

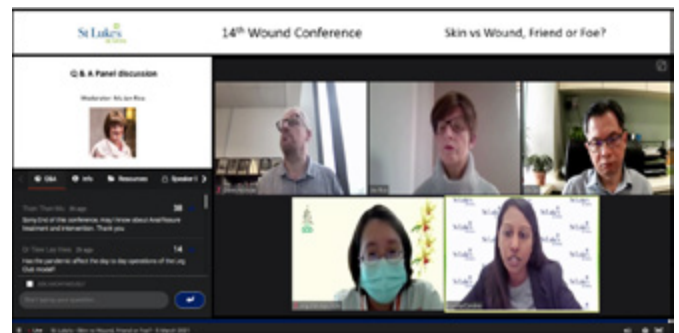
Happenings

A FRIEND TO WOUND CARE

St Luke's Hospital aims to bring value to patients, people (staff) and partners. This article, the last in a series of three, looks at bringing value to partners.

As the world fights the prevalent pandemic, wounds continue to be a "hidden epidemic" carrying heavy physical, emotional, psychological and financial cost for patients and families.

In an effort to support the local healthcare community in wound prevention and treatments, St Luke's Community Wound Centre conducted its first virtual wound conference on 5 March 2021. More than 300 healthcare professionals participated in the conference themed "Skin vs Wound – Friend or Foe?", which saw local and overseas experts discuss how to care for the wound as well as the patient inflicted with the condition.



Participants took part in a panel discussion moderated by Wound Care Consultant Jan Rice at the 14th Wound Conference organised by St Luke's Community Wound Centre.

Ellie Lindsay, founder of the Leg Club in England and keynote speaker at the conference, shared how a social prescribing model of care is a "friend" to wound care. The Club prides itself in providing a non-clinical environment for its patients to receive treatment and at the same time, provide mutual social support for each other. This helps to bring patients out of disease-related social isolation and have a better quality of life.

With a dedicated wound ward and multi-disciplinary team, St Luke's Hospital cares for patients with complex wounds, helping them to recover and reintegrate in the community. The hospital also partners with healthcare institutions to train healthcare professionals in intermediate wound care management course which is accredited by the European Wound Management Association.

Leveraging on collaborative partnerships, St Luke's Hospital remains committed to extend and grow wound care capacity and capabilities in the community through clinical care, education, training, research and innovation.

St Luke's Community Wound Centre conducted its first virtual wound conference on 5 March 2021.

VISION

Transforming community care



slh.org.sg

MISSION

A Christian healthcare provider enriching lives in the communities



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ST LUKE'S HOSPITAL

2 Bukit Batok Street 11,
Singapore 659674



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BRINGING BACK THE GOOD OLD DAYS

As Ong Siew Kim, 86, harvested kangkong in St Luke's Hospital, memories of her younger days rekindled her heart with fond reminiscence.

Siew Kim had been admitted for rehabilitation after a hip surgery.

Decades ago, she had lived in a kampung, leading a simple life farming in the day and relaxing at night. While it was hard work under the sun planting vegetables and farming animals, she said, "Those were the good old days. We had wider space to run about, and most people were happier and relaxed."

Siew Kim was someone who had kept herself busy but with age, she became "lazy" and less active. The opportunity to plant and harvest kangkong in the hospital has motivated her to be active again as she looked forward to frying sambal kangkong to go with her meals.

Seeing patients as "partners" in their recovery journey allows therapists to come up with innovative ways in

rehabilitation. At St Luke's Hospital, leisure activities such as gardening, table tennis, lawn bowling, brain teaser games, cooking and painting are offered to motivate patients to stay active based on their interests. By allowing patients to play an active role in their therapy, it helps them to develop confidence and contribute to optimal recovery outcomes.

"Leisure participation enhances personal well-being through creative and enriching experiences. It provides a sense of belonging through meaningful communication with others, develops self-determination and provides opportunities to make decisions," said Senior Occupational Therapist Nor Azilah Binte Pami. "Engaging in leisure of one's choice helps to develop positive attitudes to learning, and increases the sense of empowerment and self-value."

Occupational therapy helps improve or maintain patients' function, especially through activities that are meaningful to them. Leisure activity may be used as a therapeutic tool to improve their physical, mental and emotional well-being.

Azilah added, "As leisure activity is non-obligatory, patients feel in control and they may be motivated by a sense of intrinsic reward and enjoyment."



Ong Siew Kim recalls the happy moments of her youth as she harvests kangkong in the hospital's raised garden beds.

CANCER REHABILITATION



Chua Bong Chee participates in rehabilitation exercises at St Luke's Hospital to build up her strength and energy level, which may help alleviate the effects of her cancer treatment.

Chua Bong Chee, 69, was diagnosed with stage three cancer. Two operations and chemotherapy left her feeling exhausted.

Bong Chee's oncologist at National University Cancer Institute, Singapore (NCIS) referred her to the cancer rehabilitation programme at St Luke's Hospital. The programme may alleviate the effects of cancer and its treatment, and may improve survival rate, physical strength and quality of life.

Through the programme, Bong Chee gained more energy, strength and better balance in walking. She also developed a positive mindset to keep herself healthy physically and mentally. She said, "You have to take charge of your own health and happiness, nobody can do it for you."

The days pass quickly for Bong Chee now as she spends her time meaningfully, exercising, cooking meals suitable for cancer patients and spending time with her family.

Deputy Director of Rehabilitation Services Kenneth Lam said, "Cancer is challenging for patients and their caregivers. But it may strengthen their determination to live life to the fullest. Cancer rehabilitation may help patients better navigate this journey by building up their strength to mitigate the side effects of treatment and work towards better survivorship."

Cancer rehabilitation at St Luke's Hospital is available during pre-rehabilitation (before cancer surgery / treatment), treatment (during chemotherapy / radiation therapy) and post-treatment (after operation). The care team includes therapists trained in lymphoedema management for chronic swelling in the lower limbs.

Scan the QR code to watch how the cancer rehabilitation programme helped Chua Bong Chee.



bit.ly/chua_bc

OUR UNSUNG HEROES KEEPING US SAFE



"A big salute to all SLH heroes for your resilience in the face of adversity. Throughout the fight against COVID-19, you had placed patients' needs above your own! Thank you, for being here for patients and their families," said A/Prof Tan Boon Yeow, CEO, St Luke's Hospital.

When the COVID-19 pandemic outbreak first started, measures had to be put in place quickly to safeguard the safety and well-being of staff, patients and visitors at St Luke's Hospital (SLH).

Our infection control committee (ICC) began to lead all staff, from frontliners to backend administrators, in the fight against the evolving virus.

The ICC team led by Senior Staff Physician Dr Benjamin Lazam, alongside Staff Registrar Dr Fe Marie Curameng, Senior Nurse Clinician Asnah Binte Ibrahim and Senior Staff Nurse Malathi Maruthasalmoorthy, worked round the clock to quickly respond, adapt and implement

innovative initiatives in line with the COVID-19 situation. As a result, SLH was the first community hospital to implement workplace zoning and transitional wards to reduce risk of cross-infections.

"At St Luke's Hospital, we take care of our staff, patients and their families the way we want our own loved ones to be taken care of," said Dr Benjamin. Dr Benjamin is one of eight exemplary staff from SLH to be awarded the COVID-19 Hero Award at the virtually-held Singapore Health Quality Service Awards (SHQSA) ceremony on 29 March 2021.

The nation-wide event to recognise and celebrate the exemplary efforts of healthcare professionals in improving patient experience was graced by Guest-of-Honour, Mr Gan Kim Yong, Minister of Health, who thanked healthcare heroes for "going above and beyond" during these difficult times.

TAKING THE RIGHT STEPS

As the pandemic continues to disrupt our lives and the global economy, many key activities have been placed on hold. As a non-profit hospital, “giving” is still a priority, especially more so in these difficult times.

Fundraising initiatives by Flex-Singapore and Singapore Sogetsu Association have raised more than \$87,000 for St Luke’s Hospital, which will continue to enable us to sustain the support for lower-income patients and make a difference to their lives.

As part of its commitment towards improving the quality of life across communities served, Flex Singapore (Changi) held its first “Virtual Run for Hope” to raise funds to help lower-income patients of St Luke’s Hospital during this exceptionally challenging period.

One hundred Flex employees signed up for the run, running outdoors or even indoors on treadmills within the specified timeframe. The run was from 1 November to 31 December 2020. Flex matched the donations of every employee who signed up and completed the race during the two-month period. Mr Alvin Low, General Manager of Flex Singapore (Changi) said, “We sincerely hope that our contribution will help patients through the improvement of healthcare support and quality of life.”



Mr Alvin Low, General Manager of Flex Singapore (Changi) (left) presented the funds raised of \$3,000 to St Luke’s Hospital represented by Mr Kevin Lee, Corporate Communications Director on 18 January 2021.

Another organisation, Singapore Sogetsu Association, chose to inspire big hearts with their philosophy of spreading “love and charity through flowers”. Through a series of charity initiatives in 2020, the Singapore Sogetsu Association raised more than \$84,000 to benefit patients in need.



Mrs Pandora Ip, President of Singapore Sogetsu Association, presented the cheque to A/Prof Tan Boon Yeow, CEO of St Luke’s Hospital on 26 February 2021.
(Mask removed for photo moment only with safe distancing observed)

WILLING TO HELP A GOOD CAUSE

Please join us in our mission of enriching lives.

- Donate online (giving.sg/slh)
- Donate by cheque, credit card (bit.ly/give_slh)
- Donate by GIRO (bit.ly/slhgiro)
- Donate CPF Savings by CPF Nomination (bit.ly/cpfnominationscheme)
Full name of organisation: St Luke’s Hospital
Company UEN: 199205095C
Email address: donor@stluke.org.sg
- Pray for our work of Serving, Loving, Healing
- Pray for our patients, wish them good health
- Share patient stories on fb.com/slhsg as they overcome challenges
- Organise fundraisers during birthdays, anniversaries, Christmas and other special occasions including sporting achievements
- Inspire your colleagues, be corporate volunteers

As a charity hospital, most of our patients are lower income. They may have cancer, pneumonia, dementia, stroke, fractures, and may have undergone surgery and amputations. Your giving, big or small, can help them. To find out more, visit slh.org.sg/give or email donor@stluke.org.sg

DONATE ONLINE



giving.sg/slh

NEW YEAR, NEW HOME

Sim Siew Heng, 57, had no home to return to when it was time for her discharge from St Luke's Hospital.

Our Medical Social Worker, Mervin Leong had explored all resources to help her look for a place to stay, but were to no avail. The first landlord backed out, citing the inconvenience as Siew Heng was wheelchair-bound. Subsequent attempts failed too, where co-tenants could not agree on various terms.

Looking at Siew Heng's growing hospital bills, accumulated from over a year of hospitalisation at St Luke's, Mervin made an urgent application to HDB for a rental unit on her behalf as a single applicant. With all the supporting reasons that Mervin had helped to put up, HDB speedily granted a unit for Siew Heng.

Mervin then helped facilitate Siew Heng's relocation to the HDB rental unit with the collection of keys, GIRO applications to pay for her utilities, clean-up of her rental unit, install necessary fixtures such as lighting and home appliances and lastly, moving her belongings.

He also worked with community and cluster support services to coordinate the multiple care and assistance services that she needed for her well-being in the community.



Medical Social Worker Mervin Leong (left) with Sim Siew Heng (right), who is pleased with her new home and new-found independence.

Siew Heng was grateful for all the help rendered by Mervin and care staff of St Luke's Hospital. Before hospitalisation, she could at best, cook cup noodles. Thanks to her occupational therapists who had taught her during her stay at St Luke's Hospital, Siew Heng said, "Now, I can sweep and clean the house all by myself!"

Scan the QR code to watch how Medical Social Worker Mervin Leong helped Sim Siew Heng settle into her new home.



giving.sg/slh/mother
bit.ly/slh_mother

St Luke's Hospital, named after the patron saint of the medical profession, was the first hospital in Singapore dedicated to the elderly sick. We have expanded our services beyond the elderly to enrich more lives. An Institution of a Public Character, we care for 2,000 inpatients and 3,000 outpatients each year, regardless of race, language or religion. As illnesses may be long and chronic, the hospital cares holistically for patients' physical, emotional and psychosocial well-being.

Our services are available at inpatient, outpatient and home care. To find out more, visit bit.ly/slhservices



- **Inpatient referral**
6895 3290, referral@stluke.org.sg
- **Day rehabilitation**
6895 3205, drc@stluke.org.sg
- **Home care**
6895 3204, hcs@stluke.org.sg
- **St Luke's Community Clinic**
6895 3230, outpatientclinic@stluke.org.sg