

Hi everyone, I am a patient from the rehab center. Firstly I like to congratulate you all that you have found the right rehab center because it have a team of very committed therapists and medical officers. I suffered a serious brain injury and was in coma for a period of nearly 2 months. Since I am in coma, of course I can't remember what happened to me. I link up the bits and pieces that my family members told me when I met with the accident together with what I vividly remembered myself, finally I gather the whole picture of what happened on the dreadful day and how I slowly recover. I suffered a little of partial memory lost due to the impact I had on my brain when the accident occur. What do I meant by partial? It means I remember the person that I've known but I don't remember the things I encountered or done before together with the person.

The story begins on 10/03/2006, the day I met with the accident. I was sent to NUH and immediately operation was done to save my life. Finally I was out of the operation theater but I am still unconscious. I remained unconscious and just as everyone though that the crucial period had ended, the pressure in my head increased and I had to be operated again to draw out the pressure. I remained unconscious again for nearly 1 month before I finally opened my eyes abit. I just opened my eyes but was staring blindly, I cannot respond to external stimulus. This was another crucial period as I am already awake but could not respond to external stimulus, I fell into a stage called the persistent vegetation stage, which means I can't claim the insurance as I cannot be considered in coma. Finally my left eye was able to open fully and I was able to have some simple movements and able to respond to external stimulus, I was thus transfer to Ang Mo Kio rehabilitation center.

I am not able to swallow any form of harden food, so the doctors and the therapists decided to insert a feeding tube through my nose to my intestines so that they are able to feed milk to me. The feeding tube makes me very uncomfortable therefore I kept pulling it off and blood flowed. The nurses insert the tube from time to time again for me. There was this nurse namely Norziah, who assisted me to sit up for the first time ever since I was warded. I was feeling very uneasy at that moment as I was in pampers therefore I kept using my left leg to hit the bed railings and bite anyone who I was able to. As my movements were too big, I was transfer to a modular bed with soft cupboards surrounding it to prevent me from hurting myself. I continued to show no improvements after a few days, suddenly my right eye opened bigger and I managed to speak out. I told my family members that I wanted to go home, but they said not now and assured me that once I am better, they will fetch me home. The doctors found traces of blood in my stomach and thus I was immediately sent for X-ray. The doctors found that there were some ulcers in my stomach. I was then given some medications by the doctors. There was also this therapist namely Lousia who fed me through my mouth with some nutrition juices. I stopped consuming milk by the tube since I am able to swallow and it was removed from me. The time flies without realizing, I have been in the rehab center for nearly 3 weeks.

Every day seems like the same to me which time no longer has any meaning to me. I finally went for my first exercise session and the therapist helped and taught me how to walk without any assistance. I managed to walk but was in a very slow and unbalance pace. I then went back to NUH in an ambulance for CT scanning of my brain to make sure everything was fine as there were fluid building up in my head. I went back

to rehab center and continued my therapy on the very same day. I learnt a lot of things that helps to stimulate my brain, my basic movements and my speech. Though all the things I learnt seem simple for a normal and healthy person, it really is tough for me now. As time goes by, my movements became more flexible and more strength in it. I continued to go for my therapy sessions and the therapists there continued to teach and assist me with more new actions. From learning how to walk and able to hold a spoon to eat, I proceed to learn other stuffs like using a computer for some simple typing. I also did a number of psychology tests to stimulate my brain cells and also to test my knowledge level and logical reasoning. It was lucky that my knowledge and reasoning were not affected too much by the impact. As time passed, I recovered better and relatives and friends visited me frequently. My family members spend their every weekends at the hospital with me without fail.

I spend every today like yesterday. I worked hard and waited patiently for my recovery. I tried to do all the movements taught to me although it was not easy for me. I kept a very positive mindset at that time because I believed one of these days, I will be able to be discharged and return home to my love ones. Finally I was given a date to be discharged, it was set on the Independence Day, July 4th. A few days later, I was notified that my discharged date will be postponed. The therapists thought my condition can be improved further therefore by discharging me at an early date would not be fair to me. I was very upset at first but come to think of it, I should be happy because there is still room for improvements for me.

Seriously I can't recall much about my stay in the rehab center as my memory is no longer as good as before due to the impact. At that period, my brain is like a cassette player with the power on but has lost the function of recording. My friend once told me that some things are mean to be kept as memories and memories are then mean to be held on to forever. So it is alright that some things are lost because we will always hold the memories. It's a pity now that I can't even hold on to some memories that I once had. The only things I am able to remember are the friendliness and professionalism of the therapists and the nurses there. After nearly 4 months of stay at the rehab center, I was discharged. I still go back for rehab now and then ever since I am discharged.

1. **THE END**

SPECIAL SEGAMENT

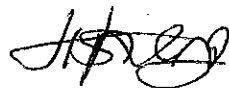
Everyone does have what they consider precious and valuable which they treasure very much and would be very sad if it is lost. I have mine too and it is memories which are something money can't buy and cannot be given. Now my memories are not completed which I am very very upset, it is like a spoiled movie film with multiple scratches and I can't seem to mend it up to form a complete show. It is like I had lost some slides picturing some events of my life and now I can't seem to link the slides together to form a complete picture. It is something I've lost and cannot be found by anyone else except myself.

Actually I lost a lot more of other things, some can be consider of monetary value while some can not. I had lost a great class with some wonderful classmates whom studied hard together with me over nights during exams period. I know I can re-study the course but having the same group of people as my classmates are impossible. I also miss the days I studied with them and the experiences I share with them. Another group of people is my colleagues. I miss the days we work together, the same opinions we had about issues. I know colleagues will still be there but some had resigned. It's a pity that I will always have because I can't work and have fun with them till their last day at work. I know that we Chinese have a saying 'all good things have an end' but it's a real pity that I have to end it so suddenly.

The part that can be considered of monetary value would be that I lost my bike. I had never taken a public transport for nearly 5 years. I had already forgotten what kind of public transport that is available in certain places. I tried to go back to the places I once been before to see if I am able to recall some of the lost slides but as I previously had my own transport, I had been to too many places before and some places are impossible to reach taking public transport. As I am a very active person, I love outdoor live a lot and I believe that it is very difficult for me to return to my lifestyle in the near future. So why do I consider this part of things I lost as of monetary value. Firstly the value of my bike can be calculated and the amount of money I need to take public transport to those places I been before can also be calculated.

SPECIAL THANKS TO ALL THE THERAPISTS AND NURSES WHO TOOK CARE OF ME.

Lim Jin Sheng



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