



NURSES'  
MERIT  
AWARD  
2018

The image features a stylized trophy graphic on the left side. The trophy has a dark blue base and a light blue, rounded rectangular top section. The text 'NURSES' MERIT AWARD 2018' is written in white, bold, sans-serif capital letters on the top section. A bright starburst light is positioned at the top left corner of the trophy's top section. The background is a dark brown gradient with numerous golden bokeh lights of varying sizes. On the right side, there are several glowing, wavy golden lines that sweep across the frame, adding a sense of motion and celebration.



# Programme

- 11am Registration
- 11.45am Guests to be seated
- Noon Arrival of Guest of Honour  
**Mr Gan Kim Yong, Minister of Health**
- 12.15pm Welcome address  
**Ms Tan Soh Chin, Chief Nursing Officer**
- 12.20pm Guest of Honour's address
- 12.30pm Presentation of Nurses' Merit Award 2018
- 1pm Lunch
- 2pm End of event

# Thank you nurses

**CONGRATULATIONS** to the recipients of the Ministry of Health Nurses' Merit Award 2018. We are pleased to present this award to you in recognition of your outstanding performance and dedication to nursing.

Nurses are the heart of healthcare, and are critical to our healthcare system. I am inspired by your commitment to provide the best care for your patients, and the joy and fulfilment you find in your work. I am also proud that

you have been developing new competencies and capabilities to stay future-ready as our healthcare system evolves. These efforts will have a positive effect on elevating nursing as a profession and encouraging more to join its noble ranks.

It can never be said often enough, but thank you for your hard work and dedication in serving the community, and saving lives every day.

I wish you a Happy Nurses' Day!

**Mr Gan Kim Yong**  
Minister for Health



# Keep up the good work

**I WOULD** like to extend my warmest congratulations to all recipients of the Ministry of Health Nurses' Merit Award 2018.

Nursing is a profession of art and science. As nurses, we combine the artistry of providing care - knowing intuitively what the patients need from our interactions with them - with science - making critical patient care decisions based on evidence. I encourage you

to continue to perfect your art supported by science and to use your heart, hands and head to improve clinical practice and to drive change.

The Nurses' Merit Award recognises your efforts and commitment to the profession and your patients. May your achievements be an inspiration and encouragement to you and your colleagues to keep up the good work!

Happy Nurses' Day!

**Ms Tan Soh Chin**  
Chief Nursing Officer



## Award Recipients

### ILTC

Naw Paw Ray	CI	All Saints Home
Liu Fang	SNE	Assisi Hospice
Yeung Chee Yan	NO	Bright Vision Hospital
Lee Jing Ru	SSN	Dover Park Hospice
Htu San	NM	Econ Healthcare Group
Tan Joo Eng	ANM	HCA Hospice Care
Loh Kwai Yoke	NM	Kwong Wai Shiu Hospital
Cui Jiao	SSN	National Kidney Foundation
Su Xiaoping	CNM	National Kidney Foundation
Hoe Oi Min	SEN	St Andrew's Community Hospital
Goh Ling Ling	SN	St Luke's Hospital
Molly Thant Daw Aye Aye	SSN	Society for the Aged Sick
Lee Yen Ein	ANC	Yishun Community Hospital

### Private Hospitals

Ng Kim Leng	NM	Gleneagles Hospital
W.K. Audrey Malini Brampy	NM	Mount Elizabeth Hospital
Denise Megan Tan Lan Sze	SNM	Mount Elizabeth Novena Hospital
Han Joke Moi	ADN	Parkway East Hospital
Rosalind Goh Sze Ling	NM	Mount Alvernia Hospital
Mary Jane Mendoza Sangalang	DM	Raffles Hospital
Voon Soo Feang	SNM	Thomson Medical Centre

### Statutory Boards

Nur Ba'ayah bte Roslin	SSN	Health Promotion Board
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### SingHealth Services (SHS)

Cai Wuyue	ANC	Changi General Hospital
Jismy T. Jose	NC	Changi General Hospital
Mary Jojie L. Lacuesta	NC	Changi General Hospital
Meng Lianmei	NC	Changi General Hospital
S. Nalaini	PEN	Changi General Hospital
Siti Khadijah bte Yahya	SSN	Changi General Hospital
Pauline Tan Wei Jia	SSN	Changi General Hospital
Zhuo Bingxin	ANC	Changi General Hospital
Linda Ang Su Ling	SNC	KK Women's and Children's Hospital
Priscilla Chin Soo Ling	SSN	KK Women's and Children's Hospital
Jocelyn Chng Kailin	NM	KK Women's and Children's Hospital
Geetha Daniel	NE	KK Women's and Children's Hospital
Ho Swee Shenn	ANC	KK Women's and Children's Hospital
Narayani d/o Jayakrishnan	SSN	KK Women's and Children's Hospital
Wang Zhaoli	NC	KK Women's and Children's Hospital
Tay Beng Choo	SNC	National Cancer Centre Singapore
Lim Choon Chai	ANC	National Heart Centre Singapore
Wu Wing Yin	NC	National Heart Centre Singapore
Janis Tye Siew Noi	APN & NC	National Neuroscience Institute
Jessie Lee Hui Xian	NC	Sengkang General Hospital
Tan Yan Fang	SSN	Sengkang General Hospital
Adora de Leon Estepa	ANC	Singapore General Hospital
Goh Siew Heng	ANC	Singapore General Hospital
Li Chaoqun	ANC	Singapore General Hospital
Li Yang	NC	Singapore General Hospital
Manisah bte Somadi	NC	Singapore General Hospital
Pang Fong Wan	SSN	Singapore General Hospital
Puspha d/o Meenachi Sundaram	PEN	Singapore General Hospital
Eunice Madrigal Salonga	SSN	Singapore General Hospital

## Award Recipients

Shashi s/o Chandra Segaram	ANC	Singapore General Hospital
Tan Sheng Lian	SSN	Singapore General Hospital
Toh Siew Pang	PEN	Singapore General Hospital
Ye Lizhen	NC	Singapore General Hospital
Jeraymin Yong I-Ling	NC	Singapore General Hospital
Yeo Wei Lim	NC	Singapore National Eye Centre
Ang Lay Hoon	NM	SingHealth Polyclinics
Sucy Mathew	NM	SingHealth Polyclinics
<b>National Healthcare Group (NHG)</b>		
Hou Yanli	NC	Institute of Mental Health
Hu Xiaomei	ANC	Institute of Mental Health
Anita Ng Kee Huang	NC	Institute of Mental Health
Xu Changqing	APN & CSNC	Institute of Mental Health
Yin Hao	CSNM	Institute of Mental Health
Pamela Foong Pei Mei	SSN	Khoo Teck Puat Hospital
Cherie Koh Sin Teng	NM	Khoo Teck Puat Hospital
Lai Foon Wan	NM	Khoo Teck Puat Hospital
Ng Huoy Ling	NM	Khoo Teck Puat Hospital
Ng Siok Qi	NM	Khoo Teck Puat Hospital
Xu Shuhui	ANC	Khoo Teck Puat Hospital
Christine Chern Wern Fah	ANC	National Healthcare Group Polyclinics
Julia Zhu Xiaoli	NC	National Healthcare Group Polyclinics
Ashirdahwani bte Asmawi	ANC	Tan Tock Seng Hospital
Boomadevi Vengadasamy	SSN	Tan Tock Seng Hospital
Chong Shuting	ANC	Tan Tock Seng Hospital
Heng Lee Choo	SNC	Tan Tock Seng Hospital
Liew Xing Mei	ANC	Tan Tock Seng Hospital
Ranjeeta Kaur	NC	Tan Tock Seng Hospital
Sng Liew Keng	NC	Tan Tock Seng Hospital
Katherine Wong Kar Kar	NC	Tan Tock Seng Hospital
Audrey Wong Yoke Poh	APN & SNC	Tan Tock Seng Hospital
YeYen	SAN	Tan Tock Seng Hospital
Maria Teresa Cruz Yunzal	SSN	Tan Tock Seng Hospital
Zhou Xin Xin	SSN	Tan Tock Seng Hospital
<b>National University Health System (NUHS)</b>		
Chua Chue Teng	NC	National University Cancer Institute, Singapore
Juvena Gan Chew Huang	APN & NC	National University Heart Centre, Singapore
Samantha Ang Shi Yun	SSN	National University Hospital
Joyce Chai Hui Ling	SSN	National University Hospital
Carol Chiang Tsuey Ling	SNM	National University Hospital
Goh Wei Qi	SSN	National University Hospital
Mallika d/o Arumugam	NM	National University Hospital
Nur Aliza bte Kamsan	ANC	National University Hospital
Kartina Tan Hui Joo	NM	National University Hospital
Jeffrey Yoo Kwang Sui	NC	National University Hospital
Zauyah bte Sanif	SNM	National University Hospital
Hashimah bte Hashim	ANC	National University Polyclinics
Liau Wei Fong	APN & NC	National University Polyclinics
June Ng Joon Keng	SEN	Ng Teng Fong General Hospital
Joyce Ong Poh Geok	SNM	Ng Teng Fong General Hospital
Tan Soo Hui	ANC	Ng Teng Fong General Hospital
Zhang Rong	NC	Ng Teng Fong General Hospital

## Naw Paw Ray

Being the eldest in the family, the responsibility of taking care of my grandmother who had dementia naturally fell upon me when I was growing up.

That was when I discovered my passion for caring for the elderly, and this inspired me to pursue a career in nursing.

I started 17 years ago as a Nursing Aide at All Saints Home. Through the constant guidance and opportunities given, I am honoured to be able to contribute

more as a Clinical Instructor today.

I remember a memorable incident where I helped a late resident's daughter. I arranged for her mother's last rites when she was at a loss, and there was no other family member to help her with her mother's last journey.

Nursing is a fulfilling and meaningful profession that provides opportunities for lifelong learning and development.

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Clinical Instructor  
All Saints Home



## Liu Fang

When I was young, I never imagined that I would be a nurse, not to mention a Nurse Educator. It has been 16 years since I first stepped into the ward, and I have never regretted choosing nursing as my profession.

I started as a preceptor in the ward, and was subsequently given a chance to be a Clinical Instructor for nursing students on attachment. The feedback given to my supervisor by my first group of students under my

guidance had a lasting impact on me. The students expressed that they felt very safe, learnt and practised many skills under my guidance. They also learnt how a nurse could make a difference to patients and their families.

Such compliments further motivated me to be an educator and inspire even more students.

I look forward to continuing my journey as a Nurse Educator because I know I can make a difference.

**It has been 16 years since I first stepped into the ward, and I have never regretted choosing nursing as my profession.**

Senior Nurse Educator  
Assisi Hospice



## Yeung Chee Yan

Nursing is a wonderful career that allows you to experience the reality of life. It was my dad who suggested that I study nursing in the polytechnic.

Nothing interested me then, but somehow the thought of being a nurse stirred my heart.

As a nurse, you celebrate the arrival of newborns with their parents, and have the

privilege of accompanying someone towards the end of their life.

Every emotion is real and you are right at the heart of it.

At Bright Vision Hospital, I make a difference to the lives of my patients.

I have been a nurse for 10 years, and I look forward to many more year of service.



“As a nurse, you celebrate the arrival of newborns with their parents, and have the privilege of accompanying someone towards the end of their life.”

Nursing Officer  
Bright Vision Hospital

## Lee Jing Ru

I have been a nurse for almost five years. I developed a high fever when I was in secondary school and was admitted to hospital. The nurse who took care of me was very caring and she inspired me to be a nurse.

The most indelible moment in my career was being able to travel to Taiwan to present my poster “Improving Breakthrough Pain Assessment in a Residential Hospice”.

I interacted with healthcare providers from various countries and that experience was amazing.

I have never regretted my decision to be a nurse and I can assure school leavers considering nursing, that an exciting and fulfilling journey awaits them. Beyond making an impact, you will also touch the lives of individuals you care for every day.



“Beyond making an impact, you will also touch the lives of individuals you care for every day.”

Senior Staff Nurse  
Dover Park Hospice

## Htu San

Nursing was my childhood ambition. I was often praised by my mother for being caring and nursing her back to health. Her words impacted me – leading me to this path I take today. Looking back, it has certainly been a meaningful and purposeful two-decade odyssey.

The most significant experience is taking care of patients with mental health conditions. It can

be challenging to manage their fluctuating emotions and behaviours. The greatest satisfaction is calming them down with the human touch of care and love, without any restraints or medication.

Nursing is not a walk in the park. It can be tough with sad and happy days, but it is all worth it because I love my job.

“Nursing is not a walk in the park. It can be tough with sad and happy days, but it is all worth it because I love my job.”

Nurse Manager  
Econ Healthcare Group



## Tan Joo Eng

I joined nursing 38 years ago after secondary school. I chanced upon a recruitment ad and decided to give it a try. I discovered that I really love nursing as I enjoy looking after people. It gives me great satisfaction when I see that my patients are well taken care of.

After working in acute care, I switched to palliative care 10 years ago upon the encouragement of my late aunt,

who was a nurse with HCA Hospice Care. Journeying with my patients, who let me into their homes during the most difficult time of their lives, is a tremendous responsibility and a privilege. Helping them through end-of-life issues has helped me slow down and appreciate life better.

Nursing has given me professional and personal growth and I am honoured to be a nurse.

“Journeying with my patients, who let me into their homes during the most difficult time of their lives, is a tremendous responsibility and a privilege.”

Assistant Nurse Manager  
HCA Hospice Care



## Loh Kwai Yoke

I aspired to be a caring and compassionate nurse after my mother's hospitalisation in the 1970s.

Despite her objections, I joined nursing in 1973 and have been a nurse for the past four decades. I believe that I can still contribute to nursing despite my age.

One of my most unforgettable moments was when I was presented with a "thank-you" card by a nine-year-old whom I had cared for. Her words touched

me: "I want to be a nurse like you, to take care of patients who are suffering and make them comfortable".

Nursing is for everyone to join, the young school leavers and the mid-career switchers.

Caring is not limited by geographical boundaries. My annual mission trips to India allow me to visit schools, nursing homes and monasterial hospitals for the poor and the homeless.



“One of my most unforgettable moments was when I was presented with a “thank-you” card by a nine-year-old whom I had cared for.

**Nurse Manager**  
Kwong Wai Shiu Hospital

## Cui Jiao

I have been practising nursing for 15 years and have been a renal nurse at the National Kidney Foundation for 12 years. These 15 years have been fruitful. Nursing gives me tremendous satisfaction.

A memorable moment was when I performed cardiopulmonary resuscitation for the first time with my nursing team to revive and

save a patient. Through this encounter, I realised that nursing enables me to practice in a dynamic and volatile environment to improve the lives of others.

Nursing is a noble calling that allows me to touch the hearts of individuals and make a difference in their lives.

It also allows me to make significant contributions to their well-being.



“Nursing is a noble calling that allows me to touch the hearts of individuals and make a difference in their lives.

**Senior Staff Nurse**  
National Kidney Foundation



## Su Xiaoping

Caring for a loved one who was terminally ill for two years influenced my decision to join nursing. The experience helped me understand the feelings and challenges patients and caregivers face. I have always enjoyed helping people and I followed my heart to be a nurse. I have been a nurse for 25 years.

The most significant period for me was the 2003 SARS outbreak. When my classmate shared her story after she had contracted

SARS, I realised that as a nurse, you not only need to acquire knowledge, skills and have a passion for caring, but also possess the spirit of bravery. After SARS, I looked at my nursing career in a different light.

A nurse plays many roles - she is a counsellor, mentor, friend and leader.

She must have a heart that can hear and heal the sick as well as bring joy and happiness to the unfortunate.

**I realised that as a nurse, you not only need to acquire knowledge, skills and have a passion for caring, but also possess the spirit of bravery.**

**Clinical Nurse Manager**  
National Kidney Foundation



## Hoe Oi Min

I reflected on my life 10 years ago after my parents passed on and decided to join the healthcare sector. It was something I had always wanted to do.

At first, I joined St Andrew's Community Hospital (SACH) as a Healthcare Assistant. SACH has groomed me well and I am now a Senior Enrolled Nurse. It has been a fulfilling journey thus far.

When patients who are re-admitted to my ward remember me and greet me as

an old friend, I feel gratified.

I have also been volunteering actively with the Lion Befrienders for many years, visiting lonely seniors weekly. With my nursing knowledge and experience, I can share health tips with those who need help.

My mid-career switch from being a quality control manager to nurse was a right choice.

I encourage others who are considering nursing as a career to join me!

**With my nursing knowledge and experience, I can share health tips with those who need additional help.**

**Senior Enrolled Nurse**  
St Andrew's Community Hospital



## Goh Ling Ling

I made a career switch from quality assurance to nursing and have been a nurse for six years.

My interest started after being involved in a traffic accident in 2002. The nurses played a big part in my recovery. I was also my mother's caregiver after she had a stroke and chronic wounds. These two incidents piqued my interest in nursing, especially wound care.

The desire to help others who are suffering from illness or are

experiencing caregiver stress affirmed my decision to switch careers.

Speaking a few languages and dialects enables me to help colleagues translate what our patients need. I am committed to contributing more, especially in nursing the elderly.

My message to school leavers who are considering nursing: "Move forward bravely and fearlessly if you want to be a nurse!"



**The desire to help others who are suffering from illness or are experiencing caregiver stress affirmed my decision to switch careers.**

**Staff Nurse**  
St Luke's Hospital

## Molly Thant Daw Aye Aye

My interest in nursing started when I was helping to look after a relative during my high school days. I have been in nursing for 22 years, and I love my job as it gives me joy taking care of others.

Many would think that we are the ones providing care for others, I see it differently. To me, we are one big family taking care of one another. Whenever I am busy, the

residents will remind me to take a break.

There was this resident who would pray for me every day and tell me, "God is taking care of you."

Having a heart to care is important for a nurse. We should care for everyone around us, from patients to our colleagues and visitors. It is our role to build a loving and caring environment because everyone matters.



**Having a heart to care is important for a nurse. We should care for everyone around us, from patients to our colleagues and visitors.**

**Senior Staff Nurse**  
Society for the Aged Sick

## Lee Yen Ein

Nurses witness life's first and final moments. We see its entire spectrum. I joined nursing to help others after I experienced the pain of losing my grandfather and uncle. My 16-year journey is coloured with powerful memories, such as assisting with the unexpected birth of a newborn in an ambulance, to poignant moments such as making last wishes come true.

My vocation is a combination of arts and science. Arts in

communicating, being supportive and managing emotions of others and self, and science from my nursing training, giving the care to my loved ones. Throughout this journey, my supervisors and nursing peers have been my support.

My greatest satisfaction is seeing a patient recover, or for one at end-of-life, to pass on peacefully and comfortably.

**My greatest satisfaction is seeing a patient recover, or for one at end-of-life, to pass on peacefully and comfortably.**

Assistant Nurse Clinician  
Yishun Community Hospital



## Ng Kim Leng

I became a nurse for two reasons. The first reason stemmed from a personal experience. When I was younger, I was admitted to the hospital and experienced first-hand the dedication of the nurses who cared for me. They were my inspiration. This instilled in me a passion to help others, which is the second reason I became a nurse.

Today, after serving as a nurse for 36 years and being honoured with the Long Service Award,

I can recount many rewarding and enriching experiences throughout my career. To those who want to pursue nursing I would say it is a challenging but enriching profession that requires commitment, compassion, patience and self-awareness. Nurses are the first line in patient care, and if one is willing to work for the benefit of others, then it would be a calling or a career that is truly worth pursuing.

**Nurses are the first line in patient care, and if one is willing to work for the benefit of others, then it would be a calling or a career that is truly worth pursuing.**

Nurse Manager  
Gleneagles Hospital



## W.K. Audrey Malini Brampy

I was inspired by my mother who was a dedicated nurse with a burning passion for her profession. Here I am today, continuing her legacy.

In my 33 years as a nurse, I have served as a midwife for 21 of those years. I always strive to provide excellent service and safe quality care to ensure the best clinical outcomes for my patients.

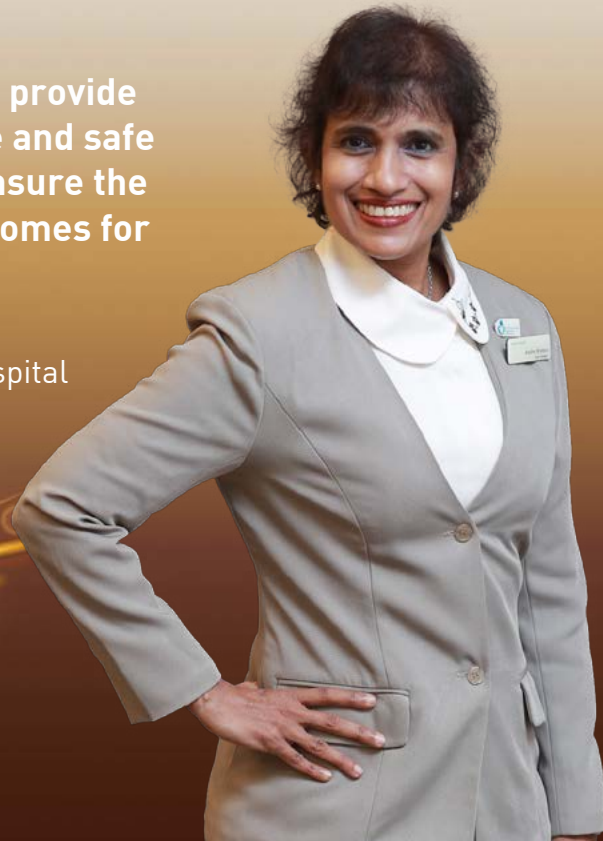
I have come a long way to becoming an experienced and

skilled nurse; thanks to nurturing mentors and seniors. Now I try my best to set an example for younger colleagues. It is about building trust and delivering the highest standards of care with as much professionalism and heart as possible.

Nursing is a calling, a true desire to make a difference in the lives of others. I am proud to say that my own son is a nurse, and he carries on my legacy.

**I always strive to provide excellent service and safe quality care to ensure the best clinical outcomes for my patients.**

**Nurse Manager**  
Mount Elizabeth Hospital



## Denise Megan Tan Lan Sze

I believe that dedication and personal integrity are the foremost qualities of a successful nurse. I was inspired to be one by my mother, who was always helpful to people in need. In my 19 years as a nurse, I have learned the value of dedication and positivity.

Versatility is vital in this profession, and that means to constantly innovate and grow. I encourage my team to develop their skills, and try my best to show them the value in education

and lifelong learning. My journey has taken me through the many facets of the nursing profession and even further afield, leading me to serve as a counsellor in various capacities to both patients and staff.

I have always believed that teamwork and camaraderie are the backbone of a group's success and for me that means being there for one another and working together to achieve our objectives.

**Versatility is vital in this profession, and that means to constantly innovate and grow.**

**Senior Nurse Manager**  
Mount Elizabeth Novena Hospital



## Han Joke Moi

My mother used to tell me stories about her friend who was a midwife. Mum had great admiration and respect for her friend as my four siblings were delivered by her. I was deeply inspired by the vital role her friend played in healthcare and decided that I would take up nursing.

For 50 years, I have seen many patients through their best and worst moments. I find nursing exciting and challenging. I never get bored as I handle different

patients and solve different problems each day.

The most memorable event in my career was when I successfully resuscitated my brother who had a sudden cardiac arrest at home. I am proud to say that I saved his life, which amazed the cardiologist!

For those considering nursing as a career, I say go for it! Every day brings new challenges, but I promise they will all be rewarding.

**I find nursing exciting and challenging. I never get bored as I handle different patients and solve different problems each day.**

**Assistant Director of Nursing**  
Parkway East Hospital



## Rosalind Goh Sze Ling

I was inspired by my aunt – in her white nursing uniform and cap – to join nursing. As she shared about her nursing work, my desire to become a nurse grew stronger. I started my nursing career in a multi-disciplinary adult ward in Mount Alvernia Hospital in 2000.

Later, I had the opportunity to transfer to the Intensive Care Unit to learn about intensive care nursing. I had more opportunities to take on higher roles and responsibilities and progressed in

my career to where I am now.

This year marks my 18<sup>th</sup> year in the nursing profession. It has not been easy, but it has certainly been my privilege to be part of the journey with my patients and their families.

Nursing is all about being passionate about what you do. The ability to help the sick and see their smiles, brings with it a sense of satisfaction and happiness that words cannot describe.

**It has not been easy, but it has certainly been my privilege to be part of the journey with my patients and their families.**

**Nurse Manager**  
Mount Alvernia Hospital



## Mary Jane Mendoza Sangalang

I was inspired to join nursing by my older sisters who are exceptional nurses. Having been a nurse for 23 years, I find that the greatest impact I make as a nurse is being able to help ventilated babies recuperate and see them return home with their parents.

Nursing is a highly satisfying and fulfilling job which requires passion. Passion in nursing will help you overcome different challenges along the journey, including how you handle and

adapt to the daily needs of different patients.

For me, the biggest challenge is witnessing deaths and having to support grieving family members. Over the years, I have grown to manage such situations better and now I am able to advise and counsel my team of nurses on how to overcome them.

Nursing is a great blessing to humanity as we dispense care according to our patients' unique needs.

**Nursing is a great blessing to humanity as we dispense care according to our patients' unique needs.**

Deputy Manager (NICU & Nursery)  
Raffles Hospital



## Voon Soo Feang

I remember how a group of nurses once came to my school to share their work experience. As they spoke passionately about how they improved their patients' lives through care, their words moved me. It was then I realised, I wanted to be like them! Looking back 45 years on, I can confidently say I made the right career choice.

I am proud to be a delivery suite midwife with Thomson Medical. My colleagues and

I are responsible for the lives of all mothers and babies who come through our doors. There is immense satisfaction in witnessing the miracle of childbirth, safely delivering a mother's newborn into her arms and providing the best quality care for their new lives together.

So, to all students considering a career in nursing, I say GO FOR IT! If your heart is in the right place, nursing will be fulfilling for you.

**Looking back 45 years on, I can confidently say I made the right career choice.**

Senior Nurse Manager  
Thomson Medical Centre



## Nur Ba'eyah bte Roslin

I enrolled in an engineering course but within two weeks, I realised that I did not have the interest.

At that point, my grandmother was ill and this spurred me to take up nursing so that I could take care of her. I have now been a Registered Nurse for 17 years.

I remember caring for a depressed elderly patient who was living alone.

I communicated with him regularly, listened to his problems and provided him

with emotional support. I also referred him to a befriender. He finally accepted his condition and started to engage in communal social activities at the senior activity centre.

He thanked me for helping him by offering me a slice of cake at one of the visits. I was touched by his kind gesture.

From such encounters in my career in nursing, I found satisfaction in making a difference in a person's life.

**I found satisfaction in making a difference in a person's life.**

Senior Staff Nurse  
Health Promotion Board



## Cai Wuyue

Nine years ago, I made up my mind to join nursing and have never regretted my decision since. I felt, and still feel, that it is my vocation to reach out to the sick and deliver the best care possible with tenderness.

Working in the medical ward has exposed me to many learning opportunities through the challenges I face daily.

I have many fond memories from my nursing career; patients' words always touch

my heart the most. "Thank you" is what keeps me going and motivates me to strive for greater heights.

Nursing is a sacred profession; it changes both the patients' lives and our lives. Together, let us use our ordinary hands to grow miracles. I am truly grateful to my colleagues and supervisors, who are always there to support, inspire and guide me.

**"Thank you" is what keeps me going and motivates me to strive for greater heights.**

Assistant Nurse Clinician  
Changi General Hospital



## Jismy T. Jose

It was always my dream to be a nurse since I was young.

I was a diploma graduate in Nursing Science, and worked at Care Hospitals in India for two years prior to joining Changi General Hospital in 2003.

I received tremendous support from my supervisors over the years, including the opportunity to pursue the Bachelor of Nursing with La Trobe University in 2013.

I recall one of the most touching words from my patients – “Thank you for your help, you

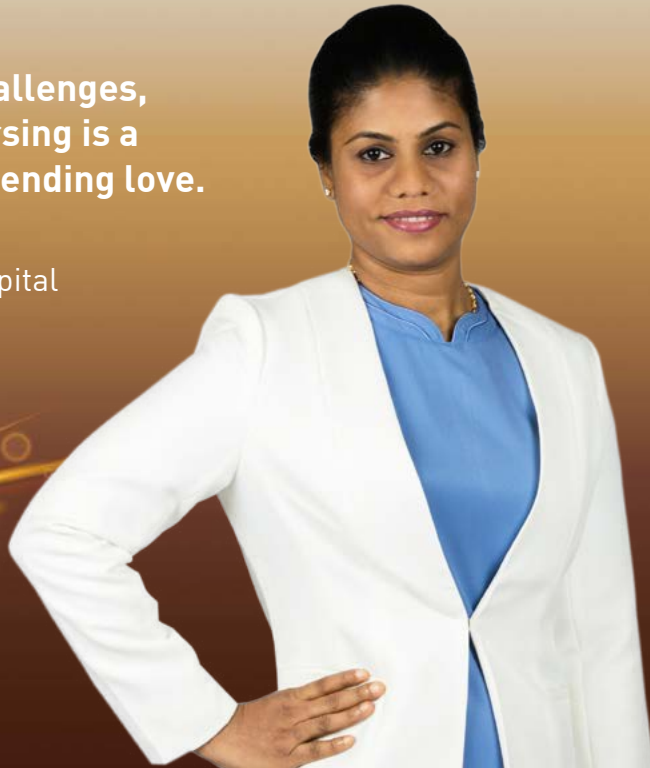
are truly an angel”. These words have been engraved deeply in my mind and made me realise how important my actions are to others.

The ability to overcome the ordeals together with them makes me feel extremely satisfied.

Nursing is a rewarding career. It provides me with many learning opportunities and has taught me many positive values in life. Despite many challenges, I believe that nursing is a calling and an unending love.

“Despite many challenges, I believe that nursing is a calling and an unending love.”

Nurse Clinician  
Changi General Hospital



## Mary Jojie L. Lacuesta

I chose nursing because I had the desire to serve others. Nursing offered me the opportunity to realise my aspiration.

Even though my encounters with patients before surgeries are always short, they are always memorable. Their teary-eyed smiles never fail to bring meaning to what I do. Knowing that my actions comfort them, I offer a healing touch for every pain, a reassuring smile and comforting words for every suffering. I realise that such

simple acts have an everlasting impact and it always inspires me to strive to contribute more to my patients.

In the 21 years of my nursing career as a perioperative nurse, not only have I grown more professional, I have also gained great joy and fulfilment in life knowing that I make a difference in the lives of others. My passion for nursing has strengthened me over the years and I hope to inspire more people to join nursing.

“I realise that such simple acts have an everlasting impact and it always inspires me to strive to contribute more to my patients.”

Nurse Clinician  
Changi General Hospital





## Meng Lianmei

I came to Singapore 20 years ago to pursue my childhood dream of becoming a nurse.

Working in a fast-paced medical ward environment with high patient turnover, I learnt to look beyond diagnosis, advocate for my patients and render personalised care during their stay in the hospital. I recall caring for an elderly man who was admitted for functional decline. His visible symptoms caused me to suspect the possibility of depression and

I advocated referring him to a psycho-geriatrician for further assessment. As a result, he recovered faster than expected and his family was very grateful. I realised I could make an impact on people's lives and it is a huge privilege.

I am absolutely thankful for the opportunity to work alongside many outstanding colleagues who inspire me along the way. To future nursing generations, remember that a caring heart is the basis to do the extraordinary.

**To future nursing generations, remember that a caring heart is the basis to do the extraordinary.**

**Nurse Clinician**  
Changi General Hospital



## S. Nalaini

I chose nursing as my career back in 1986 because I had always yearned to contribute to society. Nursing is a noble profession; it is a calling where I can make a difference in people's lives.

One of my most memorable incidents was the appreciation I received when I offered to deliver a bag of medication to a patient's home after work. The patient's son gave me a basket of fruits as a token of

appreciation and when I least expected it. This gesture touched my heart for the longest time and reminded me why I chose nursing as a profession.

I am proud to be a nurse. Nursing is a job that requires dedication, passion and care to succeed in this field. I hope to share my experience with the young generation of nurses and help them achieve their dreams.

**Nursing is a noble profession; it is a calling where I can make a difference in people's lives.**

**Principal Enrolled Nurse**  
Changi General Hospital



## Siti Khadijah bte Yahya

I chose nursing for the simplest reason - I wanted to help people.

The most significant event I recall in my eight years of service was the first time I went to a patient's home to administer an injection and dress her wound. The patient's poor living conditions and care arrangements made me realise the importance of holistic and person-centred care, especially for the elderly, as they transit from the hospital into the community.

A simple "thank you" from my

patients has always been my motivation. The recognition I receive from my supervisors and the friendship I forge with my colleagues make me enjoy going to work every day. The privilege of being able to care for the sick makes me love nursing even more.

I encourage school leavers who are considering nursing as a profession to join us, as nursing is a noble and rewarding career which provides many opportunities for an individual to excel.

**The privilege of being able to care for the sick makes me love nursing even more.**

Senior Staff Nurse  
Changi General Hospital



## Pauline Tan Wei Jia

I have been in the nursing family for seven years. As I travel around the world and meet nurses from other countries, it makes me realise that we share the same desire to provide the best care to our patients, and the experience we share is priceless.

I have witnessed many events in my nursing career and each has its own story to tell. However, they all have one thing in common, that is the demonstration of one's spirit and resilience to continue fighting.

A big smile and "thank you" are my biggest motivations. However, it is not always a fairytale. Challenges and uncertainties may crumple people's will but all they need is a pair of listening ears for reassurance, and I am always prepared to lend them mine.

Being a nurse is special. It shapes your mind and allows you to forge a special bond with the persons you nurse during the most vulnerable stage in their lives.

**A big smile and "thank you" are my biggest motivations.**

Senior Staff Nurse  
Changi General Hospital



## Zhuo Bingxin

I was drawn to nursing by my desire to care, serve and help others. Having been a nurse for 10 years, I believe we make a difference in patients' lives and bring hope to them.

I have many fond memories but there is one event that remains unforgettable. I was caring for my patients during the H1N1 pandemic and a patient spoke to me before his discharge, saying "Nurse Zhuo, thank you for your selflessness and care". His words reminded

me why I chose nursing - to help others during difficult times - and to never underestimate the power of what an assuring pat on the back, a smile and a listening ear can do.

Nursing is not an easy task but it can change your life and the lives of many others. Nurses are tough enough to overcome all obstacles yet soft enough to empathise with others. Your perseverance will allow you to see many miracles.

**Nurses are tough enough to overcome all obstacles yet soft enough to empathise with others.**

Assistant Nurse Clinician  
Changi General Hospital



## Linda Ang Su Ling

I was drawn to nursing because of my innate desire to care for people in their time of need and to make a positive impact on their lives. Nursing is more than a job; it is my passion and also my calling.

It has been an exciting and fulfilling profession for the past 38 years. Working with children in the CICU - most of whom are seriously ill - can be challenging. Yet I am inspired by their strong fighting spirit and the privilege of being part of a team of unseen

heroes, all working tirelessly to help patients recover from life-threatening conditions.

It is an honour to share my knowledge and experience with the next generation of nurses, so that they may be inspired to bring the profession to greater heights.

Being actively involved in research and innovation, I continuously strive to deliver evidence-based treatments that will improve patient care and outcomes.

**Nursing is more than a job; it is my passion and also my calling.**

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



## Priscilla Chin Soo Ling

Nursing was my dream job since I was young. I am now eight years into my career and my passion for being a paediatric nurse has never diminished.

One of my most memorable encounters took place during my second year as a nurse when I was accompanying an eight-year-old girl for an X-ray. She was anxious, so I held her hands on our way down to the Diagnostic Imaging department. I also allayed her anxiety by sharing how the procedure would be

done and I reassured her that I would be there with her. I encouraged her throughout the X-ray and helped to distract her by engaging in small talk. Upon discharge, the girl approached me and gave me a letter thanking me for accompanying her and understanding her fears.

She also mentioned that she wanted to be like me in future. I never knew I could inspire someone through such simple gestures. Nursing is truly my dream job!



**I never knew I could inspire someone through such simple gestures. Nursing is truly my dream job!**

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

## Jocelyn Chng Kailin

It feels weird every time someone asks me "Why did you join nursing?" My classmates will say that they have family members in the healthcare sector or they have experienced the demise of a loved one and wished to do more. While I am unable to pinpoint a reason why I joined nursing, I know one thing – being a nurse moulds me.

I joined nursing in July 2002 and for the past 15 years, I have learnt that this is a profession that really makes me live life. As

a nurse, I have had the privilege to see tender glances cast at a loved one, watch moments of sadness and comforted those left in the wake of a patient's passing. I have also witnessed promises to appreciate every moment spent together as patients and their loved ones leave the ward.

Being a nurse brings a wealth of life experiences. So, to those considering nursing, join me.



**I have also witnessed promises to appreciate every moment spent together as patients and their loved ones leave the ward.**

**Nurse Manager**  
KK Women's and Children's Hospital

## Geetha Daniel

I have dreamt of becoming a nurse since young as I wanted a career that is challenging, interesting and makes a difference in people's lives every day. I have been a nurse for the past 27 years, 20 of which were at KKH. During my time as a staff nurse, I found great satisfaction interacting with patients and their families, and helping them through difficult times.

As a nurse educator, I coordinate continuing education, skills training and induction programmes; and conduct

courses on obstetrics and gynaecology. The positive feedback and appreciation shown by my students and trainees motivate me as an educator. The gratitude expressed by my trainees after bedside case discussions brings me fond memories and great satisfaction.

My message to school leavers who are considering nursing is this: Nursing is a profession that requires compassion, dedication and resilience. It is not an easy profession, but you can touch the lives of many.

**The gratitude expressed by my trainees after bedside case discussions brings me fond memories and great satisfaction.**

**Nurse Educator**  
KK Women's and Children's Hospital



## Ho Swee Shenn

Years ago, I found myself at a career crossroad. To top it off, I was heavily pregnant and my baby was due anytime. I had never felt so lost and helpless. The defining moment came during my baby's birth. I was so moved by the physical and emotional support from the doctors and nurses during my labour that I decided to join nursing – midwifery in particular – under the Strategic Manpower Conversion Programme for healthcare.

Though most of my midwifery experiences entail joyous

occasions where healthy babies are born to exhilarated parents, I have also witnessed strength that arises from vulnerability and grief. I will always remember this couple who lost their precious baby daughter – they cuddled and kept talking to her lovingly while staying strong. These moments stay with me and teach me to joyfully embrace nursing – a vocation of caring.

If you possess the compassion to care for others, do take up nursing to help patients navigate through the challenges in their life journey.

**I was so moved by the physical and emotional support from the doctors and nurses during my labour that I decided to join nursing.**

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



## Narayani d/o Jayakrishnan

I am always delighted to care for people in times of need. Seeing my patients' smiles, witnessing their first steps and daily progress, and being able to cheer them on in their road to recovery, have been my motivations for the past nine years in my nursing career.

I was caring for a baby who was inconsolable after surgery. His parents were disheartened, anxious, and felt hesitant and helpless each time they visited the

baby. One day, I brought their baby over and carefully laid him in their arms. They were overwhelmed as it was the first time they were holding their first-born child and thanked me repeatedly. We are still in contact and they still show gratitude for how I made them feel that day, even though the boy is now eight years old.

Superheroes do not always need super powers. They just need an empathetic heart and a healing touch!

**Superheroes do not always need super powers. They just need an empathetic heart and a healing touch!**

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



## Wang Zhaoli

As a child, I was terrified of injections and oral medications due to a fear of the unknown. I was very uncooperative and would scream and cry whenever medications were administered to me. Fortunately, I was comforted by nurses who were very gentle, caring and patient with me. Their kind voices had a calming effect on me and are forever etched in my memory.

The pleasant encounters with such caring nurses inspired me to become one. I started working

as an anaesthetic nurse in KK Women's and Children's Hospital major operating theatre from July 2002 and was transferred to day surgery in 2014.

The smiles from patients and their words of appreciation often brighten my day, and deepen my commitment to the profession.

You do not only care for patients as a nurse, we also guide younger nurses and utilise all five senses at work while collaborating to provide holistic care for our patients and their families.

**I was comforted by nurses who were very gentle, caring and patient with me. Their kind voices had a calming effect on me and are forever etched in my memory.**

Nurse Clinician  
KK Women's and Children's Hospital



## Tay Beng Choo

I joined nursing to equip myself with a critical life skill and have been a nurse for 29 years. Initially, the tough journey did make me question myself. However, that quickly went away because I had gained so much through the many encounters with my patients.

I had the opportunity to have a five-year stint in Melbourne as a palliative care nurse. This experience enhanced my cultural sensitivity and the quality of care that I seek to provide for

my patients.

The appreciation from my patients and their families brings me satisfaction.

To anyone considering nursing, I would share a quote by Patch Adams that I fondly hold on to. It was shared by my patient's son and highlights the importance of individualised holistic care.

"You treat a disease, you win, you lose. You treat a person, I guarantee, you'll win, no matter what the outcome."

**The appreciation from my patients and their families brings me satisfaction.**

Senior Nurse Clinician  
National Cancer Centre Singapore



## Lim Choon Chai

After completing National Service, I visited a relative in the hospital.

I was so impressed with the nurses that I persuaded my mother to let me take up a career in nursing although she considered it a 'dirty job'.

Throughout my 31 years as a nurse, my most memorable moment was the first time I used a defibrillator on a patient who had developed life threatening cardiac arrhythmia. Being able to bring my patient's heart rhythm back to normal, thereby saving

his life, brought me immense joy and relief.

I remembered seeing a note in the tearoom as a student nurse. It said, 'When the going gets tough, it's the tough that gets going.' Inevitably, there will be ups and downs in my nursing career. However, the passion for continuous learning and commitment to provide the best care possible for our patients will help me sail through rough waters.

**Being able to bring my patient's heart rhythm back to normal, thereby saving his life, brought me immense joy and relief.**

Assistant Nurse Clinician  
National Heart Centre Singapore



## Wu Wing Yin

In primary school, I was seen by an orthopaedist for mild spine sclerosis. As part of the treatment, I underwent an intensive exercise programme conducted by nurses to strengthen my spine. I vividly remember how gentle and caring they were, always carrying an assuring smile. Inspired by them, I decided to pursue the nursing profession.

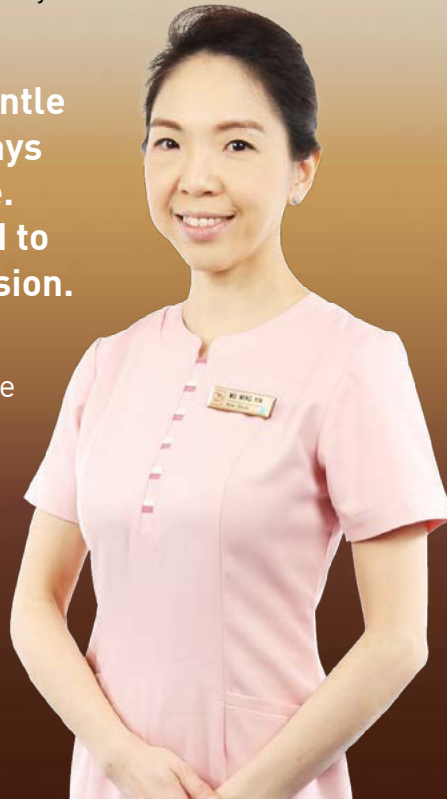
It has been a wonderful journey of 17 years in nursing. I am thankful for the training opportunities in Critical Care Nursing, Extracorporeal

Membrane Oxygenation and Advance Respiratory Care through the Health Manpower Development Plan. This training has equipped me with the knowledge and skills to lead and gain competence in the clinical area, and do my job well. I know I can always count on the great teamwork in my department, as well as my seniors for assistance.

I am grateful to National Heart Centre Singapore, especially the nursing department, for the support and guidance all these years.

**I vividly remember how gentle and caring they were, always carrying an assuring smile. Inspired by them, I decided to pursue the nursing profession.**

**Nurse Clinician**  
National Heart Centre Singapore



## Janis Tye Siew Noi

In my 22 years as a nurse, there were many unforgettable events and patients who touched my heart. Recently, I completed a 10-kilometre run with one of my patients who had walking difficulties. For a non-runner, I was about to give up but he encouraged me to persevere and we completed the run together. Even though we came in last and took four hours to complete the run, the experience was heartwarming.

The relationships that we share with our patients extend beyond a caregiver and receiver. It is a two-way relationship where patients teach us valuable lessons in life too. To me, this is what motivates nurses to stay in this field.

Nursing is not just a job but a commitment to contribute meaningfully to the lives of patients and society; it is also a lifelong journey to enrich ourselves.

**Nursing is not just a job but a commitment to contribute meaningfully to the lives of patients and society.**

**Advanced Practice Nurse & Nurse Clinician**  
National Neuroscience Institute





## Jessie Lee Hui Xian

Nursing calls for the passion to serve and having a learner's mind. While nursing school can prepare one with the knowledge and skills, it is a life-long learning journey.

"Often the best gift we can give is the gift of touching people's hearts and supporting them in times of need" – these wise words from a senior inspired me to keep pushing forward in my nursing journey.

It can be challenging at times to allay patients' fears and find

ways to make difficult situations bearable, while being caring and resilient. However, it is also fulfilling – teaching me to cherish life and the opportunity to care and contribute.

The biggest challenge was to move out of my comfort zone and join the nursing division's pioneer team to set up Sengkang General Hospital.

It was not a simple task but collaborating with new people and gaining knowledge was worth it.

**The biggest challenge was to move out of my comfort zone and join the nursing division's pioneer team to set up Sengkang General Hospital.**

**Nurse Clinician**  
Sengkang General Hospital



## Tan Yan Fang

I realised early in my career that a deskbound job was not for me. I had a desire to help others and wanted to pursue a career that involve daily human interactions.

In the past eight years in nursing, I have experienced many challenges but have learnt that every slight recovery motivates me to perform even better for my patients. As a nurse working in a neuroscience ward, it is imperative for me to be vigilant in monitoring my patients, be alert for signs of neurocognitive deterioration and intervene to

prevent serious implications. This has nurtured me to become more patient and meticulous in caring for my patients.

To me, in nursing, one must have compassion to care for the sick. We facilitate our patients' recovery – from treatment and rehabilitation to recovery and better health. It can be physically and mentally challenging at times, but being able to witness their recovery and improvements in their quality of life is extremely rewarding.

**Being able to witness their recovery and improvements in their quality of life is extremely rewarding.**

**Senior Staff Nurse**  
Sengkang General Hospital



## Adora de Leon Estepa

I realised through the course of doing volunteer work that I would be able to touch many more lives by becoming a nurse.

My nursing journey began in the Philippines almost 20 years ago and it has been a fulfilling one; one that I have never regretted. I joined Singapore General Hospital as a Patient Care Assistant and have grown in my

competencies, knowledge and skills through continuous learning and upgrading.

When I battled cancer 10 years ago, it was a timely reminder of the role that nurses play in our patients' lives and has spurred me to be a better nurse. Nursing is a difficult and challenging profession, but one that is worth it!

**When I battled cancer 10 years ago, it was a timely reminder of the role that nurses play in our patients' lives and has spurred me to be a better nurse.**

Assistant Nurse Clinician  
Singapore General Hospital



## Goh Siew Heng

"You made my brief time in the hospital one of dignity. I wish you well. Thank you." Three decades later, these words still resonate strongly in my memory. I was a young nurse then and had to attend to an unconscious patient who had just been admitted. When she regained consciousness, she was shocked and embarrassed to find herself inappropriately attired and ran to the top floor of the ward, which was then at Bowyer Block. I ran after her

and managed to coax her back to the ward by reassuring and comforting her, and acknowledged that the state of her attire must have caused her distress.

Her words continue to remind me that our words and actions have a big impact on our patients' lives. They come to us, usually vulnerable and in distress. It may not always be easy but kindness will always be remembered.

**They come to us, usually vulnerable and in distress. It may not always be easy but kindness will always be remembered.**

Assistant Nurse Clinician  
Singapore General Hospital



## Li Chaoqun

The feeling of helplessness as I watched my mother overcome with pain during her battle with cancer made me decide to choose nursing as a profession so that I could help others like her. The experiences and skills that I have acquired in my 34 years as a nurse have allowed me to care better for my patients and to help

them and their family members cope with the stress and anxiety of being unwell and in pain.

Nursing is about the interactions and relationships we form with our patients and their family members. I hope that more people with the passion to care for others will join nursing.

**Nursing is about the interactions and relationships we form with our patients and their family members.**

Assistant Nurse Clinician  
Singapore General Hospital



## Li Yang

Nursing is an interesting and engaging career; one that I have enjoyed for the past 15 years. I have been given opportunities to work in a variety of disciplines and have met people from all walks of life. Being able to positively impact my patients during their time in the hospital and to bring some comfort to them and their loved ones gives me great satisfaction, and keeps me going.

Last Christmas, a kind lady

I encountered while on my lunch break gave me a small bag containing a bar of chocolate and a teabag with a note that said, "Thank you for working and taking care of patients on this special day. Your heart is a light to the weary in the world."

As nurses, we work on weekends and holidays, and it is heartening to know that our efforts are appreciated.

**I have been given opportunities to work in a variety of disciplines and have met people from all walks of life.**

Nurse Clinician  
Singapore General Hospital



## Manisah bte Somadi

I have always known that being a nurse would not be easy but that did not deter me from pursuing my childhood dream. Being a nurse has given me the opportunity to make a difference in my patients' lives and to form beautiful friendships.

The past 38 years as a nurse have been filled with days of joy, sadness, humility, gratitude and constant reminders to be kind. Nursing may be challenging, but being able to make a difference in people's lives makes it all

worthwhile.

What motivates me and sustains my passion in nursing is when you can make a difference in someone's life journey. You must always be enthusiastic and passionate in executing your duties to the best of your abilities as a nurse.

I felt a sense of satisfaction when a patient's daughter told me that I was the person she was able to look to for advice when things were confusing and overwhelming.

**Nursing may be challenging, but being able to make a difference in people's lives makes it all worthwhile.**

**Nurse Clinician  
& Patient Navigator**  
Singapore General Hospital



## Pang Fong Wan

Being a member of the St. John Ambulance Brigade during my school days had a big influence on my desire to join the nursing profession. There have been many memorable moments in my 39 years as a nurse – the most significant being a member of the team that separated the conjoined Nepalese twins in 2001 after an exceptionally complex operation that lasted 97 hours.

Working in the operating theatre is rewarding although it can be challenging at times. I take

pride in providing a high standard of care to patients undergoing surgery. Knowing that I have made an impact on the lives of my patients gives me immense joy and job satisfaction. I have participated in international humanitarian missions, which allows me to extend my knowledge and skills to serve society. I am thankful for the support and understanding from my supervisors and colleagues.

It motivates me to strive to be a better perioperative nurse.

**Knowing that I have made an impact on the lives of my patients gives me immense joy and job satisfaction.**

**Senior Staff Nurse**  
Singapore General Hospital



## Puspha d/o Meenachi Sundaram

Working in an Obstetrics and Gynaecology unit means I get to interact with female patients with different conditions; some, like healthy pregnancies, are joyous while others are heart-wrenching.

As a counsellor for patients contemplating or undergoing termination of pregnancy, it is not enough to just have the hard skills and knowledge, I also need to be sensitive to the patient during this period of anxiety and vulnerability. Once, when counselling an underage patient, I noticed that she might be undergoing bouts

of depression and notified the medical team. Through early intervention, we managed to get her the appropriate support for the holistic management of her condition.

The past 34 years have been a fulfilling and rewarding journey, and the passion I have for nursing continues to grow with each encounter with a patient.

The gratified smiles on my patients' faces, witnessing their improvements day by day and their kind words motivate me to be a better nurse.

**The gratified smiles on my patients' faces, witnessing their improvements day by day and their kind words motivate me to be a better nurse.**

**Principal Enrolled Nurse**  
Singapore General Hospital



## Eunice Madrigal Salonga

My aunt had a big influence on me and I chose to follow in her footsteps to join the nursing profession.

2003 was a significant year for me – I joined Singapore General Hospital as an Enrolled Nurse and it was the year when the Severe Acute Respiratory Syndrome (SARS) outbreak shook the world. Nursing a patient infected with the SARS virus was terrifying and I contemplated leaving the profession out of fear of the

unknown. The passion I had for nursing and the determination to do my best for my patients got me through the difficult period. As a Senior Staff Nurse in an isolation ward today, I can share my experiences and knowledge with new nurses to better prepare them for the challenges ahead.

My greatest motivation at work is seeing patients recover and leave the ward with smiles on their faces.

**My aunt had a big influence on me and I chose to follow in her footsteps to join the nursing profession.**

**Senior Staff Nurse**  
Singapore General Hospital



## Shashi s/o Chandra Segaram

My mother is my role model. I was fascinated by her work as a nurse, so I chose to pursue nursing as a career. She remains as my inspiration to be conscientious and to provide patients with the best care that I can give.

Many patients who come through the doors of the emergency department are in life and death situations where every second matters. But beyond attending to patients, our role also often requires us to care for their

loved ones who are anxious and scared. I once had to reassure and comfort the spouse of a cardiac arrest patient who was highly distressed as they had a quarrel just before he left the house. The encounter reminded me that life is fragile and taught me never to end the day or conversations negatively.

If you are looking for a career that is fruitful, enriching and exciting, nursing is the choice to make!

**Beyond attending to patients, our role also often requires us to care for their loved ones who are anxious and scared.**

Assistant Nurse Clinician  
Singapore General Hospital



## Tan Sheng Lian

I found my calling in nursing while looking after my grandmother who suffered a cancer relapse. Caring for haematology patients now, I am able to better empathise, be supportive and lend them a listening ear in their battle against cancer.

Every patient has left an indelible footprint in my nursing career and they inspire me to be a better nurse. My patients have taught me to cherish my health and family, to appreciate

the simple joys in life, and most importantly, to love unconditionally.

I am thankful for having supportive family and friends whom accommodated my shift schedules and took care of me while I cared for my patients.

Being a nurse is indescribable. For those considering nursing as a career, I would like to share this quote - "When you are a nurse, you know that every day you will touch a life or a life will touch yours."

**Every patient has left an indelible footprint in my nursing career and they inspire me to be a better nurse.**

Senior Staff Nurse  
Singapore General Hospital



## Toh Siew Pang

Having your newborn admitted to the neonatal Intensive Care Unit (ICU) is a stressful and painful experience.

Seeing the little fragile ones win the fight for their lives and leaving the ICU healthy, brings me the greatest joy. I also had to counsel parents who have lost their babies, or parents of newborns with abnormalities. I remembered calling a mother whose baby had passed away to

check in on her. She later shared that the simple act of that call helped give her closure for her loss and she was grateful for it.

I have been a nurse for 35 years and I always tell those keen to join nursing to not be afraid of the challenges. Stay positive, be curious and never stop learning.

It is not easy, but being able to help others brings immeasurable joy and meaning to life.

**Stay positive, be curious and never stop learning. It is not easy, but being able to help others brings immeasurable joy and meaning to life.**

**Principal Enrolled Nurse**  
Singapore General Hospital



## Ye Lizhen

Beyond the skills and knowledge you can learn from books and on-the-job, nursing is about relationships and communication; with patients, their family members, and your colleagues. It requires patience, passion, teamwork and courage to be in a position where others put their trust in you to care for them and their loved ones.

Many of my patients are elderly and could have dementia or are delirious. I found that walking

with them around the ward helps alleviate their fears and anxiety, and allows me to establish a rapport with them. I try to do that as often as I can.

I am glad that my team members found this useful too and have embraced this as part of holistic patient care.

I am grateful to my family for their unwavering support and faith in me. Nursing is not everyone's cup of tea but I would not give this up for anything else.

**Nursing is not everyone's cup of tea but I would not give this up for anything else.**

**Nurse Clinician**  
Singapore General Hospital



# Jeraymin Yong I-Ling

I have been a nurse in the operating theatre (OT) for 18 years and I am proud to be part of the team that helps orthopaedic and hand surgery patients regain their functional abilities. Every member in the OT has a specific role and it is crucial that we do it to the best of our abilities so that the surgical procedures go well. While it is important to constantly upgrade and learn, it is equally necessary to share

your experiences and knowledge with members of your team as it contributes towards better patient outcomes.

With increasingly complex patient conditions and advancements in technology, there is always something new to learn.

Being able to care for patients in a specialised area like the OT is what makes nursing an interesting career for me.

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Being able to care for patients in a specialised area like the OT is what makes nursing an interesting career for me.

Nurse Clinician  
Singapore General Hospital



# Yeo Wei Lim

I have been working as a nurse for the past 20 years. Since my teenage years, I have always been passionate about nursing. It is the passion to care that has driven me forward.

I enjoy the challenges that come with this profession and take every opportunity to learn and grow.

The most memorable moments in my nursing career are seeing a

patient smile, say 'thank you' and appreciate the care that I have given.

I would encourage those who are considering nursing to take up the challenge of making a difference in the lives of others.

I feel honoured to receive the Nurses' Merit Award and would like to thank my supervisors and colleagues who have provided me constant guidance and support.

“  
I enjoy the challenges that come with this profession and take every opportunity to learn and grow.

Nurse Clinician  
Singapore National Eye Centre





## Ang Lay Hoon

My grandmother was admitted for jaundice when I was a little kid. I recall visiting her and seeing the nurses care for her and others. I was amazed by their patience and ability to make their patients comfortable.

During my teenage years, my mother was diagnosed with pulmonary tuberculosis. She lost her appetite and weight due to the side effects of medications and was sickly. I could not assist her and felt helpless whenever I

accompanied her for treatments. I told myself that I would learn the skills to be a nurse and wear the 'uniform in white', so I could help ease her discomfort.

The decision to become a nurse was greatly motivated by my two loved ones who had gone through treatments and hospitalisations. I am proud that I achieved my dream of becoming a nurse who is able to journey with my patients through the good and bad times.

**I am proud that I achieved my dream of becoming a nurse who is able to journey with my patients through the good and bad times.**

**Nurse Manager**  
SingHealth Polyclinics



## Sucy Mathew

It has been 36 years since I entered the nursing profession, and it was due to the encouragement from my mother who was a nurse.

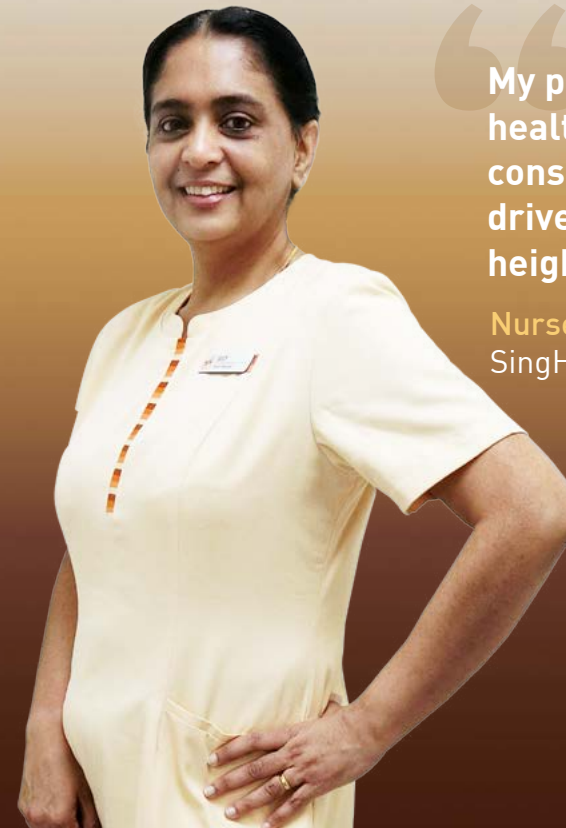
The most memorable and rewarding point in my career was seeing my critically ill patient walking out of the intensive care unit, and returning to thank me for his remarkable recovery. I feel motivated when patients become empowered to manage their own health. My patients' positive

health outcomes are a constant reminder that drives me towards greater heights in healthcare.

Nursing has evolved from when I began my career as a nurse. There is a persistent quest for innovation and new models of care. However, at its core, it is still about healing and giving hope to those who are sick. I encourage anyone with compassion and a collaborative spirit to join the nursing profession.

**My patients' positive health outcomes are a constant reminder that drives me towards greater heights in healthcare.**

**Nurse Manager**  
SingHealth Polyclinics



## Hou Yanli

People often say nurses are like angels. Nursing is a profession that is built on providing care and love to those in need – and that is one of the main reasons I chose to be a nurse in 2006.

I remember the first time I was involved in a code blue situation – an elderly patient in my ward collapsed. Everyone in the team worked together and we resuscitated the patient in the nick of time. It made me feel proud that nurses could play a part in saving lives.

There are few things as rewarding as seeing my patients improve and the smiles on their faces when they are discharged. It inspires me to always do my best for them and bring them cheer and hope.

For school leavers considering nursing, I would say it is a noble and challenging profession. It also offers numerous opportunities for growth. I am not just a nurse, I am also a teacher, counsellor and advocate for my patients.

**I am not just a nurse, I am also a teacher, counsellor and advocate for my patients.**

**Nurse Clinician**  
Institute of Mental Health



## Hu Xiaomei

I joined nursing in 2003, inspired by stories I have heard about the profession. I discovered my love for psychiatric rehabilitation, where I work with long-stay patients to improve their functioning and equip them with skills to re-integrate into the community. My most memorable experience so far involves a patient who was very reserved and unwilling to participate in rehabilitative programmes. I kept encouraging him and was able to engage him. His condition improved and we arranged for

him to do simple tasks in IMH's kitchen to give him a sense of purpose and responsibility. Seeing his progress, his mother held my hands as tears welled up in her eyes and said, "Thank you missy, thank you... it's the first time in all these years".

I feel satisfied and proud when I see my patients get better and get their lives back on track. It motivates me to continue providing care and love to my patients.

Nursing is special. We can and do make a difference in a patient's recovery journey.

**I feel satisfied and proud when I see my patients get better and get their lives back on track. It motivates me to continue providing care and love to my patients.**

**Assistant Nurse Clinician**  
Institute of Mental Health



## Anita Ng Kee Huang

My father chose nursing for me as he thought it was an 'iron rice bowl'. I vividly recall that Saturday when he reminded me not to miss the interview at the School of Nursing. It has been 19 years since and I have never regretted joining nursing.

My motto is never take things for granted. We should always be attentive in our care and make patients' safety our top priority.

When I was a junior nurse, an aggressive and verbally abusive male patient barged in while the

doctor and I were seeing another patient. Despite being nervous, I was able to calm and reason with him. After this incident, he trusted me and we built strong rapport. He still recognises me whenever he sees me in the hospital.

Psychiatric nursing has taught me to be resilient and developed my ability to empathise with others. Although we may sometimes have to deal with abuse from patients, we have to be caring, take things in our stride and not allow it to affect us.



**My motto is never take things for granted. We should always be attentive in our care and make patients' safety our top priority.**

**Nurse Clinician**  
Institute of Mental Health

## Xu Changqing

I have been a nurse for 17 years. I was drawn to nursing because of my desire to care, serve and make a positive impact on people's lives.

Besides being competent in clinical roles, a nurse needs to be able to develop a therapeutic relationship with patients under her care. I have learnt that even simple acts like bringing them for a walk or lending a listening ear can make a big difference.

I remember a patient with schizophrenia who refused treatment. She had little insight

into her condition and did not want to be engaged but I persisted in building a rapport with her. One day, she opened up about personal issues she was facing. That was a turning point. She soon felt more comfortable with me, accepted treatment and started to take charge of her recovery.

Such encounters remind me how rewarding nursing is and motivate me to do my best for my patients. It is a beautiful thing when one's career and passion come together.



**Besides being competent in clinical roles, a nurse needs to be able to develop a therapeutic relationship with patients under her care.**

**Advanced Practice Nurse & Covering Senior Nurse Clinician**  
Institute of Mental Health

## Yin Hao

As nurses, we are in a position to make people's lives better. Psychiatric nursing gives me the opportunity to positively empower my patients to take control of their health and quality of life.

In my 12 years of nursing, I have had many memorable experiences, but one in particular left a lasting impression. I was a junior nurse on night shift when I managed to stop a patient from committing suicide. The next day he was remorseful and he thanked me for saving his

life. After many years, the patient still remembers my name. I feel a sense of achievement and fulfilment knowing that he is better and doing well in the community.

I have also been fortunate to have colleagues who have helped and inspired me over the years. Now as a Covering Senior Nurse Manager, I strive to build a healthy culture to motivate and lead the whole team to grow professionally and achieve excellent clinical outcomes for our patients.

“As nurses, we are in a position to make people's lives better. Psychiatric nursing gives me the opportunity to positively empower my patients to take control of their health and quality of life.

Covering Senior Nurse Manager  
Institute of Mental Health



## Pamela Foong Pei Mei

Throughout my seven years as a nurse, I have come to understand this profession as one driven by the passion and dedication to help others. Whether faced with futile efforts or meritable feats, our motivations should remain unchanged, as it is a great privilege to serve those in need.

An event that impacted me greatly was during one of my night shifts as a junior nurse. I responded to my first call

to assist in the resuscitation of a young patient. While we busied ourselves, the room was overwhelmed with heartbreaking cries of the patient's loved ones. Eventually, we had to prepare ourselves to break the news to the grieving family. It was then that I truly felt a sense of duty as a nurse, and it has spurred me to do my best to help those I meet, especially when their precious lives are at stake under my care.

“Whether faced with futile efforts or meritable feats, our motivations should remain unchanged, as it is a great privilege to serve those in need.

Senior Staff Nurse  
Khoo Teck Puat Hospital



## Cherie Koh Sin Teng

Since I was young, I had to take many medications to alleviate the symptoms caused by my childhood asthma. Surprisingly, the multiple trips to the clinics and hospital sparked my interest to pursue a career in healthcare. To find out more, I took up a clinic assistant's job in an outpatient cancer centre while waiting for my examination results.

Over time, I found myself drawn to the rapport that the nurses built with their patients.

The nurses' caring nature eventually inspired me to become a nurse.

The most impactful episodes in my nursing career were when I was with my patients during their last moments. These experiences truly humble me, especially when I am performing last offices for them.

If you possess a head to think, hands to warm and a heart to care, I encourage you to join us on this rewarding nursing journey!

**I found myself drawn to the rapport that the nurses built with their patients. The nurses' caring nature eventually inspired me to become a nurse.**

**Nurse Manager**  
Khoo Teck Puat Hospital



## Lai Foon Wan

Nursing is very interesting, and it gives me great satisfaction that I am doing something I am passionate about. At the same time, it is about making a meaningful difference. My most memorable event was the first time I assisted in a caesarean section. I felt privileged to have the ability to help bring a life into the world.

Having been a nurse for 21 years now, I just want to tell everyone that nursing is simply

awesome. We're not in it for the money. It is much more than that. We are able to shine a light in people's lives. I would like to thank my loved ones, bosses and colleagues for supporting me, and walking with me through this journey. One of the biggest challenges in nursing is to persist in doing what is of value to our fellow humans, even amidst the rapidly changing environment. Thank you for reminding me to 'do what is right and never give up'.

**We're not in it for the money. It is much more than that. We are able to shine a light in people's lives.**

**Nurse Manager**  
Khoo Teck Puat Hospital



## Ng Huoy Ling

After losing my grandma when I was 13 years old, my passion for geriatrics grew and I decided that I wanted to serve the elderly as a nurse. My patients remind me of my grandparents; I respect them for their rich life experiences and want them to live gracefully to the fullest.

Once, I encountered a patient's daughter who was very distressed during her father's end-of-life care. Being his nurse allowed me to provide clinical expertise and

psycho-social support to both him and his family – a role I was honoured to take on.

I am thankful for my own family, bosses and colleagues for journeying with me. As nurses, we have the opportunity to heal the heart, mind, soul and body of our patients and their families. They may not remember your name but they will never forget the way you have made a difference in their lives.

“As nurses, we have the opportunity to heal the heart, mind, soul and body of our patients and their families.”

Nurse Manager  
Khoo Teck Puat Hospital



## Ng Siok Qi

I chose nursing as a career because it is a profession that never stops giving. Nursing is the intersection of humility, knowledge and compassion, and the practice involves both science and art. There is intangible satisfaction when I am able to make a difference in the lives of others through my daily work.

Having practised nursing for seven years, I have realised

that there is always room for professional and personal growth. The nurses of today are empowered and equipped with evidence-based practices and clinical reasoning skills. This has definitely helped me provide high quality patient care. It is a journey of continuous learning, reflection and self-discovery.

To me, nursing is a dynamic and exciting profession that I am proud to be in!

“Nursing is the intersection of humility, knowledge and compassion, and the practice involves both science and art.”

Nurse Manager  
Khoo Teck Puat Hospital



## Xu Shuhui

When I was 16, my uncle was admitted to the hospital. I looked at the nurses who took care of him before he passed away. It was their dedication that inspired me to become a nurse.

Throughout my 10 years as a nurse, I find the most joy when my patients recover under our care, and when they are appreciative of what we do for them.

Being a nurse places us in a

unique position as we spend the most time with our patients. This allows us to better understand and care for them in every aspect; physically, mentally and emotionally.

No matter the designation, all nurses commit themselves to ensure the best patient care for those they meet. That to me, is the most gratifying thing of being in this profession.

**No matter the designation, all nurses commit themselves to ensure the best patient care for those they meet.**

Assistant Nurse Clinician  
Khoo Teck Puat Hospital



## Christine Chern Wern Fah

Back in secondary school, I met a nurse who visited schools and she inspired me by showing care to the needy. I joined nursing in 1986 and left the service in 1991 to pursue Christian ministry work. I returned to nursing in 2002 due to my desire to care and help people in need.

I vividly recall a patient who was referred to me for diabetes education. During our conversation, she suddenly broke down and cried because of her struggles and the strained relationship with her family.

I empathised with her and told her to take good care of herself. She thanked me for providing a listening ear to her and said that I was the first person whom she felt comfortable confiding in.

It was heartwarming to receive a patient's appreciation and affirmation.

Nursing is about making a difference and touching patients' lives in our daily work. I encourage school leavers to join me in transforming patients' lives in primary healthcare.

**Nursing is about making a difference and touching patients' lives in our daily work.**

Assistant Nurse Clinician  
National Healthcare Group Polyclinics



## Julia Zhu Xiaoli

I have been a nurse for 27 years; growing from a novice to a nurse clinician in wound care today. The journey of my nursing career has been revitalising and rewarding. I have encountered opportunities and obstacles that continually challenge and shape me.

The most memorable moment in my nursing career was when I was identified to lead the wound care team and tasked to elevate the care standards. As a nurse clinician with vast experience in wound care, my longstanding

passion has been constantly empowering, influencing and inspiring nurses to optimise care outcomes.

It is a privilege to work with a team of wound care nurses who provide excellent care and transform services at National Healthcare Group Polyclinics.

Nursing is a unique career that allows me to enjoy the rewards of serving people as I grow professionally and personally. It makes a difference when both career and passion come together.

**Nursing is a unique career that allows me to enjoy the reward of serving people as I grow professionally and personally.**

**Nurse Clinician**  
National Healthcare Group Polyclinics



## Ashirdahwani bte Asmawi

I wanted to become a teacher since I was seven. However, I enrolled in nursing after much consideration, thinking that if I was good enough, I could teach in nursing.

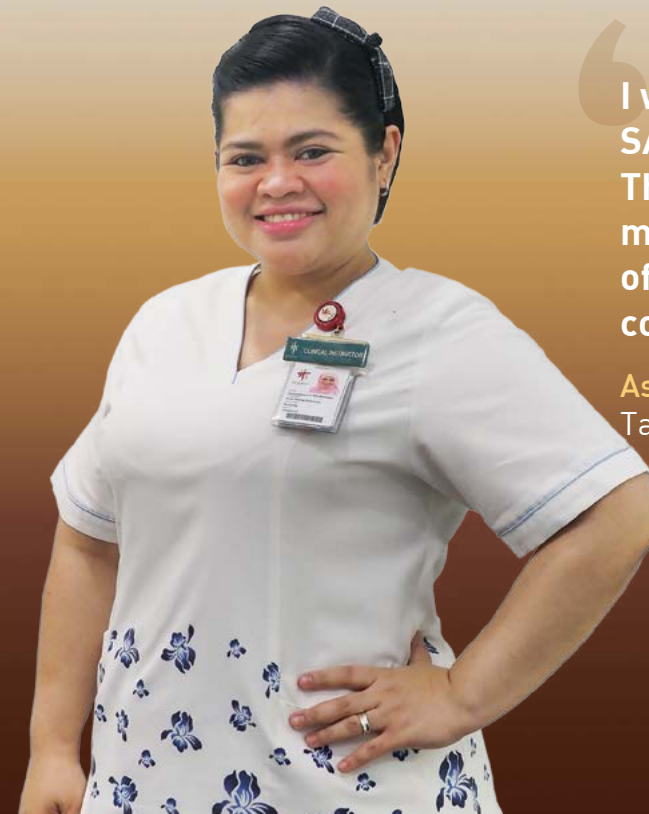
I was a nurse three years into my career when I was diagnosed with SARS in March 2003. The experience taught me the true meaning of empathy and compassion. Life was never the same again. I am a better person today. I first started as a

Staff Nurse in the geriatric wards and now, I have been a Clinical Instructor (CI) for the past 10 years.

I am still enjoying every moment with my students. I have a passion for elderly care and educating our next generation. My role as a CI allows me to collaborate with teaching institutions to plan and conduct clinical trainings for students. Dreams do come true.

**I was diagnosed with SARS in March 2003. The experience taught me the true meaning of empathy and compassion.**

**Assistant Nurse Clinician**  
Tan Tock Seng Hospital





## Boomadevi Vengadasamy

When I was younger, I was moved by the passionate nurses when I was hospitalised for fever. I have been a nurse for 20 years and I am constantly acquiring new knowledge and skills. Nursing is a profession that combines physical and social sciences, nursing theory and technology in caring for patients. It is never boring!

I remember a nursing officer once asked me what speciality I brought to my daily work. That question became a guide to motivate me to strive for something in my nursing career. I decided to further my studies and do my best with the guidance given by the management.

“My greatest satisfaction is seeing a patient recover, or for one at end-of-life stage, to pass on peacefully and comfortably.”

Senior Staff Nurse  
Tan Tock Seng Hospital



## Chong Shuting

I had a special interest in nursing since young and I enjoyed reading medical information. My passion grew stronger after I joined the Red Cross in secondary school. I decided to pursue nursing as a career.

The most memorable event in my career was when I witnessed a road traffic accident involving a van and a motorcyclist. With my nursing knowledge, I was able to ascertain signs of life and provide immediate first-aid to the injured motorcyclist – who was

bleeding from a head laceration and suspected of having a spinal injury.

Having been a nurse for nine years, I enjoy open communication with my patients. It has shaped and refined my personality. The fast-paced work environment continues to develop my critical thinking and problem-solving skills. The nursing career path I have chosen is fulfilling, with opportunities to advance and learn. It is a choice that I will never regret.

“I enjoy open communication with my patients. It has shaped and refined my personality.”

Assistant Nurse Clinician  
Tan Tock Seng Hospital



## Heng Lee Choo

I took up nursing 31 years ago because I wanted a meaningful job and I have never looked back since. This career has shaped me through the challenges, events, friends, colleagues and patients I have encountered over the years.

A memorable time was during SARS when we braced ourselves for the worst, but the encouragement and well wishes from the public spurred us on.

Family understanding was also a pillar of support.

As a Nurse Clinician, it is fulfilling to see patients take charge of their own health and improve their quality of life after counselling. On tough days, I constantly remind myself to treat patients like family and do my best to help. Nothing beats the great satisfaction and joy when a patient recovers.

“As a Nurse Clinician, it is fulfilling to see patients begin to take charge of their own health and improve their quality of life after counselling.”

Senior Nurse Clinician  
Tan Tock Seng Hospital



## Liew Xing Mei

Growing up, I was inspired by Florence Nightingale and Mother Teresa's selfless acts and dedication to caring for the sick and needy.

It was without a doubt that I chose nursing as my first choice at Nanyang Polytechnic in 2000. Over the 15 years working as a ward-based and emergency nurse, encounters with death and the dying were inevitable. The most

unforgettable events were those involving paediatric deaths and providing support for the bereaved families.

I realised that just being present offers the best comfort, care and support to these families. Nursing has been a rewarding and fulfilling career. Every day you are given the opportunity to make a difference in patients' lives and be inspired by them.

“I was inspired by Florence Nightingale and Mother Teresa's selfless acts and dedication to caring for the sick and needy.”

Assistant Nurse Clinician  
Tan Tock Seng Hospital



## Katherine Wong Kar Kar

I was determined to join nursing after my grandmother was diagnosed with cervical cancer. At that time, I wished I was a nurse so that I could help nurse my grandmother and understand what was happening to her. Armed with knowledge from school and a desire to help others, nursing has provided me with a glimpse of how compassion can change lives. I graduated from nursing school in 2000 and it has

been a fulfilling 18 years.

The challenges and adrenaline are the main reasons why I chose to specialise in critical care.

I have seen patients bounce back despite a dim prognosis, and this spurs me to deliver the best nursing care in any situation.

The sense of fulfilment I experience when patients are saved from the brink of death and walk out of hospital alive is indescribable.

“Armed with knowledge from school and a desire to help others, nursing has provided me with a glimpse of how compassion can change lives.”

Nurse Clinician  
Tan Tock Seng Hospital



## Ranjeeta Kaur

I took up nursing on my family's advice and have been a nurse for 10 years. What makes nursing so special is that we are there to provide care for total strangers when they are at their most vulnerable.

I will never forget the first death that I experienced which made me realise the fragility of life. Being on the frontline, we have to maintain a professional and strong front for patients and

their families at all times. They look to us for advice and support during tough times.

Although things do not always go according to how we wish, what motivates me to do my best are the patients because the better I am at my job, the better care they receive, which is a win-win situation for everyone.

I look forward to going to work every day as it is always exciting and this keeps me on my toes.

“Being on the frontline, we have to maintain a professional and strong front for patients and their families at all times as they often look to us for advice and support in tough times.”

Nurse Clinician  
Tan Tock Seng Hospital



## Sng Liew Keng

My dream to be a nurse started when I was five, and I have been a nurse for 31 years and counting. Of course there have been difficult times but I am mindful of my late mother's support for my dream and to 'bite your teeth' and not give up.

Early in the 2003 SARS crisis, I was reminded of the Nurse's Pledge and that gave me some courage to face whatever was to come. I developed resilience through being part of the SARS

operating theatre (OT) team to provide services to the patients in OT and in intensive care unit.

Now as a Nurse Clinician, I am empowered to improve and simplify certain work processes so that they can be easily understood by all staff. Nursing is special because I know I am able to provide comfort, care and restore confidence in my patients. It is most fulfilling when patients tell you that they know they are in good hands.

**Nursing is special because I know I am able to provide comfort, care and restore confidence in my patients.**

**Nurse Clinician**  
Tan Tock Seng Hospital



## Audrey Wong Yoke Poh

I have been a psychiatric nurse since I started my career. I first encountered psychiatric patients during my final year posting and in the past, there was a lot of stigma and fear associated with caring for mental health patients. Most of the students would 'seek refuge' behind the nurses' counter, but I saw myself taking care of the physical and emotional needs of these patients as I was comfortable with managing them.

It is most rewarding to be

part of the patients' recovery. However, over the years, I have also experienced loss when patients succumb to their mental illnesses. Being there for families who cope with these losses such as suicide has been challenging yet meaningful.

As an Advanced Practice Nurse (Psychiatry), I am better equipped with enhanced knowledge, skills and experience to care for psychiatric patients with medical co-morbidities, and make a positive difference in their lives.

**Being there for families who cope with losses has been challenging yet meaningful.**

**Advanced Practice Nurse & Senior Nurse Clinician**  
Tan Tock Seng Hospital



## YeYen

I have been a nurse for six years. I was inspired to be a nurse since I was a child when I watched my mother clean my uncle's leg wound daily. I once had a patient who was quite poorly cared for. When she came to us, we cleaned her thoroughly and her family members were very grateful.

Nursing requires perseverance and a 'never-give-up' spirit. My greatest joy is in seeing

patients recover and walk out of the ward. The process may be hard and tiring but things get better if we stick to it.

As nurses, we can be there for you when your family is at work and hold your hand through the painful procedures.

We can be your shoulder to lean on when the night is cold and lonely or when you feel like crying.

**Nursing requires perseverance and a 'never-give-up' spirit. My greatest joy is in seeing patients recover and walk out of the ward.**

Senior Assistant Nurse  
Tan Tock Seng Hospital



## Maria Teresa Cruz Yunzal

I was initially hesitant and afraid to step into the healthcare profession as I had no experience.

But I plucked up my courage and started as a healthcare assistant. More than 10 years have passed and I would say that being caring, compassion, having a sense of service and passion are the keys that helped me work my

way to being a Senior Staff Nurse.

I have faced several challenges, but each one has strengthened me to make me the person I am today.

I would like to express thanks to my family, seniors and my respected colleagues who have helped me challenge myself and perform better.

**I have faced several challenges, but each one has strengthened me to make me the person I am today.**

Senior Staff Nurse  
Tan Tock Seng Hospital



## Zhou Xin Xin

I have been a nurse for eight years. Back in high school, it was my ambition to be a hero, to save lives and heal the injured. Hence, I chose to join nursing school.

During my first posting as a student, an elderly patient said 'thank you' and gave me a kind, beautiful smile that encouraged me to overcome any stress. Although I am introverted by nature, the patient's smile helped

me remember to smile often. Slowly I became more cheerful and that made my patients happier too.

Today, nurses do more than bedside care – they educate the public and patients on how to prevent diseases, as well as minimise its complications. Nursing is not just a career, it has made me a better person, taught me to be more patient and added value to my life.



“Although I am introverted by nature, the patient's smile helped me remember to smile often. Slowly I became more cheerful and that made my patients happier too.”

Senior Staff Nurse  
Tan Tock Seng Hospital

## Chua Chue Teng

Even though nursing was not my first job, it is my best career decision. Not only has it shaped me into a more responsible and caring person, it has also motivated me to do my best every day. I am grateful to have had the opportunity to work alongside a wonderful team of healthcare professionals. They have inspired and propelled me to contribute unremittingly to my patients.

I have encountered many

unforgettable, joyful and tearful moments in my humble 11 years as a nurse. The most memorable one was being present for a dying patient with no kith or kin, till his last breath.

For anyone who wants to join nursing, I would like to tell you the truth – the daily grind of being a nurse is tough, but the challenges will sharpen you and enrich your life experiences greatly.



“The daily grind of being a nurse is tough, but the challenges will sharpen you and enrich your life experiences greatly.”

Nurse Clinician  
National University Cancer Institute,  
Singapore

## Juvena Gan Chew Huang

I have chosen nursing as my career as it allows me to see the entire spectrum of life. Through these 17 years, ample opportunities have been given to me, shaping me into who I am today.

An episode that left a deep impression was when a patient in my ward was declared brain dead. I saw how her husband struggled with his emotions as he explained the situation to their young daughter. Even

though it was heart-wrenching, I mustered the courage to 'open up' the child's heart. Holding on to the little child's hand, I brought her to her mother's bedside and gave her time to take in what was happening. She eventually accepted her mother's death.

My advice to those considering nursing, go for it! The rewards received from this unique vocation are not measurable; it is an indescribable fulfilment that solely belongs to you.

**The reward received from this unique vocation is not measurable; it is an indescribable fulfilment that solely belongs to you.**

Advanced Practice Nurse  
& Nurse Clinician  
National University Heart Centre,  
Singapore



## Samantha Ang Shi Yun

In the last 11 years as a nurse, I have seen sorrow, pain and suffering, but also perseverance, courage and joy.

My desire to help people was the reason I chose nursing. I have learnt that nursing requires one to be able to balance emotions and professionalism while rendering medical care. At times, our emotions can overcome us. The ability to balance our responsibilities is therefore crucial in ensuring that safe care, which would help make

a difference to patients and their families, is always rendered.

Caring for patients when they are most vulnerable needs patience, compassion and empathy, in addition to competent knowledge and skills.

In my own time, I like to travel with my family and take regular scuba diving trips to enjoy the nature underwater.

Having a supportive family inspires my passion and helps me aspire to do better.

**Caring for patients when they are most vulnerable needs patience, compassion and empathy, in addition to competent knowledge and skills.**

Senior Staff Nurse  
National University Hospital



## Joyce Chai Hui Ling

I was once bedridden after a road accident. The nurses cared for me relentlessly, listened to my concerns and provided emotional reassurance that allayed my anxieties. This episode planted the seed of nursing in me.

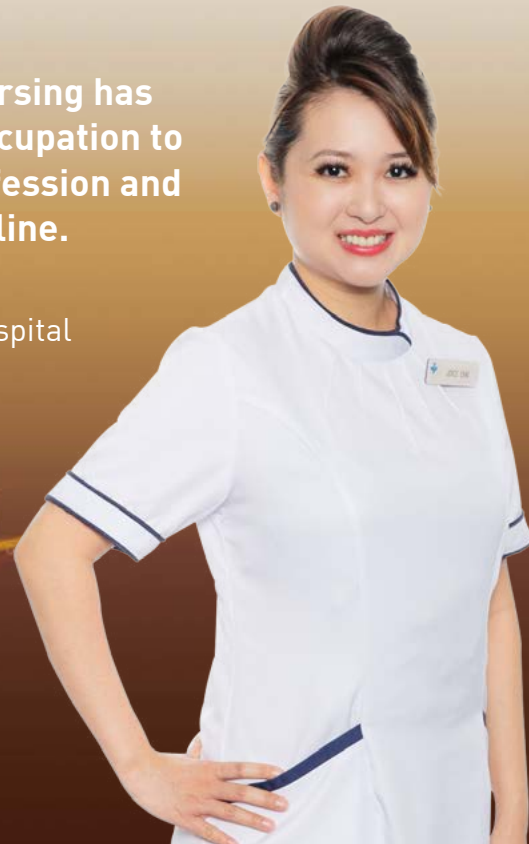
Since I joined a decade ago, I have seen how nursing has evolved from just an occupation to an honourable profession, and an academic discipline. Nursing empowers individuals with the ability to make a positive

difference to patients. I have faced a plethora of challenges that moulded me into a confident individual.

School leavers who are interested in nursing should seize the opportunity to be a blessing to patients and be their closest confidants. As nurses, we accompany our patients through their toughest journeys. I am proud to be a nurse for it completes me and there is nothing else I would rather be.

**I have seen how nursing has evolved from an occupation to an honourable profession and an academic discipline.**

Senior Staff Nurse  
National University Hospital



## Carol Chiang Tsuey Ling

I am very fortunate to have discovered my calling to nursing early in life. This came from an innate desire to help people and care for them in times of need. As I walk into the 38<sup>th</sup> year of my nursing career, my heart continues to be warmed when I see how nurses can impact the lives of our patients.

I vividly remember the SARS outbreak in 2003 when there was a massive mobilisation of

healthcare professionals to help cope with the situation. I was privileged to be at the front line and contribute to the nation when she needed me.

Nursing is a career driven by passion which blossoms over time. As nurses, we are part of the foundation of healthcare. Besides caring and helping others, there is so much more that nurses can do through the human touch we give in our care.

**Nursing is a career driven by passion which blossoms over time. As nurses, we are part of the foundation of healthcare.**

Senior Nurse Manager  
National University Hospital





## Goh Wei Qi

As a child, I knew that I wanted to make a positive impact in people's lives. This encouraged me on to take up a degree in nursing after my A Levels. I have experienced numerous memorable moments throughout this 12-year journey.

One particular moment, when I was a young nurse, fortified my passion for nursing. Despite being saddened by the loss of their loved one, the family of a late patient

conveyed their appreciation to the team for the care of their family member. It motivated me to continuously improve my skills as a nurse.

Nurses provide the caring touch for our patients through their time in the hospital. To those who would like to consider nursing as a career, there will be intangible rewards and satisfaction aplenty throughout the journey.

**Nurses provide the caring touch for our patients throughout their episode in the hospital.**

Senior Staff Nurse  
National University Hospital



## Mallika d/o Arumugam

I chose nursing 17 years ago with my father's encouragement and I have never regretted my decision. Nursing is a profession that brings me immense satisfaction.

I can still remember receiving my first compliment just a few months into my job. The appreciative thoughts motivated me to continuously do my utmost for my patients.

As a nurse, I strongly believe in building a good rapport with my patients. To better interact with the elderly Chinese patients, I learnt to

speak Mandarin. Hearing me speak their language always surprises them, and some have even commended my command of the language.

Nursing involves shift work and requires sacrifices of 'regular' time with the family. I am thankful to have good family support to care for my child. In spite of all the difficulties we face in our job, I always tell my peers that our best gift is to see our patients through their recovery journey.

**Our best gift is to see our patients through their recovery journey.**

Nurse Manager  
National University Hospital



## Nur Aliza bte Kamsan

When I was younger, I was heartened by the way nurses cared for my late grandfather, and I knew I wanted to join this noble profession.

The episode that hit me hardest in my 11 years as a nurse was when I had to remove the life support from a little fighter. It was a heart-wrenching thing to do although we understood that it was the best and most compassionate option for the

baby. For us in nursing and in healthcare, the greatest challenge comes when we have to set aside our personal thoughts and feelings to deal with end-of-life and critical care situations.

To my younger friends with a passion for nursing, go for it! Strive on and work with your heart. My passion for nursing is constantly reignited when I see the smiles of the young fighters who I have nursed to good health.

“My passion for nursing is constantly reignited when I see the smiles of the young fighters who I have nursed to good health.

Assistant Nurse Clinician  
National University Hospital



## Kartina Tan Hui Joo

I always knew that I wanted to help people. This aspect of nursing appealed to me when I joined 14 years ago.

As an emergency nurse, I get to save lives. My work is extremely challenging and interesting. I recall dealing with losses on my first day at work – it was quite an experience for a young nurse.

In spite of the challenges, this precious memory is one that I will always carry with me: The

mother of a returning patient personally thanked me for saving her son's life after a serious injury. No words could describe the sense of satisfaction I felt that very moment when I knew I had made an impact on someone's life.

This profession is one that will always be my first choice. It makes you humble, patient and constantly trains you to manage difficult situations.

“No words could describe the sense of satisfaction I felt that very moment when I knew I had made an impact on someone's life.

Nurse Manager  
National University Hospital



## Jeffrey Yoo Kwang Sui

I joined the Singapore Civil Defence Force as a paramedic after graduating from Nanyang Polytechnic. While I saved lives, the role of a paramedic ends as soon as the patient arrives at the hospital. I always wondered what happened to them after they entered the doors of the emergency department. A career in emergency nursing was then a natural progression, and I have been a nurse for 22 years.

The most significant event in my career would be my transition

from emergency nursing to community nursing. While they may look like two ends of a spectrum, I am glad to have made the move. With Singapore's ageing population and the shift towards community care, there is a greater need for community nursing. My advice to anyone considering nursing is that you must have the passion to help and not be afraid of blood, stress and challenges.

Nursing is more than a job; it is a calling.

**You must have the passion to help and not be afraid of blood, stress and challenges.**

**Nurse Clinician**  
National University Hospital



## Zauyah bte Sanif

Working with people, caring for them, and fulfilling their wishes excite me. More than 30 years ago, nursing gave me this opportunity. I knew I loved nursing the day I joined the profession.

The people at work inspire me to do my best. My family is my constant source of support, and I am also deeply appreciative of my pillar of strength during my younger days, SNM Lucy Yeo (NUH).

I am privileged to have shared

many beautiful memories with my patients. It especially warmed my heart when the ecstatic wife of a neuro patient informed us that he improved beyond expectations. Their smiles and kind words showed me that I had changed their lives.

I want to continue making that difference. If you love people, this is the best profession to embark on as you can make a difference; nursing encompasses all that is good for the community and for yourself.

**The smiles and kind words showed me that I had changed their lives. I want to continue making that difference.**

**Senior Nurse Manager**  
National University Hospital



## Hashimah bte Hashim

Nursing is a meaningful profession. For me, it is a calling, and this is my 30<sup>th</sup> year in the profession. Taking on different roles – as a Clinical Instructor and a service leader for Directly Observed Therapy – can be challenging but I cherish the opportunity to develop myself and to contribute.

Mentoring new nurses is not easy as everyone has different learning styles, but it gives me great satisfaction when I am able to guide them in overcoming initial hurdles and building their clinical

competency.

We have an important part to play in helping patients become healthier. Our relationship with them is key, and it goes both ways. A smile and a simple “thank you” from patients can also motivate us to become better.

As the nursing profession evolves, we need to keep our knowledge and skills up-to-date and relevant, as well as ensure that our assessments and decisions are based on evidence and holistic care for our patients.

“A smile and simple “thank you” from patients can also motivate us to become better.

Assistant Nurse Clinician  
National University Polyclinics



## Liau Wei Fong

I was inspired to be a nurse after a first-aid lesson in primary school. The experience made me realise that I wanted to help the sick and injured, and I could do so as a nurse.

It has been 22 years since I first joined nursing. Looking back, I am grateful for the constant support and guidance from my seniors, peers and patients over the years. A patient once told me, “Nurses are always there when

we need them the most.” Her words left a deep impression on me and have been my motivation to this day.

The possibilities in nursing are endless. As nurses, there is so much that we can do to help others. A nurse can be an educator, a manager, a clinician or a researcher. Nursing is truly a rewarding and promising career; it has given me meaning and purpose in life.

“The possibilities in nursing are endless. As nurses, there is so much that we can do to help others.

Advanced Practice Nurse  
& Nurse Clinician  
National University Polyclinics



## June Ng Joon Keng

My 30-year nursing career has given me the opportunity to help many people. Working with cancer patients was particularly memorable. I remember a patient who once held my hand and earnestly thanked me. She told me that she would always remember me as a good nurse and I was very touched by her words.

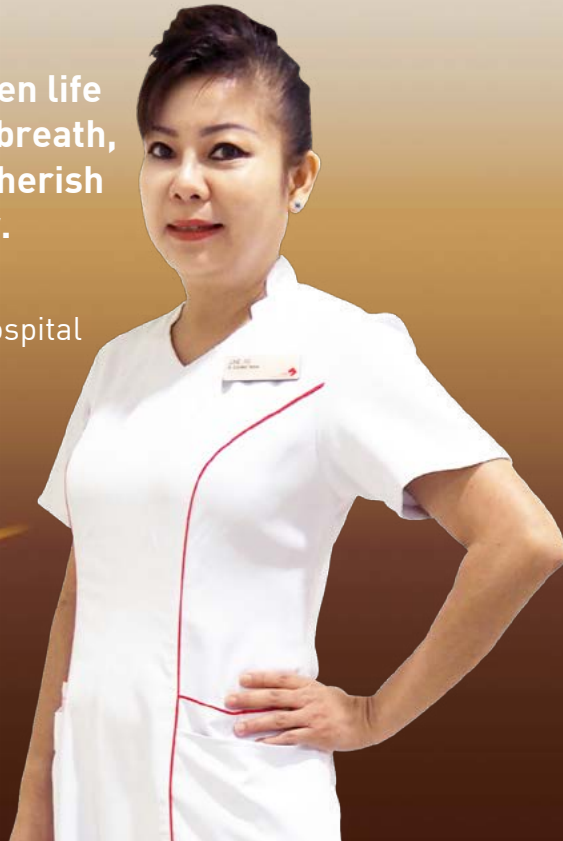
Patients have taught me so much about life, sickness and

death. The difference between life and death is just one breath, so I have learned to cherish what I have every day.

In order to deal with the highs and lows of nursing, I truly believe that nurses have to love the work we do. Most importantly, we have to care for our patients with the same compassion and kindness that we will show our own family members.

**The difference between life and death is just one breath, so I have learned to cherish what I have every day.**

Senior Enrolled Nurse  
Ng Teng Fong General Hospital



## Joyce Ong Poh Geok

I got into nursing almost 20 years ago. I love what I do and have never looked back. When I first chose to study nursing, I never truly understood the many facets of a nursing career. I was just inspired by the notion of nursing – it being a noble calling and being a 'Florence Nightingale' in white.

Nursing gives me many opportunities to touch lives and learn new skills. I am an operating theatre (OT) nurse, and the OT is where patients feel the

most vulnerable.

I remember fondly an occasion when a patient handed out a handwritten thank-you notes to the OT nurses the moment he woke up from his surgery. Such gestures, relieved faces and smiles from patients when they wake up from their surgeries give me a sense of purpose and motivation in the work I do.

We rarely get to do what we love, and I am thankful that my work is something that I love.

**Nursing gives me many opportunities to touch lives and learn new skills.**

Senior Nurse Manager  
Ng Teng Fong General Hospital



## Tan Soo Hui

Nursing was not my first choice when I was young, but staying on in the journey is definitely one of the best decisions I have made.

Fifteen years on, my career as an emergency nurse is still fulfilling and brings many exciting challenges. Patients and their families who turn up at the Emergency Department (ED) often feel helpless and stressed. Being able to help them through their difficult times is very rewarding for me.

I will always remember the well-wishes and recognition that I get in the course of my work. These moments are always cherished and keep me going. Some patients may pass on at the ED, but it can be comforting to know that I have cared for them till the end.

Not every career offers such rewarding experiences. I count myself lucky that I have a strong sense of purpose and satisfaction through my service.

**I count myself lucky that I have a strong sense of purpose and satisfaction through my service.**

**Assistant Nurse Clinician**  
Ng Teng Fong General Hospital



## Zhang Rong

Inspired to be a nurse since young, I was blessed to have been awarded the Asian Nursing Scholarship in 1994 to pursue nursing in Singapore. Nursing is a noble profession and has given me numerous opportunities to touch lives over the past two decades.

I am a Nurse Clinician in the Endoscopy Centre, overseeing the department to ensure patients get quality nursing care. I enjoy what I do and there are many memorable moments that I have experienced.

I remember an encounter with a patient who developed an acute heart problem. He was saved after our medical intervention, and he held my hand as he thanked us for saving his life.

Appreciative actions, gestures or words can be most fulfilling and they give me pride in being a nurse.

Nursing is a very rewarding profession. I will continue to serve as a nurse with dedication as it allows me to help and care for those in need.

**Appreciative actions, gestures or words can be most fulfilling and they give me pride in being a nurse.**

**Nurse Clinician**  
Ng Teng Fong General Hospital



# Acknowledgements

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All who contributed to this event in one way or another.

# Autographs

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- Main refers to kebabs, burritos, daily bowls, quesadillas or tacos
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- Valid at all Skechers concept stores except Skechers Suntec City, Velocity@Novena Square and People's Park Complex, departmental and outlet stores
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regular-priced items in stores

## 20% off

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1 TO 31 AUGUST



## Free admission

- Nurses need to present their valid practising certificate (together with their staff card) to the customer service officers to enjoy free admission
- Accompanying family members and/or friends will have to purchase admission tickets
- Last admission to the gallery is at 5.30 pm (closed on Mondays)

1 TO 10 AUGUST

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