

CAREERS IN ALLIED HEALTH & NURSING

This special feature is also available @ www.stjobs.sg/explore-careers

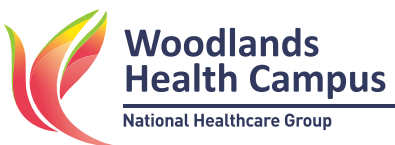
Through these programmes, I have learnt about the importance of teamwork, relating to colleagues and providing service with a smile. These life skills are not only useful in my nursing role, but also in my daily life.

MS REBEKAH TAN
Blood Services Group of Health Sciences Authority (HSA)



PHOTO: HEALTH SCIENCES AUTHORITY

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Woodlands Health Campus will open progressively from 2022. Our 1,800-bedded facility will comprise a fully integrated Acute and Community Hospital, Specialist Outpatient Clinics and Long-term Care facility.

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Medical:

- Resident Physician

Nursing:

- Nurse Clinician
- Assistant Nurse Clinician
- Senior Staff Nurse / Staff Nurse
- Enrolled Nurse

Allied Health:

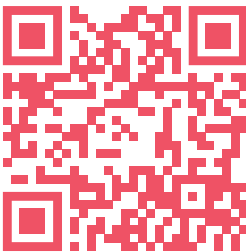
- Senior Physiotherapist / Physiotherapist (Sports / Musculoskeletal)
- Senior Physiotherapist (Community)
- Senior Podiatrist / Podiatrist
- Senior Radiographer / Radiographer (Generalist/Specialised in various modalities)
- Senior Occupational Therapist (Community)
- Occupational Therapist
- Pharmacy Technician

Administrative / Ancillary:

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- Assistant Manager / Senior Executive (Human Resource)
- Manager (Organisation Development / Value & Safety Office / Quality Service Management)
- Senior Executive / Executive (Clinical Operations / Operations Support / Quality Service Management)
- Patient Billing Assistant
- Administrative Assistant
- Patient Service Associate
- Healthcare Assistant

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Find out more about us at www.whc.sg.
We regret that only shortlisted candidates will be notified.



Every drop is precious

Staff nurse Rebekah Tan makes life-saving contributions at work every day

BY RACHAEL GOH

Blood donation may be simple, but not everyone is suitable. Potential donors must first undergo a medical test to ensure their eligibility.

After donors have gone through the blood donation procedure, the donated blood is sent for screening, and then placed under carefully monitored and controlled conditions. When required, it will be delivered to sick and injured patients in Singapore.

Ms Rebekah Tan, 24, is part of a team that helps to keep this lifeline intact. As a staff nurse with the Blood Services Group of Health Sciences Authority (HSA), she leads a team of about 10 nurses and blood professional assistants at collection sites. Blood professional assistants help doctors and nurses in the blood collection operation.

She also performs phlebotomy procedures — the process of drawing blood from a person — and helps to make blood donation a pleasant experience for donors.

“Knowing that blood is essential to saving patients’ lives inspires me. It is also an honour to enable selfless donors who want to help others,” she says.

Making a difference

Ms Tan’s interest in pursuing a nursing career was inspired by a hospitalisation incident involving a loved one which left everyone in the family clueless about what to do, until the nurses came to the rescue with their offer of support, advice and clinical care.

Although that happened a few years ago, she could still recall the relief that her family felt and appreciate the impact the nurses made on that day. Since then, she hopes that she will be able to make a difference in other people’s lives too.

After graduating from the National University of Singapore with a Bachelor of Science (Honours) in nursing last August, she joined HSA’s Blood Services Group as a staff nurse. The work, she admits, comes with its share of challenges.

“There are times when we need to turn away donors who are keen to donate blood because they do not meet the health requirements. In such instances, we have to practise empathy when explaining the situation to them,” she says.

Interested donors may be unable to donate temporarily as they do not meet the haemoglobin requirement, or because they have recently returned from a country with a risk of infections.

She adds that she also helps first-time donors to overcome their fear of needles and pain sometimes, by guiding them through the blood donation process.

Opportunities to grow

Facilitating blood drives, collecting blood and interacting with donors provide hands-on training in the workplace.

However, there are also myriad opportunities for HSA’s nursing staff to develop their skills through education and training programmes.

To date, Ms Tan has attended various courses on team-building, customer service, verbal communication and safety in the workplace.

“Through these programmes, I have learnt about the importance of teamwork, relating to colleagues and providing service with a smile. These life skills are not only useful in my nursing role, but also in my daily life,” she says.

For those interested in pursuing a nursing career, her advice is to adopt a strong service-oriented attitude and learn to stay composed in difficult situations.

“Nursing is more than a career — it is a calling. We have to be passionate about serving the nation, willing to work on weekends and be equipped to make calm and rational decisions even when work gets hectic,” she adds.

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We play varying roles through the patients’ rehabilitation journey — a confidante, a motivator or a teacher who educates and guides them in gaining autonomy of their health conditions.

MS JASMINE CHIA
Physiotherapist,
Woodlands Health
Campus (WHC)

PHOTO: TED CHEN

BY MICHELLE CHIN

Ending your knee after a surgery in the area will most likely be met with much trepidation, especially when pain avoidance post surgery is a common issue. But what can help patients to release some fear during physiotherapy is a dose of fun in the form of virtual reality games. Leveraging technology to benefit patients will be a common occurrence at Woodlands Health Campus (WHC) that is slated to open in phases in Woodlands Avenue 1 from 2022. WHC broke ground in April 2017 as the first integrated health campus in Woodlands that comprises an acute hospital, community hospital, specialist outpatient clinics and long-term care facility. Miss Jasmine Chia, 25, a physiotherapist employed by WHC, says: “The use of such technology can make rehabilitation more fun and effective in monitoring progress.” In addition, advanced technology can help in the more accurate and efficient collection of data between sessions to track a patient’s progress better. Miss Chia, who is currently stationed at Khoo Teck Puat Hospital in Yishun, has completed serving her one-year bond with WHC after graduating from the Singapore Institute of Technology with Trinity College Dublin (SIT-TCDD) in 2017. But she will move to WHC to help set up its physiotherapy department in future. Prior to taking a one-year degree conversion programme in physiotherapy at SIT-TCDD, she was on a three-year diploma programme in

physiotherapy at Nanyang Polytechnic after completing her A levels. Her typical workday begins in the morning when she does some reading to get up to speed on the cases for the day, before attending to her patients in the wards. She wraps up her day with reports on key findings from each case in the hospital medical records documentation system. On certain days of the week, her team holds case discussions and in-service presentations to share interesting cases and updates in the medical field. An in-service presentation is a part of staff development and training where professionals discuss and share information within a team. This training structure is similar to that of other medical professions such as medicine and pharmacy. “We play varying roles through the patients’ rehabilitation journey — a confidante, a motivator or a teacher who educates and guides them in gaining autonomy of their health conditions. It is their smiles and being a part of their recovery process that motivate me to be a better physiotherapist,” says Miss Chia. Miss Chia is nearing the completion of her basic physiotherapy training that enables her to become a “well-rounded” and competent clinician. She has an interest in Musculoskeletal (MSK) rehabilitation and intends to specialise in this area of work. She will now undergo specialised MSK training from this September in areas such as Emergency, Trauma, Orthopaedics and Sports rehabilitation. She will be part of the pioneering WHC rehabilitation team to establish the MSK outpatient department at the future hospital.



PHOTO: TED CHEN

A dose of help

Pharmacy technician Amalina Nur Dhaniah provides patients with useful information while dispensing medications

When Ms Amalina Nur Dhaniah, 30, returned to her pharmacy technician job last year after taking a one-year hiatus to help in her family’s catering business, she found employment with Woodlands Health Campus (WHC). WHC broke ground in April 2017 as the first integrated health campus in Woodlands that comprises an acute hospital, community hospital, specialist outpatient clinics and long-term care facility. As WHC is slated to open in phases in Woodlands Avenue 1 from 2022, Ms Amalina is currently stationed at the outpatient pharmacy at Khoo Teck Puat Hospital in Yishun. She tells us more about her job:

How would you describe your typical workday?
We perform a variety of daily tasks such as picking and packing medications, typing prescriptions into the documentation system and dispensing simple medications to patients. If required, we also help to issue queue numbers to patients and assist pharmacists by performing simple interventions such as clarifying medication orders and handling simple enquiries.

What are some interesting experiences you’ve had?
Patients who are understanding motivate me to persevere through the shift when the outpatient pharmacy is overcrowded and patients experience longer waiting time. When I dispensed medications to patients in the hospital wards in the past, it warmed my heart when patients offered me a seat by their bedside. I was also moved when patients showed concern for me during the Ramadan season.

How does technology play a role in your job?
Technology allows patients to order or refill their medications via an app. Other new initiatives such as the collection of medications from lockers or through home delivery have also reduced the number of patients visiting the pharmacy and this has reduced waiting time. This means that I now have more opportunities for meaningful communication with patients through assisting pharmacists to dispense medications and provide medication counselling. In this era of technology, patients may rely on the Internet for information pertaining to their medications, which may be inaccurate or cause undue panic. After we clear their doubts, patients are more assured and appreciative of our efforts. This gives us the job satisfaction as part of the pharmacy team.

MICHELLE CHIN



a CAREER that saves LIVES!

Securing the Nation’s Blood Supply

As a multidisciplinary agency continually striving for scientific excellence, the Health Sciences Authority (HSA) is committed in protecting and advancing public health and safety in Singapore. At HSA, we pride ourselves on serving with distinction and making a difference to Singapore by fulfilling our mission of wisely regulating health products, serving the administration of justice, securing the nation’s blood supply and safeguarding public health.

The Blood Services Group in HSA secures the nation’s blood supply. We are currently hiring **Registered Nurses** to join our dynamic team and the role is to:

1. Oversee the professional nursing aspects of activities in the blood collection programmes
2. Assist in managing and supervising the day-to-day operations of the whole blood and apheresis collection programmes
3. Assess suitability of the donor’s veins and perform donor phlebotomy
4. Provide nursing care and advice throughout the blood donation process, including post-donation care
5. Detect and assess donor complications occurring during blood donation procedures, and provide adequate care in the management of complications

6. Work closely with stakeholders such as The Singapore Red Cross to ensure smooth operations at mobile blood drives
7. Compile and maintain statistics of whole blood procedures in the satellite site
8. Participate in research and development projects in the department to promote research and development in Transfusion Medicine and Blood Banking
9. Provide high level of service quality and maintain customer satisfaction
10. Participate in National Emergency Blood Exercises.



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We thank all applicants for their interest. Only shortlisted applicants will be notified.



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Requirements:

- Bachelor’s Degree in Nursing or Diploma in Nursing equivalent
- Recognised nursing qualification and registered with Singapore Nursing Board (SNB) with valid BCLS certificate
- At least 2 years’ clinical nursing experience; clinical research experience preferred
- Nurses with prior experience in chemotherapy and cardiology trained ward nurses preferred
- Knowledge of ICH-GCP
- Meticulous, possess good interpersonal and organising skills and flexible to perform shift involving night duties and weekends
- Experience in performing Venepuncture and Cannulation

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