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We Are The Allied
Health Professionals

One For All, All For One

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Pathway To A Career In Healthcare

them to keep well in their communities.

SingHealth Community Hospitals (SCH)

ing patients transit back into their homes and empowering

SingHealth may comprise various hospitals, speciality centres and polyclinics, but we all share a common goal – to help our patients by delivering quality integrated care. Read on to discover how some of our institutions are help-

A Shared
Purpose To

SCH oversees the management of Bright Vision Hospital (BVH), Sengkang Community Hospital (SKCH) and Outram Community Hospital (OCH). Delivering person-centred care to achieve patients' health goals, our care teams help them go beyond recovery and integrate back into the community.

Beyond Healthcare to Health

We aim to deliver a seamless and integrated care path for patients requiring sub-acute care, rehabilitation and palliative care.

Beyond Hospital to Community

Enhanced patient flow

We will work closely with Singapore General Hospital, Changi General Hospital and Sengkang General Hospital to proactively identify patients suitable for transfer. This collaboration will allow us to facilitate patients' move to or from our community hospitals, simplify referral processes, and extend transfer cut-off time.

Better post-discharge care and support

To ensure that patients are cared for even after discharge, we will collaborate with community partners through initiatives like joint discharge planning, developing care protocols and a training centre for our partners.





SingHealth Polyclinics (SHP)

SHP provides primary healthcare services and plays an integral role in empowering patients, their families and communities to take charge of their health and wellness by delivering seamless, person-centred and preventive healthcare.

Making a difference 'Beyond Hospital to Community', 'Beyond Quality to Value', 'Beyond Healthcare to Health'
Our focus is to strengthen both primary care and the role of Family Medicine in order to better support the rising demand for chronic care and the increasing number of elderly patients. SHP engages and collaborates with partners in the community so as to achieve greater integration at the primary care level. The SHP family plays a pivotal role in ensuring the continuity of care for patients in the community.

SingHealth Polyclinics

- SHP-Bedok
- SHP-Bukit Merah
 - kit Merah SI
- SHP-Marine Parade
- SHP-Outram
- SHP-Pasir RisSHP-Punggol
- SHP-Sengkang
- SHP-Tampines





Shashi S/O Chandra Segaram

My mother inspired me to become a nurse. From the nursing stories she shared

to seeing her dedication to the profession, I felt that nursing was the path for me too. Beyond inspiring me to take on nursing, her constant advice and support through the years have been a big help, especially when I first started out as a nurse.

No "shortcuts" even though my mother is a nurse! My mother's advice as a nurse helped prepare me for the job but I still needed to do a lot of self-learning. This meant doing a lot of reading when I first started out, which was especially important for my role in the Accident and Emergency (A&E) department where I needed to know a bit of everything in order to help patients.

I knew I made the right choice.
Following my mother's footsteps to take up nursing is something I will never regret. Nursing is a job that keeps you on your toes, and there is never a dull moment! Even when two patient cases might seem similar, it's different because of the individuals you're dealing with. While things can get hectic, you don't feel it because of the people you're working with.

My mum's support has taught me to trust my own abilities and to believe in myself. I once helped a patient who was having a 'heart' fime. The patient complained of jaw pains that were radiating to his neck and back, and insisted on seeing a dental officer immediately. However after triage, I informed him that I would order an electrocardiography (ECG) test for him first. He initially challenged my decision since he was having jaw pains and not chest pains. But I stood my ground and later, it turned out that he was having a heart attack! He and his family were very grateful for that, and that incident has always stood out in my memory.

There is much more to nursing than people think. We work closely with the medical team to provide holistic care for our patients. In fact, nurses usually have the closest interaction with patients. We also need to apply a lot of critical thinking in what we do. The bonus part is that nursing is a life skill that can be used in daily life, possibly even to save our loved ones!

"Thank you, Mum, for being such an inspiration and supporting me in becoming a nurse!"

Kandimadhy D/O Pitchy Marie

Having my son follow in my footsteps has brought us closer. We often share nursing stories with each other, and many of these stories carry learning points that we will discuss and can be applied in our work. Nursing is a challenging yet rewarding career that is very meaningful to both of us.

My most rewarding moment was seeing my son become a nurse.

At first, I was worried about whether he would be able to cope as the job can get tough. But as a parent, it's my duty to support him in what he wants to pursue. Now, I'm so heartened that we're supporting each other to be mentally and emotionally resilient in our respective nursing careers - that's what it's all about!

Don't stop learning, no matter what age you are at! As I would always tell my son, with evolving healthcare challenges, we must continue learning in order to continue providing quality patient care. For example, I went from being a midwife to a patient navigator, where I assist patients with their care arrangements. In light of an ageing population, I felt that it would be meaningful for me to play a part in caring for elderly patients.

"Son, I'm so proud of how far you've come! I look forward to seeing you become better in your area of nursing with idea generation, continuous learning, innovation and transformation."



I was drawn to teaching others after my own experience starting out as a nurse. I remember the struggles that I went through and hope to reduce the theory-to-practice gap for new nurses, so that they can better adapt to their new role and responsibilities. Training others has its challenges, but the process is enjoyable and purposeful.

I'm learning as I teach too! In order for me to deliver content in a way that is easy for new nurses to understand, I spend time doing research on various topics so that I can break down difficult concepts. The ever-evolving healthcare landscape motivates me to keep my knowledge and skills up to date - both for my students and for myself!

Joyce Ang Yee Hui

Senior Staff Nurse,

Hospital

Sengkang General

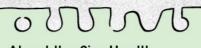
It takes a fine balance to bring out the best in others. On one hand, I need to push my students to do better, but on the other, I also hope to be nurturing and encouraging when helping them. It can be tough, but ultimately, it's all about helping them have a smooth and successful transition from school to the working world.

The easy way usually isn't the right way! Sometimes, it is easier to just give my students the answers or simply tell them what needs to be done. But that's when I remind myself to consider their learning journey as a whole. By getting them to question and rationalise key points, I help them come to the right answers on their own. This also strengthens their problem-solving and critical-thinking skills, which are important skills for nurses.

I want to pay forward the knowledge and guidance I've received. Just as my seniors trained me in my early nursing days, I'm inspired to do the same for new members of the team. What's more, training them helps the whole team. Everyone ends up working together more effectively and can tackle problems better together. It's a win-win situation!

It's heartening to see my students gain confidence in their role. It gives me a sense of joy when I see them become better nurses and think about how far they have come. Their willingness to learn, positive attitude and receptiveness towards feedback motivate me even more to help them in their journey!

In this job, you never really stop learning. Patient care can be unpredictable, and even experienced nurses face new challenges from time to time. For example, during my first real Code Blue situation, I felt lost despite having practised on a manikin numerous times before. Thankfully, my fellow nurses were there to help and guide me. I always see such situations as useful learning opportunities!



About the SingHealth College of Clinical Nursing

- A centre for Clinical Nursing training and education initiatives across SingHealth.
- Empowers nurses locally and regionally with advanced clinical knowledge and expertise to deliver the best patient care.
- Oversees the development of Undergraduate Nursing Education, Postgraduate Nursing Education, Continuing Nursing Education and Global Nursing.
- Advocates life-long learning to enhance nurses' competencies through continuing education to deliver safe patient care.





My role as a nurse researcher is a bit of a mystery to some. Most people think that nurses only take care of patients, but we do more than that. A nurse researcher manages research projects and sees them from conceptualisation. to completion. These research projects seek to identify gaps in patient care and practices in order to improve them. My role involves data collection, data analysis, writing research papers, gathering results and more.

"That is how things have always been done" is not good enough. I believe that evidence-based research has the power to improve the safety and quality of our healthcare practices. That's why I enjoy challenging the norm and seeing projects through, where I can share the research findings with my colleagues and improve patient care.

Having a mentor definitely helps! I was very much inspired by my previous supervisor who encouraged me during my studies and through my projects. Under her guidance, I was able to strengthen my problem-solving and interpersonal skills, and I gained the much-needed confidence to take charge of my research projects.

"Every research project has

the potential to improve

patient care. Don't give up

when the going gets tough!"

effort. Research requires collaborations among many multidisciplinary stakeholders including patients, doctors, nurses and Allied Health Professionals. Sometimes, we even collaborate with colleagues from other institutions for large-scale projects. Being resourceful, curious and a team player are hence vital traits for the job.

Success is only possible with team

In this role, you must be able to speak different "languages". One of the challenges of this job is convincing people from different backgrounds to get on board a study or to support the implementation of new ideas and practices. These people can come from different domains and disciplines, and some of them may not be clinically trained. It takes a certain skill to know how to talk to your audience in the right way!

Just as research keeps evolving, I keep growing. Through different research studies, nurse researchers gain many experiences, opportunities for exposure and chances to hone our project management

skills, which are great for our career. We are also encouraged to take part in job rotations, workshops and training courses. With active learning, we can continue to grow our knowledge and broaden our perspectives.

The most important thing to remember - don't give up! In research, it doesn't matter how many times you fail. I once submitted a manuscript for publication to an international journal 10 times before finally getting it accepted on the 11th try. It was definitely a challenging experience, but satisfying and worthwhile at the end!

I believe there is so much more

we can achieve. As the ones who spend the most time with patients on the ground, nurses are in a good position to spot gaps in clinical practices. From there, we can carry out research to improve healthcare policies and practices. I hope to see the field of nursing research develop further so that we can better help our patients in future.







ovvvo

My Projects

Anti-slip mat - Prevents elderly patients from falling off their chair, lowering the risk of fractures and broken bones.

Integrated digital oxygen cylinder – Enhances patient safety and saves time required to change the regulator as it has an in-built regulator.

Bed transporter - Allows the user to attach it to a bed and drive it like a car, making beds easier to transport.

My role lets me test and "play" with different types of tech and innovation. I work with various stakeholders such as engineers from Changi General Hospital's Centre for Healthcare Assistive and Robotics (CHART) on projects that enhance patient care and improve workflow. The experience has strengthened my problem-solving and critical thinking skills.

My first project came about after an elderly patient fell from a geriatric chair and had a fracture. It became a serious reportable event, so we were tasked to look into it and make recommendations. Our team designed an anti-slip mat that, when placed on the chair, could better hold the elderly in place.

One of my most rewarding projects was piloting an integrated digital oxygen cylinder. Previously, nurses manually changed oxygen cylinders for patients who needed assistance breathing, fitting the regulator on a new tank once the oxygen was depleted. Now, the new integrated digital oxygen cylinder features a built-in regulator that saves nurses time spent on changing it. Plus, the tank automatically calculates exactly how much time is left before the oxygen runs out, enhancing patient safety. Today, I still get nurses coming up to tell me how great the cylinders are!

I love problem-solving because it helps improve my critical thinking skills. While stress-testing a new bed transporter, my team and I had to troubleshoot the problem of it breaking down. Eventually, we realised that static build-up caused by magnetic strips on the floor was interfering with the system. Solving the problem was a simple matter of changing the caster wheels to anti-static ones. It was a great learning process and well worth the effort!

Technology and innovation enable us to focus on meaningful work. By leveraging technology to take care of simpler tasks, nurses are freed up to do work that is more complex or meaningful, such as patient education.

Working on innovation projects gives me a chance to meet all kinds of people. It's refreshing to hear their stories and learn what drives them to address pain points in our work. The exchange of stories inspires me to do better, because we're all trying our best to improve the way healthcare is delivered.

Nursing is very diverse. Today, nurses have a myriad of options to choose from. There are nurses in various tracks such as management, clinical, education, research, informatics or innovation. In my case, I work with engineers and scientists – which is funny, considering I dislike math and physics!



Think of me as a middle person between an IT person and a nurse. That's the core of my role in Nursing Informatics (NI). I became interested in NI while supporting a major project at Singapore General Hospital (SGH) in 2013. That project involved moving away from signing for administered medication on paper towards using electronic medical records. The experience sparked my interest in this specialisation because I enjoy both

nursing and technology!

Being in Nursing Informatics means I get the best of both worlds!
While I enjoy working closely with healthcare teams and looking after patients, I also wanted to contribute to improving patient safety and enhancing healthcare in some other way. I knew that specialising in NI would be a meaningful and great learning experience. Through my role, I've gained exposure in work areas that I might not have been able to explore otherwise.

My role keeps me on my toes and has expanded my thinking. It has given me a broader perspective of nursing, how an institution like SGH runs, and what it takes to manage a project, be it big or small. I've learned a lot about project management and seen how different departments, specialties and people of various backgrounds can come together to make a project work.

I want to continue contributing by creating better healthcare programmes in future, using technology and big data. Collecting and analysing data helps us account for healthcare costs and practices, measure the success of newly introduced healthcare programmes, and enhance care for our patients.

At the end of the day, I am still a nurse. In NI, we don't just work with computers. Working with people is an important part of what we do. We still work in a clinical setting to keep our nursing skills and knowledge up to date. In fact,

keeping in touch with the clinical side of things helps us when we train or gather feedback from fellow nurses on the use of new IT systems, as we're able to relate to them and understand what it's like being on the ground.

It helps to have an open mind and be creative! That's because we often need to think of ways to improve or enhance our workflow with the help of technology. It's not simply about transcribing hard copy content into a system!

In today's digital world, Nursing
Informatics is a specialisation with
fast-growing potential. NI is increasingly
sought after, and there are many
postgraduate courses on NI available.
More healthcare institutions are
turning to electronic documentation,
which means that there are many
opportunities to contribute in these
areas. In fact, new hospitals are
embracing innovative technologies right
from the start. That's great news for those
interested in this specialisation!



7 Made It Ha

Venture To Care

A single gesture of kindness was what first inspired me to become a nurse. When I was a student, a friend's mum once drove us to Queensway Shopping Centre and gave us some money to enjoy the famous laksa there. It was a simple gesture, but I was very touched. She was a nurse, and at that moment, I decided that I wanted to be like her. I was also moved when I saw nurses taking good care of my grandmother before she passed away. They made me feel that nursing was the profession for me

My parents wanted me to take up any career besides nursing! They considered nursing to be a tough job and were worried that I might regret my choice. However, I was certain that I wanted to do something meaningful. As someone who enjoys helping and caring for others, nursing seemed like the right career choice. Also, I wanted to prove to my parents and myself that I could do it!

It took some time but today, my parents are proud of my profession.

When I was studying to be a nurse, my father was involved in a minor accident and underwent a minor surgery. During his hospital treatment, he told the nurses all about me and how I was a nurse too! That was how I knew he was beginning to accept my decision. On the day of my graduation ceremony, he even personally ironed my graduation gown for me!

My first hands-on exposure to nursing was through a job shadowing stint. There are a lot of educational nursina

resources, but nothing beats realworld experience. Even though the job shadowing stint only lasted a day, it was great because I got to do suctioning and other hands-on tasks. The nurses also answered my questions and clarified any doubts I had. The experience reaffirmed my decision to become a nurse.

Working in paediatrics is both extrachallenging and extra-rewarding.

It means caring not only for the kids, but also tending to their parents and caregivers. This could mean helping to ease their anxieties or teaching them to take care of their children's condition after they are discharged. Some of our young patients have been through trauma or abuse, and need a lot of love, care and protection. In the past, I wanted to work with elderly patients because I love interacting with ah mas and ah gongs! However, after my student posting to a paediatric ward, I found working with children to be very rewarding.

Moving forward, I want to train and inspire the next generation of nurses. Students can sign up for a job shadowing stint to experience what it's like to be a nurse via the SingHealth Nursing Internship Programme. I would love to personally guide them, since I was in their shoes once too!

0000005 The SingHealth Nursing Internship Programme

- A two-week immersion programme offering the opportunity to gain hands-on nursing experience at SingHealth hospitals and institutions
- Witness the nurses' roles and job scope in the various clinical
- Participate in basic nursing care of the patients
- Targeted at school leavers aged 16 and above



more information on the SingHealth Nursing Internship

I had the opportunity to be a nurse Down Under and loved it! Back when I was a nursing student sponsored under National Heart Centre Singapore (NHCS), I was selected by my polytechnic for the Overseas Industrial Placement Programme (OIPP) in Sydney. NHCS not only supported my decision to go for OIPP, they also made a generous offer to fully sponsor the trip! I'm grateful that I didn't have to worry about the financial expenses, allowing me to focus on learning and gaining as much experience as I could. All the encouragement and support I received from the people around me at NHCS motivated me to make the most of such a valuable learning opportunity.

I gained exposure to situations we don't often see in Singapore. Some examples of this included patients with venomous bites from snakes or spiders or even gunshot wounds! It was also interesting to see how nursing in Australia was as compared to Singapore, especially in terms of the cultural differences.

Joshua Chia Ghim Leng

National Heart Centre

Staff Nurse,

Singapore

I learned to be more mindful of the different beliefs and cultures that patients may have. I worked with people from all walks of life during my attachment. Much like Australia. Singapore is a cosmopolitan city where people of different races and cultures live together. No matter where you are in the world, it's important to be understanding and sensitive to others' beliefs and practices if you want to provide quality care as a nurse.

The experience turned out to be more challenging than I expected. During my attachment, I realised that my polytechnic studies hadn't covered intensive care in detail at that point yet. But I didn't give up. Every night, after my shift, I would read and look up unfamiliar terms or research the

purpose behind a procedure. Nevertheless, the experience ultimately helped strengthen my skills and knowledge, as well as my love for nursing!

My time in Australia showed me how healthcare may come to evolve in Singapore. I witnessed one interesting key difference in healthcare between the two countries, namely in the education of patients during their hospitalisation and after discharge. In Australia, there is a strong emphasis on motivating and empowering patients to do self-care. I believe that the same will happen in Singapore in the coming years. As we begin making use of newer and faster technology, this will allow us to speed up our work processes, offering more quality time for human interaction with patients.

I love the adrenaline rush and challenge of a fast-paced environment. That's what made me decide to specialise in critical care. I wanted to acquire more skills and knowledge in the continuity of care of critically ill patients in the hospital after the handover from the ambulance, and my time in Sydney was a great learning experience in that respect.



First day arriving at the University of Sydney, School of Nursing

Xue Weilin Lynn

"I live for the adrenaline rush and the need to give my full attention on the job. You never know when you might save a life!"

Senior Staff Nurse, KK Women's and Children's Hospital



000005

What is the SMART Programme?

- -The SingHealth Nursing Student Mentoring And ReTention (SMART) Programme helps new nurses ease into their role by placing them under the quidance of senior nurses.
- Mentors and mentees meet regularly, where mentees can ask questions, share ideas and get advice on career development.
- The programme takes place across various SingHealth institutions, and is open to SingHealth-sponsored students.

Muhammad Izzulwan

Being a mentor has helped me grow in so many ways. The SMART Programme has helped strengthen my communication skills and expand the scope of my skills through my interaction with mentees. The programme is the first of its kind as formal nursing mentoring programmes are uncommon. It's been an amazing experience so far, and I believe it will make me a better leader!

The SMART programme is a great opportunity not just for mentees, but mentors too. Senior nurses get the chance to develop themselves by imparting useful advice and nursing skills through mentoring. We get to exchange ideas for improvement with our mentees, help them out, and ultimately, play a part in helping the next generation of nurses to grow and progress.

Never be afraid to ask questions when in doubt, be it with your mentor, supervisor or superior. This will help you clarify and guide your decisions for our patients. This also means that seniors are role models for the juniors. Through the programme, I've learnt to be more aware of how I present myself, be it in the way I manage patients or how I communicate with the doctors and the patients' family.

"I'm here for you every step of the way and believe you will excel in your nursing journey. Thank you, Peter!"

Peter Ng

No man is an island, especially in nursing. I joined SingHealth's SMART programme because it's great to have someone in the same hospital to talk to (other than the staff we work with on a day-to-day basis). It really helps to have an encouraging mentor at the start of your nursing career to guide you along!

I made a mid-career switch from shipping to nursing. I first applied to be a nurse 12 years ago but was unsuccessful. Recently, I discovered the Workforce Skills Qualification (WSQ) **Professional Conversion Programme** (PCP), which is designed for mid-career switchers like me. I was so happy to be finally accepted into a nursing course! Many people could not understand my decision to give up a well-paying job to join nursing, but I have always wanted a meaningful career. Converting to nursing wasn't easy, which is why having a mentor helps.

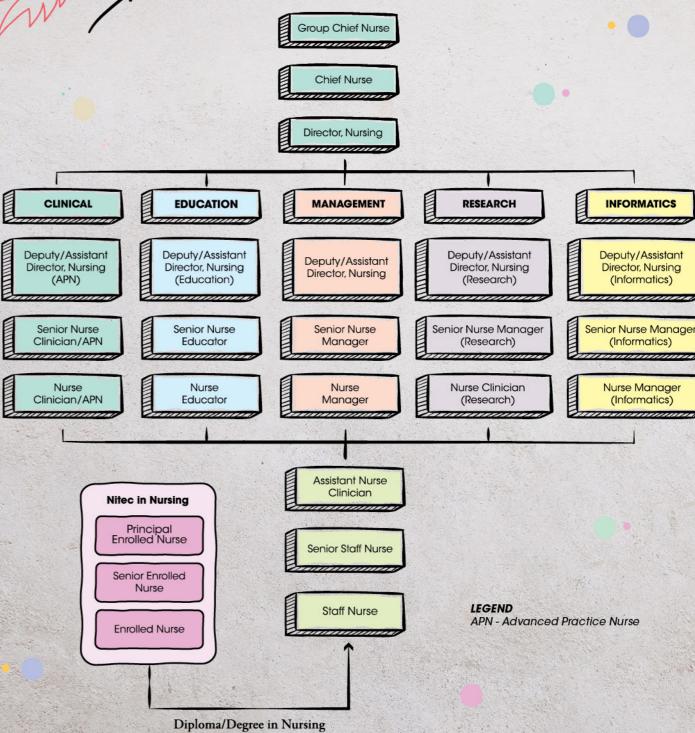
As long as you keep an open mind, you never stop learning. Completing the SMART programme has challenged my perceptions on nursing and made me rethink how I want to specialise after I become a staff nurse. This programme has helped me see possibilities I would not have considered otherwise, so it has definitely been fruitful!

"I'm committed to becoming the best nurse I can be, thanks to your encouragement and guidance. Thank you, Abang!'





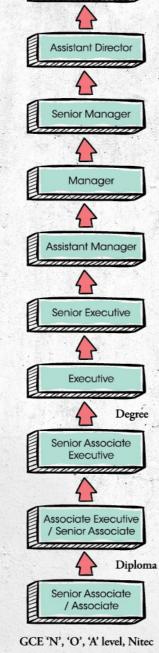
disciplinary growth. As you learn and advance, you'll gain exposure across different areas, built on a strong foundation of clinical skills and knowledge. No matter which nursing career track you choose, you'll have every opportunity to broaden what you can do.



FOR HEALTHCARE ADMINISTRATORS UDOOUTUAL ASSOCIATION OF THE STATE OF

Healthcare administrators are the ones who bring everything together in order to provide seamless, integrated care to patients. At SingHealth, healthcare administrators perform a range of key functions such as human resource, finance, operations, communications, research administration and education in order to ensure the delivery of quality patient care.





Deputy Director & Above

Core functions of healthcare administrators

Research Idministration

Education

Wonder what keeps a big organisation like SingHealth up and running? Those in Operations ensure the smooth running of the day-to-day processes and systems for efficient and effective

From media relations to employee engagement and more, become a bridge between different stakeholders and platforms so we can work more cohesively.

An organisation is only as good as its people, which is why we strive to make SingHealth a great place to work. Help us attract, nurture and develop the best and brightest. We're always looking out for great talent!

patient care.

Be part of the team that's working on innovations that may just change the future of healthcare for the better. You could help us uncover the next big thing!

Play a part in maintaining our financial stability and sustainability at SingHealth by managing the business side of healthcare.

Support the next generation of healthcare professionals in their academic efforts towards a better future for healthcare.

Facilitating Excellence

A healthcare administrator's role is often seen as 'unknown' or even invisible. Essentially, we connect different areas, departments and people so that things can run smoothly. We do that by taking care of the day-to-day administrative operations and upkeep of facilities, as well as the review. planning and operationalisation of effective policies and procedures in line with the organisation's strategic goals. I look out for gaps in our processes and work with the right stakeholders to come up with ways to improve that. The invisible nature of our work in the eyes of the public is testament to our success in ensuring seamless, integrated care for our patients.

Joining healthcare was a natural step for me! An education in Life Sciences helped me to appreciate the intricacies of life, which inspired me to be part of an industry that can make a difference in the lives of many.

Working with various people means you never really know what to expect. I recall an incident where I was on attachment at concierge services to greet arriving patients and visitors. At the end of it, I was ticked off by a

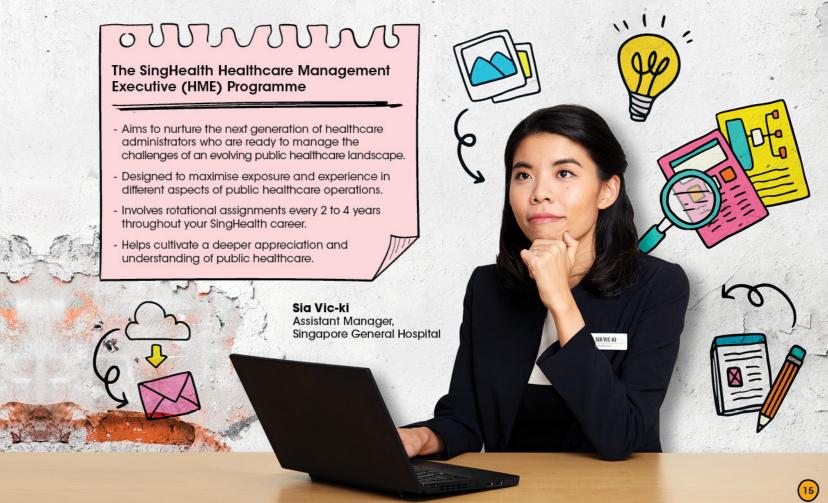
patient for "smiling too brightly"! It was definitely memorable as I did not know that smiling too much could be a bad thing! In such instances, I remind myself not to take it to heart and see it as an opportunity to exercise patience and understanding towards others.

There's a great deal of job exposure to look forward to in this role. Under the SingHealth Healthcare Management Executive (HME) programme, we get posted or rotated to different departments throughout our career journey. This exposes us to different areas in the hospital and lets us see how things work from different angles With every posting, we're building up our knowledge of the technicalities, importance and scope of each department's function. As you grow that knowledge, it will become useful in bridging the gaps because you understand how each department ultimately contributes towards bringing the best care for our patients.

My journey has broadened my perspective on healthcare. I have always been in awe of the scale of operations at SingHealth. One of my postings to the Preparedness & Response Department at Singapore General Hospital taught me to appreciate crisis management planning in hospitals, especially in disease outbreak management. The need to coordinate and manage multiple internal and external stakeholders allowed me to develop my project planning and management skills, which have proven useful in my line of work!

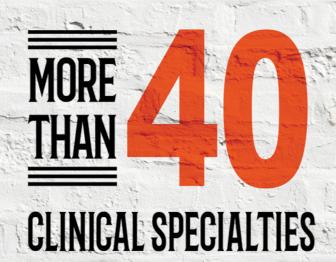
Doctors, nurses and Allied Health Professionals aren't the only ones working in healthcare! Even though I am not clinically trained, I am contributing in my own way to help patients and support them through their healthcare journey. If you're like me and have that compassion and desire to help others, this job is definitely worth considering!

Today is such an exciting time to join the healthcare industry. We're at a point where we're seeing innovations and improvements being made as we adapt to the ever-evolving healthcare needs of Singapore. While that poses new and unique challenges, it also means you get the opportunity to play a part in how the future of healthcare will pan out.



Finance

JOIN A FAMILY OF HEALTHCARE **PROFESSIONALS**



SINGAPORE'S LARGEST PUBLIC HEALTHCARE CLUSTER

SingHealth drives the transformation of healthcare and provides affordable, accessible, quality healthcare. With over 40 clinical specialties, a network of acute hospitals, national specialty centres, polyclinics and community hospitals, it delivers comprehensive, multidisciplinary and integrated care.

PATIENT VISITS EACH YEAR



PATIENTS. AT THE HE RT OF ALL WE DO."





















Established in 1821, SGH is Singapore's largest acute tertiary hospital. Every year, about 1 million Singaporeans benefit from its medical



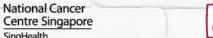
KK Women's and Children's Hospital

KKH is the only integrated women's and children's hospital in Singapore. It is Singapore's tertiary referral centre for obstetrics, gynaecology, paediatrics and neonatology.



CGH is a public teaching hospital with over 1,000 beds serving a community of more than 1 million people in eastern Singapore

National Cancer



NCCS is the region's leader in cancer care and treatment, with dedicated facilities for the pursuit of cancer treatment, research and education

Sengkang General Hospital

Officially opened in 2019, SKH provides quality, accessible care and access to national specialty centres for residents in Northeast



National Dental Centre Singapore

NDCS is a specialty centre for oral health providing multidisciplinary and integrated care for patients. It also trains dental professionals and conducts oral health research with local and international academic institutions.





Singapore National Eye Centre

SNEC provides specialised eye services in Singapore and has gained international recognition for its research and education in ophthalmology.



SingHealth Community Hospitals

SCH oversees the management of Bright Vision Hospital (BVH), Sengkang Community Hospital (SKCH) and Outram Community Hospital (OCH). Delivering person-centred care to achieve patients' health goals, our care teams help them go beyond recovery and integrate back into the community.



and muscles.

Polyclinics

SHP provides primary healthcare services and plays an integral role in empowering patients, their families and the communities to take charge of their health and wellness by delivering seamless, person-centred and preventive healthcare

sub-specialties and treats a broad range of conditions affecting the brain, spine, nerves



For more information about SingHealth, please visit www.singhealth.com.sg





We are the Hulled Health With Professionals

Working alongside doctors and nurses, Allied Health Professionals (AHPs) cover a range of specialist roles vital to providing high-quality, integrated healthcare.

Each bringing specialist knowledge and skills unique to their profession, SingHealth's AHPs are regarded as experts in their field of practice and are required to make independent assessments and decisions on treatment for the patients.

SingHealth's AHPs play a significant role in the holistic management of patients' healthcare needs with evidence-based practice. With many different types of AHPs in SingHealth, find the one that's right for you!



Art Therapist

use art to help patients physically, mentally and emotionally.



Dietitian

I advise patients on now to eat right.



Medical Physicist

I support patients undergoing radiological exams.



Optometrist

I help patients see life in a new light.



Podiatrist

I help patients with foot conditions.



Radiographer

I perform scans to see what's happening inside the body.



help patients to near better



Embryologist

I help patients with reproductive health



Medical Social Worker

I support patients and their families who need social assistance.



Oral Health Therapist

I help to keep teeth and gums healthy.



Prosthetist/ **Orthotist**

I tend to patients who need prosthetic limbs or equipment.



Respiratory **Therapist**

I care for patients who need help to breathe better.



Auditory-Verbal

help deaf patients to communicate.



Exercise Physiologist

I assess a patient's ability to exercise.



Music Therapist I use music to help

patients heal and



Orthoptist

I help patients overcome eve



Psychologist

I engage patients in therapy for good



I help patients with sleep disorders.



Cardiac Technologist/ **Physiologist**

help physicians treat patients with neart conditions.



Genetic Counsellor

I help patients understand and manage genetic conditions.



Neuro **Technologist**

l assess brain activity for medical assessment and/or



Perfusionist

I operate the machine that takes care of your heart



Function Technologist

I manage the technology that takes care of your lungs.



Speech Therapist

I work with patients facing speech and swallowing problems.



Child Life Therapist

I engage children in herapeutic play.



Sonographer

I perform ultrasound scans to treat



Nuclear Medicine Technologist

I administer radioactive drugs and perform tests to diagnose diseases.



Pharmacist

I make sure patients get the right drug therapy so they can



Radiation Therapist

I help cancer patients during their radiation treatment.



I carry out tests and research with radiopharmaceuti-cals



Transplant Coordinator

I save lives by



Clinical Counsellor

I help patients cope with feelings of anxiety stress



Medical/ aboratory **Technologist**

I carry out lab tests to identify diseases



Occupational **Therapist**

I help patients get

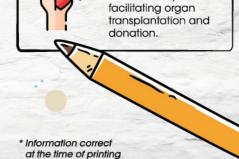


Physiotherapist

I help patients regain their mobility after illness or injury



Radiochemistry **Technologist**







00000

What's the difference between a radiation therapist and a radiographer?

A radiation therapist delivers ionising radiation in the treatment of cancer patients.

A radiographer produces X-rays, scans, MRI scans and other medical images to diagnose, monitor or treat illness and injuries.

Singapore

The best part about a scholarship? Peace of mind. Having job security after graduation made all the difference. As a healthcare scholar with SingHealth, I had a job lined up for me after graduation, plus I enjoyed financial security as well - tuition fees were paid for and I received a monthly allowance too. All that allowed me to fully focus on my studies and my career ahead!

If you want to grow, there's nothing quite like getting overseas exposure! I got the chance to go to London for my attachment, where I was able to broaden my clinical experience in radiation therapy. The scholarship also paid for my fourth-year degree programme expenses where I had the opportunity to live, study and work in Dublin, Ireland for several months. Getting clinical exposure in an overseas hospital setting is invaluable for one's career.

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When I was preparing to sit for Nurul Azidah Bte Johari my A-Levels, my best friend Radiation Therapist, was diagnosed with cancer. National Cancer Centre That sparked something in me. It drove me to work hard to pursue a career in healthcare, where I could be researching the various healthcare disciplines available and that was when radiation therapy piqued my interest

Our patients are the most challenging and rewarding part of the profession. I often have to push and motivate my patients to complete their treatment despite the difficulties or side-effects they might experience. However, at the same time, I enjoy being able to support them as well as their families through this tough time. Seeing their smiles at the end of their treatment makes it worth the challenging journey we've come through together!

"They're the ones who helped me during my treatment!" I had a patient who returned after treatment one day with his whole family, pointed excitedly at us and proudly exclaimed those words above. The look of joy on a patient's face in such moments creates heartwarming memories that I will always carry with me.

Time and again, my cancer patients remind me to stay positive. These patients choose not to give in to this adversity, but instead decide to fight each day. Their resilience and strength never fail to amaze me.

From clinical to research or education, there are plenty of career options available to a radiation therapist. There is also the specialisation of advanced practice radiation therapy or dosimetry (treatment planning). We have rotations each year to different treatment units and teams. That means we aet exposed to various cases, treatment techniques and machines - there is never a dull moment!

Treatment rooms have specially calibrated thick walls and lead doors that meet strict guidelines to protect staff from unnecessary radiation exposure.

• Every radiation worker carries a personal radiation monitoring device which is routinely replaced and checked to measure the loses being received.

did not have to return to the hospital as often. That small gesture was able to

Best Foot Forward

nor foot reflexologists! I run a musculoskeletal clinic where I do consultations with patients, conduct feet mechanics assessments and observe patients' gait patterns. Thereafter, I prescribe orthotics to help correct their foot ailments and posture, teach them lower limb stretching and strengthening exercises, and advise them on selecting suitable footwear to manage their foot conditions.

We tend to take our feet for granted.

Podiatrists are neither pedicurists

That's why my work involves educating patients on the importance of caring for their feet. Podiatrists also conduct public talks to advise people on what to look out for when it comes to foot problems. These talks raise awareness of podiatry in the community, hopefully prompting more people to take better care of their feet or come to us if they need help!

Being a podiatrist often means 'playing detective'. My job has an investigative element which I enjoy very much - I have to understand how our feet work, identify the causes of pain and diagnose the foot condition. Sometimes it's an inherent problem in the patient's body, or it could be their posture or a lifestyle change that causes pain in their feet. Getting to the root of the issue can be challenging but I get a lot of satisfaction when we get it right!

We treat people, and not just their condition. I once had an elderly patient who came to the hospital regularly to treat a leg ulcer. She was frail, lived alone and was unable to go out on her own due to the ulcer. Going to the hospital was a real chore as she depended on her sister, who was also elderly, to take her to appointments. To help her, I bought her a pair of home slippers so that she could walk comfortably despite her ulcer. She eventually recovered and

save her time, discomfort and hassle.

Teamwork makes the dream work!

A patient's medical issue is often multifactorial hence podiatrists do not work alone in the hospital. In Singapore General Hospital (SGH), I am able to work alongside fellow AHP colleagues, nurses and doctors closely to ensure more holistic care for our patients. There are initiatives to enhance our teamwork to improve our standards of care, such as the innovation event the SGH Allied Health division organised. AHPs from various disciplines came together to creatively work out solutions to solve some of our patients' problems, providing us with a great opportunity and an eye-opening experience to work with and learn from my Allied Health colleagues.

Seeing my patients walk again makes this job truly rewarding. I'm thankful that my job allows me to help patients directly and witness their recovery. Having a foot problem can be debilitating and really affect one's quality of life. It's a privilege to be able to help them walk again!

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Helping Those With **Diabetes**

- With diabetes on the rise, podiatrists play an important role in educating patients to care for their feet to prevent lower limb problems or amputation.
- · We help diabetic patients with lower limb ulcers by treating and applying the appropriate wound dressing and helping to offload pressure on the wound through offloading devices such as a total contact cast or accommodative insoles
- We also regularly check patients' lower limbs for early signs of deterioration to prevent future complications.



Kwok Siew Keong Podiatrist. Singapore General

Seeing The Big Picture A Matter of Libe and Breath

Radiography allows us to look into the human body in a non-invasive way

- it's fascinating! I've always wanted to be in healthcare because I wanted to do something meaningful with my career. After seeing a radiographer work with the MRI machine, I thought that radiography would be a good way for me to play a part in helping to treat patients.

Radiographers always want things 'picture-perfect'! Our job is to make sure we get the imaging right when conducting scans on patients. Every patient is different in terms of their physical size and anatomy areas to be scanned, which means MRI scans must be tailored accordingly. I have to ensure that the MRI scanning parameters are tweaked properly to achieve optimal image quality so that the healthcare

team can accurately diagnose the patient's condition.

When I worked in Singapore General Hospital, I got to use different scanning platforms, including several state-of-theart MRI machines. Subsequently, when I joined Sengkang General Hospital, I was

I work with high-technology equipment!

involved in developing its MRI scanning protocol. This gave me an opportunity to learn and have a greater appreciation of medical technology, which is always advancing to improve patient care.

We help people through their healthcare journey. With an MRI scan, patients are required to stay still in the MRI tunnel which can run for at least half an hour. That can be challenging for some patients as the tight space and loud noises can get unnerving.

One patient was so alarmed that he thought the machine was falling apart! I had to reassure him that the machine was fine and the noise was coming from the vibrations of the magnetic coils. It may seem trivial, but being there to assure and care for our patients is an important part of what we do. We also use techniques such as playing music

or leading them through breathing

techniques to help calm them.

"If you love science and want to

My patients always remind me to stay positive. I once met a patient who had a rare disease and happened to be around my age. Despite his illness, he remained positive and cheerful. Patients like him remind me to cherish and appreciate every moment as illness can strike at any time.

A respiratory therapist doesn't just work in the Intensive Care Unit (ICU)! We are part of a multi-disciplinary

team that provides holistic care in managing patients with airway issues and breathing difficulties. A respiratory therapist is also a member of the Medical Emergency Team (MET). This is a team of three ICU-trained clinicians that responds to patients in the general or high-dependency units who show signs of deterioration. Even though we implement robust clinical measures to prevent patients from going into cardiac or respiratory arrest, we always have to be prepared to perform resuscitation when needed.

As long as I can keep a breath going, I'm making a difference in someone's life. Airway management is no easy feat

it is truly treading a thin line between
 if and death. As someone who thrives on challenges, it's the perfect profession!

What I find most rewarding is the way we add value to care teams. Every day, we receive requests for us to review patients or calls asking for our opinions. With our input, we contribute to improving patient outcomes by reducing their duration of stay in the ICU or patients' need for invasive mechanical ventilation. It's great to see how our profession is highly valued and appreciated by the doctors and nurses!

You'd be surprised at the life lessons you can learn from patients. When I was a student therapist in the USA where I studied, I volunteered at a children's camp where participants were dependent on respiratory technology. I helped a 14-year old boy who required a ventilator to breathe as he had diaphragmatic paralysis. As I got to know him better, I realised just how brave he was as he remained positive about life despite his condition. He helped me to learn a lot about myself and also taught me what it means to live life to the fullest!

To be a good respiratory therapist, you need 3 Cs - compassion, calmness and confidence. Our patients don't just have medical conditions; they often are also going through extensive emotional stress. No matter what discipline you are from, a good healthcare professional truly cares for his patients and is sensitive to their needs. The ability to stay composed in the event of an emergency is also crucial. We don't have the time to second-guess ourselves because in this job, every second counts!

he

"Respiratory therapists are just technicians who set up equipment and give breathing treatments."

"A respiratory therapist only sees patients with lung diseases. Lungs are the only organs they care about."

Mythbuster

- Respiratory therapists assess patients and provide different respiratory modalities to help them with their breathing.
- When there is a patient with life-threatening conditions, a respiratory therapist is there to assist.
- Patients without lung diseases may also require respiratory support, such as when the patient is placed on mechanical ventilation during major surgery.





Asila Alia

Physiotherapists don't just 'provide massages'. While massages provide pain relief, it is just a small aspect of our treatment capabilities. More importantly, the physiotherapist's role has shifted from providing short-term relief to empowering patients to independently manage their conditions and achieving overall well-being in the long run.

Being able to help a child is challenging but incredibly rewarding! The joy of seeing a ventilator-dependent child progress from a serious illness to being discharged or seeing a child with a physical impairment finally able to play with other children after several years of therapy sessions and home exercises is indescribable. It's a joy that I get to share with the child and his or her family!

We've come to learn that quality care has to be integrated. We often work collaboratively, for example with therapists from different specialties, seeing paediatric patients together so that we can suggest holistic care solutions. This is especially key when there's a functional goal we want to achieve that can involve multiple disciplines. We're also seeing an increased focus on engaging the family or caregivers as partners in providing care for the patient.

Never let anyone tell you that anything is impossible! Over the years, I've treated numerous children with long-term neurological conditions and/or severe physical and intellectual disabilities. Some of them were given bleak prognoses and yet, they have recovered after the right treatment and therapy. These inspiring individuals have shown me the importance of perseverance and having faith even when the picture appears bleak.

As with life, change is the only constant! Be humble and acknowledge that there is always more to learn and actively seek to know more.

"I help patients regain their mobility after an injury, surgery or illness by improving their joint mobility and balance, and building muscle strength."

Donabel Baskaran

I was inspired to join this profession by my sister, who is also an occupational therapist. Seeing the difference she made in patients' lives made me want to do the same. I have also volunteered to care for the elderly, during which I came to understand how providing the right care can make a world of difference in their recovery journey.

The role of an occupational therapist is often confused with that of a physiotherapist. An occupational therapist focuses on fine motor skills to help the patient improve their ability to engage in daily activities such as taking a shower and getting dressed. On the other hand, a physiotherapist focuses on improving the patient's range of movement for better balance and coordination. That said, we do spend a lot of time working together as a team to help our patients!

We have many multi-disciplinary clinics where we collaborate and see inpatients together. These include the complex home care clinic, neonatal home care clinic and the neuromuscular clinic. Often, these cases require inputs from different medical and Allied Health disciplines as the patients' needs go beyond rehabilitation.

At the end of the day, what makes my work rewarding is seeing the patient's condition improve and seeing them accomplish a task that he or she thought was impossible. Over time, you also learn to celebrate small successes. These can be something as simple as seeing a baby hold a rattle on his own or seeing a child sit up on his or her own to write. It always gives me joy to hear about patients who continue to recover well at home and in their community.

"I help patients overcome their physical, cognitive or mental challenges so that they can go about their daily lives independently."

Chu Xiao Hui

Speech therapists don't just work with patients who can't speak clearly. We also work with children who experience language and social interaction difficulties as well as those who exhibit fussy eating habits. The varied scope attracted me to the work of a speech therapist as I have a great interest in eating and food!

I've learnt to view my patients beyond just their communication or feeding needs. It's important to view each child holistically, take into account his or her interests, emotions and the caregiver constraints as these can influence the rehabilitation journey.

Fuelled by my interest in music, I helped start a music therapy initiative for kids with complex medical and social needs. We use songs to facilitate interaction opportunities amongst a group of children and help them to achieve set developmental and communication goals. Many of my colleagues enjoy these sessions too, because music just makes things more fun!

We work together in helping the patient achieve a desired functional goal. For example, let's say we want to help a child learn how to eat independently. First, getting the child to sit up would require the skills of the physiotherapist, followed by the use of cutlery as guided by the occupational therapist, and finally, I would come in as a speech therapist to help the child to swallow.

"I assess and manage swallowing and communication disorders, including disorders in speech, language, fluency and voice."





Allied Health Research For A Better Future

Allied Health Education Educate To Empower

A Better Way To Beat Bacteria

Dr Lim Tze Peng

- Senior Principal Pharmacist Researcher, Singapore General Hospital
- Assistant Professor, **Duke-NUS Medical School**

Area of Research: Antimicrobial Resistance, Pharmacokinetics / Pharmacodynamics, Therapeutic Drug



- Tze Pena's research focuses on finding the right combination of antibiotic treatments to treat multi-drug resistant bacteria in the shortest time by using in-vitro dynamic models that mimic human-like conditions.
- He works closely with physicians to gain access to bacteria samples from hospitals in order to advance his research.
- His research findings have already been published in international, peerreviewed publications, including the Antimicrobial Agents of Chemotherapy, International Journal of Antimicrobial Agents and the Diagnostic Microbiology of Infectious Diseases.
- Moving forward, he hopes to incorporate antibiotic level measurements at the site of infections together with in-vitro guided combination therapy in clinical studies to improve patient outcomes

- With the increased and often inappropriate use of antibiotics, we are seeing more and more multidrug resistant organisms. Patients are no longer responding to current antibiotic treatments and require a different approach.
- These drug-resistant organisms often thrive in hospitals, causing infections to spread and pose health risks.
- Tze Peng's research involves running a test that screens up to 200 different antibiotic combinations in order to find the most effective one for treatment

"If an antibiotic is 'useless' against multi-drug resistant bacteria, would combining two such antibiotics make them less 'useless' to save an infected patient's life? This idea was what sparked our guided antibiotic combination therapy that is used to treat multidrug resistant bacteria."

Dr Chan Hong Naee

- · Senior Principal Clinical Pharmacist, Singapore General Hospital
- · Chair of College of Allied Health (Jan 2017 - Dec 2019)
- Programme Director, National Pharmacy Residency

Bringing Out Their Best

Being an Allied Health Educator is my way of sharing my knowledge and passion with others. By passing that on to the residents and students, I hope to make a positive difference towards patient care. My most rewarding moment as an educator was when one of the pre-registration pharmacists wrote me a card sharing how she appreciated all my guidance and support. She also felt that she had become a calmer person and better at dealing with problems. I'm glad I was able to play a vital part in her career journey.

Educators are needed at all levels of healthcare. We play an important role in continuing the professional development of our colleagues, which in turn, will benefit patients. Being an educator is neither about remuneration nor prestige; it is about imparting our knowledge and skills to the next

generation of healthcare practitioners. It takes hard work and a positive attitude.

Even for us Educators, the learning never stops! I hope to become a specialist pharmacist in critical care with an interest in education, so that I can align and strengthen my clinical service delivery with education. There is still so much more out there to learn and explore, especially with an interprofessional education and collaborative practice!



What

- Yong Hao's research involves the use of analytics and technology to improve, assess, and predict physical function in patients, particularly those with total knee replacement.
- He has been involved in over 70 research papers since 2009, including a collaborative study examining the impact of various range-of-motion limitations in physical function for patients with distal radius fractures.
- So far, he has secured over half a million dollars in research grants and his Allied Health research team has gained international recognition.

Why

- Faced with challenges and questions that he encounters with patients as a physiotherapist, Yong Hao is driven to find answers through research.
- As a mentor to his team, he is a source of support for his colleagues, often encouraging them to publish their research findings. At the same time, it is important to realise that it can take years to translate research findings into clinical practice. In this way, the team can help lay the foundations for improving healthcare practices in the future.

"During my undergraduate studies in Manchester, it was challenging as there were often no definitive answers in physiotherapy. I was always asking, 'Are you sure this will work?' because I couldn't see the evidence to support the therapy options. Eventually, I decided to put myself through the rigours of a PhD programme to search for these answers. In doing so, I also contribute to building the field of physiotherapy research."

Building Knowledge, **Inspiring Others**

Dr Pua Yong Hao

- · Senior Principal Physiotherapist. Singapore General Hospital
- Assistant Professor, Duke-NUS Medical School

Area of Research: Physiotherapy



in Critical Care (R2)

Advancing Talent

The SingHealth College of Allied Health (CAH) aims to advance the professional clinical development of **Allied Health Professionals** (AHPs) in SingHealth. The College oversees and develops the full continuum of education and training for all AHPs and Allied Health support staff.

CAH offers a comprehensive range of professional training programmes, from basic skills training to advanced postgraduate programmes, to meet the diverse needs of AHPs. These training programmes promote multiprofessional, team-based learning toward a more integrated healthcare model, which would provide patients with optimal care.

Through CAH, the Faculty will develop new teaching capabilities and integrate best practices across diverse Allied Health professions. CAH will also facilitate research and scholarly activities to enhance the clinical outcomes of patients. The College will pursue accreditation of structured programmes and postgraduate clinical programmes, as well as certification of AHPs in Singapore.

Our Vision

To be the centre of excellence in providing Allied Health clinical education in Singapore and the region, and be committed to providing an excellent learning experience in a collaborative and diversified clinical environment.

Our Mission

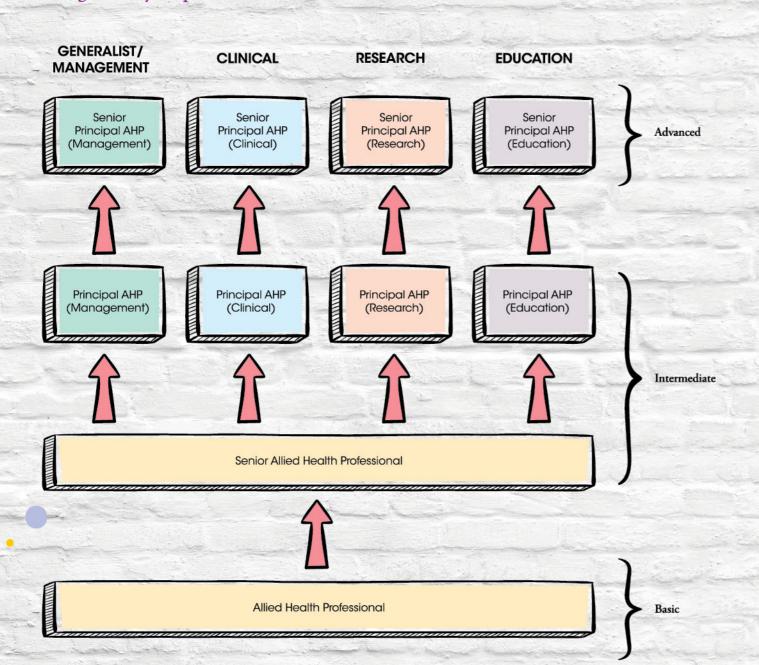
- · To provide a comprehensive range of undergraduate, postgraduate, residency, accreditation and certification programmes for all AHPs and Allied Health support staff.
- To develop highly qualified Allied Health educators and Faculty.
- To support educational innovation and pedagogy research.



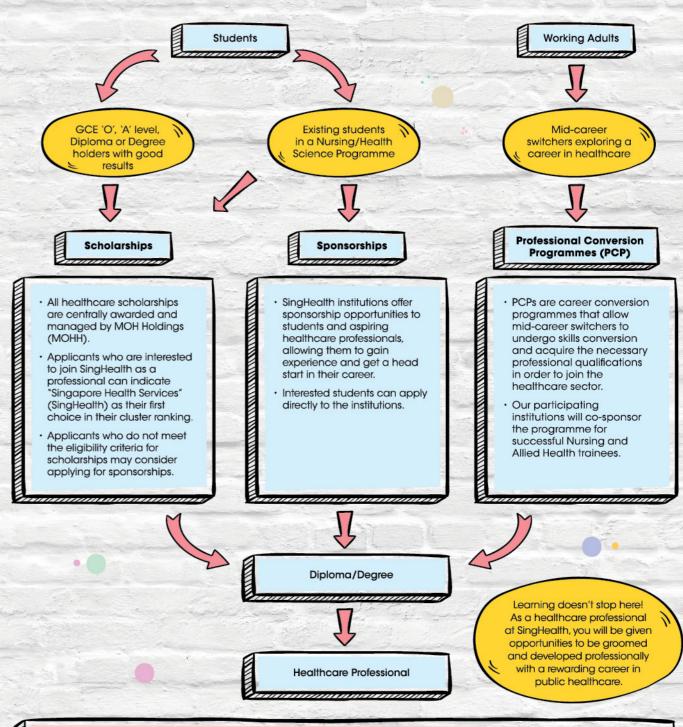


FOR ALLIED HEALTH PROFESSIONALS White the second of the s

With on-the-job training, mentorship and job rotations, you will be able to grow holistically in your discipline. You will be exposed to a wide variety of clinical specialties and opportunities for training and development. As you progress in your career, you can choose to develop a clinical specialisation, undertake research, participate in education or move into management roles. Play to both your strengths and your passion!



Pathwayto a Career in Healthcare





For more information on **scholarship and sponsorship opportunities** in SingHealth, please visit **www.singhealth.com.sg/careers** or email your enquiries to **scholarship@singhealth.com.sg**

