“Going for dialysis is not the end; we can still contribute and participate in society.”

Madam Pang Loo Moi, 54
Kidney patient at Aljunied Dialysis Centre
My job enables me to help others and find fulfillment

Madam Pang Loo Mooi was diagnosed with kidney failure in 1990. Despite many ups and downs in her life, she remains positive and constantly seeks new challenges. Through NKF’s Patient Employment Rehabilitation Programme which aims to integrate more patients back into the workforce, Madam Pang got a job as a Peritoneal Dialysis (PD) Care Assistant at NKF.

She carries out home-based PD procedure at patients’ homes and assists PD nurses in their work. She also provides care and support for the patients like escorting them for their medical appointments. Madam Pang is grateful to her fellow colleagues for being so patient and kind to teach her the necessary skills for the job. “Being a PD care assistant allows me to have a better understanding about health and gain more knowledge about PD. As a patient myself, I can share useful information to help them cope with dialysis and provide health-related tips,” said Madam Pang.

Madam Pang aspires to stay healthy and wishes to remain employed as long as she is able to. She leads a fruitful life and actively seeks to learn new things every day. She is also an active advocate and does volunteer work to help others in need. Her positive and warm nature inspires many patients around her.

“What I worry most about are my health and the time spent with my family. However, NKF has provided me with flexible work arrangements,” said Madam Pang. She is very thankful to NKF for this meaningful job and the quality treatment and holistic care provided for all patients.

Reunion Gathering for Nurses and Patients

Many nurses did not spend the spring festivities in their home countries as they were dedicated to caring for patients. Being family to them, our Patient Advocates organised a wonderful Lunar New Year celebration on 28 January 2016 by making dumplings and putting together a show in appreciation of our nurses’ care and commitment. It was indeed a family gathering where everyone had an enjoyable, fun and memorable time!

If you wish to explore job opportunities under our Patient Employment Rehabilitation Programme, or join us as advocates, please contact us at 9388 4094.

Occupational Therapy

Occupational Therapy (OT) Rehabilitation Programme is a joint initiative by NKF and Tan Tock Seng Hospital. It involves assessments and interventions to help patients to perform day-to-day tasks and roles essential to their lives, including basic self care, household chores, leisure and work. To provide holistic care, applications for Enhancement for Active Seniors (EASE), a HDB initiative to enhance the mobility of elderly residents in their homes can also be made through the programme for patients who require it. We also provide wheelchair transfer workshop, mobility aid device assessment and assist financially needy patients with the appropriate mobility funding application. OT is available on Mondays from 9am to 1pm and Wednesdays & Thursdays from 2pm – 6pm at NKF’s headquarters.

Community Outreach with Whampoa Senior Activity Centre

On 19 January 2016, our patients, together with 40 residents at Whampoa Senior Activity Centre had a great time bonding over a Chinese New Year craft-making session. The session was led by our fellow Patient Advocates who spent this meaningful afternoon with the elderly. Soaking in the Chinese New Year festive season, the patients sang Chinese New Year prosperity songs and made ornaments using red packets. Everyone enjoyed themselves immensely and was very happy to be able to bring home their crafts for the Lunar New Year celebrations.
Looking forward TO A GREATER 2016!

All the events through 2015 would not have been successful without the help of our volunteers. We are grateful to our volunteers for stepping up to the plate and volunteering their time to bring out the smiles on our patients’ faces and truly, as our volunteer programme Circle of Hearts slogan says, Share Your Heart, Give Your Time. Let’s all look forward to a greater 2016!

“Planning parties wasn’t a new experience, but doing it for the NKF patients certainly was. The weeks of designing, planning and preparing was definitely worth the outcome. It is always a pleasure to bring happiness to others. Being at the celebration with my team and laughing with the patients and nurses will be a memory that I will always hold dear to me. I am very grateful to the supportive staff at the Aljunied Dialysis Centre, PAP community foundation and my team of volunteers for this precious experience. Without them, this wouldn’t have been possible. I wish everyone at the Centre all the best and a blessed year ahead.”

Andrea Low, WeCare at Macpherson Volunteer.

The final quarter of 2015 saw exciting events – NKF’s Flag Day, Patient Gatherings and the End-of-Year Parties at the respective dialysis centres.