



# HOSPICE Bulletin

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National  
Cancer  
Society  
Malaysia  
PENANG BRANCH

Quarterly newsletter of the National Cancer Society of Malaysia, Penang Branch.

## MILESTONE DAY FOR PALLIATIVE CARE IN MALAYSIA

By Dato' Seri Dr T Devaraj

November 6, 2019 saw the launch of the National Palliative Care Policy and Strategic Plan 2019 – 2030 by YB Datuk Seri Dr Dzulkefly bin Ahmad, Minister of Health at Hospital Selayang, Kuala Lumpur. A first for Malaysia, this document, was developed over two years by the Medical Development Division of MOH along with representatives of Malaysian Hospice Council, Hospice Malaysia, civil societies and stakeholders in local universities. A catalogue record of this document is available from the library and Resource Unit of the Institute of Medical Research, MOH and from the National Library of Malaysia.



**The vision - “providing compassionate care throughout the healthcare system” via the joint efforts of the public sector, private sector, civil societies and individual members of society, that every Malaysian will have access to compassionate care that affords them comfort, support and dignity in facing serious health related issues at any level of the healthcare system in Malaysia”.** Such compassionate care will be based on 3 key thrusts of equity, sustainability and quality – for every Malaysian suffering from serious illness, with needed resources from the public and private sectors and citizens and palliative care of high quality.

Palliative care first surfaced in Malaysia in 1991 as a grass root endeavour of civil society. In 1998 the MOH got involved in palliative care in hospitals. With growth over the years currently there are thirty hospice organisations or NGO's, twenty-one palliative medicine specialists, five medical schools teaching palliative care and an advanced diploma training program for nurses and allied health professionals. A national palliative care policy and strategic plan can help integrate services both in the community and hospitals enabling a seamless service in universal health coverage.



## Contents:



## Happenings:

### • CARERS' MEETINGS\_Penang Island

**Venue** : Rumah Hospis Pulau Pinang  
**Day** : Every Friday  
**Time** : 0900 - 1100

## Happenings:

### • Monthly meeting / Professional development

A monthly meeting with doctors and nurses of Penang Hospice Society is held on the first Friday of the month from 9am to 1pm. Palliative care nurses present a new medical topic at every meeting.

## Placement of Advanced Diploma course students in Palliative Care from Kolej Sains Bersekutu Sultan Azlan Shah, Ulu Kinta

The fourth batch of students who are taking the two-year Advanced Diploma course offered by the Ministry of Health has been attached to Penang Hospice Society from October 2019 to February 2020. The nurses would be sent out in batches for a two-week attachment where they would be visiting our Hospice-at-Home patients accompanied by our palliative care nurses. They would have a first-hand experience seeing our nurses at work and would have an opportunity to understand the many issues faced by our patients and how they are well managed under the care of the medical team in the comfort of their own homes.



## About Hospice Bulletin

**HOSPICE BULLETIN** is the quarterly newsletter of the National Cancer Society of Malaysia, Penang Branch with input from Penang Hospice Society. We welcome your contribution to the bulletin. Please submit at least six weeks before issue date which are the first day of January, April, July and October.

All items submitted for inclusion in the Hospice Bulletin must be signed but authors's requests to remain anonymous will be respected. Contributions can be sent to: The Editorial Team, National Cancer Society of Malaysia, Penang Branch, 250A, Jalan Air Itam, 10460 Pulau Pinang.

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The views expressed in HOSPICE BULLETIN are not necessarily those of the National Cancer Society of Malaysia, Penang Branch, the Penang Hospice Society or of the Editorial team.

[www.penanghospice.org.my](http://www.penanghospice.org.my)  
[www.relayforlife.org.my](http://www.relayforlife.org.my)  
[www.ncsmpenang.org](http://www.ncsmpenang.org)

The need for palliative care is not only huge but a wide gap already exists in availability of care. Estimates of the number of persons requiring palliative care in 2019 is about 138,000. The sad reality is that only about 10 percent get such care now. And this too in our society which banded itself years ago as a caring society. To correct this gap will be a huge challenge for all the providers of care.

Adequate resources are to be provided to increase availability of care with the government shouldering the bulk of the responsibility to ensure compassionate care is provided. That the central role of government has been finally recognised is indeed gratifying for all pioneers in palliative care. With regards to funding the MOH will increase its own spending from a current RM 7.5 million to about RM 30.4 million a year as well as a one off expenses of RM10.4 million for development. The MOH has been providing annual grants to hospices for a number of years ranging from RM 0.8 -1.2 million. The hospices themselves raise RM 7-8 million annually for their operations. Discussions are ongoing with MOH to raise this amount to about RM 4 million annually. This will be a much needed boost for hospices who provide palliative care without charges for almost thirty years.

“One of the best things from this exercise is that it has brought all palliative care providers in Malaysia together. This policy is owned by all of us, so together we will be striving to implement this plan over the next ten years. We will only realise our vision when we work together, and that includes the government, civil societies, private sector and the people of Malaysia.” As we welcome a new year lets step forward in hope with this sentiment expressed by Datuk Seri Dr Dzulfefly and Dr Richard Lim at the concluding press conference.

## Palliative Care Day 2020

Palliative Care Day – It’s My Care, My Right was celebrated at Hospital Pulau Pinang on 8 October 2019. It was officiated by Datuk Dr Norsidah Ismail, the Pengarah of Hospital Pulau Pinang. Penang Hospice Society participated in the half day event by setting up a booth.





Bagan Specialist Centre

# IncREDible Run 2020

**5**KM

**FLAG OFF 7AM**  
**ASSEMBLY TIME 6AM**

**5<sup>th</sup> Jan 2020 (Sun)**

Bagan Specialist Centre



**FUND RAISING IN AID OF  
PENANG HOSPICE SOCIETY**

**“Each step brings hope to  
cancer patients”**



Get ready for an incredible time at the IncREDible Run 2020! A fund raising event in aid of Penang Hospice Society. Bringing hope to cancer patients.

# LIM'S GRAND COURTYARD

A drama play set in 1940, this production depicts the love story between a man, Lim Shi Jie and three women.

It is the story of a big wealthy family, where the patriarchal head had many wives and children and where family life was fuelled by power struggles, in-fighting, hatred and love.

When Lim Shi Jie falls sick, all of his wives leave, except for the three he loves most. They stay to take care of him and so the moral of the story is that love is the key to caring and happiness in life.

吴慧玲 LING GOH 饰 五姨太秦柔  
叶倩薇 YAP CHIEN WOE 饰 太太徐素音  
李健群 LEE KIAN KOON 饰 老爷林世杰  
庄雪梅 ROSA CHONG SEAH MEI 饰 二太太李燕蓉

一场红砖变残垣的豪门命运

Director Lin Chai Lin 林彩菱

# 林家大院

Lim's Grand Courtyard

28.3.2020  
SATURDAY / 星期六 / 8PM

— USM DEWAN TUANKU SYED PUTRA —

FONG LAI PHENG 冯丽萍 +6012-476 3089  
CHEW KOK WAH 周国华 +6012-412 6809  
LIM CHIN YI 林晋颐 +6011-1668 3378

TICKET BY DONATION 乐捐门票  
RM 60 / RM 120 / RM 250  
RM 30 (STUDENT) 学生票

备有中英文字幕, Mandarin/English subtitle

文璇  
ZEN MAKEUP TEAM  
www.zenmakeup.com

# Novemberjazz

## 21 November – Grandballroom E&O Hotel Penang

We would like to acknowledge our gratitude to all our donors, supporters and well-wishers for without their generosity, it would have not been possible for the annual charity dinner “Novemberjazz” to be successful for six consecutive years. The event raised RM158,000 in aid of our free community service “Hospice-at-Home Programme”.



The Penang Irish Association has been a staunch supporter of Penang Hospice Society. The members have been raising funds for the society since 2011. Through the Luscious Ladies in Pink which is an annual fundraising event of the Association, RM40,000 was raised for us. The Association represented by Ms Maggie Territ presented the cheque to Dato' Seri Dr Devaraj at the Novemberjazz 2019 dinner show on 21 November. To-date the Association has donated RM251,000.





## APPEAL

### ADOPT PATIENTS TO HELP US PROVIDE PALLIATIVE CARE



### DONATION SLIP

I/We are pleased to participate in the PHS "Adopt a Hospice Patient Programme" and wish to adopt  number of patients.

**Personal Particulars (Information required for income tax exemption receipt)**

Name:	
NRIC:	TEL:
Company registration: (Compulsory for tax deduction)	
H/P:	
Address:	
Postal Code:	Email:

*\*For those donating RM5000 and above, please provide your NRIC or Company Registration number as this a requirement set by the Lembaga Hasil Dalam Negara/ Internal Revenue Dept*

No. of adopted patients : \_\_\_\_\_

Total donation : \_\_\_\_\_

Please make your cheque out to **Penang Hospice Society** or  
bank into our account : **CIMB bank account number: 8003864144**  
**Prangin Mall, Lot 1.05, Level 1, Phase 1B, Kompleks Tun Abdul Razak,**

**10000 Penang**

Email: [penanghospicesociety@gmail.com](mailto:penanghospicesociety@gmail.com)

**TAX EXEMPT receipts will be issued**  
**Thank you for your EMPATHY and GENEROSITY**





Palliative care aims to reduce health related suffering for people with advanced illnesses.

Penang Hospice Society (PHS), registered in 2001 is a charitable tax-exempt, Non-Government organisation. Our focus is providing Palliative Care for patients with advanced, life threatening illnesses. This includes patients who no longer respond to curative treatment. This care does its best to improve the quality of life of the patients and their families through the prevention and relief of suffering by means of early identification, assessment and appropriate treatment of pain and other problems – physical, psycho-social and spiritual.

#### **THE HOSPICE AT HOME PROGRAMME**

This programme provides Palliative Care by experienced doctors and nurses in the homes of patients with advanced diseases. This innovative service, not provided by the Government Health Service, is provided free of charge. Since starting this service in 1992, we have serviced about 10,000 patients and their families.

#### **OUR APPEAL**

The average annual cost for looking after a Hospice patient is only RM1,500. We appeal to you and/or your ORGANISATION to ADOPT one or more patients.

We will provide you permissible information of the patient/s you adopt, and provide you with regular updates.

#### **OUR VISION**

Advocate and enable palliative care for all in need in Penang

#### **OUR MISSION**

Provide palliative care that is holistic, competent and compassionate  
Maintain standards for quality care  
Collaborate with other such services in Malaysia



#### **Penang Hospice Society**

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Tel/Fax: 604-537 4140

## **My Hospice experience**

### **Wee Zi Xuan**

While waiting for entrance into the university, I was looking for volunteer work as I was keen to experience the job environment of healthcare professionals and to know more about the job life of doctors and nurses. I am grateful that Penang Hospice Society has provided me with the opportunity to follow their nurses on patient home visits.

I was attached to Palliative Care Nurse Kalavathi (Ms Kala) twice a week for around 1.5 months. I proudly describe my experience as eye-opening and life-changing. I learned various medical knowledge as Ms Kala would patiently explain to me about patients' condition and about medical terms that I do not know. Most importantly, what I have gained is way more from what I can learn from books. I listened to patients' stories about their experiences, and I was especially touched by the experience of a brain tumour patient. I realised the importance of a doctor to not only treat patients holistically but also give support to their family members.

During the attachment, I faced a few patients' death, and there was one death that was especially heart-breaking to me. This patient was a nice man and I enjoyed talking to him. He had a good maid who took good care of him and I was happy to see that he had enjoyed the last days of his life. Through this, I realised the importance of palliative care to help patients to achieve a good quality of life even when the disease might be incurable.

The attachment with Penang Hospice Society was such a meaningful one. I am grateful for every patient that I have met through the journey, as they have brought such a great impact on my life. I grew through this journey, learning and understanding how to become a better healthcare professional in the future.



# My experience volunteering in Penang Hospice Society

## Coral Eguia

My name is Coral Eguia. I am nurse from Santander, the north of Spain. I have been working the last five and a half years in an Intensive Care Unit (ICU) in England. I have always wanted to do voluntary work outside of Spain or England so I could get in touch with other cultures and other health systems that I am not familiarized with. I came to Penang for a month and the Penang Hospice Society gave me the opportunity to volunteer with them.

My experience here has been unforgettable. As an Intensive Care Nurse of a busy hospital, I am used to look after people with life threatening illness which requires rapid and precise action. We centre our goals on the quick recovery and we face a lot of pressure due to heavy workload including many discharges and admissions every day. I sometimes feel I have not enough time to spend with my patients and their relatives.



The nature of the ICU is to preserve life and facilitate healing, this is why, in some cases, we have to use artificial support to keep people alive using mechanical ventilators, vasopressors, dialysis therapies and/or Extracorporeal Membrane Oxygenator (ECMO) machines in very sick patients. After all these efforts, patients may not make it causing a great emotional impact not only in patient's relatives but also in the healthcare professionals.

Volunteering in the hospice made me experience other reality. Patients are also very poorly but as palliative patients, the aim is to give comfort in areas like breathing, nutrition, pain control and skin with flexibility in the circumstances and patient's preferences leaving behind the ICU guidelines and protocols that I am used to follow. And the same importance is to provide emotional and spiritual support to patients and their relatives.

It just felt nice to help people in the process of dying with compassion, dignity and respect in their houses far away from hospital routines and equipment, just the love of their family and the trust on their palliative nurses and doctors.

This volunteering experience has been very enrichment professionally learning about health education in patient's houses and more natural ways of nursing care. All the team from the hospice has treated me as a member of their team from the beginning which I really appreciate. I have learnt so much from the compassionate nurses who provide holistic care to their patients and their relatives. And, of course, I have enjoyed so much the multiculturalism of this amazing country visiting houses of Chinese, Muslims or Hindus. I have no words for the patients and relatives hospitality and I am already missing Malaysian food so much.

Thank you all for giving me this opportunity I will always keep in my heart. Keep up your hard work. All the best

## WISH LIST

### WAYS YOU CAN HELP US...



#### **Donate Cash**

We welcome all levels of donation, whether it is a one-time gift or a monthly donation.

Tax-exempt receipts will be issued for all donations. Please make cheques payable to:

Penang Hospice Society

#### **Donations In Kind**

\*\*Wheel chairs with head and neck support

\*\*Oxygen concentrators

\*\*Syringe drivers

\*\*Sheepskin rugs

\*\*Ripple mattresses

#### **FULFILLING SMALL WISHES**

Hosting and treating hospice patients to tea, dinner, hotel stay, picnic, sight-seeing and short holidays. We look forward to seeing every wish come true. Wishes are small and simple, but they are all important to our patients. Those wishing to be a part of this fulfilling programme are welcome to join us!

#### **ADMINISTRATIVE ITEMS**

\*\*Computers & Printers

#### **VOLUNTEER**

\*\*Volunteer your time and talent. Volunteering is a great way to help. We invite you to share your time, talents and resources to help us in our cancer awareness campaigns and fund-raising events.

To reach us, call 04-228 4140 or write to us at:  
penanghospicesociety@gmail.com

Change of address

Remove from mailing list

(please tick where appropriate)

Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Address (new): \_\_\_\_\_ Postcode \_\_\_\_\_

Please send / fax this to:

Rumah Hospis Pulau Pinang, 250A Jalan Air Itam, 10460 Penang, Malaysia.

Tel: 604-228 4140 Fax: 604-226 4676 Email: penanghospicesociety@gmail.com