

NURSES' MERIT AWARD

2021



MINISTRY OF HEALTH
SINGAPORE



Singapore Nursing Board

NURSE'S PLEDGE

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

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

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

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

I will uphold the integrity of the professional nurse.

*Thank you for
your courage
to care!* ✨ ✨ ✨



Mr Ong Ye Kung

Minister for Health

MY HEARTIEST congratulations to all recipients of the Nurses' Merit Award.

I thank each of you for your commendable and meritorious service. More importantly, you represent tens of thousands of nurses who have upheld the high standards and values of the profession and continue to be an inspiration to the community.

The vital role of nurses is most evident in our fight against COVID-19. Going beyond patient care, you demonstrated resilience and courage in protecting patients from infection, giving them advice, swabbing and vaccinating our people, carrying out your duties at

emergency departments, inpatient units, operating rooms, vaccination centres etc.

Singaporeans know that your job is physically, mentally and emotionally exhausting, yet you persevere by staying focused on delivering care where needed. I believe I represent the sentiments of most Singaporeans in thanking you for your courage, sacrifices and resilience.

The Ministry of Health will support you to the best of our abilities. May each one of you achieve your career goals and aspirations and continue to find meaning and purpose in this noble calling.

Happy Nurses' Day 2021!

*Nurses,
you are truly
commendable!* ✨ ✨ ✨ ✨



Ms Paulin Koh

Chief Nursing Officer

EVERY YEAR, around the Nurses' Day period, we proudly celebrate the achievements of nurses. I am delighted to share that this year, we have 125 recipients of the Nurses' Merit Award – 25 more from previous years! I congratulate and commend you for receiving the Award, which serves as a national recognition of your outstanding performance and dedication to the nursing profession.

As our nation maintains its resilience against COVID-19, nurses continue to play a critical role by supporting surveillance testing and the nationwide vaccination programme. Even when the COVID-19

situation took a turn for the worse recently, our nurses persevered and responded courageously – determined to remain committed to their professional duty!

The reflections in this booklet capture this exact spirit of our nurses, their strong sense of duty and their passion for the care of our patients and community. This is truly commendable!

The journey ahead of us may hold uncertainties and challenges, but I believe, together, we will prevail and emerge strong. Nurses, thank you all for your hard work, perseverance and commitment. May your contributions be an inspiration to others.

Happy Nurses' Day!

AWARD RECIPIENTS 2021

Intermediate and Long Term Care Institutions

Tan Shu Cing	SSN	Assisi Hospice
Fun Mun Yew	SNM	Bukit Batok Care Home
Yeoh Kim Choo	NM	Dover Park Hospice
Lee Wei Ling Geraldine	SPCN	HCA Hospice Care
Nunez Marife Bongcales	SSN	Kwong Wai Shiu Hospital
Junsay Maria Delia Sandoval	EN	Lee Ah Mooi Old Age Home (Thomson)
Koh Siang Teng	NM	MWS Bethany Nursing Home – Choa Chu Kang
Nicholas Chung	SNM	NTUC Health Nursing Home (Jurong West)
Margaret Au	DN	Saint Theresa's Home
Tan Wee Tai	AD	SATA CommHealth
Thuzar Than	ANC	Society for the Aged Sick
Low Kok Poh Peter	SSN	St. Andrew's Nursing Home (Henderson)
Joyce Ng Qee Joo	NC	The Salvation Army Peacehaven Nursing Home
Nurdiyana Binte Hassan Jaya	SSN	THK Nursing Home @ Hougang
Ong Wee Ying	SSN	TOUCH Home Care, TOUCH Community Services
Sin Chow Mei	NM	United Medicare (Elizabeth Dr) Pte Ltd
Doi Ling @ Dwle Lain	CNM	The National Kidney Foundation
Wang Meini	CNM	The National Kidney Foundation

Private Community Hospitals

Siti Rohaidah Binte Mohamed	SSN	Ang Mo Kio – Thye Hua Kwan Hospital
Zuraidah Binte Sulaiman	SNC/APN	Ren Ci Community Hospital
Su Anqi	SNE	St Luke's Hospital
Heng Chai Gek	APN	St. Andrew's Community Hospital

Private Hospitals

Sih Siew Gaik	NM	Farrer Park Hospital
Chan Yew Keng	SNE	Mount Alvernia Hospital
Than Sook Ling	SNC	Raffles Hospital
Grace Au Kit Wan	NC	Thomson Medical Centre
Anparasi MV	NM	Gleneagles Hospital
Say Poh Kin	SNM	Mount Elizabeth Hospital
Siti Samira Binte Kassim	NM	Mount Elizabeth Hospital
Tan Jilin	NM	Mount Elizabeth Novena Hospital
Eileen Chua-Tiang	ANC	Parkway East Hospital

Statutory Boards

Norbayah Binte Md Yasin	Manager, Nursing	Health Promotion Board
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National Healthcare Group

Chen Birong	ANC/APN	Institute of Mental Health
Farhanah Bte Mohammed Rahna	PAN	Institute of Mental Health
Mullath Bijuh Sukumaran Nair	NC	Institute of Mental Health
Zheng He	NC	Institute of Mental Health
Ernie Yanty Binte Borhanudin	ANC	Khoo Teck Puat Hospital
Lu Qiaoxian	NC	Khoo Teck Puat Hospital
Nuraini Binte Mamon	NM	Khoo Teck Puat Hospital
Ramanathan S/O Perumal	SSN	Khoo Teck Puat Hospital
Tan Si Hui	NC	Khoo Teck Puat Hospital
Zheng Dexin	NC	Khoo Teck Puat Hospital
Lim Voon Ping	SNC	National Centre for Infectious Diseases
Evonne Oh Siew Gek	ANC	National Healthcare Group Polyclinics
Nisha Menon	ANC	National Healthcare Group Polyclinics
Leong Hui Hui	SSN	National Skin Centre
Anna Goh Phu Xua	SAN	Tan Tock Seng Hospital
Faith Lee Sook Mun	SSN	Tan Tock Seng Hospital
Fazlina Binte Surani	NC	Tan Tock Seng Hospital
George Frederick Glass Jr	NR	Tan Tock Seng Hospital
Lee Sharlene	SSN	Tan Tock Seng Hospital
Lee Shu Ying Carrie	NC	Tan Tock Seng Hospital
Lian Xia	SNC/APN	Tan Tock Seng Hospital
Liu TingTing	SSN	Tan Tock Seng Hospital
Ong Zh Hua	ANC	Tan Tock Seng Hospital
Tan Wan Kun James	ANC	Tan Tock Seng Hospital
Tan Yen Peng	NC	Tan Tock Seng Hospital
Wang Qian	NC	Tan Tock Seng Hospital
Wang Zhiye	SNC	Tan Tock Seng Hospital
Shiji D/O Kuttan	SNE	Woodlands Health Campus
Taye Shi Min Charmaine	NC	Woodlands Health Campus
Tan Yi Xue	SSN	Yishun Community Hospital

National University Health System

Tsen Li Mee Marie	SNC/APN	Alexandra Hospital
Fu Yongxin	NM	National University Hospital
Lim Chi Ching	ANC/APN	National University Hospital
Lum Luh Ping Yvonne	ANC	National University Hospital
Moe Oo Khin	NE	National University Hospital
Qu Ying Ying	NC	National University Hospital
See Li Ling	NM	National University Hospital
Theresa Samy	SNC	National University Hospital
Tomomi Ogura	ANC	National University Hospital
Xu Ping	NE	National University Hospital
Yong King Chui	NC	National University Hospital
Zhang Qiuxia	NC	National University Hospital
Fatimah Bte Endut	NC	National University Polyclinics
Seah Hui Min	NM	National University Polyclinics
Amran Bin Amir	ANC	Ng Teng Fong General Hospital
Maznah Binte Marmin	ANC	Ng Teng Fong General Hospital
Pu Xiaorong	NC	Ng Teng Fong General Hospital
Siti Zainah Binte Mohamed Rian	NE	Ng Teng Fong General Hospital
Tang Min Yee	NC	Ng Teng Fong General Hospital
Arvinder Kaur	SNM	Jurong Community Hospital

SingHealth

Chen Xiaowei	ANC	Changi General Hospital
Hanidah Binte A Rahmam	ANC	Changi General Hospital
Margie Wu Ya Lan	SNM	Changi General Hospital
Tan Khim Gek	PEN	Changi General Hospital
Wang Xia	NC	Changi General Hospital
Wang Yang	ANC	Changi General Hospital
Zhang Na	ANC	Changi General Hospital
Zheng Yiling	NC	Changi General Hospital
Ang Ying Xin	ANC	KK Women's and Children's Hospital
Asmira Binte Mohamed Rahim	NC	KK Women's and Children's Hospital
Huang Weili	NC	KK Women's and Children's Hospital
Liu Jing	SSN	KK Women's and Children's Hospital
Mariamamah D/O Paramasilvam	NC	KK Women's and Children's Hospital
Pang Ai Hong	NC	KK Women's and Children's Hospital
Wu Yiping	NC/APN	KK Women's and Children's Hospital
Goh Chee Kun	SNM	National Cancer Centre Singapore
Woon Lee Tian (Wen Litian)	SSN	National Dental Centre Singapore
Ann Chan Sok Theng	NM	National Heart Centre Singapore
Norashikin Binte Sarip	ANC	National Heart Centre Singapore
Fu Liqing	NC	National Neuroscience Institute
Ma Zhongzheng	NC	Sengkang General Hospital
Ong Chin Wan	NC	Sengkang General Hospital
Siti Suhaila Binte Sulaimi	ANC	Sengkang General Hospital
Tan Hwee Yuan	SNE	Sengkang General Hospital
Yeo Yan Ling Lynn	PEN	Sengkang General Hospital
Irene Tan Cheng Gaik	NC	Singapore General Hospital
Jumaiah Binte Jumari	NE	Singapore General Hospital
Lee Sze Chung Clara	NC	Singapore General Hospital
Lim Rong Ee	NC	Singapore General Hospital
Loh Jing Hui	NC	Singapore General Hospital
Nadrah Binte Hamzah	NC	Singapore General Hospital
Nan Hnin Ei Phyu	ANC	Singapore General Hospital
Norlela Binte Hashim	ANC	Singapore General Hospital
Nurfarah Liyana	SEN	Singapore General Hospital
Puspa Devi D/O Ramparch	PEN	Singapore General Hospital
Seah Xuelli Eileen	NC	Singapore General Hospital
Tan Wei Xian	NC	Singapore General Hospital
Tay Ai Lian	NC	Singapore General Hospital
Toh Zhen Jun Wayne	SSN	Singapore General Hospital
Guo Yan	NC	Singapore National Eye Centre
Nurlaila Binti Maidin	NC	SingHealth Community Hospital – Sengkang Community Hospital
Frida Wong Pang Nee	NC/APN	SingHealth Polyclinics
Tan Joo See	NM	SingHealth Polyclinics



Tan Shu Cing

Senior Staff Nurse

Assisi Hospice

To me, nursing is about focusing on providing comfort to someone in need, above my own.

HAVING been a palliative care nurse for five years, helping to alleviate the pain experienced by patients and honouring their preferences are important to me.

From my seven years in this profession, I will always remember this patient whom I met as a palliative home care nurse. When I rushed to his home after receiving a call from his wife close to the end of the day, he was in severe pain. It didn't go away even though I administered medication at regular intervals.

Admission to the hospital was not preferred as his nine-year-old daughter would not be able to visit.

Our home care doctor rushed down and we managed his symptoms till he was comfortable. Having spent four hours with the patient, I was tired, hungry and thirsty but I felt a sense of satisfaction. To me, this is what nursing is about – focusing on providing comfort to someone in need, above my own.



Fun Mun Yew

Senior Nurse Manager

Bukit Batok Care Home

Building rapport with residents' family members is essential as it fosters trust and allows nurses to deliver better care.

SETTING foot into nursing back in 2002 – I started as a staff nurse – the most heartening experience came when I joined the community care sector in 2016. The ability to impart my skills to new nurses encourages me greatly, enabling them to identify subtle changes in an unwell elderly person early to reduce further risks.

Upgrading skill sets is very important for nurses as we need to keep ourselves abreast of cognitive issues and/or physical

impairment of residents in a nursing home. Building rapport with residents' family members is also essential as it fosters all-round trust and allows us nurses to deliver better care.

My advice to nurses joining the community care sector is to look beyond the scope of nursing and value meaningful life experiences as well. Aside from the appreciation from residents, you will gain insightful knowledge to take care of your own elderly family members.



Yeoh Kim Choo

Nurse Manager
Dover Park Hospice

I have witnessed life's first and final moments... these taught me to value the people around us.

I HAVE been a nurse for 35 years. As a child, I was scared to see my mum fall sick. To overcome my fear, I joined nursing studies in 1984 after my O levels.

My nursing background has allowed me to gain knowledge and experience. It has nurtured me to be resilient and versatile, as well as changed my perception of life. I have witnessed life's first and final moments... these taught me to value the people

around us.

I will always remember the SARS outbreak in 2003. It was a period of uncertainty but I was very touched to see the commitment, dedication and sacrifices of the healthcare workers providing selfless care, despite the risk of catching the virus.

For those considering nursing as a career, I encourage you to go for it. You would know what it means to be human and to be humane.

Lee Wei Ling Geraldine

Senior Palliative Care Nurse
HCA Hospice Care

This role continues to motivate me because every moment is precious, before it becomes a memory.

OVER the past 20 years as a nurse, I have encountered numerous patients and families who have taught me the meaning of life. One incident that left a particularly deep impression on me: It was nearly the end of the work day when I received an urgent call from my patient's wife; she found him slumped against the sofa, unresponsive.

When I arrived at their home, I discovered that my patient had already passed on. Their son was based overseas and did



not respond to our calls. I decided to initiate post-death arrangements, such as arranging for a doctor to sign the Certificate of Cause of Death and an undertaker service. I only left when the wife calmed down.

As a community nurse, I have the privilege of journeying closely with my patients and their families in difficult times. The role continues to motivate me because every moment is precious, before it becomes a memory.



Nunez Marife Bongcales

Senior Staff Nurse
Kwong Wai Shiu Hospital

I will continue to be compassionate while caring for my patients, regardless of the setting.

APPRECIATION, in any form, keeps one going and striving for greater things.

When I was still a staff nurse, I once received a meaningful gift from my patient. I was deeply moved to know that I was the only one who had received this token of appreciation from her.

Caring for my patients is a never-ending process and it has taught me many valuable life lessons. Throughout my 20-year career, I have grown

from an aspiring nurse into a dependable one.

Some may get accustomed to hearing 'thank you', but these two words fill me with zeal and keep me going. I am grateful for the lessons learnt and have grown to value my profession even more. I will continue to be compassionate while caring for my patients, regardless of the setting. As long as I give my all, I will be able to provide the best care for them.

Junsay Maria Delia Sandoval

Enrolled Nurse
Lee Ah Mooi Old Age Home
(Thomson)

The patient made me realise that what the elderly truly need are a pair of listening ears and companionship.

LOOKING back at the past 30 years as a nurse, my journey has been challenging but meaningful.

I can still recall my first day at Lee Ah Mooi Old Age Home 20 years ago. Seeing physically frail residents, some with dementia, who required extensive nursing care filled my heart with mixed emotions. In particular, there was one resident who suffered from dementia. Every time I entered his room, he always



greeted me with a warm smile and said "Missy, I miss you" before sharing all his life stories with me. He even regarded me as his daughter.

He made me realise that what the elderly truly need are a pair of listening ears and companionship. It is also important to show genuine empathy to our residents who regard us as their family members. This spurred me to work harder to provide the best possible care for all our residents.



Koh Siang Teng

Nurse Manager

MWS Bethany Nursing Home -
Choa Chu Kang



Knowing that I am my patients' advocate and how my work enables them to live life to the fullest motivates me daily.

IT HAS been 15 years since I left my previous career in finance to pursue my call to serve the elderly in our community, and I've never looked back.

My journey as a nurse has been filled with wonder. One incident I will always remember is when my faith and resolve were tested as I had to organise a seemingly impossible outing for 28 bedridden residents. Thankfully, the outing was

a huge success and I grew through this wonderful experience.

Knowing that I am my patients' advocate and realising how my work enables them to live life to the fullest, especially patients who are uncommunicative and bedridden, motivate me daily. Coupled with working alongside inspiring colleagues and the constant support from the management, family and friends, I am equipped to achieve my best at work for the betterment of the residents I serve.

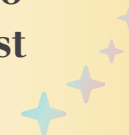
Nicholas Chung

Senior Nurse Manager

NTUC Health Nursing Home
(Jurong West)



Seeing the smiles of our residents and their family drives me to give my best every day.



AT THE age of 38, I made my boldest decision ever – to make a career switch from IT engineering to nursing. I recall being older than most of my colleagues at a job that I was not familiar with but was very passionate about. I made it a point to persevere, be pro-active, and continuously learn from fellow nurses.

One of my first residents at the nursing home had difficulties adapting to the environment, so I took care

of him and spent more time chatting and bonding with him. Before passing on, he told me that he thought it was impossible to find someone he could trust in his last days.

The touching exchange reaffirmed my commitment to nursing. I am privileged to be able to care for, and improve the lives of many seniors. Seeing the smiles of our residents and their family drives me to give my best every day.



Margaret Au

Director of Nursing
Saint Theresa's Home

I am motivated to do my best by many inspiring incidents from hospitals and community eldercare.

INSPIRED by Florence Nightingale, I joined nursing 50 years ago and have never looked back. I am motivated to do my best by the many inspiring incidents from hospitals and community eldercare. I felt satisfaction when patients express gratitude before hospital discharge.

A polyclinic patient gave me two dumplings as a token of appreciation after she had successfully learnt insulin self-injection and was managing diabetes well. One day, I felt a rush of honour when I was

unexpectedly approached by a young nurse from Singapore on a Melbourne tram. She expressed her gratitude for my clinical coaching during her hospital attachment.

An unforgettable memory was the joyful faces of elderly nursing home residents as they enjoyed a variety of hawker food served during COVID-19 restrictions. It made their day and one even remarked: "I enjoy this party! When is the next?"

Nursing is indeed a noble and rewarding career!



Tan Wee Tai

Assistant Director
SATA CommHealth

Passion and self-motivation enable me to enjoy my job so much that I don't see it as work.

MY NURSING journey began 18 years ago. When I joined SATA CommHealth Homecare Services in 2012, the learning curve was steep yet fulfilling in an Intermediate Long Term Care setting. When dealing with the provision of care, there are many perspectives to consider when it comes to patients and their caregivers in the community.

During my early days as a home care nurse, I was assigned to a patient who was referred for wound management. I distinctly

remember the strong urine odour along the corridor as I approached his residential unit. My regular home visit sessions for him started with housekeeping like mopping puddles of urine on the floor to ensure a safe home environment before starting nursing services.

Passion and self-motivation enable me to enjoy my job so much that I don't see it as work. This has allowed me to experience a true sense of professional satisfaction and fulfilment.



Thuzar Than

Assistant Nurse Clinician
Society for the Aged Sick

I am appreciative of my family and colleagues who always support and encourage me in my role as a nurse.

I HAVE been working as a nurse for 25 years, and still clearly remember helping a nursing home resident who choked on her food four years ago. Her face was turning blue and there was no response from her at that moment. We managed to dislodge the piece of food and get her to the hospital in time. I am happy to report that the resident is well and alive today.

Nursing is a profession that is challenging and yet

interesting. Saving lives and making a difference keep me going as a nurse. Having a proper daily plan and good time management skills are also very important in my profession.

I am appreciative of my family and colleagues who always support and encourage me in my role as a nurse. Nurses play a vital role in keeping our society healthy by being guiding stars in the community.

Low Kok Poh Peter

Senior Staff Nurse
St. Andrew's Nursing Home
(Henderson)

Seeing the smiles and contentment on my patients' faces when I attend to them tells me that I am on the right track.



IN MY 10 years as a nurse, one of the more unforgettable experiences was of a male nursing home resident who would hurl abusive remarks and even catch my attention to irritate me even though I ignored his rudeness and avoid confrontation.

However, I persevered, attending to him with sincerity and greater patience. After about a year, his swearing suddenly stopped and he started being more receptive

to my care. This experience encouraged me to be resilient with other difficult cases in the hope that they would truly feel my genuine care for them.

I always try to put myself in my patients' shoes and ask myself whether what I did for them was my best standard or if I could do better. To me, seeing the smiles and contentment on their faces when I attend to them tells me that I am on the right track.



Joyce Ng Qee Joo

Nurse Clinician

The Salvation Army Peacehaven
Nursing Home



I believe that lifelong learning is necessary to keep abreast of the latest evidence-based and best practices.

WITNESSING the dedication of nurses during SARS spurred me to pursue nursing studies in 2003. I have been a nurse for 15 years now, and through all those years, I have been passionate about providing better care and sharing my knowledge with fellow nurses. I believe that lifelong learning is necessary to keep abreast of the latest evidence-based and best practices.

An incident I will always remember is when we had a nursing home resident who was

paralysed but still cognitively intact. Knowing that he was depressed and frustrated, I would spend 10-15 minutes daily with him. Upon his discharge, he thanked me with tears in his eyes, adding that he will always be grateful that I journeyed with him during his darkest period. That day, I learnt that every act of kindness we show to our patients matters.

Truly, nursing is all about the compassion we show to our patients.

Nurdiyana Binte Hassan Jaya

Senior Staff Nurse

THK Nursing Home @ Hougang



Caring for my patients every day and giving quality care to earn their smiles are all that I could ask for.

MY PASSION for nursing started when I was in secondary school where I actively participated in Red Cross as my CCA. My desire to help and care for others grew deeper when I began volunteering as a first aider for sports events in schools and also external events.

Those experiences were the reason I decided to pursue my Diploma in Nursing at Nanyang Polytechnic. After almost 15 years in this profession,

the drive to care is still as strong, growing immensely deeper as I branched out to experience different career paths in nursing.

My journey from renal dialysis to home care, and currently nursing the elderly in Thye Hua Kwan Nursing Home has been a joyful and rewarding adventure. Caring for my patients every day and giving my best quality care to earn the smiles on their faces are all that I could ask for as a nurse.



Ong Wee Ying

Senior Staff Nurse

TOUCH Home Care,
TOUCH Community Services

While we fulfil our duties as nurses, we must learn to take care of our emotional well-being.

BEING a nurse is a calling. We are dealing with human lives, after all. I recall an incident when an elderly cancer patient died with only a nurse by his side. At that point, I realised that nurses are in a special position to impact lives, even if it is for a short while.

I have been a nurse for 13 years, and it has been an emotionally rewarding profession for me. I truly appreciate the opportunities to upgrade my skills.

My greatest joy is to see more elderly clients empowered to take charge of their health, becoming more independent and socially engaged. Even in their advanced age, my clients, just like everyone else, are capable of giving back to society.

While we fulfil our duties as nurses, we must learn to take care of our emotional well-being. I enjoy listening to my clients' life stories, as well as catching up with colleagues over a meal.

Sin Chow Mei

Nurse Manager

United Medicare
(Elizabeth Dr) Pte Ltd



Working in a long term care institution gives me more opportunities to interact with residents closely.

IN 1978, when the Spyros disaster happened, I was impressed by the way nurses cared for the injured. This impression silently planted a seed in my heart to join the profession.

I have been a nurse since 1986 and there are many incidents in my long nursing career that I will never forget. The most recent one was when I received a heartfelt appreciation letter from a United Medicare resident's daughter. She was grateful to me for helping her father settle well into a

'home away from home' environment, especially during the COVID-19 pandemic.

The meaningful relationships forged with my residents encourage me to do my best. Working in a long term care institution gives me more opportunities to interact with residents closely. Understanding their lifestyle and health habits better, guides me in helping them settle in well. It allows me to make a real difference in their lives.



Doi Ling @ Dwle Lain

Clinical Nurse Manager
The National Kidney Foundation

It gives me great satisfaction to know that I am able to provide comfort and hope to our patients.

MY MOTHER who was a nurse manager in a general surgical ward and my strong belief that nursing will help fulfil my wish to care for others, greatly inspired me to join the profession in 1998.

In my 23 years as a nurse, one experience that is etched in my memory involves a young female patient who was suffering from depression when she started dialysis treatment. She struggled to adjust to the required lifestyle and dietary

changes, as well as the fluid restrictions to cope with her condition. With constant support, interaction and personalised care from our team, the patient eventually accepted her illness, regained her mental strength and had the courage to move on to lead a meaningful life.

As a dialysis nurse, it gives me great satisfaction to know that I am able to provide comfort and hope to our patients as well as make a positive impact in their quality of life.

Wang Meini

Clinical Nurse Manager
The National Kidney Foundation

As nurses, not only are we gentle, but we are also an ever-present pillar of strength for our patients.

IN MY 22 years of nursing, my most unforgettable moment occurred when I tried to encourage a patient with bradycardia post-dialysis to shift his heart surgery forward.

However, he rebutted my every attempt to convince him and it was made even more difficult as the patient became increasingly distressed. I sat by him and patiently explained his options, hoping to empower him enough to consider my opinion, without the fear immobilising him. Eventually, he relented and his procedure was a great success.



Ever since that incident, I became motivated to be a more sensitive nurse who processes emotions with my patients and provides the best possible support to them.

As nurses, not only are we gentle, but we are also an ever-present pillar of strength for our patients. I strive to ensure safe and effective patient care by promoting a quality nursing practice environment, good leader-nurse relationship and patient rehabilitation.



Siti Rohaidah Binte Mohamed

Senior Staff Nurse

Ang Mo Kio - Thye Hua Kwan Hospital

Nursing school changed my perspective about the profession, and now nursing has become my calling.

NURSING was never my first career choice. But nursing school changed my perspective about the profession, and now nursing has become my calling.

Many wonder why I chose to work at a community hospital after graduating in 2010 as it is often seen as a humdrum sector. For me, building a good nurse-patient relationship is important and that requires spending time with patients. A patient's stay in a community hospital is generally longer,

allowing me to understand their needs, build rapport as well as earn their trust and cooperation. This enables me to journey with them during their recovery process.

Even though the clinical learning and experiences at an acute hospital might offer other prospects, the opportunity to make a greater difference in a patient's care journey is irreplaceable. I am proud to be a nurse in the community care sector and I would not trade this experience for anything else.



Zuraidah Binte Sulaiman

**Senior Nurse Clinician/
Advanced Practice Nurse**

Ren Ci Community Hospital

Being able to comfort and care for my patients, makes each day more rewarding and fulfilling.

I JOINED nursing 23 years ago, after being inspired by nurses who cared for my grandmother when she was ill. For me, nurses are special individuals who have patience, skills and knowledge to provide care and aid recovery.

I remember a bed-bound stroke patient whom I cared for. He was unable to speak, but I always talked to him, knowing he could hear me. One day, he surprised me by saying a soft "thank you". His wife teared up and told me that he had not

spoken in years. It was a miraculous moment and brought great joy to his family. It was especially meaningful for me, knowing that I had contributed to his recovery.

Nursing is my first job and will be my last. My patients are the reason I look forward to going to work. Being able to comfort and care for them, makes each day more rewarding and fulfilling.



Su Anqi

Senior Nurse Educator
St Luke's Hospital

General nursing skills can be picked up, but mental resilience sees us through challenging times.

MY LOVE for nursing has grown over the past 18 years I have spent in this profession. The difference nurses make to our patients constantly reminds me to give wherever I can.

When COVID-19 struck, I responded to the call for deployment of nurses when a cluster formed at Lee Ah Mooi Old Age Home (LAM). As a new face to the seniors, I made the effort to remember every resident's likes and dislikes, gradually building a bond with

them. When it was time to say goodbye, I felt a tinge of sadness... especially on the last day, when the LAM staff and volunteers sang the chorus "Together we make a difference".

General nursing skills can be picked up, but mental resilience sees us through challenging times. Whenever times get tough, I remind myself to "be adaptable like water to flow around the obstacles, be calm like water to ride through life".



Heng Chai Gek

Advanced Practice Nurse
St. Andrew's Community Hospital

Looking back at my past 23 years in this profession, nursing has been intriguing, dynamic and inspiring for me.

MY MOTIVATION to become a nurse started in primary school. I vividly remember reading a passage titled, 'Florence Nightingale' and was attracted to a drawing of the main character holding a small lamp while checking on a group of wounded soldiers.

Looking back at my past 23 years in the profession, nursing has been intriguing, dynamic and inspiring for me. I recall caring for an elderly man with terminal lung cancer and his family's request to

conceal it from him out of concern for his psychological well-being. Gradually, he became weaker as his disease progressed. One day, he suddenly shared that he was aware of his bleak prognosis but had no one who was willing to listen to his thoughts on death and dying.

This has taught me the importance of looking beyond medical issues; to listen and respond to patients in a way that is therapeutic and supportive to them.



Sih Siew Gaik

Nurse Manager
Farrer Park Hospital



For me, nursing heeds my inner calling to make a difference in people's lives and serve the community.

IN MY 35 years as a nurse, I have witnessed many incidents ranging from suicide attempts to acute airway obstruction caused by cancerous tumors in the trachea, and even gunshot wounds!

The most unforgettable of all was the 2004 bomb attack in Riyadh, Saudi Arabia, where I was a staff nurse in the emergency department. I remember nursing my first victim who was a man in his early 30s and had sustained

severe facial injuries from the blast. During times like this, I am driven to help my patients – not just their physical injuries but also the emotions accompanying their trauma. Nothing makes me happier than being able to support my patients, which gives me purpose to persevere on their behalf.

For me, nursing heeds my inner calling to make a difference in people's lives and serve the community. It has been my privilege to be a nurse.

Chan Yew Keng

Senior Nurse Educator
Mount Alvernia Hospital



I am glad to have chosen nursing as a career and am humbled to be an educator for novice nurses.



THE journey in caring for my father made me realise that I had a keen interest in nursing, and charted my career path. Today, I have been a nurse for 19 years in Mount Alvernia Hospital.

Having started my career as a staff nurse, I have since progressed to a senior nurse educator. I was fortunate to be given ample opportunities to assume different roles in management and coach junior nurses within the nursing

division in the hospital.

I am glad to have chosen nursing as a career and am deeply humbled and privileged to be an educator for novice nurses, teaching my juniors to provide safe nursing care and mentoring them to embrace their calling in their careers.

My advice to young nurses is for them to be resilient, tenacious and enjoy their job.



Than Sook Ling

Senior Nurse Clinician
Raffles Hospital

It is an indescribable feeling of satisfaction when a patient recovers and visits the unit to thank us for saving his/her life.



THIS year marks my 15th year as an ICU nurse. I was privileged to be chosen to work in the unit as it gave me the opportunity to provide holistic care for my patients. It also constantly engaged my critical thinking skills as I dealt with unexpected situations in the fast-paced and demanding environment. While I have seen more deaths in my career as an ICU nurse as compared to other nurses of different

specialisations, I have also witnessed many moments of miracles and healing.

It is an indescribable feeling of satisfaction when a patient recovers and visits the unit to thank us for saving his/her life. As a nurse, small gestures like these make a big difference to us. Just hearing something as simple as a “thank you” from patients is good enough to take the stress away.

Grace Au Kit Wan

Nurse Clinician
Thomson Medical Centre

Having colleagues who shared my workload made me realise that, with camaraderie, nurses can achieve anything.



SINCE young, caring for people came naturally to me. Following my passion, I joined nursing in 1976 and have never looked back. I aspire to provide the best care for my patients.

I vividly remember caring for a patient whom I had assisted in six out of her eight deliveries. Eighteen years later, she visited me at work... with her grown-up children in tow! I was deeply moved by this simple gesture of hers,

and such moments inspire me to continue serving as a nurse.

One of my greatest challenges was starting out as a nurse when I had to juggle work and raising a family. As a migrant-turned-Singaporean, I did not have the support of family or friends and often had to turn to neighbours for help. I was fortunate to have colleagues to share my load and this made me realise that, with camaraderie, nurses can achieve anything!



Anparasi MV

Nurse Manager
Gleneagles Hospital

Nursing has enriched me in many ways, right down to my healing role as a mother in my family.

SINCE 1987, my journey as a nurse has been filled with ups and downs – feelings of sadness when a patient passes on, and triumph when he/she gets saved.

Witnessing the death of an infant on the operating table when I first started out as a nurse was the turning point early in my career. The child's extremely short lifespan made me resolute to do everything within my means to ensure my patients would

return healthily to their families and loved ones.

Nursing through the years has allowed me to exercise my leadership and problem-solving skills. COVID-19 tested my mettle as it threw unknowns our way but, as I keep telling my nurses, this career is always a work-in-progress that constantly keeps us on our toes. Nursing has enriched me in many ways, right down to my healing role as a mother in my family.



Say Poh Kin

Senior Nurse Manager
Mount Elizabeth Hospital

Being able to see patients recover and reunite with their families gives much meaning to my work.

AS THE saying goes, “When you are a nurse, you know that every day you will touch a life or a life will touch yours”.

I vividly recall a frenetic experience when I started out as a junior nurse in the endoscopy unit. I was called back to work due to an emergency as the patient had upper gastrointestinal bleeding and required a scope. The doctor took an hour to locate the bleeding and thereafter administered treatment.

My heart was racing as we assisted in administering blood and fluids, while ensuring that his vitals were stable. I felt immense joy and tremendous fulfilment when the bleeding stopped and the patient's condition stabilised.

It has been 22 years since I joined nursing, and being able to see patients recover and reunite with their families still gives much meaning to my work. I'm grateful to be able to touch lives every day.



Siti Samira Binte Kassim

Nurse Manager
Mount Elizabeth Hospital

Every experience
in nursing is a
rewarding lesson
which teaches me
humility and gratitude
for all I have.

THROUGHOUT my 14-year journey as a nurse, I have been humbled and given a broader perspective of life through emotionally challenging situations.

I remember an unforgettable and heart-wrenching incident when a terminally ill patient was hospitalised while his family was overseas. His condition deteriorated and he passed on before his family could see him for the last time. During his final moments, I was glad that I was able to contribute in my

own way by offering comfort and accompanying him by his bedside before he took his last breath.

I appreciate my job fully, knowing that every experience in nursing is a rewarding lesson which teaches me humility and gratitude for all I have. As I lead my team through this pandemic journey – one that is filled with many uncertainties – I strive to motivate my nurses by sharing how enriching nursing is through my eyes.

Tan Jilin

Nurse Manager
Mount Elizabeth Novena Hospital

As a nurse, I am
well aware of life,
suffering, death
and the healing of
a patient's mind
and body.



I HAVE been an ICU nurse since graduating from nursing school in 2007.

As a nurse, I am well aware of life, suffering, death and the healing of a patient's mind and body. When I was a junior nurse, there was a patient who touched my life and till this day, the memory of her still holds dear to my heart. This patient was admitted for a valve replacement and was healing well post-operation. I attended to her daily,

learnt a lot about her family and her plans for the future. One day, her condition deteriorated rapidly and she started coughing out blood. Despite resuscitation efforts, she passed on. This sudden turn of events made me realise that life is unpredictable and I have to be grateful for every moment lived.

A quote I live by is "Every day may not be good but there is something good in every day".



Eileen Chua-Tiang

Assistant Nurse Clinician
Parkway East Hospital

Nursing is not an easy job but I am forever grateful to my patients who have shown their appreciation to me.



THIRTEEN years ago, I worked as a nutrition lab analyst. Today, I am proud to be a nurse, midwife and lactation consultant.

I thought I had seen and experienced everything until I had to assist in a spontaneous premature abortion case. Holding the lifeless foetus in my hands, I held back my emotions and stood strong in front of the patient. However, the patient was inconsolable and turned away from me. It dawned

on me that seeing me in my advanced state of pregnancy was magnifying her loss. Immediately, I asked my colleagues to take over and when I got home, I broke down from the magnitude of emotions that washed over me.

Nursing is not an easy job but I am forever grateful to my patients who have shown their appreciation to me. Their encouragement is the fuel that has kept me going all these years.

Norbayah Binte Md Yasin

Manager, Nursing
Health Promotion Board

It is satisfying when schools and parents recognise and appreciate our efforts to keep students healthy.



WHEN I was 17, my father advised me to pursue a career in nursing... now, thanks to him, I was a midwife for eight years and have been a nurse for the past 22 years.

An unforgettable incident happened when I was a Singapore Civil Defence Force ambulance nurse and had to deliver a baby prematurely at the family's home. It was risky but I delivered the baby safely, and both mother and child were fine. The experience was truly rewarding when I discovered that the parents

had waited 10 years for their bundle of joy.

Today, I am part of the Health Promotion Board's team of nurses that conducts health screening and vaccinations for students. It is satisfying when schools and parents recognise and appreciate our efforts to keep the students healthy. The positive feedback and accolades received continue to motivate me to do even better. Looking back, taking up nursing is a decision that I have never regretted.





Chen Birong

Assistant Nurse Clinician/
Advanced Practice Nurse

Institute of Mental Health

Helping patients has brought me joy and satisfaction, and ignited my passion for nursing.

I JOINED the nursing profession 16 years ago through the Asian Nursing Scholarship. Initially drawn to the job security and career prospects, I have not regretted my decision since. Helping patients has brought me joy and satisfaction, and ignited my passion for nursing.

There was a patient who had significant weight loss because she refused her meals. I persevered in building a rapport between us, and took her to buy her favourite food at the canteen. Gradually,

I earned her trust and she confided in me her fear of being poisoned. With this understanding, our team adjusted her medication and she eventually recovered. Seeing my patients get better has spurred me to upgrade my knowledge and skills to improve their health.

Being the first Advanced Practiced Nurse who is credentialed to administer electroconvulsive therapy in IMH, I realise a nurse can contribute to patient recovery in ways we never thought possible.

Farhanah Bte Mohammed Rahna

Principal Assistant Nurse

Institute of Mental Health

The ability to help and ease the discomfort of the unwell motivates me to give my best.

AS THE only daughter among five siblings, I had the responsibility of caring for my aging grandparents and father with limited mobility and serious heart conditions early on. I joined nursing to supplement my family income, and to pursue my passion to serve those in need.

Once, I was about to leave after my night shift when I noticed a patient at the end-of-life stage shivering excessively. I proactively took his vital signs, and covered him



with a blanket for warmth. As the ward was grappling with manpower shortage, I stayed behind to look after him. Despite being frail and non-communicative, he held my hand firmly and gave me a warm and appreciative smile.

In my 49 years of nursing, the ability to help and ease the discomfort of the unwell has brought me a sense of satisfaction, and continues to motivate me to give my best at work.



Mullath Bijuh Sukumaran Nair

Nurse Clinician
Institute of Mental Health

Seeing my patients
recover and smile
as they go home
to their loved
ones remains my
greatest motivation.

INSPIRED by my elder sister who would tell me interesting stories about her work as a nurse, and her passion to make a difference, I became an Enrolled Nurse in 1994. In my 27 years of nursing, I have learnt something new every day from my colleagues, patients and caregivers.

My greatest reward was being mentioned by a caregiver in a 'thank you' note that was published in a newspaper. He wrote: "I particularly thank

Miss Bijuh, a Senior Staff Nurse, who advised us on how we should take care of my father's bed sores upon discharge. She even took a taxi to my father's home in Choa Chu Kang to deliver his medication." His appreciation deeply impacted me and I still keep that newspaper clipping until today.

Seeing my patients recover and smile as they go home to their loved ones brings me satisfaction, and remains my greatest motivation.

Zheng He

Nurse Clinician
Institute of Mental Health

I have experienced
immense joy and
purpose when
my patients
recover and
are discharged.

SINCE young, I have always wanted to become a nurse because I enjoyed helping people. Throughout my 15 years in this profession, I have experienced immense joy and purpose when my patients recover and are discharged.

I recall a patient who had poor impulse control and behaved violently towards others. Every day, I worked with him to set small and reachable goals to reduce his impulsivity, and encouraged him by acknowledging his achievements.



He gradually opened up to me and resolved to change his behaviour. Eventually, he was discharged from the forensic ward to a step-down facility. I love sharing these stories with my colleagues to remind them how we can support our patients' recovery.

Currently, I am driven by the challenge of nurturing nurses who are future-ready amidst the rapidly changing healthcare landscape, so as to bring nursing to greater heights.



Ernie Yanty Binte Borhanudin

Assistant Nurse Clinician
Khoo Teck Puat Hospital

Being able to be part of my patients' health journey motivates me to do my best and I am blessed to be in this career.

I HAVE been a nurse for the past 12 years.

A memorable experience that I encountered was caring for a patient who suffered from end-stage organ failure and was dying. The day before he passed on, he expressed that one of his last wishes was to eat a Kit Kat chocolate bar. Coincidentally, I had brought one with me on the way to work and he managed to eat some of it! Sadly, he passed

on later that evening but I felt immensely grateful to be able to grant his final wish.

Being able to be part of my patients' health journeys motivates me to do my best, and I am blessed to be in a career that allows me to help people and their families.

I am also grateful to have the encouragement from my parents, husband, family and friends, who are my strongest pillars of support. It drives me to keep going.

Lu Qiaoxian

Nurse Clinician
Khoo Teck Puat Hospital

By combining skill and empathy, nurses are equipped to support patients and their families.

BEING a perioperative nurse has been challenging yet rewarding. The past 13 years in this profession have taught me how to truly care for people and live my life with gratitude and humility.

In 2008, my mum suffered from immense pain caused by gallstone disease and underwent surgery. I witnessed the love and care that her nurse, Ms Li, showered upon her during her hospitalisation – this incident inspired me to follow in her footsteps by being a caring nurse.



The nursing profession has grown from strength to strength. Going beyond our skills, nurses have a keen awareness that every patient is unique and is going through different challenges.

By combining skill and empathy, nurses are equipped to support patients and their families. Our role and presence is a source of comfort in our patients' healthcare journeys. I'm proud to be a nurse and make a difference in the lives of others!



Nuraini Binte Mamon

Nurse Manager

Khoo Teck Puat Hospital

Nurses have the clinical knowledge to offer the best treatment possible to our patients.

IN MY 20 years as a nurse, I have learnt to see a person beyond his or her condition. We have the clinical knowledge to offer the best treatment possible to our patients. However, we are also mindful that every patient's background, culture, needs, values and beliefs is different and respecting this diversity is crucial.

An incident that will forever be imprinted in my mind is an elderly destitute man who

was receiving end-of-life care and requested me to call his estranged daughter. Unfortunately, his final request to have his daughter present during his last moments was never met. I had been caring for him and held on to his hand as he drew his last breath.

This incident made me realise that nurses can ensure that no one dies alone and I hope that my presence during his last moments brought him peace and comfort.

Ramanathan S/O Perumal

Senior Staff Nurse

Khoo Teck Puat Hospital

Getting a 'goodbye and thank you' from my patients when they get discharged makes it all worthwhile.

I JOINED nursing as a Pupil Assistant Nurse at the School of Nursing in 1983 after witnessing how well the nurses cared for my younger brother prior to his passing that same year from leukemia. I was moved by their dedication and decided to join the profession.

Over the past 38 years, I have served in various institutions and, at present, I am a Senior Staff Nurse at KTPH. I also take on a clinical instructor role,



teaching and supervising junior nurses enrolled at various educational institutions, as well as guiding them in their journey to become well-trained and compassionate nursing professionals.

I enjoy my work because of my passion for nursing and the fulfilment that caring for patients brings me. Getting a 'goodbye and thank you' from my patients when they get discharged makes it all worthwhile.



Tan Si Hui

Nurse Clinician

Khoo Teck Puat Hospital



Our support had been an immense source of comfort for the caregiver and we were moved by his visit to thank us.

MY PASSION for nursing started 14 years ago when I was in secondary school and had the shared responsibility of caring for my grandmother who suffered a stroke. During that time, I underwent caregiver training which inspired me to join the profession.

At the start of my career in 2007, I had difficulty coping as I was soft-spoken in nature. Thankfully, I met great nursing leaders who were a source of guidance and inspiration.

I will never forget when a caregiver called me, requesting for help with home palliative care arrangements for his wife. As the nurse-in-charge of the Peritoneal Dialysis unit then, I assisted him by reaching out to the home palliative team. His wife eventually passed on two weeks later.

Following this, the caregiver visited us to thank the team. Our support had been an immense source of comfort for him and we were moved by his touching act of gratitude.



Zheng Dexin

Nurse Clinician

Khoo Teck Puat Hospital



Sixteen years later, I see the profession not only as my chosen career path, but my calling.

GROWING up, I witnessed my mother dedicating her life to nursing. This inspired me to become one too! Sixteen years later, I see the profession not only as my chosen career path, but my calling.

The defining moment for me was when I first donned my nursing supervisor uniform and put myself on the front lines of patient care. I constantly remind myself to always stay vigilant as I have been entrusted to ensure the safety and comfort

of my patients. The strong family support, especially from my husband, has allowed me to fully dedicate myself to the profession.

Becoming a nurse is more than just receiving a degree. I sincerely hope that the future generation that joins the nursing force will serve with passion and make a difference in our patients' healing journeys.

“Alone we can do so little; Together we can do so much.”
– Helen Keller



Lim Voon Ping

Senior Nurse Clinician

National Centre for Infectious Diseases



It is amazing to see a patient survive and recover from a serious health ordeal.



MY NURSING career began in 1992 and it has been a fulfilling 29 years. As a critical care nurse, it is amazing to see a patient survive and recover from a serious health ordeal. It is even more rewarding when I can contribute to their survival and recovery.

Over the years, I have encountered many experiences of being on the front line, including caring for the first SARS patient during the 2003 outbreak and working

in the teams at NCID to fight COVID-19. A patient in my care came close to death several times, yet defied the odds. We collaborated as a team and nursed him back to health. He spent close to two months in ICU, before undergoing rehabilitation. I was overjoyed with his recovery.

I enjoy training new nurses and seeing them thrive. The impact of peer learning is immeasurable as we continually learn together.

Evonne Oh Siew Gek

Assistant Nurse Clinician

National Healthcare Group Polyclinics



I have been blessed with teammates who provided me with a supportive environment for growth.

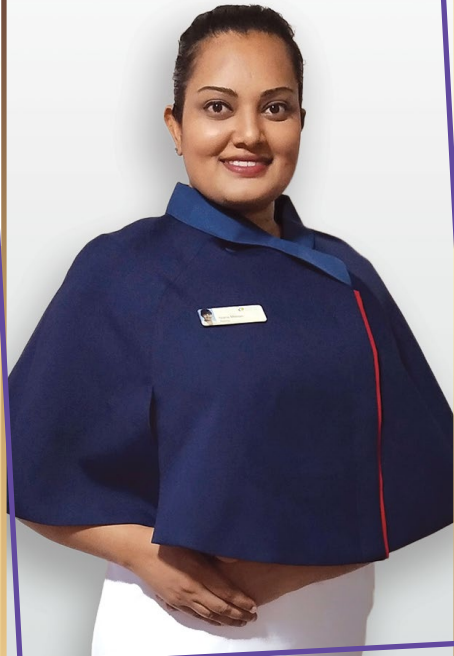


AS A child, my godmother's stories of her nursing experiences deeply inspired me. My own journey into the field began in my mid-20s, when my mother came across a nursing Professional Conversion Programme advertisement and urged me to take the leap.

In my 14 years as a nurse, I have been blessed with amazing teammates, who motivated and provided me with a supportive environment for growth. I will never forget



my first experience performing cardiopulmonary resuscitation on a patient who had suddenly collapsed. While initially nervous, I trusted my training and gained strength after seeing my fellow nurses immediately rushing over to support me. My nursing colleagues also helped to cover my medication rounds to ensure other patients would not be affected. It was then that I truly recognised and appreciated the importance of teamwork in this profession.



Nisha Menon

Assistant Nurse Clinician

National Healthcare Group Polyclinics

My greatest motivation is seeing my patients smile and knowing the impact I have made on their care journey.

HAVING been a nurse for 15 years, my greatest motivation is seeing my patients smile and knowing the impact I have made on their care journey. Starting out as a neonatal nurse, some of my most memorable experiences were having to care for families whose infant babies had passed on. My time there allowed me to better appreciate the sanctity of life, and also helped me to learn how I can play a role to improve patient experience.

My subsequent stints as a nurse in the paediatric and oncology wards, as well as nursing home, have also further shaped my outlook as a nurse. In my current role as an infection control nurse at NHGP, I work alongside colleagues from various departments to ensure our polyclinic patients receive quality care. It has been a rewarding journey thus far, and I hope to put more smiles on my patients' faces.



Leong Hui Hui

Senior Staff Nurse

National Skin Centre

Integrity is the most important value in nursing and I strive to carry out my duties with honesty.

MY NURSING journey over the past 14 years has been challenging. I remember my interaction with a patient suffering from eczema during a skin counselling session. Her skin was extensively red, dry and itchy. She was very quiet and avoided eye contact with me. I provided her with basic skin care advice and on proper application of topical moisturisers. A week later, she returned with significant improvements to her skin and it was heart-warming to see that

she was smiling and energetic.

The sense of fulfilment when I see my patients getting better is constant motivation to give my best. Integrity is the most important value in nursing and I strive to carry out my duties with honesty and sincerity, even when no one is watching.

As a nurse, there may be more tough times than good times. However, the smiles and simple gestures of appreciation from our patients always make it all worthwhile.



Anna Goh Phu Xua

Senior Assistant Nurse
Tan Tock Seng Hospital

In the future, I look forward to seeing nurses' roles, responsibilities and education continue to evolve.

MY LOVE for nursing and the chance to care for the sick motivate me to give my best in the 15 years I have been in this profession. "Do it with your heart" is a motto that inspires me to achieve more.

One incident I will never forget involves a patient who fell and sustained a spinal cord injury. He was bedridden for months and had tubes all over to support his recovery. Nursing that patient was challenging initially as he was restless, agitated and confused.

Each day, I did my best to reorientate him and greet him with a smile. Six months later, he was well enough for step-down care, and eventually could breathe and walk independently. Looking back, he was very grateful to the medical team and nurses for helping him on the road to recovery.

In the future, I look forward to seeing nurses' roles, responsibilities and education continue to evolve.



Faith Lee Sook Mun

Senior Staff Nurse
Tan Tock Seng Hospital

I look forward to all nurses being more empowered and given more autonomy in patient management.

IN MY career of 12 years, I have progressed from an Assistant Nurse to Senior Staff Nurse. Today, I am also a Clinical Instructor and my greatest joy comes from sharing my experience with nursing students and helping them reach their full potential.

Observing the students' eagerness to learn and seeing them progress to become full-fledged nurses motivate me to stay updated with my professional skills and knowledge, so that I can help them achieve more during

their clinical attachment.

Nursing is a demanding job, and my advice to people in the profession would be to maintain a good work-life balance. The best way to do this is to meet up with friends often, especially nursing friends because nobody understands you as much as they do.

As the nursing profession evolves, I look forward to all nurses being more empowered and given more autonomy in patient management.



Fazlina Binte Surani

Nurse Clinician
Tan Tock Seng Hospital

Nursing is a rewarding profession as it gives care that saves lives and helps patients achieve an improved quality of life.

I CHOSE renal nursing for its unique ability to help educate and journey with patients in managing chronic kidney diseases, and to build a long-lasting bond with patients and their family.

Seeing an improvement in my patient's health gives me inner peace. I consider these blessings.

One significant memory was the time I had to convince a patient with an infected foot to agree to amputation. At the time, the patient and his family were in low spirits. Some months later,

I was overjoyed when he returned to the clinic to thank me for giving him hope, and that led him to being able to play with his grandson.

After 17 years of nursing service, I do empathise with patients suffering from chronic sickness. I understand the emotional burdens but nurses can offer advice to alleviate them. Nursing is a rewarding profession as it gives care that saves lives and helps patients achieve an improved quality of life.

George Frederick Glass Jr

Nurse Researcher
Tan Tock Seng Hospital

In my research, I strive to apply insights gained, leading to better care for patients and caregivers.

2021 marks my ninth year as a nurse, with five years as a nurse researcher.

My hope for the future of nursing is this – empowering and journeying alongside our patients towards effective self-care.

A pivotal moment in my career was when I received an elderly patient bundled up in soiled blankets. This is because he had a stoma bag for faecal waste but was not taught how to empty it properly, as it was



done by a caregiver. Once I cleaned him up, I guided him on the procedure and he quickly learnt the skills. I spoke in his mother tongue, and he was comfortable to ask me important questions.

This encounter spurs me to help patients and their caregivers thrive, both in the hospital and home. In my research, I strive to apply the insights gained, leading to better care for our patients and their caregivers.



Lee Sharlene

Senior Staff Nurse
Tan Tock Seng Hospital

Aside from clinical skills and knowledge, there is a softer side to nursing too.

I AM a geriatric nurse, with seven years in the profession I chose thanks to my close relationship with my grandfather. When he was diagnosed with diabetes, I read widely on the management of the disease so that I could care for him.

Aside from clinical skills and knowledge, there is a softer side to nursing too. I still remember a patient who became extremely ill during my night shift. I held her hand

and assured her that I would be with her till her family arrived; she looked at me with tears in her eyes and nodded.

Her family members managed to say their last goodbyes before she passed on peacefully. A few weeks later, they sent me a thank-you card and addressed me as one of their extended family. This spurred me to be a better nurse, in terms of knowledge as well as the delivery of care.

Lee Shu Ying Carrie

Nurse Clinician
Tan Tock Seng Hospital

Seeing my patients' appreciation motivates me to keep delivering my best clinical care.

I BELIEVE the primary motivation for a career in nursing is the desire to care for others. Time flies and even though I have already completed 18 years in this profession, I am still convinced about the value of care.

Whenever I discharge my patients, I advise them and their loved ones on proper care procedures. Seeing their appreciation motivates me to keep delivering my best clinical care as well as clear,



useful post-discharge advice to my patients.

My family has always been understanding of my work requirements. When I was deployed to NCID, they knew it was an important task and supported my work, despite the risk of COVID-19 infection.

Due to the nature of my shift work, my family members work around my schedule and take care of my children when I am not around. This gives me peace of mind at work.



Lian Xia

Senior Nurse Clinician/
Advanced Practice Nurse

Tan Tock Seng Hospital

As APNs, we should continue to brush up our knowledge and skills so we can pick up life-threatening signs.

HAVING been a nurse since 1989, I became an APN to share the nursing expertise I have acquired over the years with the younger generation of nurses. I believe a successful APN should have expert knowledge of the specialty he/she was trained in, have the ability to apply critical thinking for complex issues as well as acquire advanced clinical competencies for extended practices.

I recall a patient who wasn't her usual self during her routine

diabetes check-up. Noticing her unsteady gait, I sent her to the Emergency Department for further investigation. Later that evening, she was admitted to the High Dependency Unit with a haemoglobin count of 3.9dl/L.

From this case, I realised that as APNs, we should continue to brush up our knowledge and skills so we can pick up life threatening signs and symptoms, and provide the best care we can to our patients.

Liu TingTing

Senior Staff Nurse

Tan Tock Seng Hospital

Being instrumental in the effort to save someone's life gave me a huge sense of purpose in life.

AS A registered nurse for the past eight years, I have encountered numerous heart-warming moments. During my stint at the Emergency Department, I participated in resuscitation on a few occasions. Being instrumental in the effort to save someone's life gave me a huge sense of purpose in life and left me deeply moved.

Of course, there were also less pleasant incidents which happened along the way. I once cared for a patient with dementia



and her actions shocked me initially. However, I realised her behaviour was unintentional and chose to look after her with more patience, understanding and empathy instead.

Nurses have to be ready to respond to unexpected patient emergencies and, most importantly, show respect and compassion at all times. Nursing makes me a better person, and I feel proud and privileged to have served eight years in this wonderful profession.



Ong Zh Hua

Assistant Nurse Clinician

Tan Tock Seng Hospital

Seeing patients saved from the brink of death can fill you with immense satisfaction and nothing can replace the feeling.

IN THE 11 years of my nursing career, I have learnt a lot and gone through many memorable experiences. The most significant incident that is forever etched in my memory is a paediatric resuscitation. That episode made me realise how fragile and unpredictable life can be.

As an emergency nurse, it is physically challenging and emotionally draining when dealing with life and death in the emergency room. However, seeing patients saved from the

brink of death can fill you with immense satisfaction... nothing can replace the feeling.

Like any other profession, nursing, too, has its ups and downs. However, I am always appreciative of the lessons learnt. I am also thankful to have supportive mentors and colleagues who believe in me and help me grow and progress in my profession. The word 'nursing' encapsulates a person who is strong enough to tolerate hard knocks, yet compassionate enough to understand human beings.

Tan Wan Kun James

Assistant Nurse Clinician

Tan Tock Seng Hospital

I would like to see nursing spearhead the advancement of technology in healthcare.

NURSING is more than a job; it is a calling. The job scope of a nurse spans from core nursing skills, to soft skills such as problem-solving and critical thinking. If there's one word that I can use to describe a nurse, it would be the word 'dynamic'.

In our current landscape of patient care, a nurse needs to have the flexibility to think through and solve problems, adapt to the needs of the patient and offer professional input to shape personalised care.



I have been a nurse for a decade and, as I grow in my career, I would like to see nursing spearhead the advancement of technology in healthcare. Improving the efficiency and effectiveness of patient care are the key reasons why we leverage on technology.

Given the resilience of nurses, we are well poised to embrace and drive the frontier of technological advancement in healthcare.



Tan Yen Peng

Nurse Clinician
Tan Tock Seng Hospital

Being a community nurse provides me the opportunity to balance clinical skills and psychosocial care.

FULFILLING is the word I use to describe my two decades in nursing, from working in the hospital wards to my current role in the Community Health Team, which visits patients at their homes shortly after they are discharged from hospital. Each day gives me renewed motivation to provide my best and see my patients recover or stabilise, so that they can take charge of their health. I do my best to find out what matters most to my patients or their

family members, and build rapport with my elderly patients. Getting to know them better often helps me understand their issues and how that could be the reason they either get re-admitted often to the hospital or are reluctant to seek medical treatment at the hospital.

Being a community nurse provides me the opportunity to balance clinical skills and psychosocial care for the patient's overall well-being.

Wang Qian

Nurse Clinician
Tan Tock Seng Hospital

I am grateful for the opportunities to gain knowledge and skills, and apply them to evidence-based practice.

ROLES in the nursing profession have evolved over the years and today, nurses contribute much to improving the quality of patient care. I am grateful for the opportunities to gain knowledge and skills, and apply them to evidence-based practice.

I remember a young patient who became paraplegic after a gunshot injury in the USA and returned to Singapore for treatment. He had a long road to recovery due to impairment in motor and sensory functions



of the lower limbs. I was a young staff nurse at that time and, having sensed his distress, spent time providing encouragement and support. After he returned to society and regained his confidence, he wrote to me to express his gratitude and also updated me on his progress.

After 19 years in this profession, I know nurses make an incredible difference by offering emotional support to patients when they are most troubled, alongside clinical skills to improve patient outcomes.



Wang Zhiye

Senior Nurse Clinician
Tan Tock Seng Hospital

Seeing a smile on the patient's face and receiving words of gratitude make it all worthwhile.

STARTING out as a junior nurse was a steep learning curve. However, after 24 years in the profession which saw me receive regular training and guidance, I have gained confidence in the job and tasks became increasingly more manageable.

I got to know that nursing is more than what I had believed. I once cared for an elderly patient in his 90s who was admitted for heart issues. He appeared miserable and could not walk and so, after chatting with his helper,

I did an assessment on him and found out that he had urinary retention. We immediately catheterised him and, the next day he looked so happy and was able to walk again.

Undoubtedly, work stress is high in healthcare, particularly during a pandemic, but unwavering family support has helped me overcome the challenges. After a tough episode, seeing a smile on the patient's face and receiving words of gratitude make it all worthwhile.

Shiji D/O Kuttan

Senior Nurse Educator
Woodlands Health Campus

Nursing has provided me with learning opportunities to build my skills, professionalism and character.

NURSING has been an exciting journey for me as I am constantly exposed to new learning opportunities to build my skills, professionalism and character. I was fortunate to be in a project implementing Electronic Medical Records (EMR) which helped me to understand how information technology can improve nursing work processes, patient safety and quality of care.

I am currently the Nursing Informatics Lead for Woodlands Health Campus and Principal



Trainer for the New Generation EMR project. This project harmonises nursing processes and validates nursing documentations between NHG and NUHS clusters.

While challenging, the progress that we continue to make based on clinical judgement and evidence-based practices is immensely valuable in shaping the role of nurses and future healthcare practices. This continues to drive my passion in developing nursing informatics as a career option.



Taye Shi Min Charmaine

Nurse Clinician
Woodlands Health Campus

The daily experiences in this profession cement my determination to do my best in nursing.

I AM exceptionally grateful for 14 years in nursing as it has provided me with opportunities and exposure to develop professionally. It is an incredible feeling knowing that I get to learn from senior leaders in a safe environment and nurture young nurses towards building a dream team for Woodlands Health Campus which will open progressively in 2023.

Being able to make a difference and improve the quality of life for patients keep me motivated.

I recall a young mother with terminal cancer who was transferred to us from a private hospital. While her prognosis remained poor, we did everything we could to sustain her even though we struggled emotionally between doing the best for her with palliative care and buying her another day with her family by undergoing treatment.

The daily experiences in this profession cement my determination to do my best in nursing.

Tan Yi Xue

Senior Staff Nurse
Yishun Community Hospital

Every patient deserves the best care and nurses have the ability to make patients smile and feel better.

IT HAS been more than seven years since I graduated as a registered nurse and the journey has been nothing but extraordinary.

My fondest memory is meeting a patient one year after her discharge from hospital. She used to suffer from severe pain due to a compression fracture, which caused her to sink into depression.

When we bumped into each other, she thanked me for my care and concern during that



extremely difficult period of her life. She even remembered that I helped to wash her hair, adding that it had meant a lot to her at the time. I had never thought that such a simple act could make a difference in a person's recovery journey.

Every patient deserves the best care and, as nurses, we have the ability to make our patients smile and feel better even during the darkest periods in their lives. I am proud to be a nurse.



Tsen Li Mee Marie

Senior Nurse Clinician/
Advanced Practice Nurse

Alexandra Hospital

In my 25 years of nursing, my role models and colleagues have always motivated me to strive for the best.

AS A student nurse in 1995, I was terrified the first time I was called to assist in the last offices of a patient who had just passed away. However, the experience changed my perspective about life and death; instead of fear, I should feel honoured to have participated in this final act of care and responsibility a nurse can provide for her patient.

It also laid the first stone

for my interest in palliative care and paved the way for me to walk with patients on their last journeys. In my 25 years of nursing, my role models and colleagues have always motivated me to strive for the best. As a nurse leader in the pain service and palliative programmes in Alexandra Hospital now, I hope to pass on my knowledge to my juniors and guide them like how my supervisors have guided me.

Fu Yongxin

Nurse Manager

National University Hospital



The trust and support from my seniors and peers drive and build my confidence to achieve my best.

I STARTED my nursing career in critical care 15 years ago, and subsequently moved to inpatient cardiac wards. Along the way, I gained ample professional knowledge and benefited from personal growth opportunities.

Nursing is a noble job. It is a challenging one too, as we deal with lives. In the early days of my career, I witnessed a couple having to make a tough decision for their son who was diagnosed

brain dead. Walking the journey with them, I learnt to appreciate life more and to always do my best for my patients.

Patients' appreciation is my source of strength. Nothing is more rewarding than being in a cohesive team that strives towards a common goal. The trust and support from my seniors and peers drive and build my confidence to achieve my best.



Lim Chi Ching

Assistant Nurse Clinician/
Advanced Practice Nurse
National University Hospital

It is indeed
a privilege to
work with cancer
patients and make
the process more
tolerable for them.

I HAVE been an oncology nurse for 10 years in NUH with the last four years as an APN since 2017. It has been an exciting and rewarding adventure as we journey alongside our patients in their fight against cancer.

One incident I will always remember involved a father with two young children. Despite his cancer being incurable, he managed to maintain a positive outlook. I was moved by his unwavering love for his family and his determination to

fight on for them.

Although he eventually lost the battle, he was kept comfortable as we attended to his needs in a timely manner. The patient's wife and children were grateful for the care we rendered as we supported them through the grieving process.

It is indeed a privilege to work with cancer patients and make the process more tolerable for them and their family members.

Lum Luh Ping Yvonne

Assistant Nurse Clinician
National University Hospital

Having found my
career path, I aim
to continue taking
on new challenges
and projects in
the hospital.

HAVING been a nurse in NUH for 18 years – the last eight as an infection control nurse – I truly appreciate the importance of keeping our patients and healthcare workers safe.

At the onset of the COVID-19 pandemic in February 2020, I worked alongside various stakeholders to set up isolation facilities and convert wards so that the hospital was ready to take in infected patients. My team also ensured proper workflows were in place and prepared the staff,



through training and simulation exercises, to be well equipped to handle these patients.

I make decisions daily and communicate regularly with other healthcare teams to ensure compliance to infection control standards. Having found my career path, I aim to continue taking on new challenges and projects in the hospital. I hope to be a more effective communicator and mentor, with the support of transformational leaders around me.



Moe Oo Khin

Nurse Educator
National University Hospital

**I joined nursing
18 years ago as
I believe that I have
the ability to deliver
the best care to
those in need.**



NURSING is a noble profession where one needs to have the passion to care for patients. It is not only about knowledge and skills, but also compassion and empathy.

Additionally, it is a tireless job which requires us to be physically, mentally and emotionally strong to support our patients during their difficult times.

I joined nursing 18 years ago as I believe that I have the ability to deliver the best care

to those in need. It is most gratifying and fulfilling to see my patients recover from their medical issues, but it is also important to ensure they are equipped with knowledge and ability to care for themselves through patient and family education sessions.

My greatest satisfaction is when I am given the opportunity to nurture future nurses to provide competent care and be ready to lead the team as future leaders.

Qu Ying Ying

Nurse Clinician
National University Hospital

**I come to
work with all I
can offer daily
and return
home, fulfilled
and satisfied.**



“I HAVE nothing to offer but blood, toil, tears and sweat”... that quote by Winston Churchill adeptly describes my approach of courage, hard work, empathy and resilience when I joined nursing 15 years ago.

I recall the sight of a mother who carried her child with congenital heart defects for the first time. The baby had a very bad prognosis and had been bravely fighting for his life for two months. With tears in her eyes and a smile on



her face, she held her courageous little fighter and thanked me.

Knowing you have made a difference to someone's life, watching their journey from battle to recovery and eventually leading a normal life is what gives meaning to me and my team. This motivates and drives us forward every single day.

I come to work with all I can offer daily and return home, fulfilled and satisfied.



See Li Ling

Nurse Manager
National University Hospital

I try to see things from the patients' perspectives and aim to make their experience more pleasant.

IN MY 20 years as a nurse, I have cared for many patients. I recall an elderly patient who had to amputate her left arm. The team had to engage her on the clinical treatment plan and convince her that it was appropriate. We also had to progressively build rapport with the family to assure them. Through this, it dawned on me that nursing is about the connection and difference we can make to patients and their family members.

With a good family support system, I can focus on my work. I try to see things from the patients' perspectives and aim to make their experience more pleasant and less painful.

I hope to see a more enhanced training framework and upskilling of nurses, and the profile of nurses raised through the national Care To Go Beyond campaign so that we can attract more to join this evolving profession.



Theresa Samy

Senior Nurse Clinician
National University Hospital

As an emergency nurse, I have journeyed with patients and listened to their concerns.

IT HAS been a privilege to be a nurse for the past 21 years – from an emergency-trained nurse to sub-specialising in nursing informatics.

Walking through various nursing paths has been an enriching experience. As an emergency nurse, I have journeyed with patients and listened to their concerns. It gives me great satisfaction to see the lines of worry on their faces transform to a look of relief when they feel much better after receiving treatment.

In the informatics environment, I work with various teams, from fellow nurses to clinical partners (physicians and allied health colleagues) and vendors, to achieve the desired IT application to support patient care. When the system is delivered, we walk the ground to watch colleagues getting accustomed to the application, with some even enjoying its use.

These moments can be likened to “the pot of gold at the end of the rainbow”.



Tomomi Ogura

Assistant Nurse Clinician
National University Hospital



I find it helpful to seek opinion and feedback from my colleagues, seniors and mentors to help me improve.

EVEN though I have been a nurse for 11 years, last year was my first experience working in a pandemic. I vividly recall one night when we were activated to stand by for an emergency caesarean section of a suspected COVID-19 patient who was expecting premature twins. Soon after, I received news of another emergency premature delivery.

As the charge nurse of the Neonatal Intensive Care Unit during the shift, I felt

extremely challenged. However, with great teamwork, my colleagues and I ensured the patients remained in a stable condition.

Being a “resource” person to my colleagues motivates me to be a good role model, upkeep nursing standards and do my best for my patients. I believe, to achieve one’s best, keeping an open mind is crucial. I find it helpful to seek opinion and feedback from my colleagues, seniors and mentors to help me improve.

Xu Ping

Nurse Educator
National University Hospital



Imparting my experience to the young nurses has fulfilled another passion of mine – teaching.

MY NURSING career has spanned 24 years so far, with more than 20 of them in the Intensive Care Unit. I used to think that specialised knowledge and skills were most important to ICU patients.

However, one of my long-term ICU patients shared with me that his most memorable and comfortable moment was the gentle and refreshing facial and oral hygiene care provided by the nurses. He made me realise that fundamentally, basic nursing care is of high priority to a patient.



Throughout my career, advanced nursing technology has always excited me. Witnessing patients recover from serious illnesses gives me a great sense of accomplishment. Imparting my experience to the young nurses has fulfilled another passion of mine – teaching.

As a nurse educator, I am motivated to see our junior nurses equip themselves with competent nursing knowledge and skills, on top of care and compassion for our patients.



Yong King Chui

Nurse Clinician
National University Hospital

The warmth and support of colleagues ensure my working day never has a mundane moment.

I CAN never forget my attachment in the trauma operating room as a student nurse more than 20 years ago. I remember scrubbing and gowning up for the femur fracture surgery. The nurses and surgeon greeted me warmly and gave me the opportunity to perform the duty of a scrub nurse.

The fear, thrill and sense of achievement from handling the instruments and standing right in front of the surgical wound took away the fatigue of wearing

an image intensifier gown. From then on, I set my mind to become a perioperative nurse.

The team dynamics for elective cases; the adrenaline rush and coordination during life threatening surgeries; and the warmth and support of colleagues ensure my working day never has a mundane moment. My passion for the profession had me brave through 18 years of service and hopefully many more to come.

Zhang Qiuxia

Nurse Clinician
National University Hospital

I hope to inspire others to join nursing because, while the rewards are intangible, life is made fuller.

I VIVIDLY remember how helpless and frustrated I felt, standing in a corner of the resuscitation room, while my fellow emergency nurses and doctors did their best to save the life of a seriously wounded patient from a traffic accident. I was impressed by how the senior nurses handled the situation. The patient was saved and I was inspired to be as competent as my seniors.

That was 16 years ago and now, after 15 years in the profession, dealing with life and



death on a daily basis has taught me the art of guiding nurses during resuscitation.

Nursing has given me the opportunity to make a difference in the lives of my patients not only through bedside care, but also through developing strategies and workflows that improve nursing quality standards, patient outcomes and safety.

I hope to inspire others to join nursing because, while the rewards are intangible, life is made fuller.



Fatimah Bte Endut

Nurse Clinician
National University Polyclinics

You have to embrace change when it comes to new work processes, IT updates and patients' care needs.

MY PASSION for nursing started when I saw how the nurses cared for my grandmother when she was battling end-stage cancer.

Working as a polyclinic nurse for the past 21 years has been full of excitement and challenges. You have to embrace change readily when it comes to new work processes and IT systems updates, as well as patients' care needs and expectations.

Over the years, I have grown from being a nurse who merely performed simple and basic

care for patients to one able to provide holistic care that enables patients to take charge of their chronic disease conditions. This was made possible with learning opportunities from my employers over the 24 years I have spent in this profession, more empowerment for nurses and the technologies that have made our work easier and much safer. I foresee that primary care nursing will continue to evolve for a better future.

Seah Hui Min

Nurse Manager
National University Polyclinics

Nurses have to constantly sharpen our critical thinking skills and gain new knowledge on the job.

I GRADUATED and embarked on my journey as a nurse 21 years ago. In 2008, I started working in the primary care sector: The polyclinics.

Singapore's rapidly ageing population and the country's increasing chronic disease burden have seen the role of nurses in primary care expand over the years. With greater autonomy comes greater responsibilities... today, we nurses have to constantly sharpen our critical thinking



skills and gain new knowledge on the job to deal with healthcare challenges such as the current pandemic situation.

Nursing has definitely transformed me as a person, given me the courage to meet new people and boldly discover ways to impact their lives in a positive manner. The smiles of the patients and caregivers give me a sense of satisfaction and spur me to do my job even better every day.



Amran Bin Amir

Assistant Nurse Clinician
Ng Teng Fong General Hospital

My dedication and accomplishments as a nurse have motivated my son to follow my footsteps by joining the nursing profession.

MY NURSING journey started inadvertently, after I had just completed my National Service in 1985. My father told me to secure a job to supplement the family household income... and I ended up at the School of Nursing!

At that time, I would never have imagined that nursing would provide diverse opportunities for me to explore my capabilities and widen my horizon. Now, after 35 years of work experience in acute and community settings, in both public and private sectors, I am

totally motivated to contribute more and improve the quality of life for patients when they return home from the hospital.

My nursing background has helped me to be a friend, a coach and a counsellor when I visit patients' homes, as well as during volunteer emergency disaster missions overseas.

My dedication and accomplishments as a nurse have inspired my son to follow my footsteps by joining the nursing profession.

Maznah Binte Marmin

Assistant Nurse Clinician
Ng Teng Fong General Hospital

I would encourage students to think about nursing as a profession that helps them build resilience and compassion.

WHEN I joined nursing almost 37 years ago, the primary goal was to help my parents with our family's finances. Now, I find pride in delivering high quality patient care in a public healthcare institution.

Nursing is not a bed of roses. The challenges I faced over the years have made me stronger and more passionate about nursing today. The continuing education has shaped me to be more skilful, build critical thinking and understand the needs of



every patient. Nursing has also taught me to be compassionate.

The skills and knowledge have allowed me to help in humanitarian work, both locally and overseas. My family has been supportive of my profession despite the erratic schedules, and I have inspired my daughter to continue my legacy as a nurse. I would encourage students to think about nursing as a profession that helps them build resilience and compassion.



Pu Xiaorong

Nurse Clinician

Ng Teng Fong General Hospital

To me, nursing is not only a job but an art that heals patients with passion, love and care.

THIS year marks my 22nd year as a nurse. I have never regretted becoming a nurse even though the work can be challenging and overwhelming at times. After seeing my patients recover and return home with their loved ones, I feel accomplished and satisfied.

A recent memorable experience was when I encountered a demented patient who was restless, agitated and uncooperative during the day. To keep him engaged, I brought colour pencils for him

while my team helped to print cartoon pictures. Through the activity, he became focused and I joked that he was an 'undiscovered artist'. His family was amazed by his behavioural change and appreciated my efforts.

To me, nursing is not only a job but an art that heals patients with passion, love and care. Being able to make a difference in patients' lives motivates me to continue doing more and giving my best at work.

Siti Zainah Binte Mohamed Rian

Nurse Educator

Ng Teng Fong General Hospital

With unlimited opportunities, I'm always advocating this profession to my family and friends.

TWENTY ONE years ago, I was inspired by the caring attitude of a nurse who took care of me... and it led me to join nursing. I have never regretted my decision. When I fell sick in 2019 and was at the lowest point of my life, the comforting words of nurses once again gave me the courage to strive on.

My experiences further validate the fact that nurses have a big impact in patients' lives, and has made me



stronger and more dedicated to my job. As a Nurse Educator, I have the opportunity to guide nurses and equip them with the knowledge and competencies to care for patients.

Nursing has opened many doors for me and allowed me to become a bedside nurse, a supervisor, a game developer, a trainer and more. With unlimited opportunities, I'm always advocating this profession to my family and friends.



Tang Min Yee

Nurse Clinician

Ng Teng Fong General Hospital



Learning is a motivation that builds my confidence and it gives me positive reinforcement to face the challenges ahead.



AS A NURSE, I'm honoured to have the privilege of helping others when they are at their most vulnerable.

During the early stages of the SARS outbreak in March 2003, little was known about the epidemic. I was caring for patients in the emergency department then. It was terrifying to witness healthcare workers get infected with the virus, as I was pregnant. Looking back, I am proud that we persevered and overcame challenges as a nation, and am

confident we can do so again.

Even after 20 years in this profession, I continue to attend nursing education programmes which help me gain new skills and knowledge. Learning is an extrinsic motivation that builds my confidence and it gives me positive reinforcement to face the challenges ahead.

Lastly, I hope to groom the next generation of nurses, to be more involved in policy-making at a national level and to support the advancement in nursing.



Arvinder Kaur

Senior Nurse Manager

Jurong Community Hospital



My patients have taught me that the human spirit is unrelenting and can overcome what seems impossible.



I STARTED my journey as a student nurse in 1989, and have been in this profession since I graduated in 1992. Today, I have absolutely no regrets about taking this path.

That said, my curiosity about this profession started when I was just seven! I stayed in a hospital for two months for a leg fracture. As a child patient, I was very intrigued when nurses pushed mobile screens around the ward to check on patients

and peeped behind the screens to see what was going on. I can remember being in awe of the nurses in their uniforms, which eventually led to me becoming one.

My love for nursing continues to grow day by day, as it is an ongoing learning journey. I am always kept engaged by my patients, who teach me that the human spirit is unrelenting and can overcome what seems impossible.



Chen Xiaowei

Assistant Nurse Clinician
Changi General Hospital

Being able to participate in the patients' recovery process is a fulfilling and rewarding aspect of nursing.

HAVING been a nurse for 18 years, I am committed to safeguarding the medical needs and emotional well-being of patients under my care.

I will also never forget the lessons learnt during my time in this profession. As a radiology nurse, I remember an elderly patient who underwent central venous catheter insertion. Initially, she was cheerful and composed. However, during the procedure she became restless and screamed in pain. I held

onto her to ensure her safety, and explained each step of the procedure. That reassured her and she calmed down to cooperate with the team, making the procedure a success. This incident reminded me that, even through a small gesture, I can make a difference in the patient's health outcome.

Being able to participate in the patients' recovery process is a fulfilling and rewarding aspect of nursing; it keeps me motivated to do my best as a nurse.

Hanidah Binte A Rahman

Assistant Nurse Clinician
Changi General Hospital

Being a nurse has taught me to be resilient, patient, non-judgemental and made me a good listener.

IT WAS always my dream to be a nurse, right from my school days. Now, after 34 years in this wonderful profession, I am proud to say that I am still passionate about nursing, despite the many challenges I have faced. Being a nurse has taught me to be resilient, patient and non-judgemental. It has made me a good listener, and developed my communication skills.

An unforgettable experience in my career involves an elderly



patient who left a bittersweet impact on me. When I realised that she lived alone in a cluttered and unhealthy environment with no family support, it made me sad. So, after getting her permission, I activated my family members to clean her house.

Not only did our work benefit the patient, the experience also sparked an interest in my family to help the community. Today, after 36 years, we still volunteer in the community.



Margie Wu Ya Lan

Senior Nurse Manager
Changi General Hospital

Nursing experiences have taught me to make the most of every moment of collaboration with colleagues.

I HAVE been in this profession for 20 years, all of them as an operating theatre nurse.

I vividly recall an incident which left my colleagues and me very emotionally affected. A patient was scheduled for elective surgery that day and was happily conversing with us prior to surgery. Several hours later, his condition suddenly deteriorated and, unfortunately, the surgical team lost the battle.

We were deeply saddened by the sudden turn of events.

The team of nurses that had spoken to him earlier were especially impacted by the incident. As a senior nurse, I had to be strong and provide emotional support for my junior nurses who were distraught while withholding my own sorrow.

Experiences like these have grown my mental strength. They also taught me to make the most of every moment of collaboration with colleagues, learn from unexpected situations, grow and improve every day.

Tan Khim Gek

Principal Enrolled Nurse
Changi General Hospital

The appreciation from my patients has given me great motivation to continue providing the best care for them.

I STARTED my nursing career 31 years ago, in the orthopaedic ward. I remember caring for a young female patient who later passed on from advanced stage colon cancer, leaving behind her young family. This incident had a huge impact on me as I had established a good relationship with her while she was under my care. She would share how her children brought joy to her life and how dear they were to her.



As a result of this incident, I strive to educate patients and their family on good healthcare practices such as the importance of early screening.

The respect and trust that I get from my colleagues and patients fuel my passion to continue working hard as a nurse. The appreciation from my patients has also given me great satisfaction and motivation to continue providing the best care for them.



Wang Xia

Nurse Clinician
Changi General Hospital

Nursing has changed my perception of life and moulded me to be a better person.

THROUGHOUT my 20 years in nursing, there have been many ups and downs. What keeps me going is knowing that I can make a difference and touch the lives of others through my daily work... even via the little things I do.

One event that I will always remember occurred while I was caring for a young adult in his most vulnerable time, staying with him and his family during his end-of-life journey. I had to share all the emotional

distress with him and his loved ones from beginning to the end. Eventually, he accepted his prognosis well and even planned his own funeral.

As a nurse, making a difference in people's lives gives me a great sense of satisfaction. Nursing has changed my perception of life and moulded me to be a better person. I feel privileged to be able to touch people's hearts through the work I do.



Wang Yang

Assistant Nurse Clinician
Changi General Hospital

I believe that maintaining a positive attitude towards any challenges is key to achieving my best.

I HAVE been working in an acute medical ward for the past 14 years. One incident that will always remain in my memory involves the loss of an elderly patient. Having cared for him for a long time, his family's grief resonated deeply with me and I cried too. The family invited me to the funeral where many of them expressed their gratitude for the care I had given to their loved one.

After 14 years in this profession, the appreciation

showered on me by patients and their family members has made me understand that nursing is a profession that comes with a real sense of satisfaction, especially when one is able to fulfil the emotional needs of the vulnerable. This has moulded me into the person I am today.

I believe that maintaining a positive attitude towards any challenges is key to achieving my best. I hope I can inspire many junior nurses.



Zhang Na

Assistant Nurse Clinician
Changi General Hospital

Nursing is not the easiest of professions, but a meaningful and rewarding one for me.

EMERGENCY nursing is my passion and nursing identity for the past 15 years. I have dealt with numerous challenging cases during my stint in ED, but there is one that left an indelible impression till this day: I attended to a toddler who had suffered multiple traumatic injuries from an accident. Despite our best efforts, the resuscitation was not successful.

Being a mother of two, it was excruciating to witness a child in distress. I had to hold

back my tears while maintaining professionalism in my duty. This incident made me cognizant of the importance of post incident debriefing for staff involved in traumatic resuscitation.

Since I joined this profession in 2006, my family has been supporting me endlessly with patience and understanding, which has empowered me to provide the best care for my patients. Nursing is not the easiest of professions, but a meaningful and rewarding one for me.

Zheng Yiling

Nurse Clinician
Changi General Hospital

I am proud to stand alongside my fellow nurses as part of the healthcare team.

AS A nurse for the past 19 years, I have experienced many challenging and meaningful moments at work. I recall caring for an elderly patient who displayed violent and disruptive behaviour. After interacting with him, I came to realise that he was upset with his family and this, in turn, aggravated his condition. My team and I discussed ways to manage his condition with the help of his family and I am glad to report that he recovered, was discharged and is now living well



at home.

If we take some time to try and understand these patients, listen to their needs, we can be the mediator between them and their caregivers.

Amidst this COVID-19 pandemic, working closely with my colleagues to overcome challenges and care for patients has also helped me become a more resilient person. I am proud to stand alongside my fellow nurses as part of the healthcare team.



Ang Ying Xin

Assistant Nurse Clinician
KK Women's and Children's Hospital

No words can describe the joy of hearing a tiny baby take the first breath of life.

WHEN my mum was hospitalised for breast cancer, the nurses took really good care of her and made her stay comfortable. That inspired me to be a nurse, as I too felt a deep desire to make a difference in the lives of others. Starting my nursing journey in 1998, my posting to the obstetric ward spurred me to take up midwifery, after which I worked in the delivery suite for 23 years.

I will always remember caring for a widow, who was alone, in labour for her first child.

Aware of how she would have been feeling, I gave her special attention to ensure her well-being. She was so touched that she hugged and thanked me.

I have witnessed many births and seen parents' faces light up upon seeing their newborns. No words can describe the joy of hearing a tiny baby take the first breath of life! This motivates me to keep doing my utmost in this profession.



Asmira Binte Mohamed Rahim

Nurse Clinician
KK Women's and Children's Hospital

Even on the toughest days, the smiles of parents and the cries of their babies warm my heart.

I HAVE been a nurse for 22 years and midwifery is my passion. I see midwives as highly-skilled professionals, able to make independent decisions on care delivery. Working in the delivery suite taught me resilience and how to overcome difficulties under stressful situations.

We always have the interests of our patients at heart, so we keep our breaks short and quickly return to support them. Even on the toughest days, the

smiles of parents and the cries of their babies warm my heart. I was elated when a patient acknowledged and thanked me for taking care of her.

Back at home, my family plays a big part in giving me moral support. Although my husband was frequently sent for overseas duties, he would call me daily to ask if everything was well. Fulfilment at work and home motivates me and has brought me to where I am right now.



Huang Weili

Nurse Clinician

KK Women's and Children's Hospital



I have realised that it is equally important to develop, influence and nurture our young nurses.



FIFTEEN years have passed since I joined the Children's Emergency department as a registered nurse. As a fresh graduate, the biggest challenge was remaining calm and composed during a resuscitation.

I recall a young patient who came in with a life-threatening condition and thankfully recovered. His parents returned to thank the team and show their appreciation. It really touched my heart and I felt an immense sense of satisfaction and pride!

I used to think that passion for nursing was the most important factor to keep young nurses in this field. But as my career progresses, I realised that it is equally important to develop, influence and nurture our young nurses – to keep them going, to help them find their true calling. When my juniors show me their appreciation and gratitude, it motivates me to be better: Not just for them, but also for the future of nursing.



Liu Jing

Senior Staff Nurse

KK Women's and Children's Hospital



The oncology nursing course fulfilled my altruistic desire to care for this vulnerable group of patients.

BEING a novice nurse in a gynaecologic oncology ward can be daunting but, after 13 years, I feel confident. Not only have I thrived in my career, I have gained knowledge and skills required for managing cancer patients.

I have also learnt from the life stories of my patients and their families. I was touched by the tender, loving care provided by a husband to his wife suffering from cachexia and at the end-of-life stage;

and encouraged by a very optimistic patient still living her life to the fullest despite her medical condition.

In 2012, I embarked on the oncology nursing course; this fulfilled my altruistic desire to care for this vulnerable group of patients and support their family members. As a palliative nurse, seeing terminally-ill patients have a better quality of life and their last wishes fulfilled encourages me to work harder and give my very best every day.



Mariammah D/O Paramasilvam

Nurse Clinician
KK Women's and Children's Hospital

It warms my heart when I am showered with hugs from my patients when they are discharged.

WHEN I joined nursing 14 years ago, there were a lot of negative comments from my friends and some relatives. However, with support from my mother and siblings as well as a strong desire to join the profession, those comments did not deter me from heeding the call and developing in my chosen profession. In fact, these spurred me on!

Nursing is physically and mentally taxing, but also extremely rewarding – especially when I have the privilege to work

with young patients and their caregivers as a paediatric nurse. It warms my heart when I am showered with little hugs and waves of goodbye from my patients, and heartfelt thanks from parents, when they are discharged.

As I walk along this beautiful journey, I want to continue making an impact on my patients' lives by giving my utmost as I care for them. I will do this as I live by the motto, "Patients – at the heart of all we do!"

Pang Ai Hong

Nurse Clinician
KK Women's and Children's Hospital

I feel a sense of pride when I see my patients recover well and get their lives back on track.

OVER my 47 years as a nurse, I have had many memorable experiences. The most unforgettable being when I was a junior staff nurse taking care of a young patient suffering from hydrocephalus.

He was grateful that I nursed him back to health and called me his "eternal nurse". He always remembered to wish me on Nurses' Day and sent snacks to me over the years. I feel a sense of pride when I see my patients recover



well and get their lives back on track. It drives me to continue providing care and love to my patients. I am not only a nurse, but also a counsellor and advocate for my patients.

I have guided many young nurses during my nursing journey. They have learnt from me and I am glad to have inspired them to stay on and find their true calling in this noble profession.



Wu Yiping

**Nurse Clinician/
Advanced Practice Nurse**

KK Women's and Children's Hospital

I will continue to help attract, develop and retain the best nurses for our hospital.

I BEGAN my nursing career in 2005 as a registered nurse in a gynaecological ward. My drive is to deliver a high standard of service to achieve safe patient care. This motivates me to be a clinically-skilled gynaecological nurse.

In 2015, I became an Advanced Practice Nurse after completing my Master of Nursing (NUS Nursing). I felt rewarded through my efforts to promote quality care: Using advanced assessment and clinical skills to

anticipate and manage complex situations, and administering therapies to manage my patients' health issues.

I will always share my experiences and knowledge during clinical bedside teaching. I believe these have helped many nurses in their professional development, and they in turn can provide safe and excellent care to patients. I will continue to help attract, develop and retain the best nurses for our hospital.

Goh Chee Kun

Senior Nurse Manager

National Cancer Centre Singapore



I am privileged to be part of a dedicated team that supports each other to serve patients despite the challenges.

WHEN I applied to join this profession 32 years ago, I was asked: "Are you sure you want to be a nurse?" Looking back, I am glad I said yes... even though nursing is a predominantly female profession.

The COVID-19 pandemic has brought back memories of what we faced when SARS struck Singapore in 2003. I was deployed to manage suspected SARS patients for emergency surgeries. The fear

of the deadly virus had put all nurses under tremendous pressure to be extremely vigilant. Having worked during SARS and COVID-19 periods, I am privileged to be part of a dedicated team that supports each other to serve patients despite the challenges.

My passion to care for patients has kept me going. I am grateful to my mentors, colleagues and my wife, who is also a nurse, for always motivating me.



Woon Lee Tian (Wen Litian)

Senior Staff Nurse
National Dental Centre Singapore

I treat my patients like family and provide them with the best care unconditionally by doing what I can.

AFTER 16 years in this profession, I still remember attending to a patient who was experiencing breathing difficulties. Even after receiving supplemental oxygen, she was still feeling anxious. While waiting for the ambulance, I held her hand firmly to assure her that she would be fine. She was appreciative of the empathy I had shown throughout the incident.

Having to administer insulin injections at a young age of 13/14 for my great-grandmother who had diabetes, and receiving the

news that my grandmother was diagnosed with a heart problem three years later, motivated me to apply for a mid-career switch to nursing. I was inspired by the nurses who took care of my great-grandmother and grandmother as they were a testament to the saying "Treat others how you want to be treated".

I treat my patients like family and provide them with the best care unconditionally by doing what I can within my means.



Ann Chan Sok Theng

Nurse Manager
National Heart Centre Singapore

My hope is for nurses to have greater involvement in their patients' recovery journeys from acute to community setting.

HAVING been a nurse for 19 years, my desire to work with the elderly stemmed from the fond childhood memories of the time spent with my grandparents. While looking for a part-time job at a nursing home, I realised that I had to become a qualified nurse first!

I believe that nurses are empowered to care for those in need. More than 10 years ago, our team cared for a patient nearing her end-of-life and did everything we could to provide

as much comfort and relief to the patient. Several years later, the patient's daughter came up to me on the street and called out my name. She remembered how I had cared for her mother's final needs and expressed her gratitude. I am humbled by her action to this day.

My hope for the future is for nurses to have greater involvement in their patients' recovery journeys from the acute to community setting.



Norashikin Binte Sarip

Assistant Nurse Clinician
National Heart Centre Singapore

The altruistic and caring nature of the nursing profession struck a chord with me.

DESPITE my family's disapproval, I took up a course in nursing after completing my GCE 'O' levels. The altruistic and caring nature of the nursing profession struck a chord with me.

I had always wished to work as a trained staff in the ICU as I felt that it is an extremely specialised unit. After completing further training in 2001, my dream came true. I vividly remember nursing a chronic patient whose

condition was deteriorating. On the day he passed on, I had the honour of performing the last offices for him. As a nurse, I knew I had to remain professional no matter the circumstances, but I simply could not hold back my tears while offering condolences to his family. Instead, they consoled me with words of kindness!

This act of compassion is one of the reasons why I am, and always will be a nurse.

Fu Liqing

Nurse Clinician
National Neuroscience Institute

The satisfaction from helping my patients get the best treatment and recover well motivates me to do my best.

THIS year marks my 17th year in nursing and it has been an amazing and enriching learning journey.

In May 2020, I was deployed to the Community Care Facility @EXPO to care for COVID-19 residents. There were many volunteers from various professions and institutions and we grasped the opportunity to get to know each other, understand our individual skills and enhance our ability to think creatively. The two-month deployment



taught me that teamwork is vital and unity is strength. In the words of Mattie Stepanek, "... when there is teamwork and collaboration, wonderful things can be achieved".

My passion to care for people and the satisfaction from helping my patients get the best treatment and recover well motivate me to do my best. I hope to continue learning and providing quality patient care – this keeps my passion for nursing going.



Ma Zhongzheng

Nurse Clinician

Sengkang General Hospital



Nursing has enriched my life with many humbling experiences and opportunities for self-development.

THIS year marks my 14th year in this profession and I am honoured to be awarded the MOH Nurses' Merit Award 2021.

My journey in nursing has given me many invaluable memories, with 2020 being the most memorable year due to the pandemic. I was asked to be part of SKH's advance team for frontline medical support at S-11 dormitory, where we conducted mass swabbing exercises and ensured the safety and well-being of our

migrant workers.

Upholding patients' trust in my work and educating younger nurses to better our profession give me most pride and joy. It is exhilarating when new nurses share positive experiences of their student nursing days with me. This career has enriched my life with many humbling experiences and opportunities for self-development. I also cherish the bonds and comradeship formed with many colleagues over the years.

Ong Chin Wan

Nurse Clinician

Sengkang General Hospital



Being a nurse is a calling, and having passion, empathy and altruism will keep the fire burning for years.

EVERY time a patient holds my hand and tells me that I have done well, I am reminded of the positive impact a nurse can make on another person's life. Throughout my 17 years in nursing, I've learnt that we can create a meaningful impact – not only by directly caring for a patient, but also by ensuring a safe environment and educating patients as well as caregivers through technological advancement.

To improve the standard of



nursing, I envision the future to be more focused on innovation and research to promote primary and preventive care. The prevalence of chronic diseases can be reduced by raising awareness in the general population.

Being a nurse is a calling, and having passion, empathy and altruism will keep the fire burning for years. It is a profession that gives comfort to people when they are unable to take care of themselves.



Siti Suhaila Binte Sulaimi

Assistant Nurse Clinician
Sengkang General Hospital

Through the years, I've learnt that not everyone has the courage and resolve to do what nurses do.

GROWING UP, I always loved watching medical shows like Scrubs and Grey's Anatomy with my younger brother. Whenever there were scenes of blood or exposed organs, my brother would cover. I, however, felt intrigued. Through the years, I've learnt that not everyone has the courage and resolve to do what nurses do.

That said, I wouldn't have imagined being a nurse, if not for my father who suggested it. Now, after 13 years in the

profession, I can't see myself as anything else. My colleagues used to jokingly call me the "social worker" as I spend a long time talking to our patients, asking them who they live with and how they are getting by.

Getting to know my patients helps me provide better care for them, and seeing them wave goodbye with smiley faces reaffirms my conviction to be a nurse, knowing that I have contributed positively to their care needs.

Tan Hwee Yuan

Senior Nurse Educator
Sengkang General Hospital

Simulation allows healthcare professionals to think critically and apply what they have learnt in clinical situations.

WORKING in critical care gives me a great sense of satisfaction when I see ICU patients recover with little morbidity. But life is not always a bed of roses and we do encounter patients who leave us, despite all our efforts. This can become emotionally taxing at times, even after 22 years in the profession.

I remember a time when we had to resuscitate one of our doctors who had collapsed. The consultant who led the



resuscitation and debriefed the session set all our hearts at ease and gave the team closure to the event. That left an impression on me and inspired me to model myself after him.

Simulation, which is my other love in nursing, allows healthcare professionals to think critically and apply what they have learnt in clinical situations. In order to give my best to my students, I keep abreast of best practices in the clinical and education settings.



Yeo Yan Ling Lynn

Principal Enrolled Nurse
Sengkang General Hospital

Rewarding experiences and interactions with my patients motivate me to be a better nurse each time.

I CHOSE to join nursing with my mother's support. As a nurse with 14 years' experience now, I am able to provide advice when my family members fall sick, and coach junior nurses on practicing safe and quality care.

When I see my patients looking worried or uncertain, I try to find time to sit with them and listen to their problems. Once, I met a lady who was going for a procedure looking very

troubled and worried that something bad could happen. I reassured her by sharing that I, too, had undergone the same procedure and come out fine. She felt more comforted after speaking with me and went ahead with it. The procedure was completed smoothly and her family was grateful for my presence. These rewarding experiences and interactions with my patients motivate me to be a better nurse each time.



Irene Tan Cheng Gaik

Nurse Clinician
Singapore General Hospital

I hope to make a significant impact in reversing frailty and effectively coach seniors to age well.

SEEING my cousin with epilepsy suffer from multiple seizures and my grandmother being bed-bound after a spinal cord injury spurred my interest in nursing, and I joined the profession in 1987.

On my first posting, I remember my supervisor giving us this very important piece of advice: "Do not give anyone the right to provoke you to quit!" I have given this same advice to many of my junior colleagues.

When facing tough times in the job, I have sought strength through my faith, family, friends and mentors. Seeing the improvement in the lives of others is my greatest motivation to continue honing my skills to serve my patients better. It is my hope as a community nurse leader to make a significant impact in reversing frailty and effectively coach seniors to age well in the community.



Jumaiah Binte Jumari

Nurse Educator
Singapore General Hospital

The nursing profession is evolving and I would advise new graduates to embrace change.

I GRADUATED 22 years ago and spent eight years in the orthopaedic ward, caring for patients and precepting many new nurses.

The experiences I had with my seniors, preceptors and mentors inspired me to be a role model for junior nurses and, in 2007, I embraced my aspiration to be a Nurse Educator. I feel proud seeing students I previously supported and mentored becoming nurses who now care to go the extra

mile for their patients.

Having a husband in the same profession helps as he understands the demands and challenges of the job. He encouraged me when I was deployed to the Community Care Facility during the heightened period of the COVID-19 pandemic. The nursing profession is evolving and I would advise new graduates to embrace change and take the opportunity to grow the traditional nursing role into diverse, engaging and fulfilling careers.



Lee Sze Chung Clara

Nurse Clinician
Singapore General Hospital

By constantly challenging myself to keep up with nursing trends, I can provide the best care for my patients.

SEVENTEEN years as a nurse have strengthened my interest and commitment to the profession. I am constantly enlightened through amazing encounters with my patients and colleagues. The most rewarding thing is to see my patients recover and leave the hospital well, alongside their family members.

I feel that changes are opportunities for personal growth and improving processes. As part of the Nursing Safety and Quality

Council, I piloted a project to remind patients to take pre-meal medication by using coloured medication cups. This was successfully rolled out to all wards.

As nurses, we need to exhibit a positive attitude towards change. By constantly challenging myself to keep up with current medical and nursing trends, I can provide the best care for my patients. To me, nursing is a calling with terrific diverse and flexible opportunities.



Lim Rong Ee

Nurse Clinician

Singapore General Hospital

Being able to help others in their time of need, no matter how insignificant, is what motivates me.

THE idea of specialising in emergency nursing never crossed my mind until I was posted to the SGH Emergency Department for my final-year clinical attachment. That experience led me to where I am today: An ED nurse for the last 14 years since graduation.

It has been challenging but what has kept me in nursing is the fast pace and ever-changing nature of work in the Emergency Department.

We never know what emergency case might turn up. Being able to help others in their time of need, no matter how insignificant, is what motivates me to do a good job. I believe every effort counts.

We also handle many enquiries during a shift. One unforgettable incident would be a patient asking if the A&E was open on a weekend. I thought it is a known fact that the A&E is always open, every single day!

Loh Jing Hui

Nurse Clinician

Singapore General Hospital

This challenging profession can be overwhelming at times but it also provides great motivation and satisfaction.

I HAVE been in nursing for 13 years. This challenging profession can be overwhelming at times but it also provides great motivation and satisfaction, especially when I see patients recover and get discharged.

My most striking memory is of an ICU patient who fell and sustained severe burns from hot oil on 81% of her body. One day she told me: "I do not want to continue with this pain and suffering anymore." The team planned carefully,



determined to fulfil her wish to see sunlight. She passed on peacefully four days later. This reminded me of the impact we can make on our patients and their families.

Nursing is a calling which has shaped my personal and professional development. We are driven by passion, compassion and our hearts to care for our patients to the best of our abilities and skills. I hope my nursing journey can inspire junior nurses.



Nadrah Binte Hamzah

Nurse Clinician
Singapore General Hospital

As a transplant nurse, I strongly believe in caring for patients' psychosocial health together with their physical well-being.

I HAVE been a nurse for 17 years, specialising in nephro-urology. During my second year as a nurse, my dad suddenly collapsed at home. Thanks to my strong nursing foundation in school and experience gained in SGH, I was able to react calmly. I called for an ambulance, performed CPR and was able to rescue my dad!

Nursing has always been my passion since young. The strong support from my family,

supervisors and colleagues throughout my nursing journey has encouraged me to strive and to do my best.

As a transplant nurse, I strongly believe in caring for patients' psychosocial health together with their physical well-being. Seeing my patients get new hope in life gives meaning to my work. It provides me with a great sense of satisfaction when my patients leave the hospital, expressing their gratitude with smiles on their faces.



Nan Hnin Ei Phyu

Assistant Nurse Clinician
Singapore General Hospital

Knowing I can make an impact in someone's life each day, no matter how small, motivates me.

NURSING is not a job but a calling to heal, protect, help, advocate for, teach, nurture, lead and much more. My 18 years in the profession – all at SGH – have deepened my sense of compassion through interacting with the sick, the lost, the helpless and the weak. Knowing I can make an impact in someone's life each day, no matter how small, motivates me to serve and provide excellent care to my patients with all my heart.

I remember being called to

speak with a Myanmar patient. He confided in me that he was rejecting an urgent operation because he had no financial means and family support in Singapore. I stayed with him late into the night to explain his condition and treatment options. He was eventually successfully treated in Myanmar.

Although nursing during the COVID-19 pandemic was challenging, the call to nursing has kept me going and made me stronger.



Norlela Binte Hashim

Assistant Nurse Clinician
Singapore General Hospital

Even at 55,
I am constantly
gaining new
knowledge and
enjoying growth
in my career.



IT WAS not my dream to be a nurse. Now, having been a nurse for 30 years, it has turned out to be one of the best decisions that I have ever made! Our roles in healthcare have evolved and nursing is more challenging now. Even at 55, I am constantly gaining new knowledge and enjoying growth in my career.

An unforgettable experience came when I was a junior nurse; having the privilege of learning from senior colleagues

as part of the team that looked after a pioneer who made significant contributions to Singapore.

I cherish everyone I meet in my nursing journey and being a nurse motivates me to make a difference in the lives of our patients. I would like to thank my family and colleagues who have always been very supportive of me. I will continue to serve and commit to care for the sick and those who need us.

Nurfarah Liyana

Senior Enrolled Nurse
Singapore General Hospital

I take great pride
and satisfaction
in fighting
this COVID-19
battle alongside
my teammates.



I AM eight years old in nursing... and my career choice was inspired by my mother, who is also a nurse. I have been working in the isolation ward and am proud to be part of the team that cares for patients with infectious diseases. We are constantly trained to handle emerging epidemic and participate in disease outbreak drills.

January 2020 was the first time I ventured into a pandemic outbreak when the virus reached our shores. It has been an

unforgettable experience as our team was faced with fear, anxiety and uncertainties. I still remember how we tried to overcome the language barrier with our foreign patients using Google Translate. That experience motivated me to learn a new language so I can better communicate with patients to ease their fears in the future.

I take great pride and satisfaction in fighting this COVID-19 battle alongside my teammates.



Puspa Devi D/O Ramparch

Principal Enrolled Nurse
Singapore General Hospital

My hope is to see more of the younger generation stepping up to join the nursing profession.

A FEW years ago, I was resting at home after work when I heard my neighbour shouting loudly as she ran towards my house with her son in her arms. He was choking on something he had eaten. At that time, I was so grateful for my nursing skills which enabled me to quickly intervene and remove the obstruction.

My interest in nursing began during my time in the Red Cross Society in primary school and St John Brigade

in secondary school. Both experiences ignited my passion for nursing. My family has also been my pillar of support these 19 years in the profession.

I am proud to be a nurse, rendering help to those in need and saving lives. My hope is to see more of the younger generation stepping up to join the nursing profession. The warmth we bring to those we care for is what makes an impact!



Seah Xueli Eileen

Nurse Clinician
Singapore General Hospital

Being a perioperative nurse for 18 years has given me great learning opportunities and much self-achievement.

MY PASSION for nursing was sparked in school when I volunteered with St John Brigade. After graduating in 2003, I joined the SGH Major Operating Theatre (MOT) team.

Five years later, I experienced the helplessness and anxiousness of having a loved one undergo surgery when I saw my own mother being wheeled in for a procedure. I managed to pull through this difficult time with support from colleagues and friends. The experience

motivated me to improve my nursing skills and enabled me to empathise better with our patients' loved ones.

Being a perioperative nurse for 18 years has given me great learning opportunities and much self-achievement. In the MOT, we experience patients gaining a new lease of life as well as coming close to death. Life is delicate but at the same time wonderful. Reminding myself why I joined nursing keeps me going during tough times.



Tan Wei Xian

Nurse Clinician

Singapore General Hospital



I also hope to see more nurses taking up wound care training to meet the demands of our aging population.

MY FATHER fell ill when I was very young and I had to share the care responsibility with my mother and sisters. That made me want to help more people like my father, and inspired my career choice.

Since joining the profession 16 years ago, I have found nursing to be fulfilling and satisfying; especially when I was witness to how the profession evolved. As part of the SGH Wound Care team, I see the impact of chronic wounds on

patients' quality of life. I work closely with patients and their caregivers to help them meet wound care goals and nothing motivates me more than relieving their suffering. There is no greater satisfaction than knowing I made a difference to their lives.

I encourage people to consider nursing as a career. It is demanding but immensely rewarding. I also hope to see more nurses taking up wound care training to meet the demands of our aging population.



Tay Ai Lian

Nurse Clinician

Singapore General Hospital



Over the years, I have learnt to adapt to changes confidently and implement effective strategies.

AS A student nurse, I thought caring for patients would be easy. Now, after 25 years as a nurse working in the medical and surgical ward at SGH, I realise how wrong I was.

In fact, I even considered leaving the profession in my early years. However, my grandmother was diagnosed with cancer around this time and the frustration of being unable to adequately care for her spurred me to complete my studies and become a qualified nurse. Later, when

my mother was diagnosed with cancer, I felt blessed to possess the skills to nurse her. Knowing I made a difference in her last days motivated me to always be passionate in nursing, to care for patients and their caregivers.

The SARS outbreak in 2003 was very challenging but the experience trained me to manage clinical care confidently in this COVID-19 pandemic. Over the years, I have learnt to adapt to changes confidently and implement effective strategies.



Toh Zhen Jun Wayne

Senior Staff Nurse
Singapore General Hospital

Today, the healthcare environment is dynamic with new technology and medicine being developed rapidly.



I STARTED my nursing career in the Radiology Department at SGH in 2014. As a nurse specialising in interventional radiology, I have gained invaluable experience working in a multidisciplinary team consisting of radiologists and allied health colleagues.

My first code blue experience was unforgettable. The patient was initially alert but his condition deteriorated very quickly. It was heart-rending but it taught me a key lesson; as nurses, we need to be resilient, especially when faced

with challenges.

Today, the healthcare environment is dynamic with new technology and medicine being developed rapidly. I hope this will inspire more youngsters to be part of this noble profession, to provide the highest quality, safest and most effective care to patients and their loved ones.

I am thankful for this award and could not have done it without the support from my family, supervisors and colleagues.



Guo Yan

Nurse Clinician
Singapore National Eye Centre

As nurses, we are there to ease our patients' fears and anxieties throughout their whole surgical journey.



HAVING a nurse who cared for me when I was nine inspired me to become one. At such a young age, I was afraid of daily injections and being hospitalised, but she allayed my fears. The thought of nurses as angels who can make a difference in someone's life has been ingrained in me since.

My career in nursing started in 1992 and I have been a perioperative nurse for the past 21 years. I provide care for patients who come for

ophthalmic procedures. Being a part of the surgical team who helps patients regain their sight has given me fulfilment and empowerment.

Patients undergoing surgery often require encouragement. As nurses, we are there to ease their fears and anxieties throughout their whole surgical journey. Although most of the patients may not remember us after their surgeries, I am proud to be a nurse who have brought meaning to their lives.



Nurlaila Binti Maidin

Nurse Clinician

SingHealth Community Hospital -
Sengkang Community Hospital

It was important for me to ensure that we address all aspects – physical, mental and spiritual.

AFTER working as a nurse for 15 years, it is still my passion to provide care to those in need.

I remember caring for a patient who suffered from spinal cord injury in 2008 after a road traffic accident which left her a paraplegic (paralysed from the waist down).

Illnesses can bring down even the mightiest of individuals because no one is immune. The same with accidents, which no one can predict. This patient could not accept her condition

initially, which made her very unreceptive towards the nurses.

It took about two weeks for me to gain her trust. It was important for me to ensure that we address all aspects in the care for the patient – physical, mental and spiritual. Eventually, we became friends and we are still in contact today.

The experience taught me the importance of patient-nurse relationship and to encourage healing in whatever way I can.

Frida Wong Pang Nee

Nurse Clinician/ Advanced Practice Nurse

SingHealth Polyclinics

I will constantly upskill my nursing knowledge in order to keep abreast of the latest clinical developments.

I HAVE been a nurse for 30 years, thanks to the inspiration from a nurse who took care of my late mother with patience and compassion. Being a nurse is an interesting and rewarding adventure. There are numerous opportunities for progression in this career. The knowledge gained from the professional education courses will not only benefit patients, but also your personal development.

I recall how one of my late patient's relatives conveyed his

appreciation for my care and kindness towards the patient. I was exceptionally satisfied to be able to touch the lives of others. Encouragement and respect from patients and their next-of-kin really motivate me.

To keep up with the rapidly ageing population, I will constantly upskill my nursing knowledge in order to stay abreast of the latest clinical developments and practices, so that I can better care for my patients.





Tan Joo See

Nurse Manager
SingHealth Polyclinics

My hope is to see a greater focus in community nursing and development of skills in elder care.

MY NURSING career has spanned 39 years. During that time, I have encountered many people who are often at the lowest points in their lives. I recall a patient who shared her experience of going through a mastectomy and the challenges she faced as a breast cancer survivor. After a long talk, she thanked me for my patience and for listening to her. I was very grateful that she trusted me with her deepest problem. Upholding such trust

from patients is a sacred duty and it gives me a sense of satisfaction and fulfilment.

As a nursing manager in a district of elderly population, I witnessed the strain on our healthcare system as Singapore ages. My hope is to see a greater focus in community nursing and the development of skills and knowledge in elder care, particularly in areas such as falls prevention, dementia and chronic disease management.

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What is the National Nursing Academy (NNA)?



- A one-stop portal for nurses, healthcare institutions and training course providers to access a wide range of nursing programmes and courses offered by healthcare institutions and Institutes of Higher Learning with the aim of building nursing capabilities.

What does NNA do?



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

Vision



- Championing professional development of nurses.

Mission



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

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



- You are strongly encouraged to visit the NNA website, especially the 'Available Courses' page which lists learning opportunities across healthcare settings. This will help you build clinical knowledge and skills necessary for your job scope or pick up new areas of interest you wish to develop yourself in. Nurses can also build on nursing competencies attained since graduating from their pre-registration nursing programmes.
- You can use the NNA website as a resource to develop training roadmaps with your supervisor.
- You can apply for accredited courses which ensure the quality and standards of the acquired competencies and knowledge are recognised across healthcare settings.
- You can refer to the frameworks such as the Community Nursing Competency Framework to identify gaps in your skillset, plan your training needs and pursue development opportunities. NNA will continue to develop new competency frameworks to help our nurses meet the growing healthcare needs of our nation.



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