

Thriving Under Pressure

BEAK SOON ENG

Nurse Manager
Mount Elizabeth Hospital

As someone who has always had a tendency to care for and comfort others, a career in nursing was a natural choice for Beak Soon Eng. She began as a Pupil Assistant Nurse in a government hospital in 1974 and progressed to become an Intensive Care Unit (ICU)-trained Registered Nurse. Soon Eng joined Mount Elizabeth Hospital in 1991, where she now oversees a 24-bed multidisciplinary ICU with a team of 55 nurses under her wing.

"ICU is very different from a general ward. We tend to multidisciplinary patients of all ages, from infants to the elderly. It's definitely a fast-paced environment where emergencies could happen at any time. A good ICU nurse is someone who can anticipate issues before they arise and respond quickly to sudden situations," said Soon Eng.

"The ICU environment can be quite overwhelming at first, so I try to be a source of comfort and support to my juniors. I remind them that nursing is a very unique profession and watching patients get better makes our work immensely rewarding."

"I believe that if you have the passion, patience and skills to care for others, nursing will be a highly rewarding career in more ways than you can imagine."



In her words...

"In addition to tending to patients and mentoring junior nurses, I am also regularly involved in Joint Commission International (JCI) reaccreditation exercises. My fourth and most recent experience was the most challenging but fulfilling one as I took the lead in demonstrating that we met the required quality standards. When I learnt that we had passed the reaccreditation, I was a mixed bag of emotions—pride, satisfaction and even relief! It was a really meaningful and memorable experience."

