

18th Annual General Meeting

The 18th Annual General Meeting was conducted without queries on all reports presented. These were approved together with the accounts of the Society for 2011. The appointments of Ernst & Young, Chartered Accounts, as auditors and Mr Romesh Roy and Ms Ooi Siok Hoon as legal advisors were duly approved.

Being an election year, the following committee was elected for 2012 - 2014:

Honorary President	Dr Koh Wai Keat
Honorary Vice-President	Datin Seri Suraini
Honorary Secretary	Datin Judy Yap
Assistant Secretary	Datin Lin Hui Yi
Honorary Treasurer	Datin Teh Li Li
Assistant Treasurer	Ms Chan Lai Yoong
Committee	Dato' Dr Ziaudin
	Dato' Dr Jenagaratnam
	Ms Amarjit Kaur
	Mr Cheah Tat Hoong
	Ms Judy Chua
	Dr Elangovan
Honorary Advisors	Dr Rosalie Shaw
	Dr Boon Chai Peng



Dr Boon Chai Peng resigned as Honorary Medical Director and member of the Main Committee with effect from 18 August 2011 due to personal reasons. She consented to remain as Honorary Advisor and Dato' Dr Ziaudin was appointed as the new Honorary Medical Director.

There was mention and discussion of future plans for a new permanent premises to house the Society's work. We hope this will materialise so that the work of PPCS can continue to expand in serving the community effectively without any interruptions and time wasted in having to uproot when required to.

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 ADVISORS: Dr Rosalie Shaw PSM, MBBS Hons (Monash), FRACMA, FACHPM, BA (Melbourne), BEd (Melbourne), RN, RM; Dr Boon Chai Peng, AMP

New Appointments & Faces



Honorary Advisor **Dr Boon Chai Peng**

Dr Boon Chai Peng was appointed Honorary Advisor as from September 2011 and was endorsed at the recent 18th Annual General Meeting on 24 March 2012. She joined PPCS as a volunteer doctor in 1996 after 15 years in private practice. She subsequently served in the committee as an Honorary Medical Director from 1998-2000 and then again from 2006-2011. From 2003-2006, Dr Boon was a full time Medical Director, prior to which, she was elected President for 2 terms from 1998-2002. Dr Boon was instrumental in developing Project Cendawan since 1998 to help people living in areas beyond the service area of our Ipoh Home Care Team to set up their own palliative care teams. This project now supports people who need palliative care in 34 small towns in Perak. Project Cendawan is presently being led by Sister Nancy Koh. Dr Boon was also Chairperson of Education and Training from 2000 till 2010.

We thank Dr Boon for her invaluable contributions towards the growth of PPCS in more ways than one. We are grateful that she remains as Honorary Advisor to PPCS.



Honorary Medical Director **Dato' Dr Ziaudin Ahamed b. Abdul Kareem**

Fondly known as Dato' Zia, he joined PPCS in May 2007 as a volunteer doctor and committee member. Dato' Zia was a founding committee member of Hospis Kelantan when he was serving as Administrative Medical Officer in Hospital Pasir Mas, Kelantan. He was promoted and transferred to Hospital Ipoh (Hospital Raja Permaisuri Bainun, Ipoh) in 2002 as Hospital Director from 2002-2006. Subsequently, after retirement, he re-joined Hospital Raja Permaisuri Bainun, Ipoh and continued in his area of interest in palliative care as Medical Officer of PCU till now.

We are most fortunate to have an experienced doctor who is passionate about palliative care to lead our medical team.

Committee Member **Dr Elangovan Subbiah**



Dr Elangovan has been an ordinary member of PPCS since 22 May 2000. He hails from Taiping and had his early education at St George's Institute, Taiping. He has served at hospitals in Perak and is at present with Pejabat Kesihatan Daerah, Batu Gajah. In 2005, he was Medical Team leader in Bandar Aceh after the tsunami. He is presently the chairman of Public Health Society, MMA since 2011. We are glad to welcome Dr Elangovan to the committee and with his experience in humanitarian and community work, we are confident he will be contributing towards the advancement of the Society's work.

Palliative Care Nurse: Nik Norazma Bt Nik Man



My name is Nik Norazma Bt Nik Man, born and brought up in Kota Bharu, Kelantan, I studied at Nursing College Poly-Tech Mara in Kelantan and graduated in 2010.

Upon graduation I worked as a community nurse at Community Medicare Centre, Kelantan for a year. My working experience included treating patients with wounds due to diabetes, minor surgery, ECG echo cardiography as well as home visits with doctors.

I learnt about PPCS from my friend, who suggested that I apply for work as a Palliative Care Nurse. I joined PPCS on 12 September 2011. During my probation, I followed the senior nurses on their rounds and was exposed to palliative care nursing in the Home Care Programme. Cancer patients at home need palliative care to improve quality of life, symptom control and promote comfort.

Lastly, I would like to thank all committee members who gave me the opportunity to continue to work at PPCS when I was confirmed on 1 April 2012. For all senior staff, thank you for teaching me everything. I would like to use the opportunity to help the terminally ill. I am willing to learn and increase my knowledge which will benefit my future and the society. I will do my best.

~ Nurse Nik Norazma

VOLUNTEER TRAINING WORKSHOP

3 MARCH 2012 • 9:30 AM - 4:00 PM
at Perak Palliative Care Society
(14 Lebu Woods, Canning Garden, 31400 Ipoh)

This was a very eventful workshop attended by 25 participants. The participants were one doctor (family physician @ Pusat Kesihatan Hillcity) and eighteen nurses (two from Perak Community Specialist Hospital, six from Kinta Medical Centre, five from Fatimah Hospital and five from KPJ Ipoh Specialist Hospital)

The topics covered were:-

- 1) "What is palliative care?" – by our Honorary Oncology Clinical Nurse Educator, Joan Chee. This was a good introductory session especially for the medical staff where the importance of palliative care as part of medical care was being emphasised.
- 2) "Myths of Morphine" – by our Nurse Manager, Sumathy Arumugam. The participants commented that the interactive session was able to clarify their understanding on the use of morphine, rectifying myths about it.
- 3) "Alternative Massage Therapy" – presented by our Care Coordinator, Chandrika, who did a demonstrative session on Basics of Massage Therapy.
- 4) "Anticipatory Grief" – This was a "sharing" session where Chandrika shared her knowledge from the Grief & Bereavement Workshop and its implementation.
- 5) "Case Study" – Conducted by our Honorary Advisor, Dr Boon Chai Peng, who shared her experience and knowledge on handling difficult cases towards creating a "BETTER" quality of life.
- 6) "Role of volunteers" – the workshop was concluded by our Volunteer Coordinator, Amarjit Kaur on some basics of volunteerism.

At the end of the workshop, participants expressed that they look forward to more such training programmes organized by PPCS.

SUMATHY ARUMUGAM

We thank all our donors for their generosity. As PPCS is a non-governmental agency, it relies substantially on the financial support of the general public. If as a reader of this newsletter, you wish to donate something to the Society, or you know of anyone who might be interested in doing so, please direct your personal donation or inform them to contact the Honorary Treasurer at:

PPCS, 14 Lebu Woods, Canning Garden, 31400 Ipoh, Perak.
Tel/Fax: (605) 546 4732 • Email: admin@ppcs.org.my

THANKS
*Promoting
the Spirit
of Care*



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*imo = in memory of