

## PENEMPATAN SEMENTARA DI PERAK PALLIATIVE CARE SOCIETY PADA 15 MEI HINGGA 18 MEI 2017

Wan Maimunah bt Wan Yusoff,  
Koordinator Palliative YOKUK @ Sayang Home Care

**P**ERAK Palliative Care Society merupakan Pertubuhan sukarelawan untuk merawat pesakit kronik yang tiada harapan untuk sembuh dan bertujuan untuk memberi keselesaan dan kawalan simptom. Pasukan yang terdiri dari doktor, jururawat dan sukarelawan terlatih yang melawat pesakit di rumah, membantu dari segi khidmat nasihat penjagaan pesakit, pengawalan simptom dan tahap kesakitan, meningkatkan kualiti kehidupan dan memberi sokongan kepada keluarga yang sedang berkabung. Kebanyakan pesakit adalah pesakit kanser kronik dan penyakit yang mengancam nyawa.

Perkhidmatan yang diberikan adalah percuma dan pesakit serta keluarganya hanya perlu menampung kos ubatan.

Selama empat hari mulai 15 Mei 2017 hingga 18 Mei 2017 saya bersama 3 rakan sekerja di PPCS dan berpeluang mencari pengalaman bersama staff yang bertugas sangat membanggakan. Sikap professional, rajin, jujur dan ikhlas dalam tugas sangat membantu pesakit dan keluarga menyelesaikan masalah penyakit yang dihadapi.

Hari pertama saya melawat pesakit yang tinggal di 'Nursing Home'. Keluarga pesakit bersama menemani pesakit di sana. Kebersihan dan ubatan pesakit dijaga oleh pengasuh yang menjaga pesakit di sana. Keadaan pesakit sangat tenat, demam tinggi dan mengalami kesukaran pernafasan. Beliau mempunyai kudis tekanan yang di 'sacral region' 10 cm lebar dan tahap 4. Cucian luka 'dressing' telah dilakukan untuk kebersihan dan



Staf YOKUK bersama Dato Ziaudin dan Pn. Hjh Siti Fatimah, Jurupuluh Anggota (Physiotherapist) Sukarela PPCS



Penyampaian cendrasihati pada hari terakhir penempatan



4 orang dari YOKUK bersama Jururawat Paliatif Nancy dan Penyelaras sukarelawan, Ms Cheong

kurangkan bau. Pengasuh dan keluarga dinasihatkan untuk ubah baringan bagi menyelesaikan pesakit dan kesembuhan kudis tekanan. Pesakit tidak boleh makanan. Nasihat untuk memberi minuman susu dan dapat menelan dengan baik. Keesokannya kami membuat lawatan susulan terhadap pesakit ini dan keadaan bertambah tenat. Pernafasan 'gaspings' dan pesakit meninggal dunia semasa kami berada di sana. Keluarga pesakit ditenangkan dan urusan mayat diurus oleh pengurus 'Nursing Home' tempat beliau menginap.

Saya juga berpeluang melawat Unit Paliatif Care di Hospital Ipoh dan Palliative Ward di Hospital Batu Gajah yang sangat selesa dan mesra pengguna untuk Pesakit Paliatif dan keluarga. Kedamaian, ketenangan dan bebas dari kesakitan adalah impian yang diharapkan oleh pesakit kronik yang sering didalam kesakitan dan kesengsaraan penyakit yang ditanggungnya. Ward seperti itu membantu menyenangkan dan mendamaikan pesakit mengakhiri hayatnya. Tahniah pada Jabatan Kesihatan Negeri Perak kerana sentiasa bekerjasama dengan PPCS demi pengakhiran hayat setiap manusia. Semua manusia tidak terlepas melalui proses penuaan dan kematian. Semoga usaha murni PPCS dan Kementerian Kesihatan khususnya di Negeri Perak menjadi contoh bagi negeri-negeri lain di Malaysia.

Tahniah untuk YBhg. Dato Dr. Ziaudin dan semua petugas Perak Palliative Care Society di atas usaha murni yang sangat membantu pesakit yang terlantar dan keluarga

# Food Fair 2017



In conjunction with Hospis Malaysia's Palliative Care Awareness Month



A rather successful food fair was held on 22<sup>nd</sup> April 2017, in conjunction with Hospis Malaysia's Palliative Care Awareness Month themed 'Living And Dying In Pain; It Doesn't Have To Happen'. This theme draws attention to the practical steps that can be taken to ease suffering for thousands of people. Exhibition booths were set up in hospitals to promote awareness of palliative care and the week culminated in the food fair.

Usually a biennial event, the food fair is one of the sources of funding for PPCS. Most of the food sold at the fair are cooked by friends and volunteers of PPCS and this year, about 35 stalls were set up to sell a gamut of stuff ranging from food to plants. The response was very good and most things were sold off very quickly.

'Every year, 4 out of 10 Malaysians will require palliative care at the end of their lives. This translates to an estimated 56,000 patients every year. Even more worrisome, less than 10% have access to this essential aspect of medical care and have no or inadequate access to controlled medicines for pain relief. This means that, for many people, a diagnosis of a serious illness such as cancer brings not only a traumatic confrontation with living, but also the fear and reality of unmanaged, often excruciating pain.'

## WORKSHOP For Care Givers

ON 1<sup>st</sup> of April 2017, Palliative Care Nurses Nancy Koh, Esther Leong, and I did not have an April Fool's Day. Instead, we had the privilege to facilitate a Workshop for Care Givers in PPCS.

What is Basic Care? It is the ability to provide basic comfort and assistance to family and loved ones and to assist them with the tasks of daily living. Indeed, we need to develop a greater focus on the promotion of wellbeing since illness is quite common and a sizable population is already caring for one or even two individuals who are sick in their household.

We had 20 participants from the general public. Most of the participants are already caring for a sick person at home while some of them wanted to learn basic care for future need. We covered a wide range of topics from hand washing which is often neglected in practice, sponging and shampooing a bedridden patient (it's not easy but once you have seen it, you can do it), oral care, changing of diaper (which part of diaper is facing front or back) to more complicated topics like naso-gastric tube feeding.

The workshop adopted a hands-on approach. It integrated practical know-how with technical understanding to provide safe and sensitive care. We encouraged all the participants to get involved and have fun doing it.

I am glad to say that on that day, we had fun teaching and the participants were equally happy to get their hands wet and dirty. Feedback from the participants was positive. They have gained some knowledge and will be able to share and care for their loved ones. Basic care is a life experience and it needs to be undertaken in a dignified, safe, and caring manner.

PPCS hopes to organise more of such workshops on a regular basis.

*Nurse Manager Wong Shau Mun*





# Massage Therapy and Total Pain

How this therapeutic intervention helps palliative patients

by **Chandrika P Choo** (*Complementary Therapist*)

**P**AIN is for the most part unavoidable with palliative patients and when one undergoes total pain, physical agony first comes to mind. However, there are four types of pain identified in total pain namely Physical, Emotional, Social and Spiritual. So can massage therapy, when integrated in supportive care, help to minimize the incidence of total pain?

Currently, extensive studies and research are being conducted by the massage fraternity for pain management and it is now evident that massage has emerged as one strong possible modality that deals with all four types of pain. How?

Massage therapy, when offered in a therapeutic form, soothes physical pain. It is now apparent that massage therapy has the ability to calm nerves in appropriate conditions and situations. As for the social suffering, isolation is certainly reduced by the deep human contact via 'touch' at the bedside. The emotional pain of anxiety and depression, on the other hand, is greatly reduced with a gentle, comforting presence via 'touch' and 'listening'. Lastly, with spiritual pain, the methodology of body language, gentle voice, non-judgmental listening and



tender touch is able to bring about a sense of peace to the body and mind as the patient laments the spiritual pain. Healthcare providers who work in this therapeutic setting with life limiting, life threatening or end of life cancer and non-cancer patients, will find this to be one of the most sacred experiences.

Massage therapy, when rightfully administered can be an anointment, a blessing and an expression of unconditional love and is compassionate in action. In this form of giving, massage therapy goes beyond religious boundaries and embraces the laments, grieve and suffering by its non-judgmental presence and by simply being there and listening.

Finding an oasis in the midst of it all when massaging a person at the end of life stage can often be challenging. The only way to cope during this situation is to be mindful of finding calmness in the middle of it all. Allowing the self and teaching the family to remain calm helps focus on care delivered. There is definitely a therapeutic connection when touch is extended towards total pain.

Article references from International Journal of Therapeutic Massage and Body work, S4OM, AMTA, The Groundswell Project, Evidence Informed Massage Therapy, Massage Therapy Journal and Final Touch Training via Facebook

'Welcome everything and push nothing away.  
It is very difficult to welcome the hard stuff.  
But being present to each unfolding moment, just as it is,  
Allows us to disengage from 'fight or flight.'  
Only then can we become a calm presence to others.'

*by Final Touch Trainers*

**THANKS**

*Promoting  
the Spirit  
of Care*

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**PPCS, 54 Jalan Sultan Azlan Shah, 31400 Ipoh, Perak.**

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Hong Kin Wah	50	Yeoh Say Leng imo Yeoh Guan Seng	1,050	Sam Chay Mey	1,000
Wong Moy Foong	100	Anonymous	505	Chan Boo Kooi & Son Sdn Bhd	5,000
		Wong Pooi Shan imo Foo Siew Mee	100	Lim Soon Kong imo Lim See Lin	100

(\*imo = in memory of)