel outweighs my difficulties. Everything I do, I do for them, and I am motivated to do my best.

Lily Ng

Senior Nurse Clinician
Woodlands Health Campus

 I feel happy when I see improvements in my patients, as well as the nurses whom I have taught.



I have been a nurse since 1992. My parents and husband were the ones who first encouraged me to join and stay in the profession. They, along with my supervisors at work, have been my pillars of support all these years.

I enjoy being a nurse for many reasons — from providing basic care and comfort for patients, to coaching other nurses, students and healthcare professionals. This is a career

which allows me to give back to society, and I get to constantly learn new things as I share the joys and sorrows of my patients and their families. I feel happy when I see improvements in my patients, as well as the nurses whom I have taught. Their progress gives me strength to forge on.

I promise to continue to do my best, and help shape a better future for the nursing sector.

Kathy Lam Sie Mien

Nurse Educator
Yishun Community Hospital

 Life as a nurse is no bed of roses, but it is one that leaves no regrets.



I am passionate about helping others, especially the underprivileged. I chose nursing after completing my O levels against my parents' wishes, and have never looked back.

Six months into my career, I experienced my first patient death. She was suffering from end-stage renal failure but had refused treatment. Both her legs were infected and

subsequently amputated. Yet, despite her pain, she always had a smile for me.

I can still remember the peaceful smile on her face when she passed on. Her fighting spirit moved me deeply, and I vowed to be a better nurse from then on so that I could bring more happiness into the lives of my patients. Life as a nurse is no bed of roses, but it is one that leaves no regrets.

Lai Sook Funn

Nurse Educator
Alexandra Hospital

 Seeing my students and nurses learn and grow into senior roles and mentoring the young ones, reaps immense satisfaction and happiness for me as an educator.



I am passionate about helping others. This is why I chose nursing. I remember one elderly patient holding my hands with tears in her eyes, expressing her gratitude for my care.

As the only nurse educator at my hospital, I develop nursing training programmes to groom and prepare the next generation of nurses to carry the baton, and be future-ready.

I see myself as a conduit

between classroom learning and real-life application when teaching new nurses. While I go about my supervisory rounds, I also translate bedside care experience into teachable scenarios and materials for classroom settings. Seeing my students and nurses learn and grow into senior roles and mentoring the young ones, reaps immense satisfaction and happiness for me as an educator.



Muruganandam Devi

Senior Staff Nurse
Jurong Community Hospital

 We must always strive to deliver compassionate care and make a connection with the patient.



My interest in nursing began with my grandmother's admission into a hospital. I saw that the nurses there did everything they could to alleviate their patients' suffering. My grandmother had nothing but praise for them, even likening them to goddesses! That inspired me to pursue a career in nursing.

I remember caring for a young, bed-bound patient, rehabilitating and improving her ability to handle daily activities.

The process was arduous, but she was eventually able to walk by the time she was discharged. It was a poignant moment when she looked at me and said "Thank you!"

Caring for others is the essence of nursing. We must always strive to deliver compassionate care and make a connection with the patient. A little kindness goes a long way towards a better patient experience.



Tang Yoke Lai

Nurse Manager

National University Cancer Institute,
Singapore

 I have touched lives, but this is incomparable to what I have learnt from patients.



Oon Siow Eng

Nurse Clinician

National University Heart Centre,
Singapore

 I feel privileged to be able to make a difference and touch people's hearts through the work I do.



My short stint as a part-time clinic assistant affirmed my commitment to pursue a career in nursing.

I have been a nurse for 17 years, and my journey has been wonderful and enriching. As an oncology nurse, I have touched lives, but this is incomparable to what I have learnt from patients.

I had an elderly patient who developed lung cancer after a stroke. He was determined

to beat the odds and was discharged after six months. Despite having difficulties speaking, he was constantly encouraging me with his kind words. His resolve has taught me the importance of bravery.

Nursing is not for everyone, but no other vocation teaches you resilience and courage in the face of adversity like this one. Nursing has indeed been a rewarding and fulfilling profession for me.

Becoming a nurse was not my initial choice, but it certainly has been the right choice for me! It has been 14 years since I joined the profession, and I take pride in being a nurse.

Caring for patients in their most vulnerable times, witnessing their recovery and staying with them during their end-of-life journeys are some of the things I take heart in. I feel privileged to be able to make a difference and touch people's hearts through the work I do.

I have gained a deeper appreciation for my profession since my mother was diagnosed with cancer earlier this year. The experience that I have acquired in my work allows me to better care for her. I am hopeful that we can successfully battle the illness together.

My work never fails to surprise me, even after so many years. I am thankful to be in such an exciting and meaningful profession!

Suzana Binte Abdul Rahman

Nurse Manager
National University Hospital

 An ideal nurse would be one who is nurturing, understanding, respectful, sensitive and empathetic.



Norazlin Binte Esa

Principal Enrolled Nurse
National University Hospital

 While there are challenges, I am also constantly rewarded with invaluable experiences.



In the past, nursing was labelled as a 'dirty job' with little career prospects. Though I was discouraged by my parents from joining the profession, I decided to become one anyway. I was greatly inspired by my elder sister who chose nursing too.

I remember receiving my first letter of compliment when I was just a student nurse. It motivated me to set greater aspirations for myself. I was even more determined to prove to my parents that nursing is

more than a 'dirty job'; it is a noble profession.

Even though the work is challenging, the sense of satisfaction derived from helping others drives me forward. An ideal nurse is one who is nurturing, understanding, respectful, sensitive and empathetic. More importantly, he or she must have the passion and commitment to help others.

It is my goal to be an ideal nurse to all of my patients.

I was inspired by the nurses who cared for my mother in the last moments of her life. Hence, I decided to make a career switch to become a nurse.

Fifteen years into my nursing journey, I have encountered moments of laughter and tears. I feel an indescribable pride and joy when discharged patients recognise and approach me outside the hospital. Some have even asked that we keep in touch.

Even so, there are vulnerable moments. I have shared many of

them with my patients in the intensive care unit. I recall an episode when I accompanied a dying patient, and recited prayers with him on his end-of-life journey before his family members arrived. I am privileged to be able to spend time with my patients in their final moments.

Nursing is a fulfilling profession. While there are challenges, I am also constantly rewarded with invaluable experiences.

Albert Ho Siew Foo

Nurse Manager
National University Hospital

 The smiles received from patients are the best gifts ever!



I started out as a combat medic in 1981. My first posting was to Woodbridge Hospital. I subsequently joined NUH to fulfil my passion in nursing patients who need acute care.

This year marks my 34th year as an Operating Theatre (OT) nurse. My journey has been a thrilling yet challenging one. As an OT nurse, I can plan ahead and anticipate what is required for each surgery. However, the work can be

stressful too as it involves handling numerous types of instruments, and having to remember the name of each and its usage.

Despite all the challenges, it has been a satisfying journey as we are able to make a positive difference in patients' lives. The smiles received from patients are the best gifts ever!

Nursing is my calling, and I am proud to be a nurse.

Dawn Huang Huiqi

Nurse Manager
National University Hospital

 The skills and knowledge I have accumulated empower me to make a difference to people from all walks of life.



I chose nursing as I desired a challenging and exciting career. I started out as an Enrolled Nurse 16 years ago and obtained my licence to practise as a Registered Nurse four years into my career.

Today, I lead a dynamic team in the Paediatric Intensive Care Unit (PICU) as a Nurse Manager. I am honoured to be able to help critically ill children and their families during their toughest times. I am constantly inspired

by the unconditional love and courage I see in these young patients every day. It fuels my passion to bring comfort and smiles to their little faces.

This field provides many opportunities for one to constantly progress and learn. The skills and knowledge I have accumulated empower me to make a difference to people from all walks of life. It gives me great satisfaction to know that I can contribute more every day.

Liu Huan

Nurse Clinician
National University Hospital

 This is the beauty of nursing; we are constantly rewarded when we see how our hard work directly contributes to our patients' recovery.



I began my career 13 years ago, in spite of my parents' objections. To them, nursing was tough and only involved menial work. Despite the challenges, I have never regretted my choice. It is extremely meaningful and rewarding to help patients recover from their illnesses. One of my most unforgettable experience was when I had to do a major

wound dressing for a patient. It required the work of three nurses over five hours! Even though it was an extensive procedure, I was encouraged to keep going when I saw the gradual recovery made by the patient. This is the beauty of nursing; we are constantly rewarded when we see how our hard work directly contributes to our patients' recovery.



Ng Hui Chin

Assistant Nurse Clinician
National University Hospital

 Knowing that I have made a difference to patients' outcomes is what keeps me going.



I almost did not become a nurse. I wanted to quit nursing studies in my first year. Thankfully, my mother convinced me to give it another shot, and I have not looked back since. My career has had many ups and downs. Knowing that I have made a difference to patients' outcomes is what keeps me going. My most memorable experience was when I first resuscitated a patient; it was a thin barrier between life and

death in that instant. My patients motivate me to do better and to provide the best possible care for them. My supervisors have also been instrumental in pushing me to scale greater heights. I am grateful for their faith in me, especially when I had none in myself. Without the opportunities that I have been given, I would not be here today. I can happily say that I am proud to be a nurse.



Muhammad Shahabudin Bin Ramli

Nurse Manager
National University Hospital



 My journey in healthcare has changed my perception of life and has moulded me to be a better person.



I am grateful to my parents for helping me make the right decision to take up nursing studies 20 years ago. My journey in healthcare has changed my perception of life and has moulded me to be a better person.

I have been working in the Emergency Medicine Department since I graduated and I thoroughly enjoy what I do. It is extremely satisfying to see patients get better and

exit the hospital with smiles on their faces. The work can be emotionally tough at times as we share solemn moments with bereaved families, while supporting them through such difficult times.

What keeps my colleagues and I going is knowing that we can make a difference through the work we do. I aspire to better myself continuously, so that I can provide the best care possible for my patients.

Hidayat Safiuddin Bin Shari

Senior Staff Nurse
National University Hospital



 I hope to see my fellow nurses welcome technology that can make our job easier, as well as improve patient care and safety.

I chose to pursue a Diploma in Nursing after my O levels in 2004, a year after the SARS epidemic. I was astounded by the resilience nurses displayed under life-threatening conditions.

I work to provide the best possible care for patients with guidance from experienced and knowledgeable nurse leaders. It is especially fulfilling to see patients make a remarkable recovery and enjoy good quality of life.

There are many aspects to nursing care and development; technology is one of them and it is ever changing. As a nurse supporting nursing informatics, I hope to see my fellow nurses welcome technology that can make our job easier, as well as improve patient care and safety.

Nursing is a profession that encompasses passion, resilience, ambition and impartiality. I am proud to call myself a nurse.

Saptah Haji Ahmad

Assistant Nurse Clinician
National University Polyclinics

 **Nursing is a profession that requires passion and sacrifice, but it is also a noble and rewarding one.**



Mariamman d/o Sukumaran

Nurse Manager
National University Polyclinics

 **Treat your patients like how you would your loved ones, and that is how you will find meaning in nursing.**



Participating in Red Cross and home nursing activities in school taught me the value and joy of helping others. This influenced my career choice and I became a student nurse in 1983.

I will never forget an incident when I was a junior Staff Nurse pulling a night shift. A patient had yanked out his chest tube and then dashed out of the building. I searched for him everywhere, and finally found

him unconscious near the Emergency Department (ED). He was, thankfully, resuscitated by the ED staff. The fear and worry I experienced taught me to be more vigilant about patients' needs and emotions when taking care of them.

Being a nurse is not easy, but I am fortunate to have a very supportive family. Nursing is a profession that requires passion and sacrifice, but it is also a noble and rewarding one.

Being part of Red Cross during my school days inspired me to become a nurse. The desire to care for the sick and make a positive impact on patients' lives has kept me going through the highs and lows of my career. Some of my most unforgettable experiences include working with my colleagues as a team while under intense pressure during pandemics.

Nursing is a dual-natured profession, as one has to be

tough to overcome obstacles, but also be able to empathise with patients and their families. I fondly remember the times when children's caregivers mention that they are very happy to see me again. Their words motivate me to continue doing the work I do. I always remind my nurses to "treat your patients like how you would your loved ones, and that is how you will find meaning in nursing".

Sa'adiyah Binte Arsad

Nurse Clinician

Ng Teng Fong General Hospital

 It is a career with unlimited opportunities for growth. There is always something new to learn, if you set your heart to it.



Nagarethinam d/o Ramasamy

Senior Nurse Manager

Ng Teng Fong General Hospital

 I believe that the future of nursing will be an exciting one, with modern technology giving nurses more time for direct patient care.



When I was young, I saw a nurse smiling at me. I was smitten by her image, all dressed in her white uniform, and the warmth she exuded towards me. I told my mother, there and then, that I wanted to be a nurse when I grow up.

While my mother was supportive, my father was against my decision. His perception towards nursing changed when he was admitted into the Intensive Care Unit.

It was an unforgettable day for me when he finally approved my choice to become a nurse. I was thrilled and even more convinced there was no looking back for me!

This is my 28th year in nursing. My journey has inspired my two children to pursue nursing as their profession as well. It is a career with unlimited opportunities for growth. There is always something new to learn, if you set your heart to it.

I have always enjoyed being a nurse, from the day I became one 37 years ago. When I was first posted to an Intensive Care Unit (ICU), I was shaken to the core to see tubes coming out of the patients' heads. I broke down when I got home after my first day there. Thanks to my brother's reassurance, I persevered and have not looked back since, and eventually chose to specialise in ICU care. That became a

turning point of my career.

The satisfaction that I get from helping trauma and critically ill patients far surpasses the challenges I face.

Nursing is an uplifting and fulfilling career if one has the passion and resilience. I believe that the future of nursing will be an exciting one, with modern technology giving nurses more time for direct patient care.

Kathie Teo Kwan Thian

Senior Nurse Manager
Ng Teng Fong General Hospital



 Our patients' smiles and their simple words of thanks melt away my fatigue from the challenges I face each day.



When I was young, my grandmother was diagnosed with diabetes and hypertension. When I saw how badly she was suffering from these illnesses, I felt extremely helpless because I lacked the medical knowledge to assist her. Hence, I chose to study nursing in polytechnic.

In my first year as an Operating Theatre (OT) Registered Nurse, I was assigned to assist a surgeon to stabilise a pregnant pillion

rider who sustained a pelvic fracture with cut femoral artery. Unfortunately, she was pronounced dead just as we transferred the patient to the OT, due to excessive blood loss. That incident deepened my commitment to excel in the field.

As nurses, we save lives and comfort the sick; we all know that our work is not easy, but our patients' smiles and their simple words of thanks melt away my fatigue from the challenges I face each day.

Toh Lay Cheng

Nurse Clinician
Ng Teng Fong General Hospital



 Three decades have passed by in a flash, and my passion for nursing is still blazing.



The hospital became my second home when I had to care for my parents there, who have since passed on. During that time, I remember admiring the nurses in their uniforms, starched caps and epaulettes. I was awed by their resilience in confronting unexpected situations, and their vital roles in patients' recovery. I aspired to be one of them, and embarked on the journey as a nursing aide.

The day my mother abruptly collapsed has become one of my

most painful memories. I lost her despite my best efforts. I was scarred from my mother's death; I kept reproaching myself for failing to save her. From then on, I became more determined to acquire new skills and knowledge to better influence patients' care and their outcomes.

Three decades have passed by in a flash, and my passion for nursing is still blazing. I am thankful for everything I have achieved.

Ng Qi Wen

Senior Staff Nurse
NUHS Community Campus



As an inspiring quote goes, “It is a beautiful thing when career and passion come together”. I am glad that it happened to me.



My passion for volunteer work cultivated my interest in nursing. I wanted to make a difference in the lives of others. Even though my parents strongly objected to my decision, I still chose to pursue a nursing degree after my A levels.

I recall the appreciative words from a patient to my colleagues and I when he recovered from his illness, and was able to walk independently. Despite his year-long hospitalisation, which had left him in a dejected mood,

he told us that our constant encouragement often lifted his spirits about his condition. That memory has been a constant reminder of the spirit of my profession.

I am grateful to have had a truly rewarding and satisfying journey so far, and I am keen to keep moving forward. As an inspiring quote goes, “It is a beautiful thing when career and passion come together”. I am glad that it happened to me.

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We would also like to extend our appreciation to everyone who contributed to the production of this booklet and to this event in one way or another.

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