SCALING NEW HEIGHTS TOGETHER AS ONE

GUEST SPEAKER
Dr Kumaran s/o Rasappan (orthopaedic surgeon)
First Singapore doctor to conquer Mount Everest in 2012

HIGHLIGHTS
Quality Awards
Find out the winners and their winning formulas

30 NOVEMBER MONDAY
4-6 PM PRESENTATIONS AND AWARDS
6-8 PM BUFFET DINNER
LEVEL 4
SUNTEC SINGAPORE CONVENTION & EXHIBITION CENTRE
This issue of Mosaic is dedicated to all our Parkway Pantai nurses. Even though Nurses Day is celebrated much earlier outside Singapore, now is as good a time as any to thank all of you. Thank you for the care, compassion and commitment you have given every single working day, to provide relief and comfort to patients and their families. We also take this opportunity to recognise outstanding nurses who have earned awards for demonstrating selflessness and elevating the standards of the nursing profession, with integrity and humility (page 10 to 17).

As our healthcare landscape evolves and patient expectations and demands increase, nurses today take on a bigger role than before. To meet new and future challenges, it is useful to keep in mind the age-old concept of quality. Quality is what defines us as an outstanding healthcare provider. Come November 30, our Singapore operations will recognise and reaffirm our commitment to high quality patient care and safety, at the 2015 Parkway Quality Convention for employees.

As we continue to scale up through acquisition of Global Hospitals which has a chain of five hospitals in India and opening of a new managed hospital for women and children in Abu Dhabi (page 38 to 39), it is paramount that we maintain the same high standard of patient care that has become synonymous with our Group.

With 2016 fast approaching, the Mosaic team wishes all of you good fun with the year-end festivities and hope you will make the most out of what’s left of 2015.
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beat jet lag

If you are bound for a destination that transcends time zones, sleep and stress management expert Dr Nerina Ramlakham advises you to prepare your body a week ahead by keeping to a good sleep routine and healthy diet. The reason is jet lag symptoms tend to take a greater toll if you travel with a tired body.

Keeping active at the airport instead of sitting around before boarding helps to make you less sluggish. You should focus on getting rest on board the plane instead of working. Staying hydrated and avoiding stimulants such as alcohol and caffeine during the flight will also help you feel better upon arrival. At your destination, have a balanced meal, and resist taking naps to ease back into the routine of staying awake in the day and sleeping at night. To aid your body in adjusting naturally, avoid sleeping pills.

Source: MailOnline

high intensity help for arthritis

Arthritis is a chronic condition which can destroy your joints. It causes weakness and loss of movement, and sufferers are at an increased risk of heart disease. It affects three times as many women as men.

A pilot study on arthritis patients by the Norwegian University of Science and Technology suggests that high intensity training not only does not aggravate their condition, but has positive effects on heart disease risk factors.

18 women with arthritis, between the ages of 20-49, participated in 10 weeks of intense training on a spinning bike twice a week. The participants showed improved endurance and they suffered less inflammation as measured by the inflammation marker C-Reactive Protein. They also saw a significant increase in oxygen intake, which helps in reducing the risk of heart disease, and a small reduction in body fat and waist measurement.

Source: Science Daily
How can you ensure that you are eating an adequate portion of protein, vegetable, carbohydrate and fat without weighing and measuring your food all the time? Precision Nutrition, an online nutrition coaching company, has a simple solution.

Your palm determines your protein portions. A palm-sized portion is the same thickness and diameter as your palm. Use this measure for foods like meat, fish, eggs, dairy and beans.

Your fist determines your vegetable portions. Use a fist-sized serving for veggies like broccoli, spinach, salad and carrots.

Your cupped hand determines your carbohydrate portions. If you are including extra carbohydrates such as grains or starches in a meal, use a cupped hand to determine your serving size.

Your thumb determines your fat portions. Use your entire thumb to determine your serving size of extra fats like oils, butters, nut butters, and nuts or seeds.

Generally, men may consume two portions per protein, vegetable, carbohydrate and fat in each meal while women consume one portion.

Source: Livestrong

Led by scientists at University College London, a study carried out in three continents found that those who work more than 55 hours a week have a 33 per cent increased risk of stroke compared with those who work a 35 to 40-hour week. They also have a 13 per cent increased risk of coronary heart disease. Those who work 49 to 54 hours have a 27 per cent increased risk of stroke while those working between 41 and 48 hours have a 10 per cent higher risk.

The findings will confirm the assumptions of many that a culture of long hours in which people work from early in the morning until well into the evening, with work also intruding into weekends, is potentially harmful to health.

Source: The Guardian
strengthen your heart with protein

It turns out that a nice juicy steak could be as good for your heart as giving up smoking. Researchers at the University of East Anglia have found that people who eat plenty of protein rich food have lower blood pressure and healthier arteries. The research was based on a study of 2,000 British women.

The scientists say those who had foods with the highest amounts of amino acids, which help build cells, tissues and muscles, had lower blood pressure and arterial stiffness. Seven amino acids were investigated and it was concluded that acids from vegetables are better for blood pressure, while those from dairy, meat and fish help with arterial stiffness.

A beneficial daily amount is estimated to be 75g of steak, 100g of salmon fillet or 500ml of skimmed milk.

Source: MailOnline

balancing on heels

The feet and ankles of women who wear heels for extended periods differ from those who go for flats, but how do heels change our feet?

Researchers at Hanseo University in South Korea observed a group of university students who were training to become airline attendants. The students were required to wear high heels to class. With each passing year from freshmen to seniors, the students would have accumulated one more year of heel-wearing experience. The women were tested for balance and strength of their ankle muscles.

Results showed that the sophomores and juniors had stronger ankle muscles, but the seniors who had been wearing heels the longest showed weakening of the same muscles and poorer balance. The muscles on the sides and the front and back of the ankle have become progressively unbalanced over time, leading to ankle instability and eventual decline in muscle strength.

Source: The New York Times

toilet facts

While it is true that in theory, many diseases including E. coli, norovirus, and even Ebola, can be picked up from a toilet, swab studies indicate that many bathroom surfaces, especially handles and latches, are equally or even dirtier than toilet seats.

Experts say that the danger of catching a disease from a toilet seat is minimal unless the germs come in contact with an open cut, or reach the mouth, nose or eyes by hand. Healthy skin is an effective barrier against germs. In comparison to the skin of the face or hand, the skin of the buttocks and legs are less likely to be cracked as it suffers less exposure to external damaging factors. If you still feel at risk, consider carrying antiseptic wipes with you as tests have shown that they reduce germs on toilet seats by half.

Source: The Sydney Morning Herald

strengthen your heart with protein
**brew your green tea**

Matcha is a powdered green tea made from stone-ground whole tea leaves, and is most valued for its high catechin content, a type of antioxidant. Various studies have linked green tea consumption to reduced cancer risk, while other tests have indicated that matcha might be useful for weight loss.

If you are eyeing the health benefits of matcha over its flavour, having it the traditional way seems to be best. Experts believe that the way matcha is prepared and consumed affects its potential health benefits. Iced and ready-to-drink options have fewer key nutrients than brewed matcha. The benefits are further diluted in other variations such as matcha lattes, smoothies and brownies.

*Source: The Telegraph*

**whiter teeth at home**

Dr Okoye of the London Smiling Dental Group has a natural tooth whitener formula that helps you achieve whiter teeth without going through professional whitening procedures.

Create a paste with eight ripe and soft strawberries and half a teaspoon of bicarbonate of soda, or baking soda. Bite on a piece of cotton and apply the paste over the teeth, rubbing it gently to activate it.

Baking soda is abrasive. It removes debris and stains to make the teeth appear brighter and whiter. The strawberries add to the whitening effect with ascorbic acid, a gentle acid which is also effective in removing surface stains and making teeth shine.

*Source: MailOnline*
We need more people who are prepared to go above and beyond the call of duty, who will find more innovative ways to work.

Elaine Ng, Group Director of Nursing

Nurses’ Day is a special day to recognise and appreciate nurses. For Nurses’ Day this year, Parkway Pantai held its central celebrations at Shangri-La Hotel in Singapore on 31 July to honour its Singapore staff and the nursing profession. This year, Parkway’s Nurses’ Day theme was Trusting, Leading and Caring (TLC). In recognition of the nurses’ growth and achievements, the Nurses’ Day celebration theme was TLC with a twist: Trusting, Leading, Caring instead of the proverbial Tender Loving Care.

Elaine Ng, Group Director of Nursing, reminded in an inspiring speech that one should attempt actively to make incremental changes that result in an improved or different outcome.

“We need more people who are prepared to go above and beyond the call of duty, who will find more innovative ways to work within financial constraints, help each other with heavy workloads and look for ways to perform the job more effectively,” she stressed.

Sharing her hopes for the nurses and the profession, she concluded her address to loud cheers and applause from the audience that included the senior management, “I hope that there will be a day when nurses become the most respected of all of our professions. Nurses will have to step up and take on the responsibility that goes with a much greater leadership role. We must uphold our Parkway Pantai’s Nursing Philosophy of Professionalism, Expertise and Advocacy.”
An original poem from one nurse to another, in recognition, with mutual respect, understanding and admiration by Jumahad Asmat, Mount Elizabeth Novena Hospital.

Truly Yours

Your Smile shines the day to start with
Your Beautiful Heart gives the courage to carry on
Your Gentle Touch soothes the pain
Your Enlightening Words lighten the burden and sufferings
Your Passion and Determination always inspire
Your Strength embodies the weak to stand tall
You are everything in every way

To all my fellow Nurses & Nursing Leaders
We shall lead and aspire our Young Nurses
To carry on this Noble Profession
With Virtue and Respect
Thank you my fellow Nurse

From left:
Kimberly Boey, Mount Elizabeth Novena Hospital
Ma Win Le, Mount Elizabeth Hospital
Wang Hong Xian, Mount Elizabeth Hospital
Siti Nadijah Noraswan, Parkway East Hospital

Courage Fund recipients, please stand up!
For nurses to step up, increasing professional knowledge and expanding skillsets through continuous education is a must. Here are four outstanding Parkway nurses who are pursuing their degree in Nursing and have been awarded the Courage Fund bursary to do so. Congratulations! The rest, be inspired! 🏃‍♀️
Treat your patients as you want to be treated. A smile, a caring attitude, and kindness go a long way.

Tan Vui Vui, Nurse Manager from Mount Elizabeth Hospital

Nurse ROLE MODELS

singled out

Nurses are beacons of light to patients in the face of sickness. To honour their best nurse talent, Parkway Pantai shone the spotlight on them instead during Nurses’ Day central celebrations.

The Singapore Operations Division presented five special nursing awards to recognise internal nurse talent. Fourteen outstanding nurses were lauded for their excellent work and their dedication to care, teach, mentor and precept.

Inspiring Nurse Leader

Tan Vui Vui
Nurse Manager
Mount Elizabeth Hospital

Nurse Manager Vui Vui has consistently displayed outstanding leadership and management skills when it comes to setting and maintaining quality standards, resource management in daily ward operations and staff development.

She is instrumental in the change of nursing care model from Functional Nursing to Team Nursing. Through her perseverance in upholding the Team Nursing model, nurses are empowered to assess, analyse, implement and evaluate care systems based on the most current scientific evidence to improve patient outcomes together. This results in safe, seamless care transitions for patients.

Vui Vui says, “When my name was called to receive the Inspiring Nurse Leader Award, I was very humbled to be recognised and singled out as one member of an incredible team.

“Receiving this award was a surprise. There were many deserving others. For me, this award is for those who have provided guidance, counsel and support to me. Special thanks to GDON Ms Elaine Ng, DON Ms Mona, DDON Lim Bee, my mentor ADON Tang Lin Yok and not forgetting my entire nursing team of MEH Ward 9. My immediate comment to them was that it meant more to know who nominated me than to actually win the award, and I meant that with all sincerity. I just happened to be the one receiving it.

“The message I would give other nurses: treat your patients as you want to be treated. A smile, a caring attitude, and kindness go a long way. Set personal goals in nursing. Continue to learn and grow within your chosen area of specialisation.” 🌟
Promising Young Nurse Award
From left:
• Betilda Yvonne
  Parkway East Hospital
• Chaw Kalaya Nway
  Gleneagles Hospital
• Tran Ngoc Thao
  Mount Elizabeth Novena Hospital
• Lee Zhi Jun
  Mount Elizabeth Hospital

Outstanding Nurse Preceptor Award
From left:
• Chok Lee Yean
  Gleneagles Hospital
• Veronica Espenilla Mercado
  Mount Elizabeth Hospital
• Lee Ley Ai
  Parkway East Hospital
• Jumahad Asmat
  Mount Elizabeth Novena Hospital

Correctional Care Award
• Izrin Aledrus
  Complex Medical Centre, Parkway Shenton

Nurse I Admire Most Award
From left:
• Thian Jan Kian
  Parkway East Hospital
• Angela Braganza De Vera
  Mount Elizabeth Novena Hospital
• Kwang Chern Hui
  Mount Elizabeth Hospital
• Gemma Rose Regacho
  Gleneagles Hospital
Parkway Pantai congratulates five exemplary nurses from its Singapore Operations who were honoured by the Ministry of Health (MOH) at the Nurses’ Merit Awards on 24 July 2015.

**Kudos to:**
- Azizah Bte Abdullah, Senior Nurse Educator from Mount Elizabeth Hospital
- Fiona Tan Ei Hong, Nurse Educator from Parkway Shenton
- Low Siew Yean, Nurse Manager from Mount Elizabeth Novena Hospital
- Mis’Rohaiza Binte Amin, Senior Nurse Educator from Parkway East Hospital
- Tan Lai Poh, Nurse Manager from Gleneagles Hospital

This year saw a total of 100 award recipients from the intermediate and long-term care sector, private hospitals and public healthcare institutions – the largest number since the annual Awards started in 1976.

The winners were each given a medal, to be worn as part of the nurses’ uniform, and a monetary gift of S$1,000 which can be used to support their professional and personal development and learning.

Mosaic speaks to our five awardees to learn the highlights of their nursing career and what drives them.
The basic principle that I want to impart to nurses is to care for patients the way they want others to care for their family members.

Azizah Bte Abdullah, Senior Nurse Educator from Mount Elizabeth Hospital

The value of education

Azizah Bte Abdullah
Senior Nurse Educator
Mount Elizabeth Hospital

When Azizah Bte Abdullah decided to become a nurse, she had two goals in mind – to provide for her family and to contribute to society.

“In the early 1970s, there weren’t many jobs apart from nursing that could provide job stability. This was important to me as I had to help support my family. I also wanted to help the needy, sick, and the vulnerable in society. Becoming a nurse enabled me to achieve both.”

In her 40 years of nursing, Azizah has constantly sought new knowledge and experiences, which brought her to positions overseas.

“I’ve worked in the Middle East and the UK, and exposed myself to different cultures and healthcare systems. This has helped me immensely in my different roles as a staff nurse, nursing sister and a nurse educator,” she shares. “Knowing how to deal with different cultures at work is particularly useful in Singapore where we work with patients and colleagues of various nationalities.”

Currently pursuing a Masters in Education Management, Azizah relishes the opportunity to integrate both nursing and education. She continues as an Operating Theatre nurse while helping to train the younger generation of nurses through role modelling and conducting training sessions and workshops.

“The basic principle that I want to impart to nurses is to care for patients the way they want others to care for their family members,” she says. “I also encourage them to apply cognitive knowledge and link it to their practical work with their patients. And I try to ensure that each student who comes to my classroom or clinical attachment leaves not only with their own set of values, but also knowledge of the values and philosophies that I have maintained over the years.”

Perhaps it is this focus and dedication to her work that has earned her the MOH Nurses’ Merit Award this year. “There are so many people that I’m grateful to – Ms Rita Gan, former head of Parkway’s nurse educators who trained me when I first became a nurse educator, the many seniors who have guided me, my managers and the Group Director of Nursing, Ms Elaine Ng, for their continued support.”

Azizah’s greatest wish is to teach even more people and share the knowledge she has accumulated over the years to her juniors, so that it will benefit more people.
Don’t give up

**Fiona Tan Ei Hong**  
Nurse Educator  
Parkway Shenton

When Fiona Tan first started as a nurse educator, she was only six years into nursing. Dealing with nurses who had more than 30 years of experience was challenging, but her commitment and competence eventually won them over.

“I told them I was here to learn from them as well and that together we would take the nursing profession to greater heights.”

Three years into being a nurse educator, Fiona continues to work with the same humble attitude and dedication. Her greatest joy comes from seeing her nurses succeed.

“I ran into an old student of mine who used to have a lot of difficulty coping, even with just the sight of blood,” Fiona chuckles as she recalls. “She hugged me and thanked me for my guidance. She has come a long way and knowing that I helped her do that is the best feeling.”

In charge of the education of over 190 nurses at Parkway Shenton today, Fiona tackles her responsibility with much enthusiasm and energy. She has big plans to help her nurses upgrade their skill set, and firmly believes in developing the young. “Knowing that my nurses are doing well is something very encouraging to me as an educator,” she asserts, “After all, I could be a recipient of their care someday.”

Apart from conducting courses and making online resources available to her nurses, she has also implemented the Training Diary. This logbook allows nurses to keep track of their Continuing Professional Education and other competency skills on which they are assessed yearly.

These are just some of the many initiatives Fiona has kick-started to help groom those under her charge. She understands the struggles that a new nurse may face, and always reminds her nurses the importance of helping one another.

“Nursing requires us to work as a team, as a family. Relationship and communication are key,” she asserts. “It can be very tough when you first start, but don’t give up because it is a very fulfilling career.”
A purposeful life

Low Siew Yean
Nurse Manager
Mount Elizabeth Novena Hospital

Professionalism, expertise and advocacy – these are the three tenets of Parkway Pantai’s Nursing Philosophy that Low Siew Yean fervently embraces.

A champion for better welfare and learning opportunities for nurses, Siew Yean has a way of challenging the status quo that wins hearts and minds. “We do this work day in and day out, but many of us don’t understand the great value that we provide,” she states impassionedly. “My goal is to let all nurses see that they are important.”

Indeed, through the various conferences, surveys and campaigns that Siew Yean helped to organise, she has raised not only awareness, but also respect for nursing within the medical community.

To illustrate what nursing means to her, Siew Yean shared an anecdote of a filial son who never failed to show up every day at the ward to bathe and clean his ailing mother. Till today, his actions remain vivid in her mind.

“I was very moved by the love that the son showed for his mother. But many of our patients are not as lucky. Who will care for the ones who have nobody?” This, explains Siew Yean, is why the care that nurses provide is so meaningful.

“Seeing patients recover from very bad situations is an indescribable feeling. Conversely, being able to provide the highest level of care to terminal patients in their last days is just as significant.”

Nursing has not only impacted her patients, but has also helped her to see the purpose of her life. “When you are able to touch other people’s lives, it makes a difference to yours too.”

Winning the Nurses’ Merit Award has spurred Siew Yean to push for greater recognition of the work that nurses do. “I see this as a great encouragement. When one of us gets recognised, it boosts the morale of the whole ward,” she says. “I am glad that I can show my nurses that commitment and competency will be rewarded.”

And that is exactly what Siew Yean is to the nurses around her – a source of motivation and strength to keep learning and improving.
And I will continue to do my best, and nothing but the best, to impart my knowledge to my juniors and encourage them to persevere... that's my working ethos.

Mis’Rohaiza Binte Amin, Senior Nurse Educator from Parkway East Hospital

**Heart and Soul**

Mis’Rohaiza Binte Amin  
Senior Nurse Educator  
Parkway East Hospital

Becoming a nurse was not an easy decision for Mis’Rohaiza Binte Amin. “My parents were strongly against my decision. I could have entered Junior College, but I wanted to become a nurse after witnessing how the nurses cared for my mother who had suffered a stroke when I was younger. I was determined to make nursing my career.”

Mis’Rohaiza eventually won her parents over with her passion for the job. An outstanding role model in her 18 years as a nurse, Mis’Rohaiza went through the clinical and management tracks of nursing before deciding to pursue her passion in teaching in an academic institution.

“Nursing is always evolving, and it’s important to keep up to date with evidenced-based practices and the latest technology,” she shares. And this is precisely how she tries to help the nurses after joining Parkway East three years ago as a Senior Nurse Educator.

“So much can be done to help nurses excel at their job,” she says. “I have a clear focus in my role – my nurses are my heart and soul. As a firm believer of daily reflection, I know I can’t change things by myself. However, by educating my nurses and students, my work can have a ripple effect, and in turn I can help many other people.”

Seeing the difference she makes in the lives of her nurses brings her great joy. “I remember speaking to a nurse who was feeling depressed and wanted to give up her nursing career. With some encouragement and constant guidance, she went on to take her Advanced Diploma, topped her class and is continually commended by doctors. Seeing that makes me proud of my work.”

Winning the MOH Nurses’ Merit Award this year was a great surprise to Mis’Rohaiza. “Nurse educators are not frontline staff. But I’m glad that our work is being recognised because training the next generation of nurses is pivotal,” she shares. “And I will continue to do my best, and nothing but the best, to impart my knowledge to my juniors and encourage them to persevere... that’s my working ethos.”
Building rapport and trust allows you to see that nursing is so much more than just a job. It’s about touching lives.

Tan Lai Poh, Nurse Manager from Gleneagles Hospital

Inspired by nurses who went beyond their call of duty at age 12 when her mother was delivering her sister, Tan Lai Poh knew then she wanted to be a nurse.

She has gone on to achieve her ambition and more. Her passion for nursing continues to grow with every step of her nursing journey.

In 1996, Lai Poh was sent on a three-month attachment to learn from the nurses at the Boston Children’s Hospital. There, she was deeply moved by the warmth and care extended to her by the nursing family.

“As a young girl alone in a foreign country, the love I received made me understand what it meant to be a nurse,” she recalls. “Not just towards patients, but towards other nurses as well.”

In her second year of nursing, her mother, who lived with her family in Penang, was diagnosed with lymphoma. It was a trying period for Lai Poh. Fortunately, a senior nurse whom she confided in went out of her way to arrange for Lai Poh’s mother to be flown to Singapore for a second medical opinion. Till today, Lai Poh strives to emulate the same level of dedication to patient care.

The completion of a Master’s Degree in Health Administration has equipped her with better management, service and perception skills. “Sometimes a simple issue can stem from a much larger process problem and I am now better able to identify those instances.”

Lai Poh takes a very hands-on approach to managing the nurses under her charge. Beginning each day by making her rounds, she believes that showing her nurses that she is there for them is key to being a good leader.

“Knowing that they have my support helps them to be good nurses to their patients. They know that they can always approach me if they face any problems,” she says. “Building rapport and trust allows you to see that nursing is so much more than just a job. It’s about touching lives.”
GIFT OF LIFE: from me to you

The International Medical University and National Transplant Resource Centre in Malaysia have been collaborating to promote organ donation since 2012. This year, they rope in Parkway Pantai’s Malaysia Operations Division to educate a wider demographic about the importance of gifting one’s body parts for a greater cause.

At barely one per cent of the population, Malaysia has one of the lowest organ donation rates in the world. This is despite the introduction of the organ donation programme since the 1970s. To date, the number of candidates waiting for organs stands at 19,498 and will only increase with an ageing population.

On 14 July 2015, a year-long, nation-wide organ donation campaign with the slogan “Part of You, All of Me” in Malaysia was launched in Pantai Hospital Kuala Lumpur (PHKL). The International Medical University and National Transplant Resource Centre (NTRC) are spearheading this campaign with the Pantai Group of hospitals as partners as well as agencies.
such as the Malaysian Association of Private Colleges and University (MAPCU) to push out a strong message across demographics.

During the campaign launch, National Organ Donation Public Awareness Action Committee Chairman Tan Sri Lee Lam Thye said the campaign was aligned with the spirit of Ramadan to encourage Malaysians to pledge their organs.

"Malaysians must consider this option of donating organs which is next to godliness as this cause will help thousands of people who are waiting for a donor."

PHKL Chief Executive Officer, Anwar Anis, added, “For every Malaysian registered as a donor, up to eight more lives could be saved through organ donation and the lives of 50 to 100 more could be improved through tissue donation.”

The MAPCU Community Service Committee Chairman, Professor Ong Kok Hai, reminded, “Organs can only be taken from deceased individuals if permission is given by the family of the deceased. Therefore, a very important part of this campaign is that individuals who have pledged their organs must inform their families which is often not done.”

To address this, wrist-bands with the words “Pledge, Share, Care and Donate” will be given to individuals who have pledged their organs, for them to share with their families so that the family members are informed of their decision and be inspired to pledge their organs as well.

Attending the launch were corporate heavyweights Tan Sri Abu Bakar Suleiman, Chairman of IHH Healthcare Berhad, Datuk Khairil Anuar Bin Abdullah, Chairman of Pantai Group and Ahmad Shahizam, Chief Executive Officer of Pantai Operations Division, in a strong show of support.

Spokespersons also shared the impact organ donation made in their lives.

Jagjit Singh, father of donor Maneesha Jeet Singh, told how his late daughter’s decision to be an organ pledger has enabled her to help others. “We were told her heart valve saved two children. As parents, we are proud of our daughter. She inspired the entire family to pledge our organs and promote organ donation. Through these efforts, we will continue our daughter’s legacy.”

Lee Chen Hoe, who survived a failed kidney, expressed his gratitude for receiving a kidney.

Those who wish to register and become organ donors can call 1800-88-9080 or contact NTRC at 03-2681 0681 or 03-2681 0682.

This campaign is supported by the Khazanah IHH Healthcare Fund.
Recognising their integral role within a larger community, Parkway Pantai’s hospitals in Malaysia launched different corporate social responsibility initiatives during the Ramadan month.

From spreading festive cheer to patients and the underprivileged to deepening relationships with partners, the Malaysia Operations Division made sure it was an Aidilfitri to remember for those whom they have touched with their hearts and service.

Gleneagles Kuala Lumpur (GKL) ran a well-received ‘Sponsor a Kid for Eid’ campaign in July, raising more than RM6,500 from staff, doctors, patients and visitors.

With the proceeds, 54 children from Rumah Kasih Nurul Hasanah in Ulu Klang and Pusat Jagaan Amal Asyura in Sungai Buluh experienced a memorable time dressing up in brand new clothes and shoes to usher in Hari Raya Aidilfitri.

To ensure that the children’s welfare are taken care of after the festive season, GKL also donated over RM1,300 to Rumah Kasih Nurul Hasanah while the relatively new centre Pusat Jagaan Amal Asyura received RM3,000.
The Pantai Hospital Ayer Keroh (PHAK) team visited Guidance Center Al-Islah on 29 July 2015 with daily necessities, groceries and donations contributed by the hospital staff and the public. The centre is a non-governmental organisation that serves as an education hub for Islamic studies. It also houses orphans and the poor.

Earlier on 24 July 2015, PHAK also did a Hari Raya Aidilfitri giveaway at Paediatrics Ward where patients and other children received Raya packets and special goodies.

To forge closer ties with the community, PHAK invited the local taxi association, ferry, immigration and customs personnel, and other local authorities to break fast together on 7 July 2015. The gathering was held at Seri Costa Hotel and attended by over 130 guests who appreciated the opportunity to know one another better.

The Malaysia Corporate Office (MCO) treated 63 children from Pusat Jagaan Telaga Kasih Nur Muhammad to a sumptuous dinner in Sime Darby Convention Centre on 10 July 2015. The little ones were thrilled to receive duit raya (green envelopes containing money for well wishes) as well as goodie bags from Datuk Khairil Anuar Bin Abdullah, Chairman of the Pantai Group, and Ahmad Shahizam, Chief Executive Officer of Pantai Operations Division. MCO also donated RM5,000 to the home so that the children’s needs continued to be met beyond Ramadan.

“Let’s all celebrate the spirit of Ramadan and in doing so, try to make this the beginning for a better life for ourselves, for the people around us, for those who work alongside us and for those in need,” reminded Ahmad.
Dr Tan See Leng was conferred CEO of the Year at the prestigious 2015 National Award for Management Accounting in Malaysia for his IHH Healthcare portfolio. The award recognises the well-rounded efforts of a business leader who has transformed the organisation. From increasing IHH’s market value to growing earnings to improving the employee welfare and elevating quality service, Dr Tan, as IHH’s Managing Director and Chief Executive Officer, has demonstrated strong leadership skills, vision and direction to raise corporate performance and competitiveness.

In addition, IHH has been named by leading market analysts as the ‘Overall Best Managed Company in Malaysia’ and the ‘Overall Best Managed Company in Asia’ for the pharmaceutical and healthcare sector in the Best Managed Companies Survey 2015, organised by international finance publication, Euromoney. It was also recognised as one of the top 10 “Overall Best Managed Company in Asia”.

The annual Euromoney awards were based on votes from 447 equity analysts at leading banks and institutes across the globe. Analysts were asked to recognise companies with the most convincing and coherent business strategy and the best system of corporate governance, most accessible senior management and most transparent financial accounts.

Dr Tan said, “It is with humility and gratitude that I accept these awards on the back of the collective efforts and hard work of employees in making IHH Healthcare known to investors and the community at large. The three nods of approval came through the votes of investment analysts who cover us and their support regardless of trade calls. This is a true reflection of their confidence in IHH’s company management in promoting transparent communication to investors, financial integrity and high standards of corporate governance.”
On behalf of Gleneagles Kuala Lumpur hospital, Chief Executive Officer Dr Adzuan Rahman received the prestigious Brand Excellence in Healthcare – Hospital Award on 11 August 2015. The BrandLaureate Special Edition World Awards ceremony was held at The Majestic Hotel Kuala Lumpur. The award recognises the hospital’s efforts in value-adding to the Gleneagles brand and is a testimony of the hospital’s trailblazer role in offering quality services and treatments to patients.

Dr Swee Yong Peng, Chief Executive Officer of ParkwayHealth China, Parkway Pantai’s Primary Care Network in China, has been conferred the 2015 Shanghai Magnolia Silver Award by the Shanghai Municipal People’s Government.

Named after its city flower, the annual award is Shanghai’s top honour for expatriates who have made significant contribution to its social and economic development and foreign affairs. 50 recipients from 19 countries received the award from Zhang Xiaosong, director-general of the Shanghai Foreign Affairs Office, on 8 September 2015.

Dr Swee is recognised for helping Parkway Pantai make inroads into the Chinese market and building the “Parkway” brand into one of the most influential high-end healthcare brands in Shanghai.

“The ParkwayHealth brand has made significant progression into Shanghai and this award showed that Shanghai also recognises our contribution to the medical community. We hope to work with the Shanghai government to further our expansion into the Shanghai market,” said Dr Swee.

Today, ParkwayHealth China owns a network of 11 medical centres in mainland China, of which six are located in Shanghai. Apart from bringing in best medical practices and new technologies which helped elevate Shanghai’s standing as an international medical hub, Dr Swee also led ParkwayHealth China in giving back to the local community through free public health talks, emergency training and charity activities such as free vaccination for orphans.
Six departments from Parkway Pantai’s Singapore Operations have moved into their snazzy new office at Haw Par Centre – a stone’s throw from Dhoby Ghaut MRT station. Dr Tan See Leng, Group Chief Executive Officer and Managing Director of Parkway Pantai, and Dr Lim Suet Wun, Chief Executive Officer of Parkway Operations Division, hosted approximately 150 staff from Central Business Office, Customer Systems Group, Finance, Group Procurement & Materials Management Division, Hospital Intellectual Property, and Medical Equipment Planning, to an office warming lunch on 31 July 2015. Over a sumptuous buffet, the staff had a good time catching up with Dr Tan, Dr Lim and their new “neighbours” at work.
Pantai Hospital Ayer Keroh (PHAK) encouraged 38 six-year-olds from Genius Aulad Bandar Melaka kindergarten to discover their imagination and creative powers on 2 July 2015. Partnering White House Penang, PHAK organised the Creative Canvas Painting event at the kindergarten. Brushes, canvases and paints were provided by PHAK. The students-turned-budding artists had a fun time putting colours on paper. Their works will decorate the hospital walls – from corridors to patient rooms – and bring smiles to visitors through the bright and vibrant palettes.
Joy was in the air, with a sea of smiles spotted in Pantai Hospital Ayer Keroh on 10 July 2015. From wards to backend offices, Chief Executive Officer Michael Wong made his way fastidiously around the hospital, personally distributing kurma boxes and raya cards to delighted staff in celebration of Hari Raya Aidilfitri. Staff who were lauded by patients for their excellent care and quality service were also given letters of commendation.
Over at Gleneagles Kuala Lumpur, nostalgia was thick in the air on 18 August 2015. The hospital, led by Chief Executive Officer Dr Adzuan Rahman, hosted its Hari Raya Open House for corporate partners and stakeholders at Westin Hotel Kuala Lumpur in a throwback tribute with the theme ‘Nostalgia Aidilfitri’. Guests were treated to a wonderful festive spread and live performances by popular artistes from Malaysian music scene of yesteryears. It was a great opportunity to look back, wind down, relax and catch up – building stronger relationships for the years ahead!
When the only rule is to have fun, it was no wonder 2,700 staff and guests of Parkway Pantai eagerly went “Back to School” on 29 August 2015. The biennial school-themed Dinner and Dance (D&D) saw attendees from across Singapore Operations in school uniforms and sportswear, transforming the Marina Bay Sands Grand Ballroom into a bustling giant school hall.

Popular DJ emcees Glenn Ong and The Flying Dutchman fired up the evening with games and humour. Senior management staff and the D&D Committee further roused the crowd with a stunning dance number, role-playing as Nerds, Jocks, and Sexy Teachers. The staff also cheered and clapped as the senior management team led by Dr Tan See Leng, Group Chief Executive Officer and Managing Director, served the first course, dressed in academic regalia.

Then there were the lucky draw moments. The top 20 of the 400 prizes were drawn on stage, with winners smiling away with MacBooks, Omega watches, tablets, and even travel vouchers to Bali, Phuket and Europe.

The Best Dressed Award went to the team from Mount Elizabeth Hospital Intensive Care Unit. The team won only after defeating the strong competition in a hilarious dance-off.

The evening ended on a high note with everyone up on their feet doing a specially choreographed mass dance to the tune of “Timber” by Pitbull. A sight to behold!
A big thank you to our Dinner & Dance sponsors for giving us a night to remember.

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saving SIGHT

Meet Parkway Eye Centre’s Dr Chua Wei Han, whose passion is to restore and preserve the sight of his patients.

For Dr Chua Wei Han, going into medicine began as a simple act of fulfilling his parents’ plans for their two children. “Honestly, I was serving my national service as a commando officer and becoming a doctor was the last thing on my mind. But my parents, like most at the time, had hopes of having a doctor and lawyer in the family. And looking at the personalities of my sister and I, they decided that I was more suited for medicine,” Dr Chua remembers. “And yes, my sister did become a lawyer,” he laughs.

As he began medical school in Australia, Dr Chua slowly discovered the beauty of medicine. “The more I delved into my medical studies, the more I found doctoring fascinating. To me, it was a little like doing detective work, piecing together information and finding the medical solutions for them,” he shares.

Dr Chua’s interest in ophthalmology was sparked in his second year of medical school, when he read the autobiography of the late Professor Fred Hollows, a famous Australian ophthalmologist. “Reading his autobiography made me think it would be great to have these skills to restore the sight of people,” Dr Chua explains. “I felt that this was a portable field. With the appropriate skills, I would be able to go to underdeveloped countries and help people. With the eye, you can examine, diagnose, treat, and even operate without expensive or sophisticated equipment.”

It was also in Australia that Dr Chua discovered the importance of research. “Halfway through medical school, I wanted to find out if I had what it took to be a good surgeon, as I knew being an ophthalmologist meant that I would have to do micro-surgery and I needed very steady hands,” he recalls. “So I took a year out to complete an honours research degree on the surgical anatomy of the nerves of the thoracic spine, which was largely unchartered at that time. This built a foundation for my interest for research, and also showed me that I had good hands for surgery!”

Facing challenging cases
Returning to Singapore after completing his medical studies, Dr Chua began his ophthalmic training, specialising in refractive and cataract surgery. “Cataract is the most common cause of visual impairment and blindness. Correcting this problem would make a huge improvement on the sight and lives of my patients. As cataract surgery takes place within the small confines of the eyeball, I felt this was where I could best make use of my surgical abilities.” Refractive surgery like laser-assisted in situ keratomileusis (LASIK), on the other hand, appealed to Dr Chua’s perfectionist personality to achieve the best possible result for the patient. “These two types of surgeries have almost immediate impact on the lives of the patient and their vision, which makes my work even more satisfying.”
Clinical research helps to answer questions that I encounter in my practice. It helps me understand diseases better, and enables me to offer my patients better treatments.

Dr Chua has seen many patients over his 15 years in practice, and some of the most memorable cases are the ones where patients have been deemed inoperable. “When these patients travel long distances to see me with the hope of achieving better vision, it certainly adds pressure, sometimes to the extent of making me toss and turn in bed at night while trying to figure out how best to manage them. Being able to rise to the challenge and deliver the desired outcomes gives me a tremendous sense of satisfaction.”

An advocate of regular screening for eye diseases, Dr Chua recommends annual eye examination for people over 40 years of age, with a family history of glaucoma or has high myopia. “While we’ve been told from young that we should visit the dentist every six months to get our teeth checked, most people neglect to do the same for their eyes,” he says. “It’s important to have regular eye checks as well, because eye diseases like glaucoma can be prevented and vision can be preserved if they are detected and treated early.”

On the cutting edge
While his patients and practice remain his focus, Dr Chua has not forgotten the significance of clinical research. Although many doctors in private practice do not conduct research, Dr Chua feels this is an integral part of being a good doctor. “Clinical research helps to answer questions that I encounter in my practice. It helps me understand diseases better, and enables me to offer my patients better treatments,” Dr Chua states. “For example, I spent 10 years in a restructured hospital doing myopia research in children to find a way to slow down the progression of myopia. Through the work of the team I was leading, the use of atropine eye drops to treat myopia in children has now become accepted in Singapore and regionally.”

Dr Chua considers himself an early adopter of new technology, which he strongly believes enhances his ability to manage his patients. “New treatments or surgical techniques that I suggest to my patients are often ones that have undergone rigorous trials and have been used in the country of origin, but are just new to Singapore. My background in research also helps me evaluate these new technology,” he explains. An example of this is the use of femtosecond laser to assist in cataract surgery which Dr Chua pioneered at Mount Elizabeth Hospital. “And I am always honest with my patients about both potential benefits of a new treatment, along with areas that may be unknown.”
Beyond the clinic

Dr Chua has started to follow his aspirations of helping the disadvantaged with his skills, beginning with those in Singapore. “I had my first opportunity to help the less privileged last year by doing pro-bono cataract surgeries in Singapore. We identified these individuals from areas like Chin Swee who lived alone and were unable to go for treatment. Together with the Singapore Society of Ophthalmology, I brought them to Mount Elizabeth Hospital, arranged for companies to sponsor the intraocular lenses for the surgeries, and had the support of the hospital CEO to allow us to use the facilities for free and have the nurses come in on a weekend to help us out,” he recalls. “The surgeries all went well and I hope I’ll be able to do this on a larger scale both in Singapore and our neighbouring countries in the future.”

Dr Chua’s ongoing challenge is to become a better father to his three sons, who are nine, seven and five years of age. And no, neither he nor his wife, who is also an ophthalmologist, will insist that they go into the family business. “We are not fixated on them going into medicine, just that they should pursue something that they are passionate about!” he smiles.

Being able to rise to the challenge and deliver the desired outcomes gives me a tremendous sense of satisfaction.
On 26 July 2015, Parkway Pantai lost a beloved colleague when Joycelyn Ling, Chief Executive Officer of Mount Elizabeth Hospital (MEH), passed on suddenly.

Her passing was especially felt at MEH, where her tireless and passionate leadership was a guiding hand to many. A tribute desk was set up at the hospital from 28 July to 31 July for those who wished to pen their condolences and memories of Joycelyn. The mood was solemn as staff and doctors alike streamed in to pay their last respects to a great boss, colleague and friend. The hospital also arranged transport to the Singapore Casket for staff who wanted to attend her wake.

Joycelyn joined Parkway as Chief Operating Officer of Mount Elizabeth Hospital in 2011, and was promoted to Chief Executive Officer in late 2014.

Always bubbling with energy, inspiring and fiercely loyal, Joycelyn had touched the lives of many. Her leadership, camaraderie and warm personality will be sorely missed by all of us at Parkway Pantai.
“Words fail me, but it was indeed a real privilege to have worked with someone who was so professional, balanced, and pragmatic. Above all, a real gem of a human being.”
Dr Asok Kurup

“It is with sadness that I pick up this pen to say how much I appreciate you and your hard work for this hospital. With a heavy heart on the realisation that I will not be able to say this to you in person, thank you for doing your best for the hospital.”
Dr Lim Ing Haan

“You are one of the rare ones – amiable, nice, capable, and always had a smile. Certainly the best CEO I have had the privilege to work with. Was my honour and privilege to have known you.”
Dr Chua Tju Siang

“Thank you for your guidance and encouragement. We will work hard to protect your legacy and passion. We will pass JCI with flying colours for your sake. You can count on us! You were a role model to me and we miss you dearly.”
Donna Hai, MEH Administration

“Will miss having you drop by in MOT reception. My deepest condolences to your family. It was memorable having you as our CEO.”
Yasmen, MEH Operating Theatre

“Many tender memories soften our grief. Many fond recollections bring relief. May you find peace and comfort in the arms of the Lord.”
Denise Caine, MEH Ward 11

“I really can’t forget what you did for us. Thank you very much and I miss you a lot.”
Susila A/P Subramaniam, MEH Food, Nutrition and Beverage
Danat Al Emarat Hospital, a Parkway Pantai-managed hospital in Abu Dhabi dedicated to women and children, began seeing patients on 6 August 2015.

Touted as the ‘most eagerly anticipated women and children’s hospital in the United Arab Emirates (UAE)’, Danat Al Emarat Hospital (DAE) is a 150-bed fully single bedded, premium hospital run by Parkway Pantai under a hospital management and consultancy agreement.

The hospital opened its doors on 6 August to mark the Accession Day of Sheikh Zayed as the Ruler of Abu Dhabi.

Lee Cheow Seng, Chief Executive Officer of DAE, said, “We have chosen this date to once again demonstrate our commitment in continuing Sheikh Zayed’s and his successor Sheikh Khalifa bin Zayed’s vision of developing the healthcare sector in the emirate to offer citizens and residents a better quality of life.”

Mohammed Al Shorafa, Chief Executive Officer of United Eastern Medical Company (UEMS), which owns DAE, added, “The country’s growing population has placed our healthcare infrastructure under enormous demand. Having identified the need for a world-class hospital dedicated to women and children, we started looking for a strong partner who shared our vision.

“Parkway Pantai was an obvious choice, given its more than 40 years’ experience as a healthcare operator and its connection to IHH Healthcare Berhad, the world’s second largest healthcare group by market capitalisation.”

UAE has been struggling to cope with the increasing demand for quality healthcare – to the extent that some local hospitals...
No effort is spared to provide unrivalled patient and family-centric services that will set DAE apart as the preferred women and children’s hospital,

Lee Cheow Seng, Chief Executive Officer of Danat Al Emarat Hospital

have closed their doors to foreign-born patients. As the country continues to see a stream of expatriates ahead of Expo 2020, the provision of healthcare has become a priority.

The opening of DAE is a welcome reprieve. “Women and children in Abu Dhabi now have a place to go for all their needs, in all stages of their lives,” said Cheow Seng.

What women want
DAE’s tagline ‘What Women Want’ sums up the hospital’s service ethos. Leveraging advanced medical equipment and a highly-skilled workforce of 700, it aims to be the preferred healthcare provider for women and children across UAE and beyond.

The hospital has more than 35 full-time multinational consultants and specialists from the onset, offering a wide range of services including paediatrics, neonatology and the full breadth of obstetric and gynecological services such as women’s diagnostic and breast imaging, maternal-foetal medicine and urogynaecology. It also offers comprehensive outpatient services in general and internal medicine. There is also a 24-hour walk-in clinic, laboratory and imaging facility on site.

The six-storey building is designed to optimise workflow and operations, with the patients’ care and comfort in mind. Visitors stepping into the hospital are greeted by a calm and reassuring ambience. Waiting times are minimised. There is even a special VIP entrance that takes patients directly to their suites on the VIP floor.

Patients can choose from five different types of rooms: regular, VIP, VIP Suites, Royal Suites and Presidential Suite. To top off the experience, the hospital also offers private butler services, retail stores, cafe and beauty and spa services.

“We believe the whole patient experience begins with our first contact with patients. So no effort is spared to provide unrivalled patient and family-centric services that will set DAE apart as the preferred women and children’s hospital,” said Cheow Seng.

Only the best for mums and babies
At the forefront of medical technology, DAE boasts the country’s first private, full-fledged neonatal Intensive Care Unit capable of handling complex premature births. Its four main operating theatres and 10 delivery suites are also equipped with the latest technologies.

In line with its family-centric value proposition, mothers and babies requiring high dependency care in the first few months are encouraged to room in together. Research has shown that this has an extremely beneficial effect on the entire family unit and could lead to quicker recovery and better bonding.

And strengthening ties is exactly what DAE endeavours to do. Even before the hospital turned operational, it held its inaugural women and children’s health symposium on 7 March 2015, which was attended by more than 200 doctors and nurses across UAE. On 21 March 2015, it celebrated Mother’s Day with flowers and cupcakes for all working mothers at DAE.

The hospital will continue to deepen its community engagement, in its role as a responsible healthcare operator.
beyond the CLASSROOM

What happens after graduation? You continue to learn on the job! Parkway College’s 2013 valedictorian of its inaugural cohort from the Bachelor of Science in Diagnostic Radiography and Imaging programme, Fong Xiwen, shares her most recent encounter with knowledge as a working radiographer in the Parkway Group, and on meeting her aspiring radiographer juniors.

The 20th Asia Australasia Conference of Radiological Technologists was held in conjunction with the 2nd South East Asia Radiographers Conference and 3rd Asia Radiotherapy Symposium from 20 to 23 August 2015 at Suntec Convention and Exhibition Centre.

The conference, themed “Transcending Medical Radiation – Beyond Medical Radiation; Beyond Patients; Beyond Borders”, provided a platform for professionals from all disciplines of radiography to come together to share expertise, reacquaint with colleagues and make new friends.

I was privileged to be part of this conference together with thanks to my in-charge, Senior Principal Radiographer, Anthony Angelina’s recommendation and my organisation of work ParkwayHealth Radiology’s support.
The 4th generation radiographer
The conference days had been fruitful as I sat attentively through many presentations ranging from plenary lectures, research projects to memorial dedicated lectures. Those by Dr Tyrone Goh and Assistant Professor Jenny Sim had inspired me the most.

They highlighted that the role of radiographers has evolved progressively with changing healthcare needs. Radiographers that focus on technology, those that concentrate on anatomy and then those centering on pathology can be classified as the 1st, 2nd and 3rd generation radiographers respectively.

Right now, a 4th generation radiographer, known as a patient advocate, is in demand as we are the first contact for the patient, before the doctor. As a 4th generation radiographer – the patient advocate – one should possess the combined traits and skill sets of a 1st, 2nd and 3rd radiographer as well as the ability to understand the patient concerns and communicate them effectively. Radiographers are an integral part of a multi-disciplinary healthcare team and we should be active contributors in patient care.

Junior pride
Parkway College of Nursing and Allied Health (Parkway College) has been supporting the organising committee, Singapore Society of Radiographers (SSR), in various events since College’s BSc (Honours) Diagnostic Radiography and Imaging programme commenced in 2010.

Under the encouragement of the lecturers, all three cohorts of students taking the Diagnostic Radiography and Imaging degree programme volunteered as event helpers. Their roles range from ushering to performing at the opening ceremony and gala dinner.

The event organisers commended the Parkway College students for their diligence and excellent team spirit. An award of appreciation was presented to them during the gala dinner. I am very proud of them, knowing they sacrificed their free time willingly to broaden their learning horizon outside the classroom.

Some juniors asked me for advice to become a competent radiographer. I would say to keep developing knowledge and skills, be updated about trend and technology, and stay humble, open-minded and collaborative.
Here are some useful warm-up exercises to keep you safe from swimming injuries.

Swimming is one of the popular sports that enhance body strength, flexibility and endurance. However, injuries can occur as a result of overtraining and poor technique. About 90 percent of complaints seen by doctors and physiotherapists that are caused by swimming are shoulder-related.

The common ones include shoulder irritation and inflammation, which can lead to rotator cuff tendinitis or tears and cartilage damage around the shoulder socket. Swimmers may also experience shoulder impingement syndrome, a condition where the shoulder rotator cuff tendons are intermittently trapped and compressed during shoulder overhead movements.

Other potential injuries include pain under or around the kneecap (patellofemoral syndrome) and on the inside of the knee (medial collateral ligament stress syndrome), which are commonly experienced by breaststroke swimmers.

Contemporary research suggests a two-pronged approach to prevent swimming injuries:
- active warm-up of the shoulders just prior to workout
- periodic stretches for shoulder muscles either several hours before or after a workout

A word of caution – as the shoulder joint is inherently unstable, incorrect stretching just prior to swimming may make the shoulder less stable, thereby increasing the chance of injury.

Active shoulder dynamic warm-up routine
Do these warm-ups before you work out. Move at a steady pace for each warm-up so you would not feel much tension as the objective is to warm up the muscle and connective tissue prior to exercise, not to stretch it.

For each warm-up, perform two sets of 15 repetitions each.

1. Place your arms by your sides with your elbows bent at 90 degrees. Externally rotate your arms as far back as you can without straining. Then return to your starting position. As you rotate, pinch your shoulder blades together.

2. Place the back of your hands on your back at the belt line and bring your elbows forward to start. Rotate your elbows back and squeeze your elbows and shoulder blades together. Return to the starting position.

3. Raise your arms in front at a 90 degree angle to your body, with your elbows bent to 90 degrees. Rotate your arms back to an abducted position, squeezing your shoulder blades together. Return to the starting position.
4. Raise your arms by your side at a 90 degree angle to your body, with your elbows bent forward to 90 degrees. Rotate your arms up to the “goal post” position. Return to the starting position.

5. Raise your arms above your head in a tight streamline. Drop your elbows towards your “back pockets,” while squeezing your shoulder blades together and keeping your hands up. Return to the streamline position.

**Stretching routine**

Swimmers should stretch their upper trapezius, levator scapulae, pectoralis major and minor and latissimus dorsi, as these muscles tend to shorten during extensive training. Stretch several hours before getting in the water, several hours after practice or on lighter training days when the muscles are not fatigued.

Hold each stretch for 30 seconds. Repeat three times each on alternating sides. Do the stretches five times a week.

1. Place one hand on top of your head and the other hand behind the back. Gently pull head sideways and down towards the shoulder with the hand on top of your head.

2. Place one hand on top of your head and the other hand behind the back. Gently pull your head down diagonally towards the armpit.

3. Start by kneeling on the floor. Reach hands forward until you feel gentle stretch in your back, and hold for 30 seconds. Then stretch by moving your upper body right and left; hold each position for 30 seconds. Throughout the stretch, your buttocks should be touching your heels.

4. Stand next to the wall (or another vertical surface such as a post) with your elbow bent at 90 degrees and forearm on the wall. Gently lean forward with arm fixed to the wall and rotate your trunk away from the wall. You should feel a good stretch along the front of your chest, not in the shoulder joint.

**Stretches to avoid in hypermobile shoulder**

2. Place one hand on top of your head and the other hand behind the back. Gently pull your head down diagonally towards the armpit.
Paravalvular leak is a post-surgery complication that occurs in up to 10 per cent of patients who have had heart valve replacement surgery. During a heart valve replacement, the damaged heart valve is replaced with a man-made valve. Leakage occurs when the surgical stitches that secure the implanted valve to the patient’s heart tissue deteriorate and break down, causing gaps to appear. If left untreated, the leakage of blood may lead to more severe conditions such as hemolysis, which is the breakdown of red blood cells, or heart failure.

Conventional treatment requires a repeat invasive open heart procedure to repair the leak or replace the entire valve implant. However, patients now have the option of a more advanced procedure known as percutaneous paravalvular leak repair at Mount Elizabeth Hospital.

In contrast to conventional repair methods, percutaneous paravalvular leak repair does not require re-opening the chest cavity. This minimally invasive procedure lowers the risk of complications. It is performed by creating a small puncture in the groin to allow a tube to be inserted through a large artery or vein in the thigh. With the use of guidewire and advanced imaging, small ‘plug-like devices’ are implemented into the leakage site to seal the gap.

Due to its technical complexity, the surgery calls for the skill of a trained interventional cardiologist. However, the down time is significantly shorter than that of previous treatment options. The surgery can be completed in just a few hours, and most patients can be discharged the following day.

Recently, I treated a 66-year-old Indonesian male who suffered from paravalvular leakage. The patient’s condition affected his breathing and mobility badly and open heart surgery would have placed him at a higher risk of complications. After undergoing a successful percutaneous paravalvular leak repair procedure that was performed in Mount Elizabeth Novena Hospital, the leakage was significantly reduced and the patient was discharged the next day. He can now walk unaided for much longer distances.

With the increasing number of patients with heart valve replacements in Asia and expected rise in the cases of valve leakage, particularly in Southeast Asia, this minimally invasive approach is already gaining momentum.
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