

19TH ANNUAL GENERAL MEETING

BEING a non-election year, the 19th Annual General Meeting on 30 March 2013 was quick and uneventful. All sub-committee reports were accepted without any queries and the reappointment of Ernst & Young as the Auditors confirmed. PPCS is pleased to welcome Dato' Dr Ziaudin as a part time CEO/Medical Director taking over all matters relating to the medical team as well as management of non-medical affairs of the office. Dato' Dr Ziaudin was appointed as Honorary Medical Director in August 2011 and subsequently employed as part-time CEO/Medical Director from February 2013.

In view of vacancies in the Committee, the members present decided that an EGM will be convened at a later date this year to amend the Constitution to include one more non-Malaysian. This is to have the option of 3 non-Malaysians in the committee who have been long serving and committed volunteers. This will be announced accordingly.

With Dato' Dr Zia at the helm of PPCS, restructuring of the flow of work and reporting and all Human Resource matters will be undertaken by Dato' Dr Zia. All committee members are involved in various sub-committees such as Community Awareness and Relations, Education & Training, Funding and Appeal, Volunteering and Project Cendawan. We hope to develop Project Cendawan more significantly in the coming year by sharing our past experiences in establishing PPCS and providing education and training of nurses and volunteers to interested parties.

We look forward to another fruitful and challenging year ahead for PPCS and with the ongoing training provided by Director of Nursing, Associate Professor Edward Poon and his team, we are confident of continuous improvement in our standard of care to the terminally ill.

Datin Judy Yap
Honorary Secretary

A trip to the Batu Gajah Hospital, Perak

WHILE I was searching on the Internet to interview some active adult volunteers for a newspaper article, I came across this society which is Perak Palliative Care Society, Ipoh. I visited the place and the volunteers there were very friendly. I could tell that they were indeed trying to be helpful to me. They even asked me if I would want to follow them to the Batu Gajah Hospital's Palliative Care Unit to visit the patients there. So I decided to go and see what they actually do there as volunteers.

The journey took about one hour. I was quite excited about the trip. I went there with three of the volunteers, Ms Guddi, Ms Valliannai and Ms Joyce. They also brought some cream for massaging and bags to give to the patients there.

Once we reached there, we went to the palliative care unit. Some of the patients there seemed lonely. They needed people to give them moral support.

I still remember an Indian woman who seemed lost and did not know where her family was. I felt sad for her. Well, probably because it was my first time experiencing a situation like this. The patients there just want to be loved. I felt sad that they have to live there and eat almost the same food every day. Most of the patients there seemed weak and I felt glad that the people of Perak Palliative Care Society visit them at least once a week. If I was to be in their place and no one was to visit me, I surely will feel very lonely.

This trip was an eye-opener for me. I never really had any serious thoughts on volunteering. I thought it will be hard and really need a lot of patience. But, when I realised that there are people who need help and support, volunteering is worth a try.

Syasya Aqilah Binti Abu Bakar
SMK Perempuan Methodist Ipoh
A young journalist/writer of the Starstruck! Programme

Attachment in Singapore

We were very fortunate to have the privilege to go on an attachment in the largest home care service in Singapore, the HCA hospice, for 8 days. It was really an eye opening experience for us to observe how they run the home care service with 3,500 patients per year that were divided into 5 different satellites of about 800 patients each to cover the whole of Singapore. The openness, friendliness and willingness to share enabled us to adapt to the Singaporean system and culture easily, thus speeding up the learning process. While there, we also attended Care Giver Training and the monthly Singapore Hospice Council Journal Club presentation. The CEO and MD of HCA hospice care, Dr Arkileshwaran, had a short conversation with us. He inspired us by reminding us that we have to implement what we had learnt there or else it will be forgotten. It is our strong hope that PPCS will implement a multidisciplinary team meeting.

For the final 2 days, we completed our attachment at Ang Mo Kio Thye Hua Kwan Community Hospital under the direct supervision of Prof Edward Poon as the Director of Nursing of the hospital. He made us think on the management point of view and on how to push PPCS to a higher level.

Millions of thanks would not be sufficient to express our gratitude to Prof Edward Poon. Without him, we are like frogs in the well, with lots of fear and no self-confidence to proceed with home care. His warm hospitality, teaching, guidance and endless energy in bringing palliative care to the highest level inspired us to reflect on the basic fundamentals of caring.

We would also like to thank PPCS for the sponsorship.

Yee Yui Hsiang & Szu Hsiang



Management Staff from Ang Mo Kio Thye Hua Kwan Community Hospital



Dr Arkileshwaran, CEO/MD of HCA Hospice Care with Szu and Yui



(L) Patient Care Assistant, Janice, Yui & Szu with HCA Hospice Care Nurses (right 3)



Associate Professor Edward Poon with Yui and Szu at Ang Mo Kio Thye Hua Kwan Community Hospital

PALLIATIVE FOUNDATION COURSE FOR NURSES

Ang Mo Kio Hospital, Singapore

Perak Palliative Care Society organised a Palliative Foundation Course for Nurses with the cooperation of Ang Mo Kio Hospital of Singapore for our nurses and nursing volunteers.

It was conducted in 3 modules starting March 2013 and Prof Edward Poon and Zechariah Yeo were the teachers. In addition to teaching basic principles, there was a lot of role playing to make participants aware of the various situations that occur in real life. This was followed up by supervisory sessions during actual home visits.

It is the policy of PPCS to provide continuous training for its nurses in order to upgrade the quality of home care provided.



Prof. Poon emphasising the vital signs and symptoms to look out for and helping revise the documenting formats



Mr Yeo listening to a presentation by Mdm Joan Chee after a group case study.



Ms Szu practising the art of communicating with a "client"

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(*imo = in memory of)

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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:

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