

## Annex B

### Singapore Patient Action Awards – Winners' Profiles

#### 1. Singapore Patient Caregiver Award (Individual) Mdm Choong Siet Mei

Mdm Choong is the wife of Mr Tan Whee Boon who suffered a severe bout of food poisoning that resulted in a near death experience. The doctors managed to save his life but Mr Tan had to amputate both his upper and lower limbs. Since the incident, she has dedicated her time to care not only for his physical mobility needs but also his emotional needs. Understanding the emotional and physical struggles that an amputee goes through, Mdm Choong's encouragement and love moved her husband which led his to join the amputee support group. Together, the couples would also visit other amputees in the hospitals to inspire and bring hope to them.

#### 2. Singapore Patient Caregiver Award (Individual) Ms Seraphina Tan En Ling

At a young age of 16 years old, Seraphina bravely stepped up and took responsibility to be the sole caregiver for her elder sister, Janetta. In 2010, Janetta suffered a spinal injury after a road traffic accident which left her wheelchair bound. . As a thoughtful daughter, she wanted to lighten the burden from her parents who were in their 60s and started to care for her sister. Despite her heavy workload in school, Seraphina would prioritise time to help her sister with her daily activities, from feeding to toileting. Inspired by Seraphina's resilience and determination, Janetta managed to complete her degree with SIM and is currently pursuing a graduate degree. The sisters' relationship has deepened over the years.

#### 3. Singapore Patient Caregiver Award (Individual) Mdm Alicia Chia Kim Hwa

Alicia is an inspiring lady who had devoted her life in taking care of her family members; from her late mother-in-law who had lung cancer to her late husband who had prostate cancer. Her devotion and strength as a caregiver is truly admirable. Alicia also used to be an avid volunteer at Bright Vision Hospital. She decided to give up her job to take care of her mother who recently had a second stroke which left her bed bound.

#### 4. Singapore Patient Caregiver Award (Individual)

Tabytha takes care of her father who is in a vegetative state after a heart attack. While dealing with shock and grieve, she took up the responsibility of making decisions for her family, uniting them as one in hard times. **She** is a conscientious and meticulous caregiver who plans the daily caregiving schedule for her mother and helper. Tabytha is the emotional pillar for her family.

#### 5. Singapore Patient Advocate Award (Individual) Mr Billy Ng (Huang Peili)

Billy used to be a substance abuse patient. With help from the National Addictions Management Service (NAMS), he persevered and overcome his addiction issues and is now an avid volunteer at NAMS. Apart from encouraging and motivating other patients, he set up

a cleaning business to provide jobs for other recovering patients.

**6. Singapore Patient Advocate Award (Individual)**  
**Mr Azmi bin Saini**

Azmi has been a dialysis patient for 18 years. He began volunteering three to four years ago as he was approached to share his story with other Malay patients at the dialysis centre. From then, he has been going down to the dialysis centre to encourage kidney failure patients. He also goes for house visits. Despite his own condition, he continues to show support and care for other kidney patients and their families.

**7. Singapore Patient Advocate Award (Individual)**  
**Ms Chong Lai Ling**

As an Assistant Director of Nursing at Singapore General Hospital, Ms Chong Lai Ling often goes beyond her call of duty to provide support and assistance to patients, regardless of their nationality. In 2007, for instance, she invited a young leukaemia patient from China, who was in Singapore alone, to stay with her. Ms Chong treated him like family as his parents could not afford to travel with him. She also provides psychosocial support to patients, addressing their fears and concerns about the clinical trials they are on, and helped patients keep in touch with their loved ones back home. Dedicating her love of giving to her mother who was a nurse as well, Ms Chong continues to reach out to other needy patients.

**8. Singapore Patient Advocate Award (Individual)**  
**Mdm Irene Lim Suan Kim**

Mdm Irene Lim, the President of the Singapore Lupus Association is a lupus patient turned advocate. Her late sister was diagnosed with lupus, and when she was diagnosed with the same condition, she felt like it was a death sentence. She was reminded of how her late sister had to suffer as all her major organs were affected. She felt terrified and feared that she had little time left. In her days of darkness, she turned to the association for help and that was where she found support and valuable knowledge. Thereafter, Irene decided that she would want to give back and support other patients by sharing her journey with them.

**9. Singapore Patient Support/Volunteer Group Award (Group)**  
**The Achievers, Institute of Mental Health**

The Achievers is a group of volunteers who are passionate in befriending and supporting the patients of IMH. Apart from the typical visitations and birthday celebrations, they plan activities such as “boss of the day” which allow patients to act as bosses and sell items to the public. They hope to raise awareness and provide greater understanding on mental health.

**10. Singapore Patient Support/Volunteer Group Award (Group)**  
**Parkinson Society Singapore**

Parkinson Society Singapore first started with the mission to educate and create awareness about Parkinson’s disease. Today, they have established a centre at Bishan to hold

rehabilitative activities such as Tai Chi, kickboxing and physiotherapy exercises for patients with Parkinson's disease and their family. Volunteers would head to the centre on a regular basis to assist patients in the various activities.

**11. Singapore Patient Support/Volunteer Group Award (Group)**  
**Smilez, Ren Ci Hospital**

Smilez was started by a group of young volunteers who wanted to continue and do more than the secondary school's mandatory community involvement project. Together with staff, they went the extra mile to create plans and activities tailored specially for the residents. The volunteers also extended their help to accompany residents in running errands. The volunteers treat the patients like family.

**12. Singapore Patient Engagement Initiative (Team)**  
**One-Heart Befriending Programme, The National Kidney Foundation**

A group of volunteers who bring cheer to dialysis patients every week. Other than befriending, they prepare goodies for them and organize games to lift their spirits and bring a smile to patients' faces.

**13. Singapore Patient Engagement Initiative (Team)**  
**LIFE (Learn, Interact, Flourish and Engage) After Stroke Programme, Singapore National Stroke Association**

LIFE is a post stroke programme offering patients support and companionship. This programme was started with the intention of reintegrating stroke survivors back into the community by empowering them with skills. Today, the programme offers a comprehensive list of activities tailored to the needs to stroke survivors, ranging from exercise classes to health talks.