



PPCS

centre news

Issue 96

April – June 2011

Future in Primary Care?  25-27 March 2011
Syuen Hotel, Ipoh

7th ASEAN Conference on Primary Health Care

PPCS nurses were fortunate to attend this conference which covers a wide range of discussion and presentation on latest developments in primary healthcare.

This year the theme was “Future in Primary Care”. The future of primary care has become a question mark. WHY?

Primary care is expected to face many challenges in future, especially in handling our ever-so-knowledgeable patients and relatives, increasingly litigation-conscious public and the change in disease patterns.

The three areas covered were mainly emergency medicine, skin diseases and wound care, and common problems related to the aging population.

Another interesting issue covered was the development of traditional and complementary medicine. This and aesthetic medicine and health screening were covered for the first time in this conference as these are currently popular issues amongst our patients. We found this session eye opening as there are very strong evidences to prove that this area of medicine has a bright future in primary care. The speaker reinforced that it is time for primary care practitioners to integrate traditional and complementary medicine to help in their battle in resolving current rising health issues.

Although the topics covered in the conference may not have direct implications on palliative care, it is essential for us as nurses to maintain professional competence in meeting public expectations and demand for greater accountability and quality in a rapidly changing and challenging environment.

PCN Sumathy Arumugam

Social Welfare Intervention

at Perak Palliative Care Society

Since incorporation, PPCS has come a long way not only in providing pain and symptom control management to our palliative clients but also social service intervention to those in need.

Working closely with Jabatan Kebajikan Masyarakat Negeri Perak Darul Ridzuan, NGO's and other government agencies, we strive to do our best wherever possible to lessen the burden of desperate and desolate clients facing grim and bleak situations. The Perak Chinese Welfare Association is one such agency that has stepped in to help our Chinese clients for short term and emergency relief aid. Social welfare service is part of our mission to provide comfort and relief to needy families that do not have any kind of help or have exhausted all their funds for treatment.

Our Palliative Care Nurses will assess these patients during their home care visits and refer them to our Care Co-ordinator for needy cases to be brought forward to the respective aid agencies. We have successfully helped most of these patients to overcome their immediate predicament, giving them a breather to have their problem settled in an orderly manner.

We encounter very deplorable situations from time to time and certainly would walk the extra mile to lend a helping hand. Our very unswerving committee members and volunteers when alerted of such cases have time and again toiled to ensure adequate help is rendered. This has given hope to our clients where all else has failed.

Chandrika P. Choo
Care Co-ordinator

We are regretful and sincerely extend our apologies to the family of the late Dato' K K Lim for the error in the date on the front page opening sentence of Issue 95. It should read as:

“20 January 2011 saw the passing of one of Ipoh's well-known philanthropists, Dato' Lim Keng Kay.”

ROYAL PATRON:

Duli Yang Teramat Mulia Raja Muda Perak Darul Ridzuan, Raja Dr Nazrin Shah Ibni Sultan Azlan Muhibuddin Shah

DK, DK II (Selangor), DKSA, SPCM, SPTS, SPMP (Perlis), PhD (Harvard)

HONORARY ADVISOR: Dr Rosalie Shaw PSM, MBBS Hons (Monash), FRACMA, FACHPM, BA (Melbourne), BEd (Melbourne), RN, RM

AN OUTING TO THE ROOTS

21ST APRIL 2011

Sunshine Hour Clients, PPCS staff and volunteers were invited to an outing to ROOTS, an eco-friendly resort near Tanjung Rambutan, Perak, at the base of the Kinta Valley. Upon reaching our destination, I was taken by the captivating beauty of its flora and fauna. There were traditional Malay style chalets which were built using bamboo and atap surrounded by large fruit trees giving natural shade and coolness.

I loved the beautiful wooden furniture there. For an hour we played games and relaxed our minds. We then proceeded to a hearty lunch. We started to move around and finally lay on the long sofas under the trees to rest for a while. A beautiful and fascinating landscape of rainforest unfolded before us. The bamboos were swaying magnificently with birds on it humming in rhythm with the flowing view of the Kinta River along the swimming pool.

The tranquillity of the atmosphere was inviting me for a deep sleep but the ticking of the clock reminded me that we had to go. We walked on the cool carpeted lush green grass and took some shots for sweet memories. This is a great place for breaking away from the stress of the hustle and bustle of the town. It has all the facilities for a perfect stay for those who love nature and quiet. I was very happy to learn that Roots recycles and cares for the environment

I also learnt that Roots is an ideal field trip destination for student activities and course programmes. With an inspired feeling in my heart I left Roots and its natural surroundings even though the time spent there was short.

**Jeyarosemarie
Client, Sunshine Hour**



Remarks from PPCS clients:

'I felt very happy.' ~ Wong Kwee Hong

'Such sense of calm & open-heartedness. A great stress relief.' ~ Henry & Karen Fong

'So thankful for the opportunity. Felt like staying there forever.' ~ Maliya

'Loved the stream. The eco-friendly resort is such a lovely place.' ~ Poon Moi

'Felt very happy with the blissful surrounding.' ~ Chin Koon Yoon

'Delighted to share this moment together.' ~ Wong Tuck Mee & Husband

'Very interesting trip and enjoyed myself. Loved the serene surrounding. Missed my good friend Suzanna Ng very much. Felt very sad during the cake-cutting in memory of Suzanna.' ~ Wendy Yeoh

'We were very happy with the lovely surrounding and enjoyed the array of food. We would love to go again if presented with another opportunity.' ~ Soo Koon Yee, Ng Fee Chen & Ng Swee Kee



Mr & Mrs Wong Tuck Mee



HANGING ON HOPE *from* A CARING SOCIETY



When my husband was diagnosed with cancer, he was treated and subsequently referred to the Palliative Care Unit at the Hospital Raja Permaisuri Bainun, Ipoh for further treatment. But I wanted to do more for him. I desperately needed help and advice. Somehow, my son was referred and recommended by friends to approach the Perak Palliative Care Society.

It was indeed something new to us. Once registered, the response was quick. A trained palliative nurse was sent to our home for home care. She checked and monitored my husband's condition and the Care Co-ordinator came in to give holistic massage therapy to my husband. Both of them carried out their duties diligently and with great smiles.

Lots of encouragement, support, care and love were rendered to us during this difficult time. Hope was on the way and I felt very much better. The word fear was out of my mind. I really appreciate what Sumathy and Chandrika had done for my late husband. Once again, a big thank you to both of you.

Mrs Julie Ng (IMO of her late husband, Ng Theng Chong)

Gathering Beyond Borders

On 8 May 2011, a tea party was sponsored by the Honourable Chief Minister, Dato' Seri Diraja Dr Zambry bin Abdul Kadir, together with Baiduri and Council of Welfare and Social Development.

The special guests comprised of the homeless, the aged, special children and orphans, and last, but not least, the sick, especially the terminally ill from PPCS. They were entertained and feted to a sumptuous tea, after which the Honourable Chief Minister and his wife distributed gifts and money to every guest present. It was an occasion that is much appreciated by all.

DATIN SERI SURAINI KAMARUL ZAMAN
Vice-President
Perak Palliative Care Society



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*imo = in memory of

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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THANKS
*Promoting
the Spirit
of Care*