

THE AMK – THKH

COMMUNITEA

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DABAO CARE – UNSEEN JOURNEY OF CARE BACK AT HOME

Welcome to The AMK – THKH Communita, the community newsletter by Ang Mo Kio – Thye Hua Kwan Hospital. Combining two of our favourite settings – the community and the coffeeshop, we invite you to read more about AMK – THKH's work in the hospital and community, and learn more about how we can take better care of our health and well-being.

In this issue, we shed light on the care that comes after discharge. Through stories about the patients we support comes a common theme of struggle and loneliness but also the silver of hope brought about by the care team of AMK – THKH, reassuring them that they are not forgotten.

In our bite-sized tips, we share about the common misconceptions about caring for wounds and how you can take better care of abrasions. Happy reading!



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KOPI TALK

Nursing has long been synonymous with care at the bedside, supporting patients' recovery and rehabilitation. They monitor patients' conditions, administer medication, coordinate care with different teams, and offer support to patients and their loved ones during some of life's most challenging moments. Singapore's evolving healthcare landscape is expanding the role of nurses beyond hospital walls. Today, nurses are increasingly supporting patients in their homes and communities, helping them recover safely, manage chronic conditions, and maintain their independence for as long as possible.

Singapore is now a super aged society, meaning more than 21% of its population are aged 65 and above. It is increasingly clear that care cannot remain centred only within hospital walls. The Minister for Health has spoken about the need to strengthen community care capabilities and support seniors to age well within their neighbourhoods and homes. The reality is that healthcare begins long before a patient reaches the Emergency Department, and continues long after discharge. Community care nurses are often the first to detect early signs of deterioration, identify emerging risks, and intervene before a condition worsens.

As a community hospital, aside from rehabilitation, our role is also to ensure patients transition safely and confidently back into their everyday life. Overseeing our Home Health Team (HHT) to provide Hospital-to-Home support, I see the opportunity to bridge the gap between hospital and home.

My vision is for our nurses to grow into highly capable, confident clinicians who can function independently in the community, triage care needs, make timely referrals, and support chronic disease management holistically. In many ways, they become trusted partners to patients and families, helping seniors remain safe, well, and independent at home for as long as possible. This also means we must invest intentionally in their clinical competencies, professional development, and career pathways, so that community nursing is seen as a deeply valued specialisation in its own right.

护理工作始终围绕病床旁的照护息息相关，陪伴病人康复和复健。护士不仅负责监察病情、施予药物治疗及协调跨专业团队的护理工作，也在病人及家属面对人生艰难时刻时，给予他们支持与关怀。随着新加坡医疗体系不断发展，护士的角色已逐渐从医院延伸至社区。如今，护士更积极踏入病人的家中和社区，协助他们安全康复、管理慢性疾病，并尽可能长时间维持独立生活的能力。

新加坡已迈入“超高龄”社会（super aged society），65岁及以上人口占比超过21%。随着人口老龄化加剧，医疗服务已不能仅局限于医院内。卫生部长多次强调，必须持续加强社区护理能力，协助长者在熟悉的社区和家中健康安老。事实上，医疗照护早在病人进入急诊部门之前便已开始，也会在病人出院后持续进行。社区护士往往是最早发现病人健康状况出现变化的人，能够及早识别风险，并在病情恶化前及时介入。

作为一家社区医院，我们除了提供复健服务，更肩负着协助病人顺利从医院过渡回归社区生活的重要使命。监督居家医疗团队（Home Health Team, HHT）提供医院到居家（Hospital-to-Home）连续护理服务，让我深切体会到医院与家庭连接的重要性，也看见了连续性医疗服务的价值。

我希望我们的护士能够成为具备扎实临床能力及专业判断的社区护理人员，能够独立走入社区，评估病人的护理需求、及时转介相关服务，并全面支援慢性疾病管理。从某种意义上来说，他们不仅是护理人员，更是病人及家属值得信赖的伙伴，陪伴长者尽可能长时间安全、健康且能独立在家中生活。

与此同时，我们也必须持续投放更多支援于护士的临床培训、专业及职业发展规划，让社区护理成为一个备受认可、具有发展前景的专业领域，吸引更多护理人才加入其中，为新加坡未来的医疗体系奠定更坚实的基础。



Lyn Edel Yip

Director, Nursing Services
Choice of drink: Milo Peng

护理总监
饮品选择：冰美禄

THE SPOTLIGHT

Our Home Health Team

People often think that patients' recovery ends just as they are discharged from the hospital, but this is not entirely accurate. In fact, for many patients, the journey back to independence often extends beyond discharge, requiring continuous medical care, rehabilitation, and community support.

Our Home Health Team (HHT) bridges this gap by bringing healthcare services directly into patients' homes. Through a multi-disciplinary team comprising doctors, nurses, therapists, medical social workers, and care coordinators, patients receive personalised care in their familiar surroundings.



More than simply delivering care, the team empowers patients and their caregivers to become active partners in their recovery. During each visit, they provide practical training, guidance, and support, ensuring families are equipped to carry out essential aspects of care safely and confidently after the team leaves. By building knowledge, skills, and confidence in the home, HHT helps patients regain independence and continue their recovery beyond hospital walls.

At Ang Mo Kio – Thye Hua Kwan Hospital, we believe that healthcare should not be confined to hospital wards. By supporting patients in their homes and communities, we help them build confidence and independence, and



maintain quality of life while reducing unnecessary hospital visits and readmissions as well as reduce out-of-pocket expenses such as transport costs to and from off-site appointment venues.

As Singapore's population ages, the need for community-based healthcare will continue to grow. Through our HHT, we are not only caring for patients where they are most comfortable, but also empowering them to age gracefully in place, surrounded by the people, routines, and communities they participate in.



Home Health Team provides a variety of services:

Home medical services: Doctors prescribe medical, perform minor procedures and help clients manage chronic illnesses such as diabetes mellitus and chronic kidney disease.

Home nursing services: Nurses provide care such as wound care management and peritoneal dialysis (PD) nursing care.

Home therapy services: Therapists continue with exercises for rehabilitation, advice on home modification and continued training for caregivers at home.

Beyond Hospital Walls, Beyond What We See

For Medical Social Workers like Mira, caring for patients together with the Home Health Team is a long-term commitment to helping seniors age gracefully at home and in the community.

"Many of the patients we support are managing complex health, social, and financial challenges. While their medical needs may be addressed in hospital, after discharge they often face unseen barriers such as costly mobility aids and caregiving support, transportation for follow-up appointments and daily living expenses. These are the challenges that can determine whether a senior continues to live safely at home or faces repeated hospital admissions."

Working closely with patients and their families, Mira helps connect them to the resources and support systems they need to remain well in the community. Donations play an important role in bridging these gaps, providing assistance for needs that may not always be covered elsewhere, but which make a significant difference to a patient's quality of life.

"When we invest in supporting seniors at home, we are investing in more than their healthcare. We are helping them maintain their independence, stay connected to their loved ones, and continue living in familiar surroundings for as long as possible. Every act of support helps reduce unnecessary hospital readmissions and delays institutionalisation, allowing our patients to age gracefully in the place they are most comfortable, their own home."



**Zulasmira
Binte Zulkifli**
Medical Social Worker
Choice of drink: Kopi Peng



About Ang Mo Kio – Thye Hua Kwan Hospital

Ang Mo Kio – Thye Hua Kwan Hospital (AMK – THKH) is a leading community hospital in Singapore providing rehabilitation and sub-acute care for patients recovering from a major illness or surgery with dedicated doctors, nurses, physiotherapists, occupational therapists, speech therapists, dietitians, pharmacists, and medical social workers.

In addition to clinical and service excellence, AMK – THKH strives to achieve good clinical outcomes for our patients at the end of their stay. Beyond inpatient services, AMK – THKH also offers outpatient rehabilitation, haemodialysis, home healthcare services, general practitioner and community health services to provide a continuous stream of care from hospital to home.



SHARING A CUPPA

The Strength to Carry On – Mr Haji Ali

Breakfast for Mr Haji Ali is often a banana sandwiched between a single piece of white bread. Despite his medical condition, he makes do with what he can afford to eat and on most days, he gets by with just one meal.

Once a nurse and a lifting supervisor in his youth, his diminishing vision forced him into retirement. Now 73 years old Mr Haji Ali has lost all vision in his right eye, and about 50% of his vision remains in his left. For decades, home has been a humble one-room rental flat he shared with his wife. Living with multiple health conditions such as gout, diabetes, hypertension, and a chronic lung condition meant his wife was his companion, caregiver, and person who looked after every detail in his life.

Doctors assessed that he is medically unfit to travel on public transport. This means he needs help getting to his hospital and polyclinic visits to get the care he needs. With support from social agencies, they were able to get by for most days. Volunteering frequently at community events and visits from his stepchildren help him to keep a positive outlook in life.

Most days, his wife would cook and help him with the cocktail of medication he needs to manage his health. “My friends call me a flirt because I like to hold my wife’s hand wherever I go,” Mr Haji Ali recalls.

Everything changed when Mr Haji Ali’s wife passed away in late 2025. She took her last breath with him by her bedside. He was devastated by the loss of his lifelong companion and only caregiver.

The passing of Mr Haji Ali’s wife’s forced him to spend all of the little money he had to lay her to rest. Since he had no children of his own, Mr Haji Ali was left to rely on the monthly financial

assistance he received, which was further reduced as he became the sole household occupant.

Every day, Mr Haji Ali eats only one or at most two meals. He has also missed medical appointments. Mr Haji Ali had to sell some of his items to afford transport expenses to his medical appointments. Without anyone to assist him with mobility, he could not take public transport to his appointments, including those for dressing his diabetic wound, as private transport is too expensive. Consequently, Mr Haji Ali resorted to stretching and skipping his medication to save money.

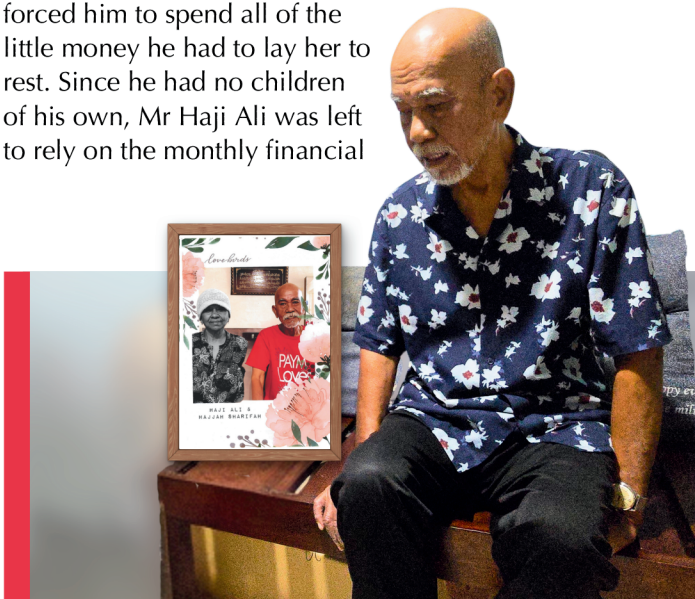
“There are many similar to Mr Haji Ali. They live alone, may be quite isolated by their poor mobility; and access to help and financial support is limited,” shared Mira, who is also Medical Social Worker in-charge of Mr Haji Ali’s case.

With AMK – THKH’s support, Mr Haji Ali receives help with his medication and close monitoring of his medical conditions from home health nurse Shirley. Mira has reached out to the relevant social services to further aid Mr Haji Ali with support and resources that he needs.

Through regular support from AMK – THKH and close monitoring of his health, he is able to maintain his independence and avoid unnecessary hospital admissions. or individuals like Mr Haji Ali, it means being able to age well in a familiar space, remain connected to their community.

Your support helps make this possible. For Mr Haji Ali, your donations can help him with out-of-pocket cost of \$60-\$110 weekly in transport cost and care necessities.

Your donation helps our care teams continue reaching out to vulnerable seniors like Mr Haji Ali. Our **Patient Welfare Fund (PWF)** helps support out-of-pocket expenses for patients from cost of transportation to medical appointments, wound dressings and care necessities to purchasing hospital beds and commodes for continued care at home.



Turn to **Page 11** to find out
how *you can make a difference*

Every gift, no matter the amount, helps bring care,
comfort, and hope to those who need it most.

支撑哈芝阿里先生 (Mr Haji Ali) 生活下去的力量

哈芝阿里先生的早餐，通常只是夹着一根香蕉的单片白面包。尽管身体状况欠佳，他仍只能吃自己负担得起的食物，大多数时候一天只吃一餐。

年轻时，哈芝阿里先生曾是一名护士，后来担任吊装监督员(Lifting Supervisor)。随着视力逐渐恶化，他被迫退休。现龄73岁的他，右眼已完全失明，左眼视力也只剩约一半。数十年来，他一直与太太居住在一房式租赁组屋。由于哈芝阿里先生身患痛风、糖尿病、高血压及慢性肺病等多种疾病，他的太太不仅是他的生活伴侣，也是照顾他日常生活及健康起居的主要照顾者。

医生评估哈芝阿里先生因身体状况不适合乘搭公共交通工具，因此每次前往医院或综合诊疗所(Polyclinic)复诊时，都需要他人协助接送才能接受治疗。在社会服务机构的支援下，他们大多能维持基本生活和治疗。哈芝阿里先生也经常参与社区义工活动，而继子女偶尔的探访，更成为他继续积极面对生活的动力。

平日里，太太会亲自为哈芝阿里先生下厨，为他准备三餐，并协助他按时服用各种药物，控制病情。哈芝阿里说：“朋友都笑我风流，因为无论去到哪里，我都喜欢牵着太太的手。”

然而，一切在2025年底发生了改变。

太太在哈芝阿里先生的陪伴下安详离世。他失去了相伴多年的伴侣，也失去了唯一的照顾者。

为了办理太太的身后事，哈芝阿里先生几乎花光了所有积蓄。由于没有亲生子女，他只能依靠每月领取的援助金维持生活开支；随着家中只剩下他一人，所领取的援助金额也随之减少。

如今，哈芝阿里先生每天只吃一至两餐，有时甚至因此错过复诊。为了筹措前往医院的交通费，他不得不变卖部分个人物品。由于行动不便，加上无人陪同，他无法乘搭公共交通工具前往医院，包括定期更换糖尿病伤口敷料的复诊。私人交通费用高昂，令他难以负担。面对沉重的生活压力，哈芝阿里先生唯有节省医药开销，不仅延长药物使用时间，有时甚至自行减少服药次数。

负责跟进哈芝阿里先生个案的医务社工Mira分享道：“像哈芝阿里先生这样的病人并不少见。他们独

居、行动不便，也较容易与社会脱节，而能够获得支援和经济援助的往往有限。”

在宏茂桥－太和观医院的支援下，哈芝阿里先生现时由居家医疗护士Shirley定期上门探访，协助管理药物及密切观察健康状况。与此同时，Mira也积极联系相关社会服务机构，为他争取更多所需的支援。

透过宏茂桥－太和观医院持续提供的服务，以及医疗团队定期观察他的健康状况，哈芝阿里先生得以继续独立生活，并减少因病情恶化而需要住院的机会。对于像哈芝阿里先生这样的人来说，这意味着能够继续在熟悉的环境中安享晚年，并与社区保持联系，活得更安心、更有尊严。



您的支持，让这一切成为可能。

对哈芝阿里先生 (Mr Haji Ali) 而言，您的捐款可协助减轻他每星期约60至110元的自付开销，包括交通费及日常护理必需品费用。

您的每一笔捐款，都能帮助我们的医疗团队继续走进社区，为更多像哈芝阿里先生一样有需要的弱势长者提供支援。宏茂桥－太和观医院的病人福利基金 (Patient Welfare Fund, PWF) 协助病人减轻各项自付费用，包括往返医疗预约的交通费、伤口护理用品及其他护理必需品，以及购买病床、便椅等居家护理设备，让他们能够继续在家中接受所需的护理服务。

翻阅第11页，了解您如何为他们带来改变。
您捐赠的每一份心意，都能为最需要的人
送上关怀、温暖与希望。

THE HEALTH BREW

Abrasions: Simple Steps for Proper Care before Developing into Serious Wounds

An abrasion, or “scrape” occurs when your skin rubs off when something hits or drags against your skin (e.g., tripping on an uneven sidewalk or falling). Small abrasions can be managed at home by cleaning the area and covering the injury.

4 Simple Steps to Abrasion Care at Home

STEP 1

Cleanse the area with clean water or normal saline to remove any foreign particles



Please continue to:

- Keep the wound dressing dry at all times
- Consume adequate nutrition to ensure that your body has sufficient resources to heal itself



STEP 2

Apply firm pressure to the wound area to stop the bleeding if necessary



CAUTION

See a healthcare professional when these signs & symptoms appear:

- Fever
- Increased pain from the wound
- Increased amount of discharges
- Redness, swelling & warmth at the wound site
- Odour emits from the wound

STEP 3

Apply an antiseptic cream or solution to the affected area.



STEP 4

Cover the wound with clean dressing

More Health Tips Brewing

Our upcoming issues will feature health and wellness topics such as diet and caregiving advice. Keep a lookout too for more stories of clinical and patient care as well as faces of our community!

Interested in a topic? Let us know!
Email CorpComms@amkh.org.sg

跌倒擦伤怎么办？

简单几步骤帮助伤口愈合，
避免小伤口变成大问题

擦伤（Abrasion）俗称“擦破皮”，是指皮肤因摩擦、碰撞或跌倒而受损。例如走路时被不平坦的路面绊倒，或不慎跌倒时，皮肤与地面摩擦而造成擦伤。一般轻微擦伤可在家中自行处理，只要及时清洁伤口并妥善包扎，大多数都能顺利愈合。

在家处理擦伤的简单步骤：

第一步

使用清潔的清水或生理鹽水沖洗傷口，以清除傷口上的污垢及異物。



第二步

如有出血情況，可用乾淨紗布或毛巾按壓傷口，幫助止血。



第三步

在伤口处涂抹消毒药膏或消毒药水。



第四步

使用干净敷料覆盖伤口，保护伤口并促进愈合。



请持续保持以下习惯：

- 伤口敷料干爽，避免弄湿。
- 保持均衡饮食，摄取足够营养，帮助身体修复伤口。



警惕以下症状

如果出现以下情况，请尽早求医：

- 发烧
- 伤口疼痛加剧
- 伤口渗液增加
- 伤口周围出现红肿或发热
- 伤口发出异味

健康茶坊陆续登场

我们将陆续分享更多健康与保健资讯，包括饮食建议、照护贴士等实用内容。同时，也会带来更多关于临床护理、病患故事，以及社区人物的精彩分享。想看什么主题？欢迎告诉我们！请电邮至：

CorpComms@amkh.org.sg

Volunteer Appreciation Day



Our volunteers got together in early 2026 for a day of bonding, wild sights and wonderful food!

The day was spent appreciating the dedicated volunteers who supported AMK – THKH and our patients through the year. They have facilitated activities for patients, escorting them and even conducting cognitive-stimulating activities in the wards. Volunteer Appreciation Day (VAD) was specially curated for them to bask in each other's company and to be the ones taken care of for a change.



Our volunteers were treated to a guided tour by Bird Paradise staff who shared insightful, little-known facts of the winged residents and also to enjoy specially curated activities. Because our volunteers serve in different areas and sessions, this event was a rare opportunity to meet other volunteers. Through events like VAD, we are able to bridge these connections and form friendships.

Our CEO, Mr Ardi Hardjoe, also spent time with our volunteers, listened to their volunteering experience and hopes for AMK – THKH. Mr Ardi emphasised that the feedback and insights shared by volunteers were invaluable in shaping a more compassionate and patient-focused environment at AMK – THKH.

When asked about their favorite part of the day, some mentioned the chance to visit the new park, while others highlighted the engaging team bonding activities. However, the overwhelming majority expressed their favorite part as receiving handwritten and personalised cards from the Volunteer Management team. Mdm Koh, a dedicated volunteer since 2015, shared that although she once received a prize during a past Volunteer Appreciation Day (VAD), the thank-you card she received holds the most sentimental value for her.

Volunteer at AMK – THKH

We have a variety of volunteer-facilitated activities and services to engage our patients and community. Visit <https://www.amkh.org.sg/about-us/volunteer> to learn more about our volunteer programmes.

Ready to volunteer?
Reach out to us at
Volunteer@amkh.org.sg



A Gift for Our Patients



AMK – THKH works closely with our partners to ensure seamless transition of care for our patients. In April this year, we were a beneficiary of Tan Tock Seng Hospital’s (TTSH) collection drive.

For a meaningful TTSH’s Ops Appreciation Day, hospital visitors, next-of-kin and ancillary staff supported a

drive of various essential items such as diapers, wet wipes and body soap. These essentials were distributed to beneficiaries and patients to alleviate their expenses. Our Day Rehabilitation Centre Home Healthcare Team clients benefitted from the care pack received.

This collaboration between AMK – THKH and TTSH highlighted the vital relationship between acute hospitals and community hospitals, ensuring patients are supported through every phase of care.

Beyond the physical token of care, the meaningful initiative showed our patients that there is a whole community cheering them on.

If you would like to make a meaningful change, you may visit donation.amkh.org.sg. You will make a difference to the people we care for.

Singapore Health Quality Service Awards 2026

Launched in 2011 by Singapore Heaalth, the Singapore Health Quality Service Awards (SHQSA) honours outstanding healthcare professionals from across the healthcare sector who have delivered quality care and excellent patient experience.

This year, 5,171 awards were presented to healthcare professionals from 49 healthcare institutions and our speech therapist, Mr Jorain Lim, received one of the 14 Superstar Awards.

A big foodie through and through, Jorain’s love for food became the driving force to help patients reclaim one of life’s simplest joys: enjoying a meal. It inspired her to initiate her own thickened fluids project which was later implemented in AMK – THKH.

Driven by her commitment to patient safety and quality care, Jorain identified a common challenge in the preparation of thickened fluids for patients with swallowing difficulties. Drawing on her research expertise, she conducted surveys that uncovered widespread misconceptions about the correct preparation methods.

In response, Jorain developed a simple yet effective visual guide using coloured sticker labels, enabling nurses to accurately prepare thickened fluids according to each patient’s prescribed viscosity. By updating the stickers during her ward rounds, she also helps reduce delays between prescription and care delivery.

Her innovative solution has enhanced patient safety, improved care efficiency, and empowered healthcare teams with a practical tool for everyday use. She went above and beyond, personally training all 300 nurses in the hospital through one-to-one hands-on sessions, ensuring every nurses can accurately prepare thickened fluids in line with International Dysphagia Diet Standardisation Initiative (IDDSI) standards. Jorain’s dedication exemplifies the spirit of service excellence and continuous improvement in patient care.



“For me, this is the moment I have with them, so I focus on the present and do all I can for my patients and their families.”

Jorain Lim, Speech Therapist

Please seal this area



AMK - THKH is an Institution of Public Character (IPC)
HEF 0073/G

YES! I'm Glad to Give Back

DONATION AMOUNT

- ☐ One-time Donation ☐ Monthly Donation (via GIRO payment only)
- ☐ \$50 ☐ \$100 ☐ \$200 ☐ \$500 ☐ Others: _____

DONOR DETAILS

Your donation is tax deductible. Please provide your Tax Reference Number (e.g. NRIC/FIN/UEN) below to be forwarded to IRAS. For donation on behalf of the deceased, no tax deduction will be given.

- ☐ Name / Company Name: _____
- ☐ NRIC / FIN / UEN No.: _____
- ☐ Address: _____
- ☐ Contact No.: _____
- ☐ Email: _____

PAYMENT MODE

For donations by cheque and credit card, tax-exempt receipts will only be issued upon clearance from the bank.

- ☐ Cheque Cheque No.: _____
Please make cheque payable to "**Ang Mo Kio - Thye Hua Kwan Hospital Ltd**" and insert '**COMM2603**' at the back of the cheque at the bottom

- ☐ Credit Card Type of Card: ☐ Visa ☐ Mastercard ☐ American Express
- Card No.: _____
- Expiry Date: _____
- Cardholder Name: _____

- ☐ PayNow



- Use bank app, click "PayNow"
- Log in, enter UEN: 200201385CHEF
- Enter donation amount
- Enter **NRIC/FIN/ UEN** and code **COMM2603** in reference field for tax deduction
- Click "Transfer Now" to make donation

- ☐ GIRO

We will mail you a GIRO donation form for monthly donations.

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