



CHARIS HOSPICE

圣恩安宁护理

15, Cangkat Minden Jalan 12, 11700 Gelugor, Penang
Tel: 04-6587668 H/P: 011-12466757 Fax: 04-6587669
New Email : charishospice@gmail.com
website: www.charishospice.com

November
2013



R E A C H
O U T
T O
L I
V E
S

伸出援手
触动生命

Being involved in hospice work for a decade warrants taking some moments to pause..... Dr Oo Loo Chan (Medical Director)

The three-prong approach in developing Charis Hospice remains the same i.e. provide good medical care comprising good symptom control and psycho-social support to patients with advanced cancer and their families in their home setting, improve networking with hospital doctors for better synchronized care and increase awareness of hospice services in the community.

On the personal side, I ask myself if I have become 'immune' to human suffering – something which caregivers will need to ask ourselves! It was thus refreshing to read the thoughts of a young doctor-to-be who spent some time with us – which I am sharing with you below. May my nurses and I be constantly reminded that competence and compassion go hand-in-hand in our medical and nursing profession.

I spent two weeks at Charis Hospice as part of a work experience placement : by Chloe

It is hard to watch people die. You look around their house and see photographs of how they were just a few months earlier and sometimes you can barely tell that the man or woman you see before you is the same person. I tried to put myself in their shoes, what would I think? How would I feel? Frustration that I can't do everything I used to be able to do? Guilt that I can no longer provide for my parents and/or children? Fear of what comes next? Sadness that my passing will hurt my friends and family? I can only imagine how hard it must be both for the patient and the family.

One of the most important things I learned was how to have compassion. It is not just a matter of being kind and merciful; more than that it has to stem from love. Every day I watched as the nurses poured out this love to their patients, treating each one with respect and dignity, as if each one was a dear friend whilst doing everything in their power, even those less pleasant tasks, to alleviate suffering. Prior to coming to the hospice I also spent a week in a hospital. There was a stark contrast in the attitude of the nurses in the hospital and in the hospice. In the hospital the nurses were very mechanical, getting the job done quickly and efficiently. In contrast the nurses at the hospice were also efficient but they carried out all their tasks in a cheerful and loving manner with a smile on their faces. The nurses also took time to talk with the patients and their families, listening to their thoughts and their fears, lending a listening ear and a caring spirit.

I feel very privileged to have had the opportunity to spend this time at the hospice. The staff and volunteers are a very special bunch of people. I have great respect for each and every one of them. Thank you Charis Hospice.

To be continued on page 2

Charis Hospice is a non-profit organization offering free palliative home care services to patients with cancer, irrespective of race and religion.

圣恩安宁护理是一个不分种族, 宗教, 为癌症病患提供免费家居安宁护理的非营利机构

Sharing by AIESEC VOLUNTEER PROGRAM, USM

My experience at Charis Hospice has been one of the most unique experiences with NGOs in Penang. Everyone here is very friendly. It was really great interacting with the patients in Multi-Activity Centre.

When I first came here, it was very different from what I imagined. No sickly people and hospital beds! I forget that this is a hospice because of the wonderful and lovely atmosphere. I personally had a wonderful time here and I feel sad to leave because I will miss all my new friends here. The program offers the patients something different from their daily schedule and they look forward to coming every week.

(by Michelle Liang from Toronto, Canada)

Charis Hospice was one of the NGOs that I visited during my internship on voluntary work with AIESEC in University Sains Malaysia. The experience I have had with Charis Hospice was different from what I expected. I did not expect to interact with the patients as much as I did, and I did not really expect that I would really enjoy my visits there. I like the weekly programs for the patients where they can do things outside their daily routine. It is nice to see the patients doing exercises, singing Chinese songs and doing arts and crafts. They enjoy the activities and probably remind them of their youth. These also allow me to see more of and get immersed in their culture.

(by Nikki Sanchaz from the Philippines)

Continue from Page 1

与安宁护理工作整十年了，我应该停顿片刻下来.....胡茹珍医生 ~

三管齐下的策略在『圣恩安宁护理』的发展里面仍然是一样的：即提供良好的医疗护理，包括良好的症状控制、并在心理上和社交上的支持下以家居护理方式来帮助晚期癌症病患和他们的家属；同时更多与医院医生配搭以达到更好的果效；并在社区里提高安宁护理服务的意识。

在个人方面，我问自己，我对人类的痛苦是否已经“麻木”了 – 这是我们医药护理人员需要反省的！因此，我要与您分享一则读了能使人复苏、且来自一位年轻未来医生的思维，她花了一些时间与我们在一起。愿我的护士们和我不断地被提醒，才干能力和同情心，在我们的医疗和护理专业里必须是牵手并肩施行的。

我花了两个星期在『圣恩安宁护理』，作为我实习的一部分。。。~ Chloe ~

看着人死去，是很难受的。你看他们房子的周围，看看他们仅仅几个月前拍的照片，有时你很难认出这位在你面前的男士或女士，会是照片中的同一个人。我试图把自己放在他们的处境中，我会想到什么？我会觉得如何？我无奈不能做我以往能做到的一切吗？我内疚我不再能供应我的父母和/或子女吗？我害怕接踵而来的将会是什么？我悲伤我的去世将伤害我的家人和朋友吗？我只能想象这对于病者和家人，两者都是困难的。

在其中，我学习到了最重要的是怜悯之心。这不只是善良和仁慈的问题，而是超越它，且源于爱。我每天看着护士们付出这种爱给予她们的病人，并以尊重和尊严来照顾每一位病人，仿佛每一位都是她们亲爱的朋友；她们尽自己一切的能力，即使是那些不太愉快的任务，来减轻病患的痛苦。来这里之前，我也花了一星期的时间在一所医院里。医院里和安宁护理的护士们的关怀态度形成了鲜明的对比。在医院里，护士们都非常机械化，她们快速和高效地完成工作。相反的，在安宁护理的护士们也是有效的工作，但她们的脸上带着笑容、且以开朗和爱心的方式展开其任务。护士们还花时间与病患及他们的家属交谈，以聆听的耳朵和关怀的精神去听取他们的思维和他们的恐惧。

我感到很荣幸有机会花时间于安宁护理。这里的工作人员和志愿者都是非常特殊的一群人。我很尊重他们每一个人。谢谢你，『圣恩安宁护理』。

Recent Events



**HEAD AND NECK AWARENESS WEEK
at PENANG GENERAL HOSPITAL**



**ST.XAVIER'S
CHARITY DRIVE**



**GATHERING OF
SURVIVORS' SUPPORT GROUP**



**OUTING OF MULTI-ACTIVITY
CENTRE (MAC) at YOUTH PARK**



**CLINICAL MEETING
at CHARIS HOSPICE**



**VOLUNTEERS RETREAT
at STELLA MARIS**

UPCOMING EVENTS



Gleneagles Charity Food & Fun Fair

CHARIS HOSPICE CHRISTMAS TEA

Date: 7th December 2013 (Saturday)

Venue: METHODIST GIRLS' SCHOOL (MGS)

Open to:
PATIENTS AND THEIR FAMILIES



15 MARCH 2014 HUNT FOR CHARITY

JOB ADVERTISEMENT

Registered Nurse preferably Chinese Christian for Community Palliative Care. Below 50 years old, can drive, no shift, on call by rotation.

Working hours:

8.30am to 5pm (Mon-Fri).

Starting salary: RM2200-2500 or more depending on relevant experience.

Freshly trained nurses are invited to join as trainee palliative care nurses. Starting salary: RM1400.

Call: 04-658 7668
011-12466757

or email C.V. to
charishospice@gmail.com



Financial support is welcome. (Tax exempted)
Kindly address cheques to "Charis Hospice"

欢迎各位给予经济支援。支票抬头请注明
"Charis Hospice"

