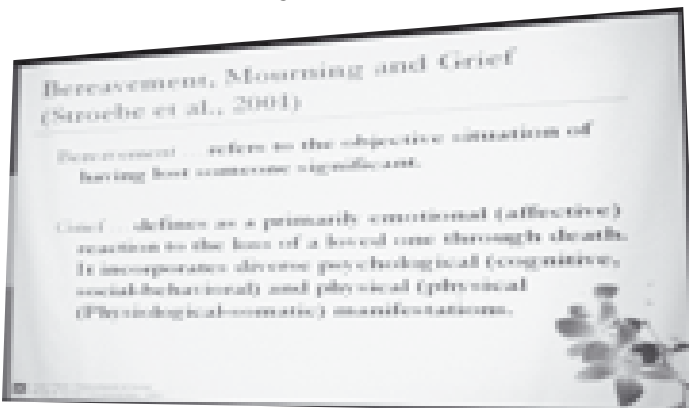


# WORKSHOPS ON GRIEF & BEREAVEMENT

## 11-13 JULY 2008

This project was a follow up to the Seminars for Care-Givers – “*Belaian Kasih Asas Kebahagiaan Keluarga*” held in September 2006 and March 2007. We realised that there is insufficient support for people undergoing grief and bereavement in our community. Many health care workers and professionals feel inadequate in this area and requested for training to improve their understanding and skills to help their patients.

We were very fortunate to have Assist. Prof. Dr Amy Chow Yin Man from the University of Hong Kong, to conduct the workshops which were tailored according to the needs of the target groups. The first event, held on 11 July from 8:00 - 9:00 a.m., was in the form of a Continuing Medical Education (CME) lecture for the staff of Hospital Permaisuri Raja Bainun Ipoh. 250 persons attended the lecture entitled “Understanding Grief and Bereavement”.



CME lecture

The second event entitled “In Memoriam: Our Dearly Departed [“愛長存、情永在”午間懷念小敘]”, was in the form of a memorial service conducted at the Taiko Garden from 2:30-5:00 p.m. on 11 July. There was a total of 50 participants comprising bereaved family members, staff and volunteers of PPCS. Death does not end the relationship between the deceased and the bereaved. This memorial service, conducted by Dr Amy Chow in Cantonese, provided a space for the bereaved family members, staff and volunteers to remember the deceased through activities and therapeutic rituals. At the same time staff and volunteers also learned how to conduct this type of programme. Activities included were – reciting the names of patients who passed away from July 2007 to

June 2008, placing of yellow roses, lighting of candles and letting go of balloons.



On 12 July, a full day on workshop “Understanding Grief and Bereavement” was conducted at the Hospital Permaisuri Raja Bainun Ipoh, attended by 65 participants which included doctors, nurses,



Memorial service at Taiko Garden

social workers and paramedics from all government hospitals in the State of Perak. The workshop introduced updated theories and models in bereavement care. Assessment and grief intervention with bereaved persons and families were discussed through case studies as well as video clips. Practical tips were shared on working with Anticipatory Grief and Acute Grief Support.

Dr Amy Chow delivered an open lecture in Cantonese to 150 people on 13 July from 10:00 a.m. - 12:00 noon at the conference room of Fatimah Hospital. The lecture entitled “Three Wills of Life” covering the Will (遺囑), Living Will (預囑), and Caring Will (叮囑), was launched as a community life education programme in Hong Kong more than a year ago. It addressed many issues surrounding the death event and how we should face the challenges and prepare for it.

## WORKSHOPS ON GRIEF & BEREAVEMENT

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Workshop at Hospital Permaisuri Raja Bainun Ipoh

The lesson to learn is that when we are prepared for death, life is better for ourselves as well as our loved ones.

The final workshop on "Management of Grief and Bereavement" was conducted at the MMA house on a Sunday afternoon. A total of 35 doctors attended the workshop which gave them a better understanding of grief and bereavement and alternative ways in working with dying patients, their family members and care-givers. Dr Amy Chow shared her experiences in assessment of bereaved persons, working with anticipatory grief and providing acute grief support.



Dr Amy Chow

- Dr Boon Chai Peng

On the 14th of July 8 persons comprising 2 patients, 2 staff, and 5 volunteers went to Sitiawan in our Sunshine Van. After a sumptuous lunch hosted by Datin P C Ding under the coconut trees the Gang took a drive to Lumut water front. Both our patients had a wonderful time.



L-R: Amarjit Kaur, Nancy, Suzanna, Dr Amy Chow, Doreen Lee, Datin Suraini, Chin Koon Yoon, Datin PC Ding, Ng Chong Liang

### Get to Know The Late *Mrs. Femima Daniel*

Mrs Daniel passed away peacefully on 21 September 2008, aged 84 years in her son's home. According to her children, she always prayed that she will leave this world on a Sunday and God answered her prayers.

Mrs Daniel joined PPCS as a volunteer in 1997 and have since actively contributed and supported the Patchwork Gang activities every Wednesday, rain or shine. Not only did she sew, she also bought the finished patchwork products as gifts for her family, relatives and friends. She was lovingly known as "Tai Ka Cheh" (Eldest Sister) because she was PPCS oldest volunteer. She acted as the monitor, recording attendance for each session. Mrs Daniel was also a regular volunteer visiting patients at the Palliative Care Unit of the Hospital Raja Permaisuri Bainun, Ipoh.

She never failed to attend PPCS functions whether seminars, talks, training, anniversary celebration dinners and even ventured across the seas to Osaka, Japan as an independent participant of the 8th Asia Pacific Hospice Network Conference (APHN) held on 4th - 8th March 2003.

We miss you dearly, Mrs Daniel and PPCS feels the loss of a committed, generous and compassionate volunteer.

PPCS thanks the family of the late Mrs Daniel for their generous donation of RM3,000/-

In action



Hospice Day celebration



With PPCS medical team



Celebrating her 80th birthday with the patchwork gang

## PPCS speaks at ISNCC

From 17-21 August 2008, over 700 cancer nurses (5 of whom were Malaysians) representing over 30 nations around the world descended on Singapore for its biannual convention. This was the first time that ISNCC (International Society of Nurses in Cancer Care) held its convention in Asia. The theme was "Creating Partnerships, Championing Progress and Celebrating Practice". The 5-day conference began with numerous pre-conference workshops, followed by 4 days of activities which included:

- Plenary sessions:
  - Cancer Control: Global Challenges and Responses.
  - Tobacco Use: Prevention, Cessation and Control.
  - East meets west: Palliative Care around the World.
  - Focus on Quality: Towards Safer Care.
  - Partnerships in Care: A Collaborative Approach across the Cancer Journey.
  - Rethinking Aging: Older persons living with Cancer.
  - Emerging trends in Cancer Diagnosis and Therapeutics: Implications for Nursing practice.
- A Panel discussion on: "Securing the Future of Cancer Nursing Research, Education and Management perspectives.
- Over 200 oral abstract presentations.
- Over 200 poster presentations.



Participants of ISNCC Convention

PPCS volunteer nurse, Joan Chee (MS, RN, AOCN) was the sole presenter from Malaysia. She gave an oral abstract on how PPCS has "Partnered for success to improve Palliative Care in an Outlying Community in Malaysia – Early Experiences". It was well received and interesting questions were asked.



President of ISNCC, Sanchia Aranda and Joan Chee (right)

There were wonderful opportunities to share and learn from those in both high and low resource nations on how they are managing the challenges of cancer nursing and the care given to their numerous cancer patients. It was good that PPCS was represented to share on how they are bridging the gap of the availability of palliative care in cities like Ipoh, to outlying areas.

PPCS is a good example of "creating partnerships, championing progress and celebrating practice". Challenges remain for PPCS as to how to best share their wealth of knowledge, expertise and experiences to health care providers in outlying communities in Malaysia, especially in Perak, while allowing the outlying communities to provide for themselves and partner as needed to the larger supports in cities like Ipoh. Attending and sharing at a conference like this is one way for PPCS to share with and learn from nurses around the world.

Joan Chee

## HOME CARE NURSING WITH A DIFFERENCE

### Would I be suitable for the Team?

If you are seeking a nursing role which will allow you to serve patients in their homes at a time when professional and sensitive care is of the utmost priority, then this service could be for you! Although terminal care has its own particular stresses, it too has immense rewards in terms of providing the opportunity to help patients and their families when they most need it. It also allows the nurse to grow as a person and to be a community pioneer, working with a Society which is breaking new grounds in home care.

Our Nursing Team is a key support to advanced cancer patients visiting them in their homes, administering pain and symptom-relieving drugs, assisting with basic forms of nursing care and giving support to their loved ones at critical times in an advanced disease. As such, it is very special nursing which, whilst heavy at times, provides immense reward and professional satisfaction for the nurse who seeks a special calling to assist such patients and their families.

**APPLY NOW** for  
an informal interview!

#### Remuneration and Benefits Summary

- Competitive salary scales
- Commencing salaries take into account experience and qualifications
- PPCS provides vehicles for home visits
- Flexible working hours and buy back time arrangements to assist your family commitments
- Minimal on-call with allowances
- Annual developmental training
- Working in a small team with individual allocation of patients
- Personal handphones
- Annual bonus
- EPF and SOCSO coverage
- Personal Accident and Hospitalisation benefits
- Incremental leave allowances



# DONATIONS

received during  
July - September 2008

## JULY 2008

Names	RM
Gurcharan Kaur imo Wariyam Singh	51.00
Woo Yu Chin imo Anya @ Yeap Lean Tin	500.00
Lau Fui Choo	100.00
Kew Fook Mang	100.00
Chew Boon Kheng	100.00
Chan Wei Mun & Family	200.00
Loh Fon Thye	100.00
Khi Kok Chan imo Khi Ying Thong	300.00
Leong Kin Mun	100.00
Saik Chee Hong imo Choong Mei Kim	100.00
Lee Sook Fong	100.00
Chin Chon Peng imo Lee Hean Yin	100.00
Nancy Foong	100.00
Yong Kam Lan	100.00
Wong Moi Yan	100.00
Liew Ee Ling	500.00
Anonymous	300.00
Yip Yow Chooi	100.00
Mdm Chang Kim Thai	1,000.00
Mrs Lee Seng Weng	100.00

## AUGUST 2008

Names	RM
Raymond Chow	100.00
Loh Fon Thye	100.00
Wong Yoke Kheng	100.00
Navindranathan	100.00
Ng Yat Sing imo Ng Ku Wan	100.00
Chin Chon Peng imo Lee Hean Yin	100.00
Pan Malaysian Pools Sdn Bhd	5,000.00
ITC Hardware imo Lau Bin Keng	500.00
Aw Mun Yung	100.00
Rajathi Rasiah imo G. Rasiah	40.00
Chow Khai Luen imo Hor Thay	8,000.00
Lee Moa Chun	300.00
Ong Geok Kim	300.00
Wong Amai imo Choong Foh Yew	50.00
Mr & Mrs Tai Chin Woon	100.00
Melidia Alymann Kamarulzaman	100.00
Choong Swee Choo imo Choong Foh Yew	1,000.00
Kong Siew Kee	100.00
The Late Lau Bin Keng	100.00
Chok Yoon Choo	100.00
Mabel Hertslet	100.00

## SEPTEMBER 2008

Loke Kit Wai	50.00
Loke Yeong Weng	50.00
Liew Ee Ling	100.00
Richard Foong	200.00
Khoo Teng Gak	200.00
Maimunah Bt Kos	400.00
Lee Meow Seng	200.00
Perak Automobile Workshop Owners' Association	1,000.00
Lily Handicraft	1,000.00
Khaw Yee Kuan	100.00
Imo Cheong Yat Hon	500.00
Alvin Cheong Yau San	500.00
Yau Kah Yoon	100.00
Loo Keng Ming	100.00
Mohd Saleh Bin Kos	200.00
The Tuesday Fsang Group	440.00
Chin Chon Peng imo Lee Hean Yin	150.00
Ong Chan Lee	100.00
Pushpa imo Ganesan	20.00
Wong Yoke Khen	100.00
Hor Shiang Chyi	100.00
Choong Chok Woon imo Kong Choi	520.00
Joshua Mohanraj Daniel imo Jemima R. S. Daniel	3,000.00
Ling Ngok Toh imo Ding Sin Yu	320.00
Liew Sie Mooi	100.00
Pow Kok Seng Chong Yew Li Chye Koh Hang Chye Koh Yi	1,000.00
Khaw Yee Kuan imo Wong Sow Mooi	580.00
The Late Mr Lau Bin Keng	2,600.00
Chew Lay Kean	100.00
The Late Mr Ooi Jit Hoe	80.00

# THANKS

*Promoting the  
Spirit of Care*

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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