

My Educational Journey

by Nurse Yee Yuin Hsiang



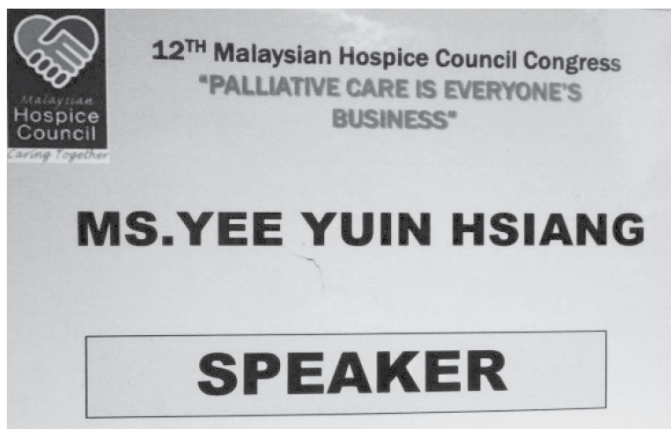
On 24th April 2016, I was given an opportunity to present a talk at the 12th Malaysian Hospice Council (MHC) Congress. That was my first time presenting a talk in public. Coping with work in a private organization as an ICU/CCU/HDU Registered Nurse was always stressful. There was always a feeling of some dissatisfaction as I felt I was a robot trying to complete assigned daily tasks.

I ventured into palliative care without having any understanding of it but had hoped it would give me more satisfaction in the caring profession.

However, the journey of my education in Perak Palliative Care Society (PPCS) has helped me become more confident and knowledgeable in handling and caring for patients and their families at their most vulnerable moments. My presentation covered briefly my educational journey as a palliative care nurse for the past 5 years.

In conclusion, I believe that if I can DO it, many more can too. I hope my presentation will be an inspiration to those who have doubts and fears in venturing into palliative care. It is a job that gives satisfaction in providing holistic care not only for patients but also their loved ones.

The talk went smoothly with good response. I would like to thank Dato' Dr Ziaudin, Prof Edward Poon and Sr Sumathy for their full support. And also the PPCS team members and committee.





My experience in PPCS

By Nurse Arokiamary Sinnappan (Mary)

PPCS provides home care to palliative clients who are suffering from common symptoms. I am glad to have worked in PPCS as a staff member for 6 months. I have gained very good experience and improved my communication skills through listening and talking to clients. I developed a close rapport with clients while caring and respecting clients' needs during my home visits. The staff working in PPCS are very helpful and are well versed in their work. They love to teach with confidence. They are great role models.

With each day, my home visits became more meaningful as I gained experience. It was a challenge to face dying patients during their end of life. I've seen some clients suffering pain and were anxious that their end would be a painful one. Using Malaysian Cancer Pain Management Guidelines, we as a team managed to control their pain and ensured quality of life was preserved as much as possible. Thank God most of our clients had painless and peaceful deaths. I saw different types of cases, some with challenges in wound management. Some of the cases were depressing

and gave me sleepless nights. The staff in PPCS are very supportive and motivated me to overcome my stress. They taught me spiritual care and how to move towards effective holistic care. This will enhance delivery of spiritual care. I thank god for the experience in PPCS which has improved my knowledge and skills caring for palliative patients.

The Sunshine program that is conducted in PPCS every month is to encourage clients to be out of their home and provide an opportunity for care givers to take a short break. I was impressed with the activity organized by volunteers. I salute them for their help and effort in the activities.

I wish to thank all staff members who have provided their support and love during my tenure here. The things that I have learnt in PPCS will be put to good use in caring for palliative care patients wherever I may work in future.

I thank PPCS for giving me the opportunity to attend End of Life Care Nursing Education Consortium Train-the-Trainers sessions which was organised by a team from Ang Mo Kio Thye Hua Kwan Hospital of Singapore.



LOST

by PCN Wong Shau Mun

Most of us know the panicky feeling of being lost in a crowd or on a journey. Recently I got lost in KL while trying to get to my hotel. I was going around in circles and somehow I went into the Smart Tunnel and nearly to Cheras, which was in the opposite direction!



Being lost was a serious matter to me and it made me reflect the many times we were “lost” in our lives.

There are many meanings to the word “lost”. For example; lost – as in giving so much attention to what you are doing that you are not conscious of anything else that is happening around you; lost- as being confused and not knowing what to do in a particular situation;

lost – as not knowing where you are and how to get to a place.

We would certainly have experienced many instances of being lost during our adult lives - where to go, what to do, or how to deal with the inner feeling of having too much to bear.

How do we deal with Lost? The trick is to keep your head up in those times and to think of better days to come... which is HOPE. **Why is hope important?** Well, life is difficult. There are many obstacles. Having goals is not enough. One has to keep getting nearer to those goals, amidst all the inevitable twists and turns of life. Hope allows

people to approach problems with an optimistic mindset based on an expectation of positive outcomes.

I’ve been thinking about Hope a lot lately. Hope isn’t rational. Hope doesn’t make sense. Hope sees beyond the obvious. Hope may seem naive. But, without Hope, what else do we have? Hope is like a single candle burning in the night, it gives light for us to

continue on and find the way out of the darkness. Because of Hope, some people take action and decide what will become of their life. Hope is the motivator. Hope is the inspiration. Hope may not necessarily be the driving force, but it’s certainly an inspiration.

Sometimes life can seem a bit disappointing and pain is inevitable, and while we may say that we know good can come out of it, what hurts still hurts.

People may have no choice but to accept disappointment, but they must never lose Hope, because in life there will be many failures and without Hope, there will never be a single achievement. Hope is a very necessary component of everyday life.

We must never give up and never think that our goal is impossible or too hard to attain. If everyone thought that the goals that they had set in life were too difficult, there wouldn’t be any of the great inventions today, and this world would be a much different place.



“If you lose hope, somehow you lose the vitality that keeps life moving, you lose that courage to be, that quality that helps you go on in spite of it all. And so today I still have a dream.”

~ Martin Luther King, Jr. ~

