

AMEE PHILIPS®

Exclusive Jewellery Sale and Charity Auction



AMEE PHILIPS®, an internationally renowned jewellery designer, had an exclusive jewellery sale and charity auction at the Indulgence Restaurant in Ipoh on 7th September 2014. Charity being on her mind, she had requested Dato' Chong Phaik Kee, Perak State Director of Welfare Services, to nominate a Non-Government Organisation to benefit from the charity auction. Perak Palliative Care Society (PPCS) was nominated. This nomination was supported by YB Dato' Dr Mah Hang Soon (Perak State Government Executive Councillor in charge of Public Transport, Health, Non-Muslim Affairs and New Villages) who was also the guest of honour for the function.

After the official launch of the function, invited guests were given a lecture on gems. Guests then gathered around the display of exclusive jewelries designed by Ameer Philips. There were 9 models showing off various jewelries throughout the function. A special Western lunch was served for the guests. There was also a press conference where YB Dato' Dr Mah expressed his hope that more of such auctions be held by Ameer Philips and other organisations to help NGOs in their charitable causes.



Ameer Philips donated 3 pieces of jewellery for the charity auction. All of these were auctioned off for RM21,500. To add to this, YB Dato' Dr Mah Hang Soon pledged a donation of RM5,000 from the Perak State Government to PPCS.

PPCS wishes to thank Mrs Amirthavalli A V Muthiah (Perak Branch Director of Registrar of Societies), Dato' Chong Phaik Kee, YB Dato' Dr Mah Hang Soon and Ameer Philips for their generous contributions which will undoubtedly be of great help in furthering the objectives of PPCS in making palliative care available to people who need it, irrespective of race and religion, by preventing and relieving symptoms so that patients with life-limiting illnesses can get on with daily life.

ROYAL PATRON:

Duli Yang Teramat Mulia Raja Muda Perak Darul Ridzuan, Raja Dr Nazrin Shah Ibni Sultan Azlan Muhibuddin Shah

DK, DK II (Selangor), DKSA, SPCM, SPTS, SPMP (Perlis), PhD (Harvard)

HONORARY ADVISOR: Dr Rosalie Shaw PSM, MBBS Hons (Monash), FRACMA, FACHPM, BA (Melbourne), BEd (Melbourne), RN, RM

Dr Ghauri Aggarwal Visits PPCS

DR GHOURI AGGARWAL, Head of Palliative Medicine Department at the Concord Hospital in New South Wales, Australia, was here in Malaysia to deliver some scientific lectures at the 11th Malaysian Hospice Congress. Dr Ednin Hamzah of Hospis Malaysia made arrangements for her to visit PPCS on the 17-18th Jun 2014. With her almost 20 years of experience in Palliative Care, Dr Ghauri is such a valuable expert in sharing her knowledge with us. In addition to having discussions on management of cases by the home care team of PPCS, we also had ward rounds and bedside teaching at PCUs at both Hospital Raja Permaisuri Bainun and Hospital Batu Gajah.

We wish to thank Dr Ghauri for her visit to Ipoh and teaching almost all doctors and nurses involved in palliative care services in Ipoh. The sessions were great. Options for management according to ethical practices and approach to communications and even the handling of grief reactions, were discussed.

We also wish to thank Dr Ednin and Hospis Malaysia for making this possible.



THE MOMENT OF STANDING UP

When I sat on a chair and stretched my leg out, it reminded me of an incident that happened this morning. Now, looking at my legs, being able to lift them up high and straight and maintain the same position for more than a minute is actually a privilege.

Mr R, 50+ years old, had left leg surgery done with some metal attached to his bone. His right kidney has been removed due to illness, and he had spinal surgery done less than two months ago. All these had contributed to his weakness which forced him to stay in bed for months. Even though the hospital physiotherapist taught him hands and legs exercises in bed and ordered a special spinal protection corset for him, he hasn't been able to stand or walk after his spinal surgery.

He had been referred for rehabilitation training in the hospital, yet things were not as simple as it seems. The appointment is due only one month later because of the long waiting list. Unfortunately, if he waits that long, he will lose all his muscle tone, his joints will be stiff and the chances of standing up will be slim. Our doctor, being aware of the seriousness of situation, worked out a special arrangement for him. A volunteer physiotherapist was willing to visit him at home to assess his needs and teach him some techniques to stand.

After the assessment and demonstration session, we helped Mr R fix on his special spinal corset and instructed him to hold the walking frame tight. When everything was ready, we both stood at his sides with one hand holding onto him and the other the frame, counting out loud: "One... two... three! Stand!"

He tried his best to put his knees together, to use all his body strength to straighten his legs. His hands shook badly while holding tight onto the walking frame. Heavy sweat rolled down his forehead. He kept panting. Sadly, he was still sitting on the bed, like being stuck with glue. Trial one: FAILED!



The physiotherapist allowed him to rest for a while and then instructed him again, slowly and clearly: "Both feet apart, hold the frame tight and look up. Take a deep breath. Remember to use the leg and hand muscles to lift your buttocks and body up."

This time he was ready, he had learnt the technique. Slowly, he stood up! His legs were slightly bent; his knees and hands were shaking. "Keep your spine straight", the physiotherapist reminded him. Then we put him down slowly. He looked tired.

"Wow! Congratulations! You are finally standing on your feet!"

All of us including his family were overwhelmed. I couldn't believe my eyes. He stood for 30 seconds! It took so much effort to achieve it. As his nurse-in-charge, I am so happy to see that achievement.

"Can I try again?" Mr R asked. Of course! This time, we taught his wife to assist him. He managed to stand up another three times, each lasting more than a minute.

Mr R's spirit stunned me. His self-determination is so strong. He maintained a positive attitude and never gave up. It was an exciting moment to see him stand up. Tears filled my eyes and I almost cried during that special moment.

There is a proverb: "No pain, no gain." We mustn't give up easily when faced with obstacles. I am glad that I have a healthy body and am able to move about freely. I am so thankful for our doctor's special arrangement with the volunteer physiotherapist. Without them, Mr R will not be able to stand up so soon. Also, the great hero is Mr R. I have learnt so much from this small incident. Currently, Mr R is able to walk using a walking frame without assistance. Hopefully he can walk on his own without any form of support. I hope to see him walk again very soon.

Written by: Palliative Care Nurse, Yui (22 May 2014)

DONATIONS received during July – September 2014

JULY 2014	RM
Lilian Chua Gek Lian	200
Siti Hajjar Mustaffa	100
Liew Yin Mooi	100
Yeap Ching Yeok	100
Wong Kam Lan	200
Sen Wen Han	100
Imo Mary Lau Bee Lay	60
Tan Siw Puah @ Chan Siw Keow	100
Ong Koon Heng	100
Lee Keng Kiong	100
Wendy Phang Swee Ee imo Phang Chee Mun	400
Wong Hoong Wah	200

(*imo = in memory of)

Ng Swee Kuen	100
Gary Tan Fun Kwai	100
Choo Yuen Kok	100
Tan Siw Suat	500
Yoon Yoke Sim	100
Frankie Lee	200
Goh Guan Huat	200
Lee Lai Khuan	100
Imo Judy Chan Yoke Ping	50
Anonymous	150
Chai Chee Hing	100
Teoh Ai Chu	300
Wong Yoke Kheng	500
Imo Low Yeen Fung	170
A. Chelvanayaki Arumugam	100

Imo Neela Archunan	180
Low Soon Siang	500
Lim Lay Koon	100
Imo Beh Seok Ken	100
Chin Cheong Hin imo Wong Su Lan	1,000
Loke Chee Wai	100
Wee Siw Hong	150
Mak Sing Wai imo Mak Ah Au	500
Loh Siw Ngap	300
Imo Chan Chooi Yee	100
John William Ruxton	50
Kee Jun Fan	100
Yew Mun Tee	100
Kong Mooi	50

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DONATIONS received during July – September 2014

(*imo = in memory of)

JULY 2014 (continued)	RM
Foo Chee Sai	100
Abdul Halim Bin Hj Daud	100
Mohamed Filus	100
Imo Aw Siew Ching	100
Imo Ooi Chiew Hon	500
Wong Seng	150
Mah Yib Yee	50
Kwan Lai Wan	500
Jamiliah Binti Zainal Abidin	100
Siti Khadijah	150
Liew Boon Khong	100
Ng Choong Weng	400
Imo Chin Fah	1,000
Chew Hon Yen	100
Lee Poh Kheng	50
Imo Koo Fong Theam	160
M. Kalairajah	500
AUGUST 2014	RM
Imo Leong Mei Lin	240
Imo Chen Eng Thor	200
Cheng Yang Yang	100
Kian Jun Construction imo Wong Ngan Choo	1,000
Chong Yu Tai @ Lai Yu Thai imo Ng Ah Leong	320
Hee Ting Wan imo Chong Bait Ting	170
Imo Lam Yit Chung	500
Goh Guan Huat	200
Anonymous	150
Chee Kwang Yew	100
Lee Wan Cheng	20
Charles Lee Toy Hei	20
Isaac Lee Toy Yee	20
Dr Chan Kai Soon	500
Yeow Jin Jie	1,000
Imo Noron Khasiah Bte Abd Rahim	140
Yan Sook Ling	50
Cheong Kok Leong	100
Woon Lee Foon imo Leng Ping Choon	120
Siti Zarina Bt Abdul Razak	100
Loo Ah Looi & Wong Yet Ling	50
Abdul Halim	200
Chen Chooi Peng	50
How Kok On	100
Hew Yim Tat	100
Ng Mee Kim	100
Lim Seng Hoon imo Lim Siah Chong	1,000
Wong Tuck Looi	100
Khong Yue Chen	1,000
Chin Chon Peng imo Lee Hean Yin	250
Chong Poh Sim	100
Liew Kah Wei	100
Teh Bee Te	300
Wong Lee Yuen imo Yip Swee Kam	500
Ngan Yoke Lee	100

Chan Yow Tee imo Mak Ah Au	300
Lim Yoke Heong	100
Liew Boon Khong imo Lie Sie Hua @ Lee Sie Hua	300
Tsia Kwai Meng	100
Kok Poh Khum	100
Chan Zeuw Hang	100
Dr Chakr Sri Na Nagara	1,000
Helen Foo	100
Lim Lee Eng, Teoh Swee Lian, Lim An Nee, Lim Yee Ling & Lim Wei Loon	250
Persan Kaur a/p Teja Singh	1,000
Imo Lim Foo Kiew	200
Rosli Abd Rahman	100
Siti Zarina Bt Abdul Razak imo Abdul Razak Bin Ahmad Zabidin	120
Lee Li Leng imo Lee Ah Khin	200
Victor Lee Kok Hee	1,000
Wong Wai Khum	100
Chan Yen Fun imo Chan Ah Chai	1,500
Ponnamah a/p Naranaigah	90
T. Arul	100
Datin Judy Yap Giok Chiu	100
Lim Sau Ying	1,000
Rosli Abd Rahman	20
Chew Tat Jin	100
Leong Wai Siew	200
Tan Gaik Sim	10
Ngan Yoke Lee imo Lim Hong	100
Hor Wei Kei	100
Chong Soon Fatt	100
Imo Michael Ng Keng Yong	50
Huin Kam Seng	50
Ezrin Noor Binti Mohd Azam	65
SEPTEMBER 2014	RM
Charan Wariyam Singh	100
Tok Tok	200
Regina Loh	100
Poey Yee Meng	100
Imo Khaw Siew Kim	200
Lee Chee Seng	100
Tang Kheng Hooi	100
Shum Yoke Chee	100
Imo Kong Sing Yuan	2,000
Lim Soon Keat imo Lim See Lin	100
Ng Kim Hock	200
Foo Kah Seong	100
On behalf of the Late Chong Chung Ngen	150
Pan Siew Choo	100
Anthony Cheng	50
Tan Lai Yong	100
Poon Choy Yee	100
Kho Chin Neng	100
Yee Yin Sing	100
Anonymous	150
Goh Guan Huat	200
Lai Yoke Cheng	100
Yuean Wai Choong imo Chong Koi Lin	200

Shum Wai Kong imo Shum Cheek Loon	500
Amee Phillips Sdn Bhd	13,000
Ipoh Buddhist Dhamma Association	500
YB Dato Dr Mah Hang Soon	8,500
Pan Chun Chong	400
Liew Kim Nyeon	100
Imo Chang Yeon Lien	240
Lau Sook Mun	200
Wan Yik Bun	100
Choong Wai Loong	100
Yip Mei Foong	100
Michael Loke	50
Ching Foong Ling	100
Lim Mei Wan imo Cho Kuan	500
Lee Siu Ying	100
Chan Yok Chan	100
Mrs Maggie Wong	1,200
Imo Aw Ping Chuen	200
Pang Yong Keong	100
C.A. Prakash imo Rajasuary	230
Ho Yin Mei imo Ho Ah Har	250
Low Chong Ban	1,000
Tang Kar Yew	100
Kok Poh Khum imo Kok Hoon Liang	100
Pan Siew Choo	100
Ong Koon Heng	100
Ng Seow Weng imo Chen Seong Ngean	5,000
Yip Tong Seng	500
Imo Yip Ah Wah	500
Liew Thim Wai	100
Cheah Peg Yoke	100
Imo Pan Chun Chong	500
Wong Chun Seong	100
Tham Kah Wai imo Chin Ah Thye	1,730
Chai Loke Moy	100
Yip Yow Chooi	100
Tan Liang Tiang	100
Imo Lee Foong Yee	360
Chew Hon Yen imo Wong Siew Lan	1,140
Hee Chee Khean	100
Chan Yok Chan imo Chang Fah	200
Mong Kim Nyok	200
Loh Ying	578
Teoh Sow Fun	50



Thank-you
Promoting the
Spirit of Care

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