

my *Alvernia*

Inspiring Healthy Living | Issue 47

Congratulations

to Our Nurses' Merit Award Winners!



04 Concerns
About Wearing
Contact Lenses

16 Sister Linda
Packs a Punch!

18 Helping Our Underserved
Community Stay Healthy
with Early Detection Tests

Contents

03 CEO Message

04



Medical/Surgical

Concerns About Wearing Contact Lenses

06 Medical/Surgical

Eat, Drink and Be Merry? Spare a Thought For Your Liver

08 Mission

A Shining Light for the Mount Alvernia Hospital Family

10



People

Congratulations to Our Nurses' Merit Award Winners!

12 People

To More Good Years Ahead!

16



People

Sis Linda Packs a Punch!

18



Outreach

Helping Our Underserved Community Stay Healthy with Early Detection Tests

20 Outreach

A Mum's Tips on Taking Her Special Needs Son to Mount Alvernia Outreach Clinic for Dental Treatment

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Last quarter was an exciting time for us – marked by joy and fresh starts.

It is with much delight that I announce that two of our nurses, Nursing Assistant Director, Adeline Kooh and Senior Nurse Manager, Agnes Dass, were given the Nurses' Merit Award by the Ministry of Health in July. The award, now in its 46th year, is one of the highest nursing accolades in the country. I congratulate Adeline and Agnes as they continue to elevate and inspire their nursing peers through their hard work, professionalism and service excellence.

While we look forward in continuing to serve our communities with love, we also look back in gratitude to those who have given their best years to MAH.

As we recognise staff who have served in MAH for five years or more, both Loo Poh Chin from Central Sterile Services Department and Tan Kim Yeok from Housekeeping, stand out. They have been working in MAH for 50 years — the former since she was barely 21 and the latter from the age of 19! As tokens of our thanks for their years of faithful service, both ladies were given two specially customised gold medallions.

While many may associate our FMDM Sisters with their tenacious faith and will, few are privy to the fact that our Sisters also possess talents in fields beyond theology and healthcare!

Sister Linda Sim may appear petite but her frame belies the fact that she was recently the first Singaporean to win a gold medal in the World Taekwondo Poomsae Championships in South Korea where she beat six other female competitors in the over-65 age category! You can read an account about her path to gold in this issue.

Over the past months, as Singapore gradually relaxes many of the social restrictions in our fight against COVID-19, our Community Outreach colleagues are raring to go in resuming their work to help the underserved communities around us. They were already hard at work in their plans to do so as early as March.

Collaborating with Beyond Social Services, a three-part health screening session that included mammograms and colorectal screening was organised for residents staying at rental flats near our medical clinic at the Enabling

Village at Lengkok Bahru. I am glad to know that through these sessions, we were able to treat four participants, detected with early undiagnosed chronic medical conditions, at our outreach medical clinic. For other participants, the overall awareness of healthy living through regular health screening was raised.

As Singapore continues with the transition to living with COVID, mask wearing is now optional in many settings. While we rejoice in this fantastic milestone, let us not forget the good lessons and habits learnt over the past two years such as handwashing or staying home if we are unwell.

Let us continue to pray that the COVID infections continue to dip and the pandemic will soon be behind us.



Dr James Lam Kian Ming
CEO, Mount Alvernia Hospital

Concerns About Wearing Contact Lenses

Do you wear contact lenses regularly? Senior Consultant Ophthalmologist Dr Jacob Cheng cautions that you should keep an eye out for these possible issues.



Dr Jacob Cheng
Senior Consultant Ophthalmologist
Eagle Eye Centre Pte Ltd (EEC)
Medical Centre D
#06-57/58/59/60/61/62

Singapore tops myopia rates worldwide

Here's a chart-topping claim that Singapore *really* shouldn't be proud of: we have the dubious honour of having one of the highest myopia rates worldwide. According to the Ministry of Health, over 65 percent of children are myopic by Primary Six, and 83 percent by the time they reach young adulthood. By 2050, it is projected that 80 to 90 percent of all Singaporean adults will be myopic.

With figures like these, it is no wonder that many turn to contact lenses to correct their vision. However, if worn for an extended period of time and with poor hygiene, it may lead to infections and other serious problems, says Dr Jacob Cheng from Eagle Eye Centre.



Lack of lubrication and oxygen for your eyes

Some common complications caused by prolonged wear include dry eyes, droopy eyelids and corneal abrasions. Contact lenses prevent adequate moisture and lubrication of our eyes, especially to the surface of the cornea. This can thus damage the corneal surface, increasing the chances of abrasions and potentially serious eye infections.

Other complications include corneal neovascularisation, a condition where limited oxygen supply to the eye causes new blood vessels to grow on the corneal surface. These vessels gradually enlarge, invading the central cornea, and cause severe red eyes and eventual vision loss. Some may also develop a corneal ulcer or infectious keratitis. This results from abrasion, trauma, poor lens hygiene, contaminated lenses and overuse.

Symptoms of a corneal ulcer

Look out for sensitivity to light, tearing, redness and discharge. If it worsens, you may experience severe pain, white patches on the cornea and reduced vision. If left untreated, you can even suffer severe loss of vision or blindness. Other consequences include corneal scars and poor vision that cannot be corrected with glasses. At this stage, even corneal transplants may not completely restore your vision.

Treatment for corneal ulcers

Extensive antibiotics is needed to treat corneal ulcers. In serious cases, you may require hospitalisation. Even after treatment, corneal scars can still form and you may require a corneal transplant to recover some vision. The bad news is if you have had a corneal ulcer, you face greater risk of developing it again. Thus, patients should discontinue wearing contact lenses.

Contact lenses can offer you convenience and some may even treat fancy coloured lenses as a fashion accessory. However, wearing contact lenses puts you at risk for potential injury.

Protect Your Peepers!

Here are three tips to using contact lenses responsibly.

DO practise good hygiene

Avoid bathing or sleeping with contact lenses. These activities may lead to a higher risk of infectious keratitis, says Dr Cheng.

DO use daily disposable contact lenses

Using daily disposables are recommended for good hygiene purposes. But if you feel any discomfort, redness, excessive tearing and blurring of vision, stop wearing the lenses and discard them immediately.

DO have a back-up pair of spectacles

If you suffer from the symptoms above, lay off the contact lenses for a few days to allow your eyes to recover. Stick to your glasses in the meantime. If your symptoms persist, consult an eye specialist immediately.

Eat, Drink and Be Merry? Spare a Thought for Your Liver

Before you chug your next bottle of wine, here are four things you need to know about how excessive drinking can harm your liver. Senior Consultant Dr Ho Choon Kiat outlines the risks and treatment methods.



Dr Ho Choon Kiat
Senior Consultant
Nexus Surgical Associates
Medical Centre A #06-05

1 More alcohol consumed + more time spent drinking = higher chance of getting liver disease

Although not every heavy drinker will get liver disease, your chances of getting it certainly increases with the amount you binge-drink, and the longer you indulge in it. Dr Ho Choon Kiat, a senior consultant at Nexus Surgical Associates, explains that drinking excessive alcohol can affect both liver function and structure, in the following ways:

Fatty liver:

Too much alcohol leads to a build-up of fats in the liver cells, a condition known as fatty liver. If left untreated, it can progress to liver inflammation, or hepatitis.

Acute or short-term hepatitis:

Too much partying during Christmas season? If you have been binge-drinking over several days, it may lead to acute



or short-term hepatitis. When hepatitis occurs, the liver suffers from injury and scar tissues will form as they heal.

Fibrosis:

Repeated bouts of acute hepatitis will increase the scar tissue – also known as fibrosis – in the liver.

Cirrhosis:

Fibrosis may then lead to the hardening of the liver, a condition called liver cirrhosis. “At this stage, the liver’s function is permanently impaired and may even fail. Furthermore, a cirrhotic liver has a higher risk of developing liver cancer,” warns Dr Ho.

2 Avoid these risk factors

Fatty liver is usually caused by these common risk factors:

- Unhealthy diet
- Lack of regular exercise

- Hepatitis B infection
- Intake of certain drugs, such as an overdose of paracetamol
- Certain hereditary diseases, such as Wilson’s disease, which causes an excessive accumulation of copper in the liver

3 Binge-drinking can also cause more health problems!

Your liver may take the brunt of your alcohol abuse but other potential health issues can include:

- Stomach inflammation and ulcers
- Cancers of the mouth, throat and oesophagus
- Nerve damage: The patient may notice progressive weakness of his thigh muscles
- A type of brain damage known as Wernicke’s encephalopathy: The patient experiences visual problems, bouts of confusion and may have issues walking properly.
- Psychiatric disorders: The patient develops a dependence on alcohol and may experience withdrawal symptoms without it

4 How can we treat liver damage?

If your liver damage is due to excessive alcohol intake, the first thing you should do is to stop drinking! Some of the injury done to the liver can be reversible. However, if the damage is due to fatty liver – especially if you are overweight – then you should lose weight and eat healthily. “If there is hepatitis caused by fatty liver, the person needs to lose seven to 10 percent of his body weight,” says Dr Ho. Do this by complementing a healthy diet with 150 to 200 minutes of aerobic exercises per week, in three to five sessions. With a more disciplined diet plan and regular exercise, your liver – and body – will thank you.

To find out about the health of your liver, call our Health Screening Centre for an appointment at 6347 6215 or Whatsapp 9819 1303. Alternatively, you might want to book an appointment via this QR code:



A Shining Light for the Mount Alvernia Hospital Family

Our 18th Values-In Practice (VIP) Award paid tribute to 12 staff who have demonstrated our values of Compassion, Humility, Integrity, Respect and Peace (CHIRP). Let's hear from their nominators about how they were touched by the way our winners serve and support colleagues and patients.

Maria Cecilia Teston, Senior Midwife, St Raphael



"Respectful attitude towards everyone she meets and always offers a helping hand to colleagues. When colleagues are in doubt, she unreservedly shares her knowledge and experience with them. Thankful to have her as a colleague."

"Very bubbly, always smiling and many love her for the person that she is. She takes initiative in offering support to colleagues."

"Kind, caring and considerate of the feelings of fellow colleagues. A person with a lot of patience, is cheerful and has a good heart. It is nice working with this 'angel'."

Edmer Manalastas Lapuz, Executive, Housekeeping



"He always makes himself available for every urgent need that requires his support. This was especially crucial during the conversion to and from Covid wards."

"People appreciate his prompt response and service. He is always dependable and very approachable. Ever ready to be on the ground and stretches himself to support his colleagues at all times."

"During times of manpower crunch, he exemplified compassion and humility by rolling up his sleeves to support the housekeeping team in meeting the hospital's cleaning requirements, in addition to his usual duties."

Lee Hui Wen, Enrolled Nurse, Day Surgery



"She helps colleagues out when she sees them overloaded with work. She shares her thoughts and views so that she can be of help in resolving issues. In stressful times, she is a person who stays focused and sticks with the team to sort things out."

"She is cheerful, energetic and always keeps a smile on her face. She speaks gently and patiently with everyone."

"Instead of just relying on others, she upgrades herself by constant self-learning, keen observation and taking the initiative to humbly ask when she is not sure."

Joshua Wu Shi Bin, Senior Staff Nurse, 24-Hour Clinic & Emergency Services



"Whenever he gives instructions, he communicates with consideration so juniors feel respected and comfortable with him. In stressful and tense times, he maintains composure and calmly gives clear directions. He addresses issues in a cool and harmonious manner."

"Oftentimes when unexpected cases turn up, he will take the initiative to attend to patients' immediate needs without any hesitation instead of making the patient wait for another staff to come along."

"He has an easy-going nature and a sense of humour. He can lift up people's mood and encourage them. It is a gift to have him as a co-worker because you can always feel confident with his support and count on him."

Zhao Liping, Supervisor, Housekeeping



"Even when she is very busy at work, she remains cheerful, gentle and approachable. She is very prompt in her service to users"

and does her best to accommodate urgent ward requests."

"She stays resilient at all times — even when housekeeping was down with staff, she continued with a positive mindset and actively helped to tidy up the wards so that wards can open on time to serve patients."

"At a time when housekeepers were all busy coping with discharges and a manpower crunch, she often made big sacrifices of putting in extra hours to cover housekeepers' duties to ease their heavy workload while continuing with her responsibilities at the same time."

Daljit Kaur, Patient Service Officer, Front Office



"She is a joy to work with. Her positivity rubs off on other colleagues. She is passionate in her role and empathises well with patients and makes small talks to ease their anxiety. Her efforts have been complimented with a special 'thank you' card by a patient."

"In many difficult frontline situations especially during the pandemic restrictions, she always kept her composure, politely explained protocols and assisted patients and visitors with care and kindness."

"She is so sweet whenever you need help, she is always happily assisting with her gentle and sweet smile."

Joseph Arroyo, Supervisor, Central Sterile Services



"A responsible guy who we can count on. Always willing to step forward to support work and give a helping hand. He works calmly and patiently even under stressful conditions, and perseveres with a positive attitude in all his tasks."

"He is good-natured and kind. Hard working and has a sense of humour. A helpful, easy-going and understanding

colleague whom one looks forward to see every day."

"A person who quietly and effectively carries out his duties with accuracy. He is humble and encouraging towards colleagues."

Paramaeshwary V., Patient Service Officer, St Michael



"She is always polite and cheerful. She is approachable to both staff and patients. She is obliging when her assistance is needed."

"Her actions and words convey empathy and respect for those whom she works with. She is very friendly and committed, and considered an excellent role model to colleagues."

"She is responsible, hardworking and takes care of colleagues. She does her best to care for their needs, going above and beyond to support them with her constant attention and presence."

Lau King Poh, Assistant Director, Facilities Management



"He listens to people with compassion and is sincere about helping to solve any issues at hand."

"He always gathers staff for group discussions and shares progress updates with us. He respects our views, generously explores new ideas and calmly explains his views so that the whole team understands well and can work to achieve a common objective."

"Whenever the team makes a mistake, he will step up as a leader and share in the responsibility with us. He allows us to learn from mistakes and offers sound correction. He also constantly reminds all of us of our CHIRP values when we are too focused on the objective. The whole team has grown stronger and more united over the years."

Shyvreena Bte Jafferysin, Staff Nurse, St Raphael



"Prompt, polite, professional and cheerful. Compassionate in her care for patients."

"She has a pleasant character and she is a shining example for her juniors. A good leader and helpful colleague."

"Good team player with a humble attitude. Always willing to learn."

Lynda Yap, Senior Staff Nurse, St Raphael



"She willingly takes on various scope of work and does so responsibly and with integrity. She works fast and efficiently and maintains professionalism."

"Her actions and words show a sense of respect towards those whom she serves and works with every day. She can always work well in a team."

"She is very calm even on busy days and keeps on smiling as she works."

Ng Lih Wing, Principal Physiotherapist, Rehab Centre



"She is very patient and dedicated to her profession. She is a caring senior and role model for many junior staff."

"As her time slots are always full, she would often take her lunch time to attend to the needs of others and also at times stays beyond her work hours to help."

"She is flexible and trustworthy in her clinical approach and communication. She advises and teaches other staff with empathy and confidence. Thank you, Ms Ng."



Congratulations to Our Nurses' Merit Award Winners!

We are happy to announce that we have two recipients for the Ministry of Health Nurses' Merit Award. Three cheers for our Nursing Assistant Director Adeline KooH Seok Koon and Senior Nurse Manager Agnes Dass!

Adeline KooH Seok Koon, Assistant Director, Nursing

Adeline, as she is affectionately known, has been in nursing around the world for the last 30 years, and spent the last four at Mount Alvernia Hospital (MAH). Sharing a memorable anecdote from her early days, Adeline recalled that back in the 1990s, ultrasound scanning was considered a luxury and was not as popular among pregnant mothers as it is today. After helping a mother deliver her first child at home, she was doing a routine check on the mum when she noticed that her fundal height was unusually high.

"I could feel that there was something still inside her uterus. Astonished, I immediately alerted my senior who was also present. She suspected that there was another



baby. As the mother and baby's life could be in danger, there was no time to rush them to the hospital. We did what we could and delivered the child via assisted breech delivery. It was a joy to bring a new life into the world but to save two lives concurrently was even more fulfilling!"

Adeline's commitment toward safe maternity nursing continues to this day. One of her many improvement projects was the Partogram chart added with colour range to highlight an early warning sign on the cardiotocography monitoring. This visual provision enables nurses to initiate the next level of alert or care plan, resulting in more safety measure for birthing ladies.

Today, Adeline helms the Neonatal Intensive Care (NICU) Unit, in addition to a 15-bedded Delivery Suite, three postnatal wards with 56 beds and three nurseries. She also represents MAH in different national regulatory boards on expecting mothers' education, parentcraft training, lactation provision, electronic birth/ death registration.

Agnes Dass, Senior Nurse Manager

Since joining MAH 17 years ago, Agnes has become an excellent role model not just for nurses, but also other colleagues. During the COVID-19 pandemic, Agnes chipped in to manage many adhoc non-nursing tasks such as nurse swabbers' rosters for hospital campus partners, and the staff and doctors' vaccination schedule.

As the head nurse of the Day Ward, Agnes handles the administrative and operational functions of the unit. A keen learner, she is always in search of opportunities to upgrade her skills, regularly attending nursing related courses such as wound care management for example. She keeps herself current with policies and procedures and on a monthly basis, she conducts training and sharing sessions with her team so that they may benefit from the latest knowledge.

She leads her team effectively and with compassion. This sense of compassion is also what drives her every day in

her interactions with her patients. She recounts, "About 10 years ago, at a friend's request, I rushed down to help a man who was very ill." Concerned that he might not last the night, she convinced his wife to call an ambulance to rush him to the hospital. Sadly, the man passed on before the ambulance arrived.



Overcome with empathy and compassion, Agnes could only hold his hand to offer him comfort before his consciousness slipped away. "Such are moments when I'm reminded that nursing is not just about skillsets but about a compassionate heart that cares and connects with those in pain and suffering." Indeed, this good-humoured multiple award winner is much loved by colleagues and patients for her big heart, often earning positive feedback from them!



Interested to join us?
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read more:



To More Good Years Ahead!

Our heartiest congratulations and gratitude to our Long Service Award winners, who have dedicated their years to Mount Alvernia Hospital! Five of our longest-serving colleagues tell us why they've made this their second home.



Loo Poh Chin Central Sterile Services 50 years

“ I enjoy working at Mount Alvernia Hospital. My colleagues are understanding and helpful, the shift work timing suits us and the flexibility allows us to clear our documents in time. I have been working with many Sisters who are good and understanding, including our Head of Department. The hospital always sends us to courses, lectures and workshops, which widen our knowledge of work. We can even take a one-year Central Sterile Services Department (CSSD) course. Passing the exam helped me to get promoted to the position of supervisor! ”

Goh Mui Peng Central Sterile Services 45 years

“ I like that Mount Alvernia Hospital is near my house and the people here are friendly and nice. After so many years at Mount Alvernia Hospital, I've gotten used to working here. ”





S. Krishna Kumari Wards – Our Lady 40 years

“What I like about Mount Alvernia Hospital is the ambience of the working environment. The traditions established by the founding FMDM Sisters, such as values, ideologies and culture, still continue till this day. Staying with Mount Alvernia is a personal choice. My continuing passion for my work keeps me grounded in place. I feel happy and satisfied with helping my patients, working with my colleagues and the organisation itself.”

Chioh Kim Hong Sharon Operating Theatre 35 years

“When I was contemplating leaving, I was invited to give the Operating Theatre a try. I did, and have been here for 35 years! I was sent to an advance diploma course – the Operating Room Nursing Course – which helped me to cope and learn more. The Operating Theatre is a fast-paced place where I can learn many things, procedures and new equipment, which suits me. I also learn from my helpful younger colleagues. We encounter many interesting cases, such as a construction worker who fell from seven storeys. With three doctors operating on him, he made a quick recovery. It makes me very happy to see our patients go home without complications and recover well.”



Junita Binte Taip Wards – Our Lady 35 years

“Mount Alvernia is my second home. I have good nursing management and a good nurse manager. I also enjoy working with my colleagues. What is my motivation for staying on with Mount Alvernia Hospital? I love my job.”





Group photo of 5-year winners

5 Years

Ng Jie Ying Cecil, Clinical Quality & Informatics, Administration

Goh Chai Feng, 24-Hr Clinic & Emergency Services, Clinical Services

Monteiro Gennalyn Delapa, 24-Hr Clinic & Emergency Services, Clinical Services

Chandran Pillai Ambika Maya, Day Ward, Nursing

Chua Sin Moi, Diagnostic Imaging, Clinical Services

Tan Shiling, Dietetics, Clinical Services

Fabillar Rommel Engle, Laboratory, Clinical Services

Renuka D/O S Elanggovan, Laboratory, Clinical Services

Tang Lee Li, Laboratory, Clinical Services

Vivian Li Meiping, Laboratory, Clinical Services

Erica Lin Zhihui, Community Outreach, Corporate Development

Nina Widjaja, Community Outreach, Corporate Development

Teo Seow Ching, Community Outreach, Corporate Development

Chen Zi Xin, Business Office, Fiscal

Cheok Tze Oh, Business Office, Fiscal

Nur Azlilah Binte Rosli, Business Office, Fiscal

Yen Liwei, Business Office, Fiscal

Lau King Poh, Facilities Management, Hospital Operations

Tan Kah Yen, Hospital Planning & Development, Hospital Operations

Douglas Wong Ku Yong, Central Sterile Services, Nursing

Tee Chee Seng, Central Sterile Services, Nursing

Roobaneswary Amurthalingam, Day Ward, Nursing

The Tania Kustanto, Day Ward, Nursing

Consuelo Deneb Gajo, Delivery Suite, Nursing

Sarinah Binti Ahmad, Delivery Suite, Nursing

Hoong Chuen Nee, Intensive Care Unit, Nursing

Kaliyamoorthy Baladevi, Intensive Care Unit, Nursing

Silang Arleen Dinglasan, Intensive Care Unit, Nursing

Aguhar Ma Marilyn Francisco, Neonatal Intensive Care Unit, Nursing

Ng Geok Pin, Nursing Administration, Nursing

Ooi Bee Choo Jenny, Nursing Administration, Nursing

Jessy Bangan Anak Manju, Operating Theatre, Nursing

Lee Li Ying Eunice, Operating Theatre, Nursing

Manuel Maricel Lacana, Operating Theatre, Nursing

May Cho Zin, Operating Theatre, Nursing

Win Win Myint, Operating Theatre, Nursing

Reano Erianne Krystle Baluyot, Ward - Our Lady, Nursing

Umah Ganis, Ward - Our Lady, Nursing

Yap Siang Bei Rebecca, Ward - Our Lady, Nursing

Chong Fui Yin, Ward - St Clare, Nursing

Goh Meiqi, Ward - St Francis, Nursing

Liew Lan Yin, Ward - St Dominic, Nursing

Durga Devi D/O Seenivasan, Intensive Care Unit, Nursing

Quilantang Tessa Marie Cajilig, Ward - St Francis, Nursing

Ungsod Victoria Anne, Ward - St Francis, Nursing

Guillen Cherryl Silvosa, Ward - St Joseph, Nursing

Kalaiselvi Elenselien, Ward - St Joseph, Nursing

San Luis Clarence Joy Salceno, Ward - St Joseph, Nursing

Sarah Rachel Ngui Sheut Er, Ward - St Joseph, Nursing

Bavani Mohan, Ward - St Raphael, Nursing

Chung Kai Wen Evan, Biomedical Engineering, Technology and Strategy
Sandra Grace D/O Seenivasan, Technology & Strategy, Technology and Strategy

10 Years

Chua Ming Ju David, 24-Hr Clinic & Emergency Services, Clinical Services
Lim Li Jing, Diagnostic Imaging, Clinical Services
Rita Kumari D/O Kesavamurthi, Health Screening Centre, Clinical Services
Zhang Weifang, Laboratory, Clinical Services
Koo Hoong Mun, Community Outreach, Corporate Development
Chua Siok Kim, Business Office, Fiscal
Jennifer Cheung Tsz Ling, Business Office, Fiscal
Zubaidah Binte Abdul Hamid, Facilities Management, Hospital Operations
Noorshidah Binte Mohamed Rashid, Front Office, Hospital Operations
Heng Mok Kiang, Housekeeping, Hospital Operations
Kho To Ho, Housekeeping, Hospital Operations
Lim Gek Choo, Housekeeping, Hospital Operations
Mah Koay Wan, Housekeeping, Hospital Operations
Janet Rajavathanam D/O Suppiah, Clinical Pastoral Care, Mission
Buena Nerissa Cruz, Delivery Suite, Nursing
Noor Azizah Bte Yusof, Endoscopy Centre, Nursing
Agustin Mylene Mercado, Intensive Care Unit, Nursing
Zhu Hua, Intensive Care Unit, Nursing
Emie Roseliatutie Binte Rahmat, Operating Theatre, Nursing
Felicia Tan, Operating Theatre, Nursing
Ma Ferdie Pinuela Dilag, Ward - Our Lady, Nursing
Sherlin Cagas Salvacion, Ward - St Francis, Nursing
Vikneswari D/O Sreenivasan, Ward - St Clare, Nursing
Joyce Yan Bubulo, Ward - St Dominic, Nursing
Elizabeth Elaurea Bacay, Ward - St Francis, Nursing
Tan Shelia, Ward - St Francis, Nursing
Tan Swee Chew, Biomedical Engineering, Technology and Strategy
Rudy Hartono, Technology & Strategy, Technology and Strategy

15 Years

John Paul Cruz Tuazon, Cardio-Vascular Laboratory, Clinical Services
Melissa Bernadette Chua Sin Huay, Cardio-Vascular Laboratory, Clinical Services
Ng Yee Jeh @ Goh Gee Jeh Sybil, Medical Affairs, Clinical Services
Lee Dey Cie, Finance, Fiscal
Toh Seo, Food & Beverages, Hospital Operations
Sem Hoo Hoy, Security, Hospital Operations
Hao Wenfei, Day Ward, Nursing

Ramulu Bakkiyalakshmi, Intensive Care Unit, Nursing
Subramani Annalakshmi, Intensive Care Unit, Nursing
Khaing Soe Paing, Operating Theatre, Nursing
Susan Pagdanganan Mutschler, Operating Theatre, Nursing
Toh Teck Eng, Biomedical Engineering, Technology and Strategy
Roslinda Binte Mohammad Hajar, Nursing Administration, Nursing

20 Years

Emelia M. Undag, 24-Hr Clinic & Emergency Services, Clinical Services
Chin Huey Fang, Diagnostic Imaging, Clinical Services
Ng Geok Hiok Magdelene, Laboratory, Clinical Services
Lim Yen Ling, Ward - Our Lady, Nursing
Santhanam Santhana Raj, Technology & Strategy, Technology and Strategy

25 Years

Tan Poh Guan, Diagnostic Imaging, Clinical Services
Low Boon Geok Stewart, Laboratory, Clinical Services
Badariah Pauzan, Business Office, Fiscal
Gandhimathi D/O Krisnan, Business Office, Fiscal
Lee Keng Sung, Facilities Management, Hospital Operations
Eng Way Cher, Food & Beverages, Hospital Operations
Quak It Siong, Food & Beverages, Hospital Operations
Yeo Teck Chuan, Operations Support, Hospital Operations
Tan Guek Hoon, Delivery Suite, Nursing
Lim Chwee Ling, Nursing Administration, Nursing
Punitha Muniandy, Operating Theatre, Nursing
Tan Meow Huay, Ward - St Michael, Nursing
V Paramaeshwary, Ward - St Michael, Nursing
Anandan Sreedevi, Ward - St Raphael, Nursing

30 Years

Ho Ai Choo, Operating Theatre, Nursing

35 Years

Chioh Kim Hong Sharon, Operating Theatre, Nursing
Junita Binte Taip, Ward - Our Lady, Nursing

40 Years

Irene Koh Kim Keow, Operating Theatre, Nursing
S. Krishna Kumari, Ward - Our Lady, Nursing

45 Years

Goh Mui Peng, Central Sterile Services, Nursing

50 Years

Tan Kim Yeok, Housekeeping, Hospital Operations
Loo Poh Chin, Central Sterile Services, Nursing



Sister Linda Packs a Punch!

She may be pint sized but Sister Linda Sim has pinned Singapore on the map for winning our first gold medal at the World Taekwondo Poonsae Championships for the women over-65 age category.

At 1.5m tall and tipping the scale at less than 50kg, and looking serene in her nun's habit, Sister Linda Sim is nothing you might expect of a Taekwondo champion. However, this spritely 67 year-old, who joined the Franciscan Missionaries of the Divine Motherhood (FMDM) 43 years ago, is blazing a trail on the international Taekwondo stage. Here are eight interesting facts about our very own Sister Linda.

1 She picked up Taekwondo for self-defence when she was a teenager

"I have always been petite and small-framed," explains Sister Linda to The Straits Times. "If I can run and kick, I don't have to carry a weapon to defend myself. I am the weapon."



2 She practises her martial art in peace

Sister Linda, who holds a fifth-dan black belt, feels that there is no contradiction between her religious life and her sport. Explaining that Poomsae (a sequence of moves to fight an imaginary opponent) is an art form, she describes it as a dance. "It is not violent and the (world authority) World Taekwondo's motto is 'Peace is more precious than triumph'. And St Francis spoke the prayer, 'Make me a channel of your peace'."

In fact, Sister Linda appreciates that Taekwondo enables her to "reach out to people in a non-church language". Talk about an unusual conversation starter!

3 She spent 20 years as a missionary

When Sister Linda first felt God calling her to the religious life, her worried her late mother was unwilling to let her go. A major reason is that she might be sent to anywhere in the world for FMDM's missions. Indeed, Sister Linda took on a variety of roles in the FMDM convent in England for 17 years, before becoming a hospital administrator in Zimbabwe for three years.

4 She inspires children with her Taekwondo and her work

Fifteen years ago, Sister Linda joined the Singapore Taekwondo Federation's (STF) efforts to teach Taekwondo to cancer-stricken children at the Assisi Hospice, which is founded by the FMDM Sisters. "Sister Linda is a really good role model for young children," praises Pamela Lim, whose daughter Chloe Ng, eight, has been learning under Sister Linda for the past three years. "We can see her passion and commitment to Taekwondo and all the work she does as a Catholic nun."

5 She is a mighty force on the competition circuit!

After she saw older adults competing in a taekwondo competition in South Korea, Sister Linda became determined to represent Singapore someday. Since 2011, she has competed in more than 25 international competitions and won more than 30 medals, including a bronze medal at the 2018 World Taekwondo Poomsae Championships.

Recently, she beat six other athletes in the over-65 age category for women, becoming the first Singaporean to win a gold medal in the World Taekwondo Poomsae Championships! "She is a shining example to our young-at-heart Singaporeans that sports is for everyone," says STF's acting president David Koh.



We're all very proud of you, Sister Linda! Congratulations!



Helping our Underserved Community Stay Healthy with Early Detection Tests

Being vigilant can help to detect diseases early and save lives. Our Community Outreach team brought health screening to residents staying at rental flats near our medical clinic at Enabling Village. This was a collaboration with Beyond Social Services through their community-led Healthy You & Me initiative.

While mammogram screening was widely available at polyclinics, cost was a hindrance even after subsidies. Many of the eligible female residents were also busy caring for their children or working to supplement their families' income. Prioritising their families' needs often results in them neglecting their own health.

To enable healthcare access and encourage these residents to take charge of their health, a 3-part health screening was organised. Firstly, a mammogram was conducted on the *Mammobus for Singaporeans and permanent residents while foreign spouses from vulnerable transnational families were screened at Mount Alvernia Hospital (MAH). This was followed by a basic health screening at our medical clinic before the #FIT colorectal screening kits were distributed to beneficiaries aged 50 years and above for them to carry out the tests within the comfort of their own home.

The distribution of the FIT kit is part of a colorectal cancer screening campaign provided by the Singapore Cancer Society

A total of 28 lives were touched. Four participants were also detected with undiagnosed chronic medical conditions and were referred to our doctors at the medical clinic. All screenings were successfully completed within the month of June though preparations began as early as March.

To encourage sign-ups, the Outreach team prepared an information sheet for Beyond Social Services and their community leaders. "It was crucial for this group to learn the importance of preventive health. The ladies had to take care of themselves so that they can care for their families. Though the Mammobus was already heavily funded by the Singapore Cancer Society, Breast Cancer Foundation and NHG Diagnostics for Singaporeans and permanent residents, we subsidised the fees further for participants who eventually paid between \$0 and \$20," said Ms Anthea Neo, Assistant Director, Community Outreach.



To further protect the community from the seasonal flu, 80 flu vaccination shots subsidised by MAH were offered to the residents and their families at the clinic.

The Mount Alvernia Outreach Medical & Dental Clinics are located at Enabling Village, 20 Lengkok Bahru, Enabling Village, Singapore 159053. To stay connected with our outreach initiatives, like and follow the Mount Alvernia Outreach Facebook page to get the latest news, or contact us at Tel: +65 6347 6650; email: outreach@mtalvernia.sg.

** The mammobus is a community service jointly provided by the Singapore Cancer Society, Breast Cancer Foundation and the National Healthcare Group Diagnostics for Singaporeans and permanent residents only.*

What Participants Say:

“ I know that mammograms are important for women my age but I’ve heard that they cost a lot. I’m also too busy with my job to make an appointment. So, when I heard that the Mount Alvernia Outreach team is offering free screenings, I thought, “Why not!” Having the Mammobus come to Lengkok Bahru gives us so much convenience. Thank you, I really appreciate this and hope there will be more screenings in future. ”

– **Sumarni, 47 years old**

“ I’ve stayed at Lengkok Bahru for 12 years and work closely with Beyond Social Services on a health programme for our community. Mount Alvernia Outreach Clinic very kindly offered free screenings on the Mammobus to our residents. This is my first time organising this event, and my first mammogram, and it has been an eye-opener. ‘Mammogram’ is a scary word for my community. In the future, I’d like to share about my experience – that was a little pressurising but not scary – and encourage them to get themselves checked. Thank you to the Mount Alvernia team for your effort and even making it free for us. I couldn’t ask for more. I look forward to working more closely with you so we can reach out to more people. ”

– **Marlina, 45 years old, Community Enabler**

“ I’m getting older so it is important for me to do my health screenings. Usually, the Mammobus’ locations are too far from me but this time, it is just opposite my block. Doing a screening at a hospital would be very expensive so I’m very happy that Mount Alvernia Outreach team is bringing these free screenings to me. ”

– **Norjahan, 46 years old**

“ My neighbours and I heard about the Mammobus from Beyond Social Services. If we were to make our own appointments, we wouldn’t have done it. We’re also not keen on full body check-ups as they are quite expensive. That’s why we grabbed the opportunity offered by Mount Alvernia Outreach team, because it’s so accessible and beneficial for us. Thank you very much, it is very helpful for low-income families. I have relatives who passed away from cancer so I really encourage everyone to do screenings to understand our own health condition. ”

– **Juwana, 42 years old**



A Mum's Tips on Taking Her Special Needs Son to Mount Alvernia Outreach Clinic for Dental Treatment

By Karen-Sophia Neoh

From January to March 2022, CaringSG and Mount Alvernia Outreach Clinic collaborated to enable 60 pairs of caregivers and dependents to receive free scaling and polishing services. Caregiver Karen-Sophia Neoh shares about her positive experience and tips for caregivers on how to prepare their special needs dependent for their dental visit.

I'm a full-time caregiver of a 19-year-old epileptic son with Global Developmental Delay (GDD) and Autism Spectrum Disorder (ASD). For people like my son, dental visits are terrifying. Having someone pry open their mouths and work on their gums and teeth causes them to feel intruded upon. He's also sensitive to touch around his mouth and nasal areas. Hence, he was resistant to any dental treatment and needed to be restrained. Otherwise, he would break free and run away from his perceived "terrifying" experience. However, he does calm down eventually and scaling and polishing can be done to a satisfactory level.

I'm relieved to add that over time, with familiarity, he's getting more and more receptive. If he cannot receive such treatment even after being restrained, I then worry about the risk and cost of having to put him on general anaesthesia (GA) for treatment.

However, there're many special needs persons who're not able to calm down and will need to be sedated for the dental treatment sessions, in order to stay still for the duration of the treatment. Parents would have to fork out a few thousand dollars just for the GA. GA presents health risks; hence it's not just a difficult financial decision for us, but also one that affects our child's/ward's health. Many parents end up delaying treatment, but this accumulates their dental health issues which would not be addressed as quickly as they should be.

At Mount Alvernia Outreach Dental Clinic, our experience was a pleasant one. The dentist was very patient. Both she and the dental assistant were very good at managing my son, singing and counting to engage him and ease his overall anxiety. I believe that they will be good with younger special kids as well. It also helped that the clinic had a very relaxed atmosphere with no overcrowding and hectic schedules, which are common in most dental clinics.

How to prepare your dependent for the dental appointment

1. Plan in advance:

Caregivers, prepare your dependent way ahead by showing them pictures and videos of a visit to a dentist, reading social stories, familiarising them with dental equipment (some can be found at local and online stores), etc.

2. Prevent struggles:

For people with Global Developmental Delay and Autism, such mental preparation for anything outside of their routines and area of familiarity is particularly important as it will help to pre-empt any undesired behaviour such as aggression, physical struggling, tantrums and/or meltdowns.

3. Practise counting:

Mental preparation and practising through counting gives

them a feel of how long they need to endure when they have to do something they do not like. They can also learn to keep their mouths open by simulating and practising mouth bites.

4. Desensitise the mouth and nose areas:

Massage helps those with hypersensitivity to touch while oral motor therapy could help mitigate various sensory issues in the mouth area towards proprioceptive and tactile sensory related issues.

Mount Alvernia Outreach Medical & Dental Clinics

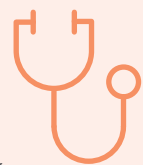
**\$15* (Medical) and
\$30* (Dental)
for all persons with special needs**

* Please present PWD Concession Card / Developmental Disability Registry Identity Card / any disability membership card issued by various disability service providers or special education schools / a doctor's memo indicating diagnosis

Please contact the respective Mount Alvernia Outreach Medical & Dental Clinic to make an appointment. Contact details are:

Medical Clinic @ Enabling Village

20 Lengkok Bahru #02-03
Enabling Village Singapore 159053
Tel: +65 6473 5100
Operating Hours:
Mon & Fri: 9a.m. to 1p.m. | 2p.m. to 6p.m.
Tue, Wed & Thu: 12p.m. to 4p.m. | 5p.m. to 8p.m.



Dental Clinic* @ Enabling Village

20 Lengkok Bahru #02-03
Enabling Village Singapore 159053
Tel: +65 6473 9100
Operating Hours:
Mon to Fri: 9.30a.m. to 1p.m. | 2p.m. to 5.30p.m.
*appointments are required



Dental Clinic* @ Agape Village

7A Lorong 8 Toa Payoh #02-07
Agape Village Singapore 319264
Tel: +65 6262 4313
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