



CHARIS HOSPICE

圣恩安宁护理

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Charis Hospice Penang

Editorial 编辑

More than a decade of walking alongside patients and families in offering palliative care impresses certain things in my mind and heart.

Firstly, awareness of palliative care is still low and not too infrequently is associated with the perception that it only comes in when one is dying. The latter of course is untrue. But it is true that end-of-life care is an integral part of palliative care. However, good end-of-life care can often only come about if there has been sufficient time for interaction between the patient, family and healthcare providers as they meander along the various challenging decisions that have to be made - unless death comes unexpectedly and abruptly. In 2015, about 7% of my patients have been with us for a year or more.



Dr. Oo Loo Chan
胡茹珍医生

Medical Director

The arena of cancer treatment has expanded. So has the number of centres offering cancer treatment in Penang. With the benefit of such development also comes along the fragmentation of holistic care - different healthcare providers are involved, often without synchronisation.

The family unit is smaller, more dispersed and possibly more stressed. This can lead to insufficient resources to care for the patient. It possibly also exacerbates emotional distress of the family to see a loved one dying. The emphasis on performance and independence in society can make the physically-incapacitated lose motivation to continue living. "Why am I still not dying?" is a question posed to my team every now and then.

If my team can help relieve some physical pain and emotional distress of our patients and families, we consider it a privilege. Often, emotional distress is due to factors beyond us and we can only offer listening ears. I believe a more open atmosphere in society to talk about frailty and incapacitation including dying before it happens can help diffuse the distress. What are the patient's wishes, what are the family's wishes, what can medical treatment realistically do - are but some questions you and I need to ask. An atmosphere of 'see no dying', 'hear no dying', 'speak no dying' - these certainly do not help. What we want to see is a good closure to a precious life.

过去超过十年，我走在病患者和家属身边提供临终护理和治疗的当儿，我的脑海和心灵留下了几项深刻的事。

首先，临终护理和治疗的认知度仍然低，经常只有当一个人在临死的关头才有这样的醒觉。当然，后者是不真实的。但，这是事实，临终护理在生命结束的前夕，是不可缺的一环。然而，要实现善终的生活护理，需要病患者、家属和医疗服务团队，彼此之间有足够的时间来互动，且作出各种具有挑战性的决定-除非死亡意外的且突然的临到。在2015年，我的病人当中，约有7%的病患者与我们有一年的时间或更长的时间在一起。

癌症治疗的领域不断的扩大，在槟城提供癌症的治疗中心也增多。随着这发展的利益，也带来了部分的整全的护理-不同的医疗服务团队都参与其中，但却往往不同步。

至于病患者家庭单位较小、较分散的，也可能使其家人更压力，因这会导致资源不足，以至无法照顾病患者。这也可能加增家庭成员的情绪困扰，因看见所爱的人渐渐死去。另一方面，强调独立生活的社会，将使无行动能力的病患者失去生存的动力。我的团队时不时都会带来病患者的问题，“为什么我还不死呢？”

若我的团队可以帮助减轻一些病患者，身体上的痛苦和家属的情绪困扰，我们认为这是一个特权。通常，情绪困扰是在我们的帮助以外，我们只能提供聆听的耳朵。我相信，社会上需有更开放的氛围来谈论人的脆弱和丧失行动的能力，包括垂死，这可帮助缓解病患者的痛苦。什么是病人的意愿，什么是家庭的愿望，什么是医药可以实践的-不过是几个问题，却是你和我需要问的。一个“没有看见垂死”，“没有听到垂死”，“没有谈及死去”的氛围是无济于事的。我们要看到的是一个美好的结束在一个宝贵的生命里。

Testimonials 见证分享 - Emily Sorman

I am a Registered Nurse from the United States interested in Palliative Care and have been traveling to a few countries to observe care for the aged and dying population in these places. I contacted Charis Hospice about my visit to Malaysia and was invited to observe the weekly Multi Activity Center (MAC) in Charis Hospice as well as home visits with one of their nurses.

At MAC, I did exercises with the patients, made fans out of paper and sticks, and had lunch and tea with them. Even though there was some language barrier, I was able to talk to quite a few patients about their lives and what is important to them. I really enjoyed my short time getting to know them. I was also privileged to attend a clinical meeting where staff from other hospices in Penang came together to talk about various case studies. I have not seen this practice done in the United States and I think it is a good way to collaborate and share what they are seeing in the community.

On my second day, I was paired with a nurse and went to visit four patients in their homes. Although I did not speak their language, they were all very gracious to me. The visits were similar in nature to what I have seen before. One thing that really shocked me was that several patients did not know about their terminal diagnosis even though they had already received treatment for it. In the United States, we are obligated to inform patients of their diagnosis and prognosis before providing treatment. Without the information they are unable to make the decision.

Though there are structural, cultural, and financial differences, it is really great to connect with other palliative care providers around the world. We all share the same goal, that is, to give patients with terminal illnesses the best quality of life possible.

I would like to thank all the staff at Charis Hospice for welcoming me and making my visit a memorable one.

我是一位来自美国的注册护士，对临终关怀有极大的兴趣。我曾去数个国家观察如何看顾老年人及垂死的人。我联络了《圣恩安宁临终护理》有关我到访马来西亚的事宜，并被邀请到MAC观察及与其中一位护士做家庭探访。在MAC，我与病患者一起做运动，且用纸张和枝子制做纸风扇，并与他们一起享用午餐及茶点。虽然语言有障碍，但我还是能与一些病患者聊关于他们的生活及他们人生重要的事。我真的非常享受，能够在短短的时间认识他们。我也有机会参加医药临床会议，并与来自不同中心的工作人员一起商讨各项个案。这样的讨论不曾在美国发生，我想这是很好的方法，可以让工作人员互相交流及分享他们的看见。

在我行程的第二天，我与一位护士搭档到四位病患者的家中做探访。虽然我不能讲他们的语言，但他们还是非常感激我的到来。今次的探访与我之前的见识一样。不过，其中一件令我非常惊讶的事是有好几位病患者已开始接受治疗，但他们对自己被诊断为末期的病况却毫不知情。在美国，病患者接受任何治疗之前，我们有责任通知他们关于他们的病情及预测。若没有让病患者晓得他们的病况，他们将无法做决定。

虽然在结构、文化、及金钱上的不同，但是我觉得非常庆幸有机会与来自世界各地的临终辅导员们联系。我们有共同的目标，那就是，给临终病患者最有素质的生活。

我要感谢所有《圣恩安宁临终护理》的员工们给我热烈的欢迎，让我到马来西亚的探访留下美好的回忆。



From left to right Emily Sorman, Brenda Ooi, Ammanzda Koid, Ruth Tiong, Dr Oo, Leong Poh Mun & Yeoh Pheng Loo

Reach Out Touch Lives
伸出援手触动生命

Appreciating partnership with others

感谢你们的支持

Partnership with Run Addict 2015/2016

与2015/2016 Run Addict 的合伙

We were privileged to partner with the Run Addict group this year by sponsoring their jerseys with Charis Hospice logo printed on them. They were able to promote Charis Hospice in their participation through various runs held within Malaysia and Singapore during the year.

Thank you so much for promoting awareness on Charis Hospice! Go Run Addict!

今年，我们有幸与Run Addict合作，并赞助印有《圣恩安宁临终护理》标志的运动衣给他们。队员们可以透过参与在马来西亚和新加坡所举办的各项奔跑项目中，宣传《圣恩安宁临终护理》的服务。

非常感谢Run Addict协助宣传《圣恩安宁临终护理》，并提高社会人士对《圣恩安宁临终护理》的意识！去奔跑Run Addict吧！



AIA Run-Run Addict

The Gratitude: Beyond Thanksgiving Project 2016 with KDU Penang

Charis Hospice had the privilege of partnering with KDU Penang's second year Communications & Public Relations students in this project. The aim of the project was to bring awareness to the college students and young working adults about the importance of palliative care.

On the 6th April, 2016 the students managed to raise RM3,500.00 through the sale of various things at the activity booths set up at the foyer of KDU Penang campus. There were booths for henna and eyebrow shaping, clothing and a buffet line selling briyani rice and chicken curry. As for donations, a booth called "Adopt a Patient" was available, which aimed to give the public the opportunity to adopt a patient by meeting their needs and in turn lightening their journey of life-threatening illness. The public can donate a certain amount for a set period of time to purchase milk supplements, wound care products, continuous bladder drainage (CBD) kit as well as for payment of transportation/delivery cost of a hospital bed to their home.

It was a truly successful project and most importantly, helped in bringing awareness to the younger generation! Congratulations to KDU Penang and The Gratitude team!



The Gratitude Opening Ceremony

From left to right Mon Cheri sponsor, Dr Oo, Ms Evelyn Lim, YB Teh, Dr Chong Beng Keok & Ms Lau Kei Hung

感激：无限感恩的活动2016年与KDU（槟城分院）

《圣恩安宁临终护理》有机会与KDU（槟城分院）的传媒系及公共关系的第二年学生合作完成这项活动。这项活动的宗旨，是要告诉学院学生及年轻工作者关于临终关怀及其重要性。

2016年4月6日，学生们透过在KDU（槟城分院）摆卖各种类的东西中，成功筹获RM3500.00。当天的档口包括摆卖指甲花、衣服、及自由餐Briyani饭和咖喱鸡。在自由捐款中，有一项关于“领养一病人”的档口被设立。这档口的主要目的是，让公众人士有机会领养一位病患者，使病患者的需求得到满足，于此光照他们生命危及的路程。公众人士可以在设定的某段时间内，捐献一笔款项给病患者。这笔款项将成为他们购买牛奶，伤口复合的产品，排尿套件及运输病床到病患者家中的费用。

这是一项非常成功的活动，而最重要的是，这项活动提高了年轻一代对临终关怀的意识！恭喜所有KDU（槟城分院）的学生及感恩团队。

Partnership with various multinationals and corporations for health talks

与数个跨国公司合伙举办健康讲座

Since May 2016, we were given the opportunity to hold health talks at various MNCs and corporations in Penang. Despite the fact that palliative care had been introduced to Malaysia for the past 25 years, statistics show that we are well below average in terms of such awareness. We want to thank all the support given by the management of MNCs and corporation. Each of you have played a major role in helping us share on palliative care. Terima kasih.

自2016年5月，我们有幸与数个跨国公司在槟城举办健康讲座。虽然临终关怀的服务在马来西亚已超过25年，然而统计证实，我们对于临终关怀的意识仍然是极其肤浅的。我们非常感激所有支持此项活动的相关人士。你们每一个人在临终关怀的宣传上，扮演着非常重要的角色。我们感激不尽。



Health talk at FMM with HR Mgrs of various MNCs



Dr Oo- Keysight & Agilent

Past Events 以往的活动



MAC art & craft



MAC Exercise

Revamp of MAC on 9th March, 2016

3月9日2016年 MAC多用途中心完成装修

The Multi Activity Centre (MAC) in Charis Hospice had a revamp and kicked off with new programs for the patients and seniors on the 9th March, 2016. We engaged a physiotherapist, Yuva, to help out in doing light exercises for the patients who visit this place every Wednesday. Two activity stations were set up where one of it was on handicraft. The patients had a wonderful time using red packets to make lanterns. In time, MAC hopes to have more activity stations to keep the patients engaged and occupied during their day here. We would also like to take this opportunity to thank all our volunteers at MAC who have kindly provided transport to our patients from their homes to the Centre. Your service is greatly appreciated!

《圣恩安宁临终护理》的MAC多用途中心已完成装修，一些开办给病患者及老年人的新活动也在2016年3月9日进行。我们邀约一位物理治疗师，Yuva前来为每星期三都到MAC的病者做一些简单的运动。有两种不同的活动站被设立，其一活动站是做手工。这使病患者有美好的时间用红包袋制作灯笼。MAC希望举办更多的活动站，让病患者可以参与并消磨他们在这里的日子。我们也要借此机会，感谢所有义工的协助，特别是为病患者提供交通，从家里接送到MAC。你们的服务，我们感激不尽！

Charis Hospice Charity Hunt 2016-Cleaner, Greener, Healthier Penang

2016年
《圣恩安宁临终护理》慈善筹款：更洁净、更青绿、更健康

Charity Hunt 2016 was by far the most successful compared to previous years' hunt! We had a record of 105 teams for Mall hunters and 49 teams of Motor Hunters and would like to thank all our sponsors and friends for the support given!! Charis Hospice was able to raise RM177,000.00 through all your generosity and kindness. We look forward to more participation from various companies and individuals in 2017!

与往年的慈善筹款比较，2016年的慈善筹款是最成功的一次。我们成功创下有105个团队到超市中心筹款和49队的摩多团队到各处去筹款。我们非常感激所有赞助人士及朋友们给予的支持。透过大家慷慨及慈爱的捐献中，《圣恩安宁临终护理》筹获RM177,000.00。我们期待在2017年的慈善筹款中，会有更多来自不同公司及热心人士的参与！



The biggest group of hunters-Farben



YB Phee Boon Poh giving speech



ASE group



We welcome donations.
Please make your cheques to
"Charis Hospice"
All donations of RM50.00 above made to Charis Hospice are tax exempted

欢迎各位给予经济支持。
支票抬头请注明
"Charis Hospice"

Upcoming Events 来临活动

Theme for Charity Hunt 2017-Discover Historical Penang

Charity Hunt 2017 is on 22nd April, 2017!
Keep that date free!!

