

## Happenings In Manjung District

**A**FTER much publicity and ground work done by the PPCS committee, PPCS held its first Manjung Palliative Workshop Program on 18 April 2015. Attendance was more than anticipated.

The hornet's nest has been disturbed. An awareness has been brought to the attention of not only the medical staff but the public as well. This led to the formation of a Manjung Task Force (Protem Committee) before the workshop was held.

Manjung Hospital also decided to organise a Basic Palliative Care Workshop for its staff. No Home Care Program can be successful without

the support of a hospital. Both are dependent on each other for referrals.

The workshop was attended by no less than 128 medico and para medico, and some of the Protem committee members of the Manjung Task Force.

The workshop was conducted by the Ipoh PCU team led by Palliative Medical Specialist, Dr Yeat Choi Ling, Dr Harre Krishnan, Dr Chan Shiang Jiun and Dr Phoon Pei Teng. PPCS is honoured to be invited to give an introduction on Home Care. It was given by PCN Wong Shau Mun and myself.

The workshop highlighted on the palliative management aspect

of illnesses. Due to time constraints, palliative care nursing was not covered.

Palliative Care Nursing is a very different kettle of fish. Anyone can handle basic nursing care with some education, but Palliative Care Nursing comes from a heart packed with empathy. This is not to say that nurses have no empathy, but they have to be shown how to claim this gift and put it to use. Palliative Care Nursing is very special and rewarding.

I hope that the Manjung Hospital will organise another workshop solely on palliative nursing.

Sister Nancy Koh Seok Lean  
Palliative Care Nurse

## PROJECT CENDAWAN MANJUNG PALLIATIVE WORKSHOP

**P**ERAK Palliative Care Society (PPCS) organized a workshop, Manjung Palliative Workshop, in Lumut on 18 April 2015. This workshop is one of the initiatives under Project Cendawan.

Manjung district was chosen as there is an increasing demand for such services in the district. There is also the presence of other interested parties in this area.

PPCS hopes that this workshop would be a catalyst for the formation of a Manjung Palliative Care Society (MPCS) to serve the community of Manjung. This workshop was to encourage interested individuals, whether they be in the healthcare line or otherwise, to come forward to form a Palliative Task Force (PTF)

for Manjung. To this end, PPCS offers support in the form of training and education, as well as other resources, where available, to ignite the spark of passion in this work.

Project Cendawan was launched by PPCS in 1998. The aim of the project is to help communities living in areas beyond the service area of our Ipoh Home Care Team to set up their own palliative care teams.

The objectives of Project Cendawan are:

- (1) To initiate Home Care support for patients who need palliative care.
- (2) To provide hands-on training for care-givers.
- (3) To encourage people in areas outside of Ipoh to set up their own palliative care services.

- (4) To support district hospitals in their efforts to set up Palliative Care Teams.

- (5) To support Government Health Care Centers in their effort to provide Palliative Care Services.

In April 2014, PPCS Vice President, Datin Seri Suriani Kamarulzaman and Chairperson of Project Cendawan and Manjung Palliative Workshop, Chan Lai Yoong, approached Datin Ding Poi Chung to seek her interest in forming MPCS for the people of Manjung. Datin Ding was very receptive to the proposed formation of MPCS. She willingly offered to host the workshop at Marina Island Pangkor Resort & Hotel, Teluk Muruh, Lumut (Manjung is Datin Ding's hometown).

Continue next page

Project Cendawan – continued from page 1

On 26 March 2015, PPCS held a press conference to publicise this workshop.

The response to the workshop was very positive with 130 participants from the public. Registration was free and goodie bags were distributed to all participants with compliments of Marina Island Pangkor Resort & Hotel and PPCS.

During the workshop, the PTF, comprising of seven members with Datin Ding as the Chairperson, were introduced to the participants. It was

an achievement that the PTF was formed even before the workshop was held.

The first Task Force meeting was held on 22 May 2015. The meeting was attended by Project Cendawan Chairperson, Chan Lai Yoong. At this meeting, it was unanimously agreed by the 11 members of the PTF to form and register MPCS latest by end of the year.

Chan Lai Yoong  
Project Cendawan Chairperson

The speakers for the workshop were as follows:

- Six Committee members of PPCS.
- Two PPCS nurses.
- Two speakers from outside, Dr Yeat Choi Ling and A/Prof Edward Poon. Dr Yeat is the Palliative Medical Specialist from Hospital Raja Permaisuri Bainun, Ipoh and A/Prof Edward is the Nursing Director of Ang Mo Kio Hospital, Singapore.



*PTF Task Force  
(extreme right,  
Datin Ding Poi Chung)*

*Press  
Conference*



*PPCS Committee &  
Task Force Members*

# *My Experience In Facing Cancer*

My name is Yau Man Kei and I'm 38 years old. Perak Palliative Care Society nurse, Ms Wong, encouraged me to write down my positive thinking in facing cancer.

Before I got this disease, I have read many articles and books on the experiences of cancer patients. I was so amazed at their positive attitudes of facing this fatal illness. Their positive attitudes allow them to live longer. When they wake up every morning, they treasure the day that is given by God.

When I was informed I had breast cancer (Stage II), I was shocked, but then I accepted it as a blessing in disguise. I have religion as a strong support, so I was not scared. God will give me enough energy to fight the disease.

I did not undergo any treatment after the first operation, causing a second operation to be done. I learnt my lesson then and went to General Hospital Kuala Lumpur to do chemo and radiotherapy. I chose General Hospital because I am not from a rich family and I knew this disease needs endless treatments. The money saved can be used to buy healthy organic food.

After the treatments, I did Guolin Qigong exercises in DR Park. From the cancer patient friends there, I realised that those doing the Qigong exercises regularly can maintain their health very well. I had also gotten valuable advice from them on how to minimise the after effects of a treatment.

Soon after that, my father passed away from brain cancer and I had to take over his work, causing me to gradually miss the Qigong exercises. The work stress and lack of exercise worsened my disease. I was diagnosed with bone and lung cancer metastases. So I decided to stop work and went on to do second line chemotherapy in General Hospital Kuala Lumpur. I got a lot of support from all my friends. Before this, we seldom kept in touch. Here, I would like to thank my friend, Lee Shin Yi who brought me to Tung Shin Hospital to get traditional Chinese medicine to ease the side effects of chemotherapy. My sister accompanied me to attend talks on cancer in KL too.

After the second line chemotherapy, the result was not encouraging. The doctor suggested third line chemotherapy but I declined. This was because I wanted a better quality of life. I believe that a good mind set will create a healthy body.

The effort of getting back to work caused me severe pain and I was admitted to the Palliative Care Unit (PCU) in General Hospital Ipoh. Thanks to the doctors and nurses in PCU and Ms Wong too, my pain is being controlled.

I know the road to fighting cancer is long. I fill my day with the joy of getting into the teachings of Buddha. With the strength of God, I know my future is bright.



THANKS

*Promoting the  
Spirit of Care*

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**PPCS, 54 Jalan Sultan Azlan Shah,  
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**Tel/Fax: (605) 546 4732**

**Email: [admin@ppcs.org.my](mailto:admin@ppcs.org.my)**

**DONATIONS** received during July – September 2015

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(\*imo = in memory of)