



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

THE SPIRIT OF GIVING BACK

Singaporeans who went the extra mile to serve their Community honoured at the 2019 Healthcare Humanity Awards

Eighty-three (83) individuals were recognised at the 16th annual Healthcare Humanity Awards (HHA) today for displaying remarkable courage and compassion in their service to the less fortunate. Among them, 10 individuals were presented the 'Honourable Mention' award, the highest accolade given to extraordinary individuals, from Guest-of-Honour and Patron of The Courage Fund, Madam Halimah Yacob, President of the Republic of Singapore.

"It is an important occasion to honour the unsung heroes of healthcare who often work tirelessly behind the scenes. Their commitment and drive inspire others around them to continue contributing and pushing for excellence in quality patient care. The awardees' stories of selfless dedication, compassion, and an unending passion to care for the sick and underprivileged are indeed inspiring," said President Halimah Yacob.

In addition to the 10 'Honourable Mention' winners, 73 other award recipients across various categories – 'Caregivers', 'Volunteers', 'Intermediate Long-Term Care Sector (ILTC),' and 'Open' – were similarly recognised for their extraordinary efforts to reach out to the underserved in the community.

Honourable Mentions at HHA

Mdm Jasmine Lee (Caregivers)

Mdm Lee gave up her career to be a full-time caregiver to her seven-year-old daughter, who was born with global developmental delay and requires assistance for daily living activities. Mdm Lee, with support from the Rare Disorders Society of Singapore and five like-minded mothers, founded Special Seeds Singapore, an online platform that provides information and resources for parents of children with disabilities and special needs.

Mr Lim Kim Seng (Volunteers)

Mr Lim lost his hearing at the age of three but remains undeterred in his quest to help others. An active volunteer with the **Singapore Disability Sports Council's** Sailing programme since 2006, Mr Lim spends every weekend supporting persons with disabilities, transferring them from their wheelchairs to the sailboats, and performing tasks such as rigging, launching

and recovery of the sailboats. Despite having difficulty speaking, he is well-liked for his cheerful nature and instinctive ability to understand the needs of the sailors.

Ms Yong Yin Hoong (ILTC)

Since her mid-career switch to healthcare in 2006, Ms Yong has been caring for vulnerable seniors in the community. Apart from overseeing the running of the **TOUCH Senior Activity Centre (TSAC)**'s daily activities and engaging volunteers to help address needs on the ground, she is also a pillar of support for distressed seniors. This includes keeping tabs on vulnerable seniors with depression or suicidal tendencies, persuading hoarders to declutter their homes, making funeral arrangements for those with little or no family support, and fulfilling their last wishes. An advocate for ageing-in-place, she has initiated projects to empower seniors and help them enjoy a better quality of life, such as the *IshopUPay*, *Home Improvement Projects* and the *Seniors Caring for Seniors* programmes.

Ms Fiona Ke (Open)

Having received help from charity organisations when she was young, Ms Ke is a firm believer in giving back to society. The Senior Staff Nurse at **Tan Tock Seng Hospital (TTSH)** has been an active volunteer since her school days and lends a hand to a range of local causes, such as helping out at the Willing Hearts Soup Kitchen, and giving health talks to migrant workers through Project Light. Through mission trips, Ms Ke has provided medical care to leprosy villages in China, and distributed necessities to children living with HIV in Cambodia.

Dr Melissa Guay (Open)

Dr Melissa Guay, a Dental Surgeon at **Geylang Polyclinic**, is an advocate for patients with special needs. Her calling has spurred her to pursue a Master's in Special Care Dentistry to provide holistic dental care to this group of patients. Her desire to serve and her compassion for them has also brought her on many dental mission trips to developing countries where there is limited access to dental care. On top of providing dental treatment, she emphasises preventive care by educating local communities on diet and oral hygiene as part of maintaining good oral health. Beyond her clinical role in treating patients, Dr Guay has also established administrative and clinical protocols to ensure that safe and evidence-based care is delivered at all dental clinics in **National Healthcare Group Polyclinics (NHGP)**.

Adjunct Professor Victor Samuel Rajadurai (Open)

As a Senior Consultant specialising in neonatology at **KK Women's & Children's Hospital (KKH)**, A/Prof Rajadurai works tirelessly to improve neonatal care in Cambodia, which suffers from high neonatal mortality and morbidity rates. Since 2001, Professor Rajadurai has gone on humanitarian missions with the Singapore International Foundation (SIF) to Myanmar, India, and Indonesia to help improve neonatal care in these countries.

Other highlighted winners across categories

Mdm Rokiah Binte Aten (Caregivers)

Since the passing of her husband in 2010, **Mdm Aten** has dedicated her life to caring for her four sons, all of whom have a medical or mental health condition. The loving mother divides her time and attention between her 25-year-old son who is diagnosed with Russell-Silver

syndrome¹ and End-Stage Renal Failure, her 28-year-old firstborn who has kidney problems, her 22-year old son who has special needs, and her 15-year-old dyslexic son. Despite the immense responsibility of being the sole caregiver, Mdm Rokiah's resilience and perseverance have ensured the well-being of her children.

Mr Lau Hing Tung and Mdm Mak Choi Ming (Volunteers)

Committed to boosting the health of the frail elderly living in their community, husband-and-wife duo Mr Lau and Mdm Mak have been leading weekly exercise sessions organised by **Care Corner Senior Activity Centre (SAC)** since 2010. Their efforts have paid off as 80 per cent of the regular participants showed improvement in their functional scores after six months of attending the sessions.

Ms Noor Aiyshah Binte Ab Raman (Open)

A Senior Assistant Nurse in the Isolation Ward of **Khoo Teck Puat Hospital (KTPH)**, Ms Noor Aiyshah Binte Abdul Raman cares for patients with infectious conditions and other comorbidities. Her compassion extends beyond hospital walls. Once, when she learnt that a family had difficulty caring for a bed-bound patient post-discharge, she made regular visits to their home to assist with the changing of the patient's feeding tube and urinary catheter. Ms Noor continued to do so for eight years until the patient passed away earlier this year.

Ms Serlina Eng (Open)

Ms Eng, Senior Case Manager at the **Institute of Mental Health (IMH)** endeavours to make her patients' wishes come true. She set up 'The Hut' in 2017, after learning that many patients were seeking a safe and comforting space for respite on occasions they feel troubled. Now, over 20 patients visit 'The Hut' daily to interact with other patients and staff. Ms Eng is an avid runner and participates in ultra-trail mountain marathons to raise funds for charitable causes, particularly those who advocate mental health.

Ms Elaine Hor (Open)

A Paediatric Advanced Practice Nurse based in the Paediatric Intensive Care Unit of the **National University Hospital (NUH)**, Ms Hor has more than 20 years of experience working with ill children. She has helped enhance paediatric care beyond the ward by developing a guide for parents and caregivers to manage emergency situations at home effectively. She is also part of the Paediatric Home Care Programme, where she visits patients at home to perform medical and nursing assessments.

Clinical Associate Professor Teoh Khim Hean (Open)

Prof Teoh, Deputy Director (Clinical & Regional Health) and Senior Consultant, Restorative Dentistry – Prosthodontics Unit, **National Dental Centre of Singapore (NDCS)**, oversees the execution of strategic plans to deliver high-quality clinical services and care for patients. He also dedicates his time to serve the communities through outreach activities for seniors in various constituencies in Singapore. He leads teams of volunteer dentists, oral health therapists and dental assistants to help these seniors upkeep their oral health. As a maxillofacial prosthodontist, he also sees many patients who require prosthetic rehabilitation.

¹ Russell-Silver syndrome is a growth disorder characterised by slow growth before and after birth. (Source: <https://ghr.nlm.nih.gov/condition/russell-silver-syndrome>)

Quote from Mdm Kay Kuok, Chairman of the National Healthcare Group (NHG) and Chairman of The Courage Fund Board of Directors: “It is extremely heartening to see more healthcare workers embracing the spirit of ‘giving back’. Since its launch, the Healthcare Humanity Awards has grown from strength to strength, expanding to include caregivers and community volunteers. While they may come from different walks of life, they all possess a genuine heart to serve and care for others with compassion.”

The full list of 2019 HHA winners is 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).

For more information, please visit: <https://www.couragefund.com.sg>

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

Mdm Chua Bang Choo

Caregiver nominated by NTUC Health Cluster Support@Bukit Merah

90-year-old Mdm Chua Bang Choo is the main caregiver to her 62-year-old son, who has a mental disorder. As the sole breadwinner of the family after her husband passed away, Mdm Chua juggles caregiving responsibilities with working as a seamstress, hawker assistant and a dishwasher. Despite becoming wheelchair-bound in 2015, Mdm Chua still faithfully accompanies her son for all his medical appointments.

Dr Melissa Guay Pei Ru

Dental Surgeon

National Healthcare Group Polyclinics

Dr Melissa Guay, a Dental Surgeon at Geylang Polyclinic, is an advocate for patients with special needs. Her calling has spurred her to pursue a Master's in Special Care Dentistry to provide holistic dental care to this group of patients. Her desire to serve and her compassion for them has also brought her on many dental mission trips to developing countries where there is limited access to dental care. On top of providing dental treatment, she emphasises preventive care by educating local communities on diet and oral hygiene as part of maintaining good oral health. Beyond her clinical role in treating patients, Dr Guay has also established administrative and clinical protocols to ensure that safe and evidence-based care is delivered at all dental clinics in National Healthcare Group Polyclinics (NHGP).

Ms Ke Jiali Fiona

Senior Staff Nurse

Tan Tock Seng Hospital

Having received help from charity organisations when she was young, Ms Fiona Ke is a firm believer in giving back to society. The Senior Staff Nurse at Tan Tock Seng Hospital (TTSH) has been an active volunteer since her school days and lends a hand to a range of local causes, such as helping out at the Willing Hearts Soup Kitchen, and giving health talks to migrant workers through Project Light. Through mission trips, Ms Ke has provided medical care to leprosy villages in China, and distributed necessities to children living with HIV in Cambodia.

Ms Lau Meow Hoon, Julie

Volunteer at Parkinson Society Singapore c/o National Neuroscience Institute

Ms Julie Lau is the founding member of Parkinson Society Singapore (PSS), which meets the needs of Persons with Parkinson's disease. She has shown strategic leadership as its President since 2007, supervising staff, liaising with the authorities, and establishing partnerships with industry peers and hospitals. Ms Lau was a caregiver to her late husband who was diagnosed with the disease, caring for him for more than 20 years.

Mdm Lee Jin Zuan Jasmine

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

Mdm Jasmine Lee gave up her career to be a full-time caregiver to her seven-year-old daughter, who was born with global developmental delay and requires assistance for daily living activities. Mdm Lee, with support from the Rare Disorders Society of Singapore and five like-minded mothers, founded Special Seeds Singapore, an online platform that provides information and resources for parents of children with disabilities and special needs.

Mr Lim Kim Seng**Volunteer at Singapore Disability Sports Council**

Mr Lim Kim Seng lost his hearing at the age of three but remains undeterred in his quest to help others. An active volunteer with the Singapore Disability Sports Council's Sailing programme since 2006, Mr Lim spends every weekend supporting persons with disabilities, transferring them from their wheelchairs to the sailboats, and performing tasks such as rigging, launching and recovery of the sailboats. Despite having difficulty speaking, he is well-liked for his cheerful nature and instinctive ability to understand the needs of the sailors.

Mdm Maznah Binte Marmin**Assistant Nurse Clinician****Ng Teng Fong General Hospital**

A specialty care nurse supporting the neurology team in Ng Teng Fong General Hospital, Mdm Maznah Binte Marmin extends care beyond Singapore shores through overseas mission trips to less developed countries. She was part of the team that flew to Bangladesh to provide humanitarian aid to the Rohingya refugees in March 2018, where she conducted health education in a mobile clinic.

Ms Peng Lisi Nicole**Nurse (Star PALS)****HCA Hospice Care**

As a Nurse with HCA Hospice Care's Star PALS service, Ms Peng Lisi Nicole provides home palliative care to young patients with life-threatening or life-limiting conditions. She is always willing to go the extra mile, often visiting patients and their families beyond normal working hours to support them in their critical and final moments, as well as arranging wish-fulfilling projects for her patients. Ms Peng also coordinates the Medi Minder programme, which offers respite to parents and caregivers of these patients.

Adjunct Professor Victor Samuel Rajadurai**Senior Consultant****KK Women's & Children's Hospital**

As a Senior Consultant specialising in neonatology at KK Women's & Children's Hospital (KKH), Adjunct Professor Victor Samuel Rajadurai works tirelessly to improve neonatal care in Cambodia, which suffers from high neonatal mortality and morbidity rates. Since 2001, A/Prof Rajadurai has gone on humanitarian missions with the Singapore International Foundation (SIF) to Myanmar, India, and Indonesia to help improve neonatal care in these countries.

Ms Yong Yin Hoong**Assistant Manager****TOUCH Community Services**

Since her mid-career switch to healthcare in 2006, Ms Yong Yin Hoong has been caring for vulnerable seniors in the community. Apart from overseeing the running of the TOUCH Senior Activity Centre (TSAC)'s daily activities and engaging volunteers to help address needs on the ground, she is also a pillar of support for distressed seniors. This includes keeping tabs on vulnerable seniors with depression or suicidal tendencies, persuading hoarders to declutter their homes, making funeral arrangements for those with little or no family support, and fulfilling their last wishes. An advocate for ageing-in-place, she has initiated several projects to empower seniors and help them enjoy a better quality of life, such as the *IshopUPay*, *Home Improvement Projects* and the *Seniors Caring for Seniors* programmes.

Winners in Other Categories

Caregivers

Ms Chen Zhenjing Jasmine

Caregiver nominated by The National Kidney Foundation

Ms Chen Zhenjing Jasmine has devoted her life to caring for her chronically ill elderly parents. Her mother and father have been diagnosed with end-stage renal disease and a heart condition respectively. Ms Chen gave up her studies after her "O"-levels to work and financially support her family, and has chosen to remain single to focus on caring for them. She accompanies her parents for their hospital visits, as well as shoulders their hefty medical expenses.

Ms Cher Sok Hui

Caregiver nominated by Singapore Disability Sports Council

Ms Cher Sok Hui gave up her full-time career to be sole caregiver to her son who has Cerebral Palsy. She attends to his daily needs and activities, which include feeding him, physically transferring him to and fro from his wheelchair, and ferrying him to therapy sessions. She encourages him to pursue his dream of becoming a national Boccia athlete, sending him for regular lessons.

Mr Ching Hong Rui

Caregiver nominated by Dover Park Hospice

Mr Ching Hong Rui resigned from his job to care for his father, who had advanced dementia. The senior Mr Ching was thus able to avoid unnecessary hospital admissions and received End-of-Life care in the comfort of his own home. Mr Ching actively shares his experiences to support fellow caregivers through Project Dignity (a service provided by the Dover Park Hospice for patients with advanced dementia).

Mr Daniel Ho

Caregiver nominated by Yishun Health / Khoo Teck Puat Hospital

Sole breadwinner Mr Daniel Ho has been caring for his bedbound mother since 2016, who suffered a massive heart attack and severe brain damage. Mr Ho refuses to put his mother in a nursing home, and has taken on additional employment to ensure she can be cared for at home. He juggles his duties as a son, as a father and as a husband.

Mdm Kogelavani D/O Irudaya Raju

Caregiver nominated by Changi General Hospital

Since 2011, Mdm Kogelavani D/O Irudaya Raju has been the sole caregiver to her husband who is a stroke patient. She donated her kidney to her husband in late 2017 to provide him a better quality of life, and picked up basic nursing skills and medical knowledge in order to care for him more effectively.

Mdm Lee Siew Kee

Caregiver nominated by St Hilda's Community Services

When 72-year-old Mdm Lee Siew Kee's husband suffered a stroke in 2000, she chose not to put him in a nursing home. Despite suffering from multiple health conditions such as lupus, gout and chronic kidney and spine problems, she took it upon herself to care for him personally in their home.

Mr Lim Kheng Ann**Caregiver nominated by Orange Valley Nursing Homes (Simei)**

72-year-old Mr Lim Kheng Ann has been caring for his wife for 12 years. She was diagnosed with severe dementia in 2006; and had a stroke a few years after. Despite suffering from kidney problems, he remains dedicated to caring for her and travels daily from Punggol to the nursing home in Orange Valley to keep her company.

Mr Lim Suan Teck Peter**Caregiver nominated by Assisi Hospice**

Despite not being blood related, Mr Lim Suan Teck Peter has spent the past 18 years of his life caring for his late god-daughter Danielle, who has a life-limiting illness. He worked as a busker to support Danielle's medical needs, and devoted his time to look after her.

Mr Pang Yeow Beng**Caregiver nominated by National University Hospital**

When Mr Pang Yeow Beng's mother started dialysis more than 20 years ago, he decided to find a job with flexible working hours so that he could accompany her for dialysis sessions and hospital visits. He has chosen to remain single to better care for her.

Mdm Rae Wong Phi May**Caregiver nominated by KK Women's and Children's Hospital**

Mdm Rae Wong Phi May's daughter was born with congenital cleft deformity, and has had to undergo daily medical care from birth. Mdm Wong also has other relatives who are ill and whom she has to care for. Despite her challenges, Mdm Wong established "Our Cleft Angels", a support group for parents whose children have the same condition as her daughter. She counsels families and refers them to the cleft team at KKH for management. She also supports the Cleft Medical Mission through raising awareness and donations.

Mdm Rokiah Binte Atnen**Caregiver nominated by The National Kidney Foundation**

Since the passing of her husband in 2010, Mdm Rokiah Binte Atnen has dedicated her life to caring for her four sons, all of whom have a medical or mental health condition. The loving mother divides her time and attention between her 25-year-old son who is diagnosed with Russell-Silver Syndrome and End-Stage Renal Failure, her 28-year-old firstborn who has kidney problems, her 22-year old son who has special needs, and her 15-year-old dyslexic son. Despite the immense responsibility of being the sole caregiver, Mdm Rokiah's resilience and perseverance have ensured the well-being of her children.

Mr Tan Seng Huat**Caregiver nominated by All Saints Home Jurong East**

Mr Tan Seng Huat stepped up to be main caregiver for his wheelchair-bound older brother, who suffered a stroke in 2012. He gave up his job to devote his time to looking after both his brother, and his younger sister, who has intellectual disabilities. Under his care, his brother showed marked improvement and is now able to speak and eat on his own.

Mdm Teo Hwee Choo**Caregiver nominated by The National Kidney Foundation**

Mdm Teo Hwee has been the family's sole breadwinner and caregiver for the past 20 years, looking after her husband, who is a dialysis patient with The National Kidney Foundation. Despite being diagnosed with Stage 4 breast cancer herself, and having experienced a recent relapse, 65-year-old Mdm Teo remains committed to caring for her family.

Volunteers

Mdm Amy Koh Siew Whang

Volunteer at Tan Tock Seng Hospital

Mdm Amy Koh Siew Whang is a committed volunteer at Tan Tock Seng Hospital. She began as a translator for hair-dressing group “Sakura Groomers”, facilitating communication between the Japanese-speaking volunteers and dialect-speaking elderly patients. She decided to learn hair-dressing to serve patients in rehabilitation wards with limited access to commercial salons, and also those under palliative care.

Mdm Chan Choy Foong

Volunteer at NTUC Health SilverACE (Senior Activity Centre)

75-year-old Mdm Chan Choy Fong actively volunteers at NTUC Health SilverACE (Senior Activity Centre) to spur seniors to pursue a healthy lifestyle. She also volunteers at the Singapore Amalgamated Services Co-operative Organisation (SASCO) and is a Health Promotion Board (HPB) ambassador.

Mr Chan Joseph

Volunteer at The National Kidney Foundation

Mr Joseph Chan is caregiver to his intellectually challenged elder sister who has breast cancer. A kidney dialysis patient, Mr Chan faithfully volunteers at The National Kidney Foundation, where he spends time encouraging new patients, and giving them support and advice on how best to care of their health.

Mdm Chan Miew Leng

Volunteer at St. Andrew’s Community Hospital

Mdm Chan Miew Leng actively befriends patients undergoing occupational therapy at the Inpatient Therapy Services at St. Andrew’s Community Hospital, where she conducts monthly floral arrangement classes to bring cheer to elderly patients at the palliative care, general rehabilitation, and dementia care wards. Together with the hospital staff, Mdm Chan spearheaded the Masak Club, which creates desserts to suit the diet of palliative patients.

Ms Evelyn Ho Liam Juan

Volunteer at Dover Park Hospice

Ms Evelyn Ho Liam Juan has been volunteering at the Dover Park Hospice for the past 21 years. She mentors, trains and guides new patient befrienders, and is an active member of the hospice’s Public Education committee. Through her efforts in organising community activities, she has contributed significantly to the harmonious relationship and dynamic teamwork between staff and volunteers.

Mr Gan Su Keng, Peter

Volunteer at St. Andrew’s Nursing Home (Buangkok)

Mr Gan Su Keng, Peter is a dedicated volunteer clinical counsellor, providing pro-bono psycho-counselling services to residents at St. Andrew’s Nursing Home (SANH). A therapist by training, Mr conducts regular psychotherapy sessions with about 10 residents diagnosed with chronic schizophrenic conditions, working with other healthcare professionals such as Medical Social Workers and psychologists.

Mr Kuek Han Loong Jonathan

Volunteer at the Institute of Mental Health (IMH)

Driven by a desire to build an inclusive society, Mr Kuek Han Loong Jonathan started volunteering with the Institute of Mental Health (IMH) in January 2014. He pioneered the “Matchsticks” volunteer group to encourage youths to regularly visit IMH patients. Together with other volunteers, he brings

warmth to long-stay patients who have no or few relatives, organising social activities, such as excursions, outings, and festive celebrations. Mr Kuek also rallies companies and agencies to support mental health issues through sponsorship or advocacy.

Mdm Lee Ah Hong

Volunteer at National University Hospital

Mdm Lee Ah Hong has volunteered with the National University Hospital (NUH) since 1999 in multiple capacities. She started by serving in the Mobile Library programme, but now provides free hair-cutting service to inpatients. She often stays past her regular visiting hours to meet the needs of patients.

Ms Louisa Ng

Volunteer at Assisi Hospice

Ms Louisa Ng has been volunteering with Assisi Hospice since September 2012, serving patients at the end-of-life by cooking and caring for them. When Assisi Hospice moved to its new location in 2017, with the expanded facility shouldering double the patient load, she took the initiative to undergo training in patient care to better support ward nurses. Today, she also serves in the dementia palliative ward, assisting the music therapists in group music engagements.

Mrs Moe Gibson

Volunteer at HCA Hospice Care

Mrs Moe Gibson is an active volunteer with HCA Hospice Care, and is part of the Star PALS Medi Minders (MM) team that cares for children with complex nursing needs. When the volunteer coordinator stepped down, she took on administrative responsibilities to bridge organisational gaps. Mrs Gibson values relationships with patients, continuing to keep in contact with them even when they are not officially under her care. She continually seeks opportunities to support the children financially, creating fundraising opportunities, sometimes meeting their needs at her own expense.

Mr Lau Hing Tung & Mdm Mak Choi Ming

Volunteers at Care Corner Seniors Services Ltd

Committed to boosting the health of the frail elderly living in their community, husband-and-wife duo Mr Lau Hing Tung and Mdm Mak Choi Ming have been leading weekly exercise sessions organised by Care Corner Senior Activity Centre (SAC) (part of Care Corner Seniors Services Ltd) since 2010. Their efforts have paid off as 80 per cent of the regular participants showed improvement in their functional scores after six months of attending the sessions.

Mr Ng Hock Chuan

Volunteer at Ren Ci Hospital

Mr Ng Hock Chuan is one of Ren Ci Hospital's pioneer volunteers, serving patients since 1994. At a time when there was little full-time manpower available, Mr Ng led a team of volunteers from Foo Hai Ch'an Monastery to assist Ren Ci staff with basic duties such as cleaning the facility and caring for the residents. Mr Ng today leads four large volunteer groups and is a pillar of strength to those around him.

Dr Tang Kok Weng

Volunteer at Buddhist Compassion Relief Tzu Chi Foundation

Dr Tang Kok Weng joined the Buddhist Compassion Relief Tzu Chi Buddhist Foundation in 2004, applying his training as a dentist to serve those in need, both in Singapore and abroad. He oversees clinic operations at the Foundation's free dental clinic monthly, and organises free dental clinics for beneficiaries of the Movement of Intellectually Disabled of Singapore (MINDS), residents of nursing homes and foreign workers with low income through non-profit organisation Healthserve. Dr Tang also regularly participates in overseas mission trips.

Intermediate Long Term Care (ILTC)

Mdm Goh Siew Choo

Logistic Coordinator

TOUCH Community Services

Mdm Goh Siew Choo has been with TOUCH Home Care (Toa Payoh) for 16 years. As a Logistic Coordinator, she oversees the Medical Escort and Transport (MET) service and ensures that her elderly clients attend their scheduled medical appointments. Mdm Goh never fails to put the welfare of these seniors first, checking on them even when she is on leave, running errands and buying food for them.

Ms Htu San

Nurse Manager

Econ Healthcare Group Pte Ltd

Nurse Manager Ms Htu San oversees the running of Econ Medicare Centre and Nursing Home, Buangkok Branch, which cares for residents with mental health conditions who require long-term care. Despite the challenges, Ms San remains steadfast in ensuring the well-being of her residents. Outside of work, Ms San is an active volunteer at her church, and organises events for the elderly.

Mr Justin Tan Chong Jin

Pastoral Care Worker

St. Andrew's Community Hospital

Mr Justin Tan Chong Jin is a Pastoral Care Worker at St. Andrew's Community Hospital, providing emotional and spiritual care for patients in the palliative care and rehabilitation wards. His dedication and compassion towards his patients extends beyond the hospital, as he continues visiting them even after their discharge. Believing that no one should pass on alone, Mr Tan makes the effort to be with patients, those who have no loved ones with them, during their final moments.

Ms Khoo Bei Wen, Jolyn

Physiotherapist

St Luke's Hospital

Ms Khoo Bei Wen, Jolyn is a Physiotherapist at St Luke's Hospital, and cares for patients in its palliative ward. She often incorporates her patients' interests in their treatment plans and tailors it to their needs, as well as provides training and support to their caregivers. Ms Khoo once recreated a beach experience for a patient who was too ill to travel, fulfilling his wish to visit the beach before passing on.

Mr Francis Lai Foo Wah

Senior Care Staff

St Luke's ElderCare Ltd

Mr Francis Lai Foo Wah has been caring for seniors at the Senior Care Centre under St Luke's Eldercare Ltd since 2012. His compassion and dedication sees him visiting patients who have been hospitalised after working hours. In his free time, Mr Lai is an active volunteer at his church, and travels to Thailand regularly to help the poor and sick.

Mdm Lai Siew Fung

Senior Staff Nurse

The National Kidney Foundation

Having joined The National Kidney Foundation in 2004, Senior Staff Nurse Mdm Lai Siew Fung now cares for patients with Chronic Kidney Disease undergoing haemodialysis at Le Champ – NKF Dialysis Centre (Bukit Panjang Branch). Mdm Lai tirelessly ensures that her patients are well looked

after and always provides them with a listening ear. She also carries out the Patient Education Programme on self-management and care of the condition.

Ms Leong Yoke Sim Jesline

Senior Therapy Assistant

Bright Vision Hospital

Ms Leong Yoke Sim Jesline is a Senior Therapy Assistant at the palliative care ward in Bright Vision Hospital. Besides providing therapy support and assisting with programme planning, she also works with Occupational Therapists to run weekly group activities such as cooking, art and craft, and exercise groups. She takes time to get to know her patients better on a personal level in order to better engage them for these activities.

Ms Lim Feng Yu, Vivian

Senior Physiotherapist

TOUCH Community Services

As a Senior Physiotherapist at TOUCH Community Services, Ms Lim Feng Yu, Vivian provides rehabilitation services to elderly clients with functional decline, as well as training caregivers to help their elderly loved ones maintain or regain their physical function at home. She spearheads its Community Enablement Project, which has reached out to some 120 residents in an Ang Mo Kio precinct. Ms Lim played a crucial role in successfully piloting Singapore's first-of-its-kind *Smart Health TeleRehab* initiative.

Mdm Loh Kwai Yoke

Nurse Manager

Kwong Wai Shiu Hospital

Aside from overseeing the daily running of the dementia ward at Kwong Wai Shiu Hospital, Nurse Manager Mdm Loh Kwai Yoke's work includes leading the education and training of staff in dementia care, as well as monthly case studies to discuss individual care plans of residents who display challenging behaviours. A passionate volunteer, Mdm Loh also goes on annual mission trips to India to help support needy communities, as well as regularly helps out at local community activities.

Ms Loh Sau Kuen

Senior Art Facilitator

TOUCH Community Services

As a Senior Arts Facilitator with TOUCH Special Crafts at TOUCH Centre for Independent Living (TCIL), Ms Loh Sau Kuen works with individuals who have special needs, using visual and ceramic arts to address their social and psychological needs. She also trains her clients to improve their skills so that they are able to sell their art pieces to earn a living.

Ms Mah Seok Eng

Senior Chaplain

St Luke's Hospital

Senior Chaplain Ms Mah Seok Eng provides pastoral and counselling care to patients and their caregivers at the palliative ward in St Luke's Hospital. She is a listening ear for them during her daily visits to the ward, as well as assists them to fulfil their last wishes or address unfinished issues. Ms Mah has played an instrumental role in facilitating kinship and reconciliation in patients and their families during their final moments.

Mdm Mak Ngai Khan
Director, Nursing
Ren Ci Hospital

Mdm Mak Ngai Khan has been caring for patients with multiple medical conditions and various levels of disabilities at Ren Ci Hospital for the past 24 years. In her current capacity as Director of Nursing, she oversees the operations and coordination of nursing services, as well as assists manpower planning and recruitment. Mdm Mak is always ready to guide and mentor her peers, and participates in overseas mission trips.

Ms Nur Sahara Binte Kamsani
Medical Social Worker
Ren Ci Hospital

As a Medical Social Worker specialising in dementia care, Ms Nur Sahara Binte Kamsani supports residents who have dementia and their family members at Ren Ci's Nursing Home Unit in Bukit Batok. She also co-pioneered the development and planning of programmes for Muslim residents, allowing them to continue to meet their cultural and spiritual needs. Ms Kamsani played a pivotal role in implementing the Spark Of Life programme in Ren Ci Hospital, which provides residents with dementia the opportunity to gain a sense of value in their lives in spite of their condition.

Ms Seng Teck Sim Karen
Nurse Manager
St. Andrew's Community Hospital

Despite specialising in gerontology, Nurse Manager Ms Seng Teck Sim Karen determinedly took up the challenge of setting up the Inpatient Paediatric Ward at St. Andrew's Community Hospital in 2012. She now helms it, and her duties include overseeing the care for young patients with complex medical conditions, such as developmental delay, neurological and cardiopulmonary issues as well as those with genetic disorders. Ms Seng often goes beyond the call of duty, spending several nights in the ward to help new patients settle in, and purchasing special food and clothes for them out of her own pocket.

Ms Tee Sim Chie
Senior Medical Social Worker
Assisi Hospice

Senior Medical Social Worker Ms Tee Sim Chie is part of Assisi Hospice's Homecare West Team. She conducts home visits on a daily basis to provide psychosocial, emotional and spiritual support for her patients and their loved ones. An advocate for the less privileged, Ms Tee strongly believes in empowering her patients to know that they matter and ensures their needs are met until their final moments.

Ms Yip Zhenhui Yvonne
Senior Staff Nurse
Kwong Wai Shiu Hospital

A Senior Staff Nurse at Kwong Wai Shiu Hospital since 2014, Ms Yip Zhenhui Yvonne cares for elderly residents in a Nursing Home Ward and works closely with a multidisciplinary team to sustain their functional independence. Ms Yip is also an Infection Control Nurse, and helps manage infectious disease cases. She once led a programme to address recurrent scabies cases, which successfully reduced the incidence of scabies by 80 per cent over 11 months.

Open

Ms Amy Lim Ee Lin

Nurse Clinician

Singapore General Hospital

Ms Amy Lim Ee Lin is a Nurse Clinician in the department of Renal Medicine in Singapore General Hospital, bringing renal care closer to the homes of palliative patients. Ms Lim works with Medical Social Workers, Community Nurses and hospices to establish an outpatient workflow for patients on palliative care to reduce unnecessary admissions to hospitals and preserve patients' dignity by receiving care in the comfort of their own homes.

Dr Chiang Li Wei

Senior Consultant

KK Women's & Children's Hospital

Dr Chiang Li Wei went beyond his call of duty as a paediatric surgeon to set up a support group for parents of paediatric patients suffering from Biliary Atresia (BA), a life-threatening liver disease. Dr Chiang also volunteers regularly at the Tzu Chi Foundation, a non-profit organisation, and has participated in more than a dozen overseas medical missions.

Dr Chua Kong Yeow John

Senior Staff Physician

Yishun Health / Khoo Teck Puat Hospital

Dr Chua Kong Yeow John, Senior Staff Physician with Khoo Teck Puat Hospital (KTPH)'s Acute and Emergency Medicine Department, received a plaque from the Singapore Police Force for his act of bravery during an incident at the hospital in June 2015. A patient under police custody had snatched a service revolver and fired shots at a police officer. Dr Chua, along with another doctor and three paramedic officers, risked their lives to subdue the patient before he could cause further harm.

Mdm Cruz Lucia Raquel Boholst

Nurse Manager

Mount Elizabeth Hospital

Well regarded and popular among her superiors, peers and patients in the Maternity Ward at Mount Elizabeth Hospital, Mdm Cruz Lucia Raquel Boholst goes out of her way to lend support and help when needed. Once, while on a holiday in the Philippines, the Nursing Manager saved a man from drowning by pulling him out of the hotel's swimming pool and performing Cardio-Pulmonary Resuscitation (CPR) on him.

Mdm Daljit Kaur d/o Narajan Singh

Senior Staff Nurse

Mount Elizabeth Hospital

Mdm Daljit Kaur d/o Narajan Singh works at the Orthopaedic Ward and cares for her patients even after they are discharged, and lends support and comfort to patients' family members during difficult times. Mdm Daljit is the main breadwinner and caregiver to her two older siblings, who are unwell. She volunteers her time and expertise weekly at Kwong Wai Shiu Hospital and goes on regular mission trips to India to help the poor and needy.

Ms Hor Elaine

Senior Nurse Clinician/Advanced Practice Nurse

National University Hospital

A Paediatric Advanced Practice Nurse based in the Paediatric Intensive Care Unit of the National University Hospital, Ms Elaine Hor has more than 20 years of experience working with ill children. She has helped enhance paediatric care beyond the ward by developing a guide for parents and

caregivers to manage emergency situations at home effectively. She is also part of the Paediatric Home Care Programme, where she visits patients at home to perform medical and nursing assessments.

Mdm Khor Sia Liew
Senior Nurse Clinician
Gleneagles Hospital

An active volunteer in numerous overseas medical missions since 2005, Mdm Khor Sia Liew was part of a medical team that provided humanitarian aid in Haiti after the devastating earthquake in 2010. The Senior Nurse Clinician with Gleneagles Hospital has also been going on yearly medical missions to Ladakh under the Himalayan Women's Health Project to promote awareness of cervical cancer among the local women.

Mdm Law Hwee Tian
Nurse Manager I
Mount Elizabeth Novena Hospital

Outside of her role as a Nurse Manager in the medical surgical ward of Mount Elizabeth Novena Hospital, Mdm Law Hwee Tian formed a group that reaches out to the elderly living alone in one-room flats and organise events during festive seasons so that they would not feel lonely during these occasions. Mdm Law's husband and children also participate actively in voluntary services, and the family have since made several visits to a village in Indonesia to help the less privileged.

Ms Lim Bee Leong
Senior Nurse Clinician
KK Women's & Children's Hospital

Beyond training the junior colleagues within her ward, Senior Nurse Clinician Ms Lim Bee Leong extends her expertise beyond the borders by working with Singapore International Foundation to teach neonatal nursing and resuscitation to doctors and nurses in Myanmar, Cambodia and India. Ms Lim is also a committed volunteer at home, devoting her free time to helping out at a neonatal parent support group and a stroke support station.

Ms Lim Pei Kwee
Nurse Clinician
KK Women's & Children's Hospital

As a Diabetes Nurse Educator in KK Women's & Children's Hospital for the past 13 years, Ms Lim Pei Kwee is instrumental in improving care and management of diabetes in young patients over the years. Her dedication to her role is exemplified through a particular patient who had frequent hospital readmissions due to poor diabetes control and complicated social circumstances. Through numerous attempts, Ms Lim managed to build rapport with the patient and provided innovative ways to help manage her condition, resulting in no further readmissions. The patient, with continued support from Ms Lim over the years, is now working as a Nurse in a paediatric medical ward.

Mdm Ma Than Than Sint
Nurse Manager I
Gleneagles Hospital

Mdm Ma Than Than Sint, a permanent night shift Nurse Manager in the Intensive Care Unit in Gleneagles Hospital, often puts the needs of her patients above all else. On two separate occasions, Mdm Ma took personal leave to accompany as well as provide medical assistance to patients on their flights back to their home countries.

Ms Manjit Kaur
Senior Nurse Manager
Yishun Health / Khoo Teck Puat Hospital

Mdm Manjit Kaur is a Senior Nurse Manager in Khoo Teck Puat Hospital and has dedicated her past 44 years to providing surgical and orthopaedic nursing care to patients. Mdm Kaur is an active advocate of her profession and leads extensively in recruitment and outreach efforts through external job fairs held at Polytechnics and Institutes of Technical Education.

Mrs Moh Yoke Ping
Nurse Clinician I
Sengkang General Hospital

A nutrition nurse with Sengkang General Hospital, Mrs Moh Yoke Ping cares for patients who require intravenous feeding. She provides emotional support for patients and their family members even after they have been discharged. She has been volunteering actively since 2013 both locally and overseas. During the SARS period in 2005, she volunteered to care for the SARS patients warded in isolation at Tan Tock Seng Hospital.

Mr Muhammad Abu Jihad Bin Hanafi
Senior Staff Nurse
Tan Tock Seng Hospital

Mr Muhammad Abu Jihad Bin Hanafi is a Senior Staff Nurse in the Orthopaedic inpatient ward at Tan Tock Seng Hospital, and looks after patients who have recently gone through near amputations or are admitted for reconstructive surgery. Mr Hanafi's altruistic spirit is evident in his dedication to helping the underserved through numerous humanitarian missions to Cambodia, Saudi Arabia and Mongolia where he provided health screenings and medical treatment to the less fortunate.

Ms Nathan Saratha Devi
Nurse Clinician/ Patient Navigator
Singapore General Hospital

As a Patient Navigator in Singapore General Hospital, Ms Nathan Saratha Devi assesses the health and social needs of patients under her care, and helps facilitate the discharge plan and the patient's care transition from hospital to community. An advocate for breast cancer awareness since 2011, Ms Nathan has gone on mission trips to Cambodia to conduct breast cancer screenings and teach female villagers how to conduct breast self-examinations.

Ms Ng Li Yuen, Geraldine
Advanced Practice Nurse
Tan Tock Seng Hospital

Ms Ng Li Yuen, Geraldine an Advanced Practice Nurse with the General Medicine specialty in Tan Tock Seng Hospital, has gone above and beyond her call of duty on many occasions to provide emotional support to her patients, especially those on palliative care. Ms Ng also took up sign language in order to better care for her hearing-impaired patients.

Ms Noor Aiyshah Binte Ab Raman
Senior Assistant Nurse
Yishun Health / Khoo Teck Puat Hospital

A Senior Assistant Nurse in the Isolation Ward of Khoo Teck Puat Hospital, Ms Noor Aiyshah Binte Abdul Raman cares for patients with infectious conditions and other comorbidities. Her compassion extends beyond the hospital walls. Once, when she learnt that a family had difficulty caring for a bed-bound patient post-discharge, she made regular visits to their home to assist with the changing of the patient's feeding tube and urinary catheter. Ms Noor continued to do this for eight years until the patient passed away early this year.

Ms Quek Yanting
Senior Staff Nurse I
Sengkang General Hospital

Working in the Intensive Care Unit/High Dependency Unit of Sengkang General Hospital, Senior Staff Nurse Ms Quek Yanting's responsibilities include managing life-support systems for patients in critical conditions, as well as overseeing her colleagues and junior nurses in the ward. Ms Quek's expertise came through at a pivotal moment in May 2018, where when she came to a motorist's aid during a road accident.

Dr Ramaswamy Akhileswaran
Senior Consultant
Yishun Health / Khoo Teck Puat Hospital

A Senior Consultant with the Palliative Department in Khoo Teck Puat Hospital, Dr Ramaswamy Akhileswaran exemplifies the spirit of palliative care with his tireless efforts to spread palliative care services beyond Singapore. Working alongside non-governmental organisations like Singapore International Foundation (SIF) and Lien Foundation, Dr Ramaswamy helped develop paediatric palliative care services for terminally ill children in Jakarta, Indonesia, as well as training medical professionals in palliative care in Yangon, Myanmar, which led to the establishment of palliative care clinics in its local hospitals.

Ms Roha Binte Sarmiten
Principal Enrolled Nurse
Singapore General Hospital

Ms Roha Binte Sarmiten is a Principal Enrolled Nurse in the general medical ward of Singapore General Hospital. She often goes the extra mile – on one occasion, Ms Roha accompanied an elderly hearing-impaired patient and his visually-impaired wife to the doorstep of their home to ensure that they made the journey back safely. Ms Roha is also an active volunteer in MINDSville, a residential home run by the Movement for the Intellectually Disabled of Singapore (MINDS).

Ms Serlina Eng Shi Lin
Senior Case Manager
Institute of Mental Health

Ms Serlina Eng, Senior Case Manager at the Institute of Mental Health (IMH), endeavours to make her patients' wishes come true. She set up 'The Hut' in 2017, after learning that many patients were seeking a safe and comforting space for respite on occasions they feel troubled. Now, over 20 patients visit 'The Hut' daily to interact with other patients and staff. Ms Eng is an avid runner and participates in ultra-trail mountain marathons to raise funds for charitable causes, particularly those that advocate mental health.

Dr Sim Guek Gwee, June
Consultant
Changi General Hospital

As a Consultant with the Accident and Emergency (A&E) Department at Changi General Hospital, Dr Sim Guek Gwee, June plays a pivotal role in stabilising and resuscitating critically ill patients. Despite a busy work schedule, Dr Sim finds time outside of her clinic hours to volunteer regularly at a community clinic serving mostly foreign workers living in Singapore. She also participated in several medical mission trips to set up temporary medical clinics in rural areas in Nepal, Lebanon, Thailand and Sri Lanka.

Dr Sim Kheng Leng, David
Senior Consultant
National Heart Centre Singapore

Widely recognised for his clinical expertise in heart failure and for pioneering a new treatment for the condition in Singapore, Dr Sim Kheng Leng, David, who is a Senior Consultant at the National Heart Centre of Singapore, is also known for his dedication to his patients. In one particular occasion, Dr Sim and his team of junior doctors took turns to perform Cardiopulmonary Resuscitation (CPR) on a critically ill patient who went into cardiac arrest for about 40 minutes so as to ensure that the patient's wife and child could reach the patient in time to bid farewell. Dr Sim is also a role model to younger doctors, and has inspired many of them to choose to sub-specialise in treating heart failure.

Ms Siti Samira Binte Kassim
Nurse Manager
Mount Elizabeth Hospital

A tough motorbike-riding persona belies Ms Siti Samira Binte Kassim's warm and compassionate nature. As a Nursing Manager at Mount Elizabeth Hospital, Ms Siti plays a key role in improving delivery of patient care, particularly in wound management. Ms Siti was part of the team that pioneered a wound management framework that was implemented across all hospitals under Parkway Pantai.

Mdm Sng Hoon Ngoh, Carol
Senior Staff Nurse I
Sengkang General Hospital

As an Anaesthetic Nurse in the Operating Theatre of Sengkang General Hospital, Senior Staff Nurse Mdm Sng Hoon Ngoh, Carol plays a critical role in ensuring patient safety throughout the surgery. Her dedication to caring for the sick does not end at her workplace. Mdm Sng made numerous medical mission trips to Myanmar to provide medical care for the less fortunate.

Ms Tan Lai Poh
Senior Nurse Manager
Gleneagles Hospital

Since joining Gleneagles Hospital 12 years ago, Senior Nurse Manager Ms Tan Lai Poh has built strong professional and personal relationships with her patients and peers with her warm and nurturing nature. Ms Tan opens her home to her foreign colleagues every Chinese New Year to help them feel less lonely during the festive season. In her free time, Ms Tan is an active volunteer in the community and makes monthly visits to Methodist Welfare Services (MWS) Nursing Home to spend time with the elderly residents.

Ms Tan Xuet Ying
Senior Speech Therapist
Tan Tock Seng Hospital

Senior Speech Therapist Ms Tan Xuet Ying looks after patients with communication and swallowing difficulties in the acute wards and outpatient services of Tan Tock Seng Hospital. An advocate for Alternative and Augmentative Communication (AAC) methods, Ms Tan is unswerving in her goal to help her patients better communicate. She helped set up the 'Help Me Speak' programme, which loans expensive eye-gaze tracking devices to patients with financial difficulties and life-limiting illnesses, to enable them to communicate with their loved ones.

Professor Teoh Khim Hean
Senior Consultant and Deputy Director (Clinical & Regional Health)
National Dental Centre of Singapore

Clinical Associate Professor Teoh Khim Hean, Deputy Director (Clinical & Regional Health) and Senior Consultant, Restorative Dentistry – Prosthodontics Unit, National Dental Centre of Singapore (NDCS), oversees the execution of strategic plans to deliver high-quality clinical services and care for patients. He also dedicates his time to serve the communities through outreach activities for seniors in various constituencies in Singapore. He leads teams of volunteer dentists, oral health therapists and dental assistants to help these seniors upkeep their oral health. As a maxillofacial prosthodontist, he also sees many patients who require prosthetic rehabilitation.

Ms Theivanayagi d/o Shanmugham
Nurse Manager

KK Women's & Children's Hospital

Ms Theivanayagi d/o Shanmugham is a Nurse Manager in KK Women's & Children's Hospital. A dedicated midwife, Ms Theivanayagi designs and implements care plans for normal to high-risk patients in the Delivery Suite, as well as provide an empathetic ear to anxious patients and their family members. Ms Theivanayagi has been volunteering with the Hindu Endowment Board Medical Support Services (HEBMSS) as a Diabetes Counsellor for the past 19 years, educating the Hindu elderly on effective management of diabetes.

Ms Wendy Ong Yu Mei
Senior Staff Nurse

Tan Tock Seng Hospital

Having been with the Palliative Department of Tan Tock Seng Hospital since 2013, Senior Staff Nurse Ms Wendy Ong Yu Mei frequently goes out of her way to provide comfort and support for palliative patients and their loved ones, such as getting a new set of clothes or buying special food items requested by dying patients. Her compassion for the less fortunate extends beyond the patients in her wards. In 2015, Ms Ong took a three-month leave without pay to Mozambique, Africa, to build houses and provide medical help for the poor.

Ms Woon Pei Ning Adele
Senior Staff Nurse

National Cancer Centre Singapore

Ms Adele Woon is an oncology-trained Senior Staff Nurse at the National Cancer Centre Singapore since 2013, and is well-regarded by her peers for her specialised job knowledge and mentoring of junior nurses. Ms Woon also volunteers with the Children Cancer Foundation where she developed a close friendship with a four-year-old boy diagnosed with brain cancer in 2016. She accompanied him for his frequent treatments and procedures at the hospital. Even after the patient passed away in 2017, Ms Woon maintained close ties with the boy's mother, providing emotional support.