



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

HEALTHCARE HEROES IN OUR COMMUNITY

Extraordinary healthcare workers honoured at the 2018 Healthcare Humanity Awards

73 individuals were lauded today at the 15th Healthcare Humanity Awards (HHA), an annual event that recognises healthcare workers who have displayed altruism above and beyond their call of duty. A new record of 11 recipients received the highest accolade, 'Honourable Mention', from Guest-of-Honour and Patron of The Courage Fund, Mdm Halimah Yacob, President of the Republic of Singapore.

"These awards provide us with an opportunity each year to publicly applaud and recognise our healthcare workers together with the community of family caregivers and volunteers who so selflessly give of their time to care for the sick, infirmed and aged of the nation," said President Halimah Yacob.

Honourable Mentions at HHA

A regular face in the psychiatric wards at the **Institute of Mental Health (IMH)** for the past seven years, **Mr Yong Kwon Seng** leads volunteers who plan activities for long-stay patients. To empower patients to pick up life skills and to boost social interaction, Mr Yong started a monthly flea market where patients learn to manage the stalls. The full-time teacher's voluntary efforts also extend to mentally disadvantaged patients in nursing homes, as well as leprosy patients at the Singapore Leprosy Relief Association (SILRA).

A pioneer volunteer with **Changi General Hospital (CGH)**'s 'Neighbours for Active Living' programme, **Mdm Nekmah Bte Mahadi**'s befriending spirit has uplifted the elderly in her care. Besides encouraging them to practise medication adherence, she also organises walks to help them keep active and well. Her passion to help others has inspired her son to follow in her footsteps, and he too serves the seniors in their neighbourhood now.

Nurse Clinician **Ms Rujia Binte Ali Shahul Hameed** from **Tan Tock Seng Hospital (TTSH)** often goes beyond her call of duty to care for the underprivileged and the elderly. During the festive seasons and in her free time, Ms Rujia delivers food to needy families. She is an active

voice in the community and holds leadership roles in The Frontier Community Club's Women's Executive Committee (WEC), as well as the Women Integrated Network (WIN).

Believing medicine is more than just healing the sick, **Dr Choo Bok Ai**, Senior Consultant at the **National University Cancer Institute Singapore (NCIS)**, has founded two cancer support groups for patients and their caregivers. He also spearheaded a Befriender's Programme in 2012, which provides a platform for cancer survivors and newly diagnosed patients to exchange knowledge and share their experiences. Dr Choo currently helms 'Dream Makers', an initiative that aims to fulfil the wishes of terminally-ill cancer patients.

Since joining **TOUCH Home Care** seven years ago, **Mdm Tan Hong Noi's** role has evolved from being a housekeeper to that of a Therapy Assistant, providing support to less ambulant seniors. Her determination once moved a 48-year-old stroke patient who had been bed-ridden for 15 years to regain her mobility and lead a more fulfilling lifestyle.

Since the onset of her husband's dementia in 2013, **Mdm Tan Geok Lan Lily** has juggled between her duties as his caregiver and her job as a cleaner with unflagging tenacity. Supported by TOUCH Caregivers Support - a service of **TOUCH Community Services** - the sole breadwinner of the family devotes herself unfailingly to her husband's needs, ensuring that he keeps to his medical appointments and thrice-weekly dialysis sessions.

Besides the 11 'Honourable Mention' winners, 62 individuals across various categories – 'Caregivers', 'Volunteers', 'Intermediate Long-Term Care Sector (ILTC)' and 'Open' – were acknowledged for displaying exemplary qualities in serving the healthcare community.

Some highlighted winners in other HHA categories

A volunteer with **HCA Hospice Care's** Star Paediatric Advanced Life Support (PALS) programme, **Ms Soo Jie Er Janice** is committed to bringing comfort and joy to young patients with life-threatening conditions. Ms Soo was a volunteer and subsequently led 'Project Legacy', under the NUS Yong Loo Lin School of Medicine, to help terminally-ill patients curate memories with their loved ones through journals, recordings of personal messages, and scrapbooks.

In his 13 years working at the **Institute of Mental Health (IMH)**, Principal Medical Social Worker **Mr Tan Boon Meng Roger** has shown unswerving commitment to care for psychiatric patients sentenced to the Mandatory Treatment Order (MTO). These are patients who face heightened social stigma because of their mental illness and past criminal offences. Besides providing guidance and counsel to his patients, Mr Tan also facilitates their transition back into society. Additionally, he initiates bi-annual festival celebrations in the long-stay remand wards, providing opportunities for caregivers to create positive memories with their loved ones.

Mr Rosli Bin Hadi is a volunteer at **Yishun Community Hospital (YCH)**, where he previously underwent post-stroke rehabilitation. Inspired by the support and encouragement he received from the hospital's care management team as a patient, he decided to continue the good work

by helping others in similar circumstances. Mr Rosli visits YCH at least three times a week where he spends time giving advice and sharing insights with stroke patients and their caregivers. He also accompanies patients for their appointments when their caregivers are unable to do so.

An advocate for the underserved, Associate Consultant **Dr Gayathri Devi D/O Nadarajan**, an Emergency Physician at **Singapore General Hospital (SGH)**, regularly travels to remote villages in Nepal for medical missions. Not only was she part of the medical team who provided aid to victims of the Nepal Earthquake in 2015, she also raised funds to help rebuild a village and a school that were destroyed by the disaster. Additionally, Dr Gayathri engages the Indian community in Singapore on the importance of learning Cardiopulmonary Resuscitation (CPR) through training sessions.

Everyone is a winner

Commending this year's winners as "extraordinary men or women who have dedicated themselves to serve others with heart", Mdm Kay Kuok, Chairman of the National Healthcare Group (NHG) and The Courage Fund Board of Directors, said, "Each award recipient will have his or her own story to tell, and which would undoubtedly speak of Courage, Kindness, Dedication and Selflessness. It is 'heart' factors that drive and motivate them. When you pair the 'heart' with ethos, and with good social and health structures and systems, we can realise and sustain better health outcomes."

The full list of 2018 HHA winners is found in the Annex.

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About The Courage Fund

The Courage Fund was launched in 2003 to raise money for relief to SARS victims and healthcare workers. It was a tribute to the courage and dedication of healthcare staff who actively risked their lives to battle the outbreak and care for infected patients. In 2004, the Fund inaugurated the Healthcare Humanity Awards (HHA) to honour exemplary healthcare professionals who go beyond the call of duty to help those in need. The Honourable Mention Awards recognise outstanding individuals for their selfless commitment to humanitarian efforts to uplift the lives of the underprivileged.

The Fund is jointly organised by the National Healthcare Group (NHG), Singapore Health Services (SingHealth), Singapore Medical Association (SMA), Singapore Nurses' Association (SNA) and Singapore Press Holdings (SPH).

About the Healthcare Humanity Awards

In 2004, The Courage Fund initiated the Healthcare Humanity Awards (HHA) to salute exemplary healthcare professionals who go beyond the call of duty to help others. Each HHA Distinguished Honourable Mention winner will receive \$2,000. Winners of the HHA Open, ILTC Sector, Caregiver and Volunteer Categories will receive \$1,500 each. All winners will also receive a HHA medallion. Since 2004, the HHA has saluted the efforts of 927 healthcare workers.

ANNEX

Honourable Mentions

Ms Bhajan Kaur

Caregiver nominated by KK Women's and Children's Hospital

Ms Kaur was the main caregiver for her nephew, who was diagnosed with Duchenne Muscular Dystrophy, until his passing. Despite her own elderly age and health problems, she single-handedly attended to all his needs including helping with his toileting needs, changing and feeding him. Even after her nephew's death, Ms Kaur continues to volunteer with the Muscular Dystrophy Association (Singapore) to lend support to individuals who have the same condition.

Dr Choo Bok Ai

Senior Consultant

National University Cancer Institute Singapore

Believing medicine is more than just healing the sick, Dr Choo Bok Ai, Senior Consultant at the National University Cancer Institute Singapore (NCIS), has founded two cancer support groups for patients and their caregivers. He also spearheaded a Befriender's Programme in 2012, which provides a platform for cancer survivors and newly diagnosed patients to exchange knowledge and share their experiences. Dr Choo currently helms 'Dream Makers', an initiative that aims to fulfil the wishes of terminally-ill cancer patients.

Ms Chua Ying Jie

Senior Staff Nurse

KK Women's and Children's Hospital

Inspired by the care she received, Ms Chua Ying Jie became a nurse following a career switch. Now a Senior Staff Nurse and Lactation Consultant in KK Women's and Children's Hospital (KKH), she provides support to expectant mothers and teaches them proper breastfeeding techniques. Besides being a Basic Cardiac Life Support (BCLS) instructor, Ms Chua also trains confinement nannies from the Women's Initiative for Ageing Successfully (WINGS).

Mdm Nekmah Bte Mahadi

Volunteer at Changi General Hospital

A pioneer volunteer with Changi General Hospital (CGH)'s 'Neighbours for Active Living' programme, Mdm Nekmah Bte Mahadi's befriending spirit has uplifted the elderly under her charge. Besides encouraging them to practise medication adherence, she also organises walks to help them keep active and well. Her passion to help others has inspired her son to follow in her footsteps, and he too serves the seniors in their neighbourhood now.

Ms Ong Lay Keng

Senior Nurse Manager

St. Andrew's Community Hospital

As one of St. Andrew's Community Hospital (SACH)'s pioneer staff since its establishment in 1992, Senior Nurse Manager Ms Ong Lay Keng has been instrumental in the growth and development of the hospital's nursing department. Not only does she manage the well-being of her team, Ms Ong's commitment and dedication towards her patients also serve as an inspiration to younger nurses. She remains a source of support to family members and caregivers.

Ms Rujia Binte Ali Shahul Hameed
Nurse Clinician / Transitional Care Specialist Nurse
Tan Tock Seng Hospital

Nurse Clinician Ms Rujia Binte Ali Shahul Hameed from Tan Tock Seng Hospital (TTSH) often goes beyond her call of duty to care for the underprivileged and the elderly. During the festive seasons and in her free time, Ms Rujia delivers food to needy families. She is an active voice in the community and holds leadership roles in The Frontier Community Club's Women's Executive Committee (WEC), as well as the Women Integrated Network (WIN).

Mr Alan Tan Chye Soon
Volunteer at Tan Tock Seng Hospital

Mr Alan Tan Chye Soon has been volunteering at the Patient Care Centre (PCC) at Tan Tock Seng Hospital (TTSH)'s Communicable Diseases Centre (CDC) for the past 15 years. Mr Tan regularly visits PCC and the wards at CDC where he befriends patients living with HIV. He also coordinates the annual recruitment and mentorship of new volunteers for Action for AIDS Singapore (AfA) Buddies – a volunteer group with PCC.

Mdm Tan Geok Lan (Lily)
Caregiver nominated by TOUCH Community Services Ltd

Since the onset of her husband's dementia in 2013, Mdm Tan Geok Lan Lily has juggled between her duties as his caregiver and her job as a cleaner with unflagging tenacity. The sole breadwinner of the family devotes herself unflinchingly to her husband's needs, ensuring that he keeps to his medical appointments and thrice-weekly dialysis sessions.

Mdm Tan Hong Noi
Therapy Assistant
Touch Community Services Ltd - TOUCH Home Care

Since joining TOUCH Home Care seven years ago, Mdm Tan Hong Noi's role has evolved from being a housekeeper to that of a Therapy Assistant, providing support to less ambulant seniors. Her determination once moved a 48-year-old stroke patient who had been bed-ridden for 15 years to regain her mobility and lead a more fulfilling lifestyle.

Mr Richard Wee Siow Kiang
Volunteer at Children's Cancer Foundation

Mr Richard Wee Siow Kiang volunteers at the Children's Cancer Foundation (CCF), where he conducts weekly yoga and exercise classes for children with cancer attending lessons at CCF's Place for Academic Learning and Support (PALS). Such activities help the children improve their fitness and motor skills, as well as prepare them for physical education lessons in mainstream schools.

Mr Yong Kwon Seng
Volunteer at Institute of Mental Health

A regular face in the psychiatric wards at the Institute of Mental Health (IMH) for the past seven years, Mr Yong Kwon Seng leads a group of volunteers who plan activities for long-stay patients. To empower patients to pick up life skills and to boost social interaction, Mr Yong started a monthly flea market where they learn to manage the stalls. The full-time teacher's voluntary efforts also extend to mentally disadvantaged patients in nursing homes, as well as leprosy patients at the Singapore Leprosy Relief Association (SLRA).

Winners in Other Categories

Caregivers

Ms Annie Seet Swee Bee

Caregiver nominated by National University Cancer Institute, Singapore

Ms Seet's husband was diagnosed with Stage 3 nasopharyngeal cancer in 2011. Since then, she has devoted herself to caring for her husband and their three children, one of whom has congenital Muscular Dystrophy. Ms Seet takes the extra effort to prepare nutritious meals for her husband, who has appetite loss because of his treatments. Through her unflagging perseverance in caring to her husband, his condition improved and he has been cancer-free for five years.

Mr Chan Choon Khoon

Caregiver nominated by Sunnyville Nursing Home (Yio Chu Kang)

Mr Chan's wife was diagnosed with advanced dementia, among other conditions such as Parkinson's Disease, diabetes and hypertension. Mr Chan retired from his job as an electrician in 2013 to care for his wife for about three years before she was placed in a nursing home as he was unable to manage with the physical demands of caring for her. Though she is unable to communicate, the 85-year-old Mr Chan still visits her every day.

Ms Ng Yuen Oi

Caregiver nominated by Buddhist Compassion Relief Tzu Chi Foundation

Ms Ng exemplifies love that transcends biological ties through her commitment in caring for her adoptive mother who has dementia. Her mother is fully dependent on Ms Ng for all daily activities of living, such as bathing, cooking and household chores. Despite having chronic osteoarthritis in both her knees, Ms Ng decided to forego an operation as she was worried she would be unable to look after her mother if she did so.

Mr Phillip Tan Thian Lai

Caregiver nominated by Assisi Hospice

Mr Tan is the father and sole caregiver to his only son, who was diagnosed with William's Syndrome 27 years ago. Due to the developmental disorder of this condition, Mr Tan's son suffers from both mental and physical disabilities and requires help with his daily activities. Mr Tan has put aside his own needs and given himself fully towards the care of his son. He would patiently feed, clean and carry his son to the hospital for his appointments and treatments.

Ms Ryhan Binte Shaik Anwar Rashid

Caregiver nominated by The National Kidney Foundation

When her mother was diagnosed with bipolar disorder and her two brothers were diagnosed with kidney failure, Ms Ryhan gave up her career in Germany and returned to Singapore to care for them. Besides juggling her family's multiple medical appointments, Ms Ryhan is the sole breadwinner for the family of nine. Despite her immense emotional and financial responsibilities, Ms Ryhan remains positive and devotes herself selflessly to supporting her family.

Mdm Tang Soy Gek

Caregiver nominated by Handicaps Welfare Association

When her son contracted Japanese Encephalitis, a debilitating condition that rendered him completely dependent for basic motions of living such as breathing and personal hygiene, Mdm Tang, 71, and her husband gave up their family business to care for their son. She spends

most of her days assisting her son with toileting, bathing, diaper change, and his abdominal tube feeding. Her effort has reaped positive outcomes as her son has shown some response.

Mr Thong Chin Wah

Caregiver nominated by Orange Valley Nursing Homes Pte Ltd (Clementi)

Despite having lost one of his limbs to an industrial accident, Mr Thong remains undeterred in his commitment to caring for his wheelchair-bound wife, who has dementia. Mr Thong visits his wife at the nursing home every day, and spends time playing her favourite music, and helping her with simple stretching exercises.

Mdm Wong Heng Luan

Caregiver nominated by The National Kidney Foundation

Mdm Wong is the sole source of financial and emotional support to her three brothers, two of whom have kidney failure, and one is a stroke patient with limited mobility and mental capabilities. Mdm Wong also cares for her two sons while holding on to a full-time job. Despite the tremendous responsibilities she shoulders, Mdm Wong's positive attitude has never fledged and she continues to be a pillar of strength to her family.

Mdm Ye Lai Fong

Caregiver nominated by Yishun Community Hospital

Despite being the sole breadwinner of her family at the age of 69 and having to care for her son who has a mental condition, Mdm Ye Lai Fong has declined to place her husband in a nursing home. Her husband, who has colon cancer and suffers from sight and hearing impairment, depends fully on Mdm Ye for all his basic needs including tube-feeding and personal hygiene. Owing to her resilience and devotion, her husband's health has since improved and he is able to eat without a tube.

Mdm Zuriah Binte Rasman

Caregiver nominated by Methodist Welfare Services Covenant Family Service Centre

Mdm Zuriah Binte Rasman bears the tremendous responsibility of being the only caregiver to her husband who was diagnosed with colon cancer, as well as her diabetes-stricken mother and her father who has end-stage heart failure. The family faces financial difficulties as Mdm Zuriah is the sole breadwinner. Although she has diabetes, Mdm Zuriah gave up taking her medication in order to have additional income for her family members' medical expenses.

Volunteers

Mdm Cheok Boon Kiew

Volunteer at Dover Park Hospice

Mdm Cheok Boon Kiew first started volunteering in 1997 as a befriender at Dover Park Hospice (DPH), providing patients with companionship and a listening ear. Mdm Cheok leads a group of volunteers weekly to help patients with grooming and hairdressing. She believes in supporting terminally ill patients on their final journey, so they can pass on with dignity.

Mr Edmund Quek Han Yeow

Volunteer at All Saints Home

Keen to contribute to the community, Mr Edmund Quek Han Yeow set up the All Saints Home Volunteer Group to engage and interact with the elderly residents. He runs weekly activities at all four Centres, and under his leadership, the number of volunteers has grown significantly.

Mrs Goh Soo Teng**Volunteer at Ling Kwang Home for Senior Citizens**

A pioneer volunteer at Ling Kwang Home for Senior Citizens, Mrs Goh Soo Teng, 95, has been visiting the elderly residents for the past 20 years. She plans outings and celebrations for their birthdays and on special occasions like Christmas and New Year. In spite of her advanced age, Mrs Goh continues to be an inspiration to other volunteers.

Mdm Ho Ken Yin, June**Volunteer at Methodist Welfare Services Bethany Nursing Home - Choa Chu Kang**

Since 1985, Mdm Ho Ken Yin, June has been a regular face at Methodist Welfare Services Bethany Nursing Home – Choa Chu Kang, faithfully serving as a volunteer for the past 32 years. Even at 88 years old, Mdm Ho visits the nursing home every week to conduct music appreciation sessions and organise activities for the elderly residents, including birthday celebrations and festive occasions to bring added cheer.

Ms Josephine Chandra Siluvaidas**Volunteer at Assisi Hospice**

Ms Josephine Chandra Siluvaidas has been volunteering at Assisi Hospice for the past six years. Twice a week, Ms Siluvaidas visits the Hospice and assists nurses in the ward with patient-care tasks such as feeding, sponging, and diaper change for patients. She also befriends patients and accompanies them for strolls and activities around the Hospice.

Mr Koh Wee Chee**Volunteer at Dover Park Hospice**

Mr Koh Wee Chee started volunteering at Dover Park Hospice (DPH) in 1997 as a befriender, providing companionship to patients, bringing them on regular outings as well as serving as a chaperone for those on home leave. Seeing a strong need for volunteers who could speak Mandarin and other dialects, Mr Koh started the Jade Volunteer Group, organising events for patients and their family members such as Lunar New Year and Mid-Autumn Festival celebrations.

Mr Rosli Bin Hadi**Volunteer at Yishun Community Hospital**

Mr Rosli Bin Hadi is a volunteer at Yishun Community Hospital (YCH), where he previously underwent post-stroke rehabilitation. Inspired by the support and encouragement he received from the hospital's care management team as a patient, he decided to continue the good work by helping others in similar circumstances. Mr Rosli visits YCH at least three times a week where he spends time giving advice and sharing insights with stroke patients and their caregivers. He also accompanies patients for their appointments when their caregivers are unable to do so.

Ms Soo Jie Er, Janice**Volunteer at HCA Hospice Care**

A volunteer with HCA Hospice Care's Star Paediatric Advanced Life Support (PAL) programme, Ms Soo Jie Er Janice is committed to bring comfort and joy to young patients with life-threatening conditions. Ms Soo introduced Project Legacy, under the NUS Yong Loo Lin School of Medicine, to help terminally-ill patients curate memories with their loved ones through journals, recordings of personal messages, and scrapbooks. Many patients and their families have benefitted from this initiative since its inception in 2014.

Mr Tan Seng Hoo**Volunteer at Dover Park Hospice**

Mr Tan Seng Hoo has been a volunteer at Dover Park Hospice (DPH) since 1994, where he serves as a member of the Jade Group which organises events. He also set up the Maintenance Team, leading volunteers to repair wheelchairs and light fixtures on the premises. As a “No One Dies Alone” (NODA) volunteer, Mr Tan holds bedside vigils for lonely patients, accompanying them on their final journey so that they can pass on with dignity.

Mr Wong Chee Seng Edward**Volunteer at Ren Ci Hospital**

Mr Wong Chee Seng Edward set up the Passion Bonders Group with Ren Ci Hospital in 2004. The Group prepares and distributes healthy and delicious snacks to the nursing home residents once every month. Besides conducting regular activities for the residents, Mr Wong also actively recruits and mentors new volunteers. His team helps out at the hospital’s annual signature fundraising event “Vegetarian Food Fiesta”, selling carnival coupons and operating the stalls.

Mdm Wong Pey Wah**Volunteer at Tan Tock Seng Hospital**

Mdm Wong Pey Wah founded the Mandarin Speaking Befrienders programme at Tan Tock Seng Hospital (TTSH) in 2002, and has been leading the group of 30 volunteers for the past 15 years. She visits TTSH twice a week, befriending lonely patients and assisting with simple tasks such as helping them to the washroom.

Intermediate and Long Term Care (ILTC)**Mdm Choo Yilin Alice****Senior Medical Social Worker****Ren Ci Hospital**

Besides counselling patients and families, Senior Medical Social Worker Mdm Choo Yilin Alice plays a significant role in developing and improving palliative care within Ren Ci Hospital. One of the initiatives she led was a memorial programme for residents who had passed away, which provided other residents a platform to express their feelings about death and its meaning, in the hope of conveying the importance of ‘Living well, leaving well’ to its participants.

Mr Chua Chiaw Beng Joseph**Occupational Therapist****St Luke’s Hospital**

Mr Chua Chiaw Beng is an Occupational Therapist in the dementia ward of St Luke’s Hospital, and he does encounter challenging patients. He often goes above and beyond his call of duty to build relationships with the patients, and takes into consideration their personal preferences for therapy programmes and meals.

Dr Chua Kee Loon Linus**Registrar****St Luke’s Hospital**

Dr Chua Kee Loon Linus is the key medical lead for dementia care at St Luke’s Hospital. Besides treating patients with dementia in clinics, Dr Chua trains medical students and Allied Health Professionals to better manage the patients. Dr Chua’s decision to move from an acute hospital to join the ILTC sector stemmed from his strong desire to serve the elderly sick,

particularly the vulnerable group with dementia. Dr Chua also volunteers at a clinic that provides affordable healthcare to migrant workers in Singapore.

Ms Claire Anne Rayco Ricafort
Senior Staff Nurse
Assisi Hospice

As a palliative home care nurse, Senior Staff Nurse Ms Claire Anne-Rayco Ricafort's duties include visiting patients at their own home and providing care to them outside of office hours and on weekends. Despite the rigorous hours and challenges, Ms Ricafort's compassion for her patients never flagged and she has received numerous commendations from patients and families under her care.

Dr Edwin Lim Boon Howe
Medical Consultant
Buddhist Compassion Relief Tzu Chi Foundation (Singapore)

Dr Edwin Lim Boon Howe left private practice to join Buddhist Compassion Relief Tzu Chi Foundation in 2010 as a Medical Consultant, where he extends care to the needy at the free clinic. Dr Lim also set up a Day Rehabilitation Centre to provide rehabilitation services for lower-income groups and regularly plans outreach programmes and overseas missions to help the underprivileged.

Ms Fan Loo Ching
Medical Social Work Manager
Agency for Integrated Care

A manager for medical social work in the Agency for Integrated Care (AIC), Ms Fan Loo Ching has been in social work for more than 15 years. She helps build and support the capability of social workers in the ILTC sector by helping community service providers such as nursing homes address gaps in their service or manage complex psycho-social issues present among its residents. Ms Fan also trains the befriender team of the Singapore National Stroke Association, teaching them how to better support newly diagnosed stroke patients in acute hospitals.

Dr Hoh Sek Yew
Resident Physician
Dover Park Hospice

Physician Dr Hoh Sek Yew is known for his tireless dedication to the terminally ill at Dover Park Hospice (DPH). Apart from his clinical work, Dr Hoh is passionate about research, with the aim to find ways to improve patient care. He also mentors medical students and junior doctors and readily supports nurses with their nursing duties during busy periods.

Ms Josephine Koh Soo Kim
Nursing Manager
TOUCH Community Services Ltd

With more than 25 years of nursing experience under her belt, TOUCH Community Services' Nursing Manager Ms Josephine Koh Soo Kim now helms a team of 12 home care nurses who visit homes of frail seniors to provide general nursing care and education, as well as helping them integrate into the community. Ms Koh is a strong advocate for these seniors who may be bed-bound or have cognitive impairment, and actively finds new ways and initiatives to help improve their daily lives.

Mr Ko Ko Myint
Senior Staff Nurse
Sree Narayana Mission Nursing Home

Senior Staff Nurse Mr Ko Ko Myint helps look after a ward of 84 residents, most of whom are elderly and suffering from dementia at the Sree Narayana Mission Nursing Home. Mr Myint's strong ethical values and sense of compassion are evident in the meticulous care he provides to patients and their caregivers. He helps organise birthday celebrations and special occasions for nursing home residents to enjoy with their family members.

Mr Lee Fatt Ping
Care & Counselling Executive
Ling Kwang Home for Senior Citizens

Mr Lee Fatt Ping has been volunteering at Ling Kwang Home for Senior Citizens since its establishment in 1983. Mr Lee became a Care & Counselling Executive in 2012 and has been instrumental in ensuring holistic care for the Home's residents. He is an advocate for end-of-life dialogue and has made inroads into getting the residents to share their views on the subject.

Mdm Liew Lee Foong
Nursing Officer
Bright Vision Hospital

Having been a wound care nurse with Bright Vision Hospital for 12 years, Nursing Officer Mdm Liew Lee Foong now mentors younger colleagues on wound care. She also educates patients and caregivers on proper follow-up wound management through creative, and easy-to-use resources.

Ms Neo Lay Kheng
Senior Staff Nurse
St Luke's Hospital

Since her mid-career switch to nursing in 2006, Senior Staff Nurse Ms Neo Lay Kheng has been an exemplary role model to her patients and peers in her delivery of patient-centred care to her charges at St Luke's Hospital. Ms Neo's compassion and sympathy for the elderly sick was also the main reason for her decision to move from an in-patient ward to homecare nursing, as she hopes to help improve their quality of life by providing a consistent continuum of care for patients.

Ms Ng Lay Ling
Deputy Director, Community-Based Services
St Luke's Eldercare Ltd

Ms Ng Lay Ling started out at St Luke's Eldercare as a Physiotherapist in 2003, and spent the next six years managing various Senior Care Centres under the organisation. In her current capacity as a Deputy Director of Community-Based Services, Ms Ng works tirelessly to bring various teams, such as the Rehabilitation team and Day care services, together to achieve the collective goal of better care integration for elderly clients. Ms Ng also volunteers in her free time, and has gone on numerous overseas mission trips to serve children and elderly ministries in Thailand.

Ms Quah Bee Kiew @ Ah Lee Kiew
Therapy Assistant
St Luke's Hospital

As a Therapy Assistant at St Luke's Hospital since 2014, Ms Quah Bee Kiew's daily duties include supporting Occupational Therapists in providing therapy to elderly patients who require

rehabilitation following fractures, surgery, wounds or stroke. Despite being relatively new to the healthcare profession, Ms Quah is patient and considerate, and she is well-liked by patients and their families.

Ms Tang Wei Mun
Physiotherapist
St Luke's Hospital

Ms Tang Wei Mun is a Physiotherapist at St Luke's Hospital, where she leads a team to provide therapy care for patients admitted for conditions such as falls, fractures, strokes or Parkinson's Disease. Ms Tang's advocates holistic patient care, ensuring all aspects of patients' needs are met. This includes working with Medical Social Workers to ensure that the patients' socio-economic concerns are addressed. Ms Tang also makes frequent trips to Cambodia to volunteer at orphanages.

Ms Toh Ah Hoe, Carol
Nurse
HCA Hospice Care

As a Palliative Care Nurse with HCA Hospice Care, Ms Toh leads her team in making home visits to care for patients with terminal illnesses. She often goes after office hours to make frequent visits to socially isolated patients to ensure they are well, and will also make the effort to attend funeral wakes of patients who have passed on in order to provide comfort to their bereaved families.

Open

Mr Ang Kwang Hwee
Nurse Clinician (Resident Nurse)
Sengkang Health

Mr Ang Kwang Hwee is a Nurse Clinician who readily goes the extra mile to offer assistance and ensure the well-being of his patients. He once delivered medication to a patient at his home and helped to clean the house, even replacing the patient's mattress and bedframe upon realising it had bed bugs. Outside of the hospital, Mr Ang volunteers at the Winning Hearts charity to help prepare and distribute meals to the needy.

Ms Chang Gett Lim
Senior Medical Social Worker
Tan Tock Seng Hospital

As a Senior Medical Social Worker trained in psychotherapy and family therapy, Ms Chang Gett Lim oversees the psycho-social care of a select group of patients with complex mental health issues and their families. She works closely with the multidisciplinary team to ensure the best care for her patients at their most difficult times. An advocate for persons with mental health conditions, she also works closely with community partners to organise public forums to raise awareness and reduce stigma towards affected individuals.

Ms Chaw Ei Ei
Senior Staff Nurse II
Mount Elizabeth Hospital

Senior Staff Nurse Ms Chaw Ei Ei is a dedicated and compassionate nurse who is known for her genuine and kind nature. An advocate for patient safety, she inspired her colleagues to

adopt good practices in caring for patients with central venous lines, and hand hygiene compliance. Ms Chaw also volunteers in local and overseas medical missions.

Ms Cheng Guat Hoon

Nurse Clinician I

Ng Teng Fong General Hospital

Ms Cheng Guat Hoon is a Nurse Clinician at Ng Teng Fong General Hospital (NTFGH). With her vast clinical experience and knowledge, Ms Cheng led the team in setting up NTFGH's Emergency Department (ED) in 2015. She also led the Decontamination Unit, such as drafting policy and workflow processes and training 300 ED and hospital staff in the decontamination process. In her free time, Ms Cheng volunteers with the Tzu Chi Foundation, going on regular medical mission trips to perform health screening for the needy.

Mr Cheong Wai Leong

Higher Dental Therapist

Health Promotion Board

Mr Cheong Wai Leong is a Dental Therapist and has been with the School Dental Service, Health Promotion Board (HPB) for the past 15 years. Apart from providing daily dental care to students, he also sets aside time to treat special needs children from Eden School and Grace Orchard School. Mr Cheong also participates in overseas medical missions, offering dental treatment to remote villages of Cambodia and the Thai/Burma border.

Ms Chew Li Ling

Master Medical Social Worker (Clinical)

Singapore General Hospital

Ms Chew Li Ling is a Master Medical Social Worker (Clinical) with Singapore General Hospital (SGH). A veteran in the field, she has great compassion for her patients and is an excellent role model for her new and junior colleagues. Since 2009, she has been attending to a complex case, supporting and journeying with the patient and her family in coping with illnesses, loss and grief, domestic violence and alleged child abuse.

Ms Chong Yan Chew

Senior Staff Nurse I

Singapore General Hospital

As a Patient Navigator, Senior Staff Nurse Ms Chong Yan Chew works with a multidisciplinary team to provide care assessment and coordination to ensure patients' transition seamlessly from hospital to community. Once, she assisted an elderly patient in obtaining a home oxygen concentrator with the help of a voluntary welfare organisation, and also accompanied the patient's spouse during caregiver training sessions to ensure they knew how to use the machine properly.

Mdm Chua Chew Tee

Digital Archival Assistant

National University Polyclinics

Mdm Chua Chew Tee has been with Choa Chu Kang Polyclinic for the past 15 years, providing basic patient care, measurement of vital signs and assistance to patients waiting for their consultation. She is always willing to go the extra mile, such as preparing wheelchairs for fall-risk, elderly patients or drinks for patients in the queue. Mdm Chua also organises regular visits to Evergreen Nursing Home, where sessions on sculpture balloons bring cheer to the elderly residents.

Ms Chua Wee Lian
Nurse Clinician I
Singapore General Hospital

As a Nurse Clinician, Ms Chua Wee Lian provides specialised nursing care to burn patients at Singapore General Hospital (SGH). Once, Ms Chua visited a patient at her home after work to educate her on proper wound dressing and care. Ms Chua also volunteers with the Burns Support Group activities as a befriender, providing support for adults with burn injuries during their recovery process.

Ms Fernandez Gemma Angela
Senior Case Manager
Institute of Mental Health

Ms Fernandez Gemma Angela is a Senior Case Manager in the Institute of Mental Health (IMH)'s Aftercare Programme, supporting patients with complex social needs and ensuring their transition back into the community. She does this through weekly home visits, daily phone calls and emails. In her free time, Ms Fernandez helps to refurbish the homes of her patients and seeks sponsorship for their furniture and electronic household items, as well as delivering groceries to needy patients.

Dr Gayathri Devi D/O Nadarajan
Associate Consultant
Singapore General Hospital

An advocate for the underserved, Associate Consultant Dr Gayathri Devi D/O Nadarajan, an Emergency Physician at Singapore General Hospital (SGH), regularly travels to remote villages in Nepal for medical missions. Not only was she part of the medical team who provided aid to victims of the Nepal Earthquake in 2015, she also raised funds to help rebuild a village and a school that were destroyed by the disaster. Additionally, Dr Gayathri engages the Indian community in Singapore on the importance of learning Cardiopulmonary Resuscitation (CPR) through training sessions.

Ms Hasnah Bte Mohamed
Senior Staff Nurse
Tan Tock Seng Hospital

Senior Staff Nurse Ms Hasnah Bte Mohamed cares for Geriatric patients at Tan Tock Seng Hospital (TTSH)'s Communicable Diseases Centre (CDC). Dedicated to her job, she personally delivers medicine and milk products to patients at their homes or nursing homes, as well as brings hawker and home-cooked food to the ward to bring cheer to her elderly patients. Ms Hasnah also makes an effort to attend the funeral wakes of her patients and provide grief counselling to family members.

Ms Jingle Yue Ee Yin
Senior Staff Nurse (Patient Navigator)
Sengkang Health

A Patient Navigator at Alexandra Hospital, Ms Jingle Yue Ee Yin works with a multidisciplinary team to ensure a seamless discharge process for her patients. Once, Ms Yue arranged for a palliative patient to pass on at home, guiding the patient's family on care management and ensuring that the patient was prescribed with pain medication to keep her comfortable.

Ms Lee Li Leng
Staff Nurse
Sengkang Health

Ms Lee Li Leng is a Staff Nurse with Sengkang Health who provides nursing care, discharge planning, health education and training to patients and caregivers in the Acute Care Clinic. Keen in geriatric care, she also screens elderly patients for re-admission risk by assessing their psychosocial and functional capabilities, as well as their falls risk. In her free time, Ms Lee takes part in volunteer activities overseas, from marine conservation to medical missions.

Ms Lim Su Yee Michele
Assistant Nurse Clinician
Changi General Hospital

As an Assistant Nurse Clinician specialising in Gerontology, Ms Lim Su Yee Michele was instrumental in developing and implementing the new model of Geriatric and Rehabilitative Care at Changi General Hospital (CGH)'s Integrated Building. She also initiated the implementation of music therapy for elderly patients in the ward, and regularly organises community and social activities for the young and elderly.

Mr Ling Hock Kok
Social Work Assistant
Changi General Hospital

More than supporting the daily operational needs of Changi General Hospital (CGH)'s Medical Social Services department, Mr Ling Hock Kok's work involves home visits and ensuring that patients who are discharged alone return home safely. He once accompanied an elderly patient for daily visits to the latter's wife who was at a nursing home. Mr Ling did this for three months until the patient could travel independently.

Ms Ong Bee Cheng Samantha
Chief Nurse
Institute of Mental Health

Ms Ong Bee Cheng Samantha has been caring for patients with mental health conditions at the Institute of Mental Health (IMH) for 31 years. As Chief Nurse, she was key in developing the Slow-Stream Rehabilitation programmes and activities to help patients become more independent and self-sufficient during their recovery journey. Ms Ong is also an advisor to the Restraint Prevention Taskforce, and advocates for restraint-free environments in managing patients.

Ms Poh Shuet Ling Karen
Assistant Nurse Clinician
Changi General Hospital

Assistant Nurse Clinician Ms Poh Shuet Ling Karen has been with Changi General Hospital (CGH) for the past 14 years. As a Case Manager, she supports patients and their families during hospitalisation and discharge into the community. She also participates in community outreach programmes both locally and overseas.

Mdm Rajammal P Kaliappan
Nurse Clinician
KK Women's and Children's Hospital

Mdm Rajammal P Kaliappan is a Nurse Clinician in the Neonatal Intensive Care Unit (NICU) at KK Women's and Children's Hospital (KKH), providing specialised care to ill infants and their families. A volunteer at St Joseph's Home, she often brings home-cooked food for the elderly

residents and engages them with games to improve their motor skills. Additionally, Mdm Rajammal volunteers at S3 Stroke Support Station, helping stroke survivors re-learn skills and enjoy active living.

Ms Rohani Bte Abas
Principal Enrolled Nurse
Singapore General Hospital

Ms Rohani Bte Abas is quick to nurse patients with infectious diseases when working in the Isolation Intensive Care Unit, such as when she stayed on to care for patients in the ICU during the SARS period in 2003. Though she has family commitments such as caring for her 92-year-old father who is an amputee, Ms Rohani still makes time for community work.

Dr Sashikumar Ganapathy
Consultant
KK Women's and Children's Hospital

As a Consultant Paediatric Emergency Physician with KK Women's and Children's Hospital (KKH), Dr Sashikumar Ganapathy attends to critically ill infants and children. Despite his hectic schedule, he will always make time for his patients, even returning from annual leave to attend to them after receiving calls from concerned family members. Dr Sashikumar is also President of Club Rainbow, and has initiated multiple programmes for its beneficiaries such as therapy, transport services and tuition.

Mdm Selvamalar Seevaratnam
Senior Enrolled Nurse I
Mount Elizabeth Hospital

Mdm Selvamalar Seevaratnam cares for patients with cancer at Mount Elizabeth Hospital. She is always willing to go the extra mile to ensure her patients' needs are met, such as performing caregiver training for all patients well before their discharge and carrying out last offices for deceased patients. Mdm Selvamalar has also taken part in overseas medical missions and local community outreach programmes.

Ms Serene Lim Chiew Peng
Nurse Clinician / Advanced Practice Nurse
Khoo Teck Puat Hospital

As an Advanced Practice Nurse in Khoo Teck Puat Hospital (KTPH)'s Cardiology Department, Ms Serene Lim Chiew Peng manages patients with heart conditions. She was actively involved in the setting up of the cardiac rehabilitation facility, and also leads the team in conducting programmes to help patients gain independence and confidence to re-integrate back into society. Ms Lim also participates in medical missionary work both locally and overseas.

Mr Tan Boon Meng Roger
Senior Medical Social Worker
Institute of Mental Health

In his 13 years working at the Institute of Mental Health (IMH), Principal Medical Social Worker Mr Tan Boon Meng Roger has shown unswerving commitment to care for psychiatric patients sentenced to the Mandatory Treatment Order (MTO). These are patients who face heightened social stigma because of their mental illness and past criminal offences. Besides providing guidance and counsel to his patients, Mr Tan also facilitates their transition back into society.

Ms Xanthe Chua Bee Ling
Senior Nurse Manager / Advanced Practice Nurse
Tan Tock Seng Hospital

Advanced Practice Nurse Ms Xanthe Chua Bee Ling provides specialised care for patients with rheumatology diseases in Tan Tock Seng Hospital (TTSH). She often goes beyond her scheduled working hours to follow up and educate patients, ensuring that they are compliant with medication and attend appointments. Once, after learning that a patient had missed her appointment as she was feeling suicidal due to her daughter's suicide, Ms Chua went down to attend the wake and provided the patient with emotional support.