



# PRESCRIPTION

*A Singapore Nurses' Christian Fellowship Newsletter*

MICA (P) 196/02/2007 • May - August 2007

## Are You Ready to Jump?

SNCF has been running this pre-graduation workshop entitled "Ready to Jump" yearly since 2002. Previously known as 'Called to Care', we have since revamped this program to meet the needs of soon to be registered nurses.

### Why the need?

The conception of this program is based on the heart of mentoring. It comes with the desire and vision to develop a future generation of nursing leaders in our nursing community. Clinton defines mentoring as *'the process where a person with a serving, giving, encouraging attitude, the mentor, sees leadership potential in a still-to-be developed person, the protégé, and is able to promote or otherwise significantly influence the protégé along in the realization of the potential'*. With this in mind, Ready to Jump Workshop has been fashioned in a way to establish contact with soon to be Registered Nurses. During the workshop we aim to impart godly principles, practical skills and a sharing of personal experiences so as to provide the nurses a few handles to prepare them mentally, spiritual and emotionally for the next stage of their nursing journey.

We mentor the students also by imparting to them a vision and teaching them how to formulate a personal philosophy for nursing. Proverbs 29:18 (KJV) says, *'Where there is no vision, the people perish: but he that keepeth the law, happy is he'*. By doing so, we help the up and coming nurses to begin work with a vision in mind and also goals and strategies that will help them realise that vision.

The workshop acts as a bridge for developing relationships which is the key to mentoring. As these relationships are strengthened and the process of mentoring is carried out, we hope to impart the heart of mentoring into the protégé's life so that they too will continue this culture in building another to reach their fullest potential in God.



Participants taking part in the workshop

### What do we do?

A one-year-old Registered Nurse is invited to share her experience during Pre-Registration Clinical Posting (PRCP) and her first year of nursing life. (PRCP is a 6 weeks programme to prepare the nursing students for the transition from student to staff). This helps the nurses anticipate some of the experiences they may go through.

A Nurse Manager is also invited to share her expectations of students during PRCP. Lastly we also looked at *'How to develop a Personal Vision for Nursing'*. Under this topic, the students are challenged to *'develop a healthy perspective on work'*. They are also challenged to reflect on both their value of humanity and their personal values, in order to develop a personal philosophy for nursing.

It is our vision in SNCF to see a culture of mentoring

*Continue to pg 2*

**SNCF  
MOTTO**

**One In Christ**

**SNCF  
MISSION  
STATEMENT**

SNCF seeks to bring Jesus Christ to nurses and nursing, helping them to find meaning and purpose in their work, and to see their workplace as a mission field.

Continue...

and discipleship being fostered in order to fulfil God's commission to SNCF ministry. We pray that more nurses will catch this vision and will come in partnership with us to fulfill this vision.

#### What did they say:-

*"This workshop gives me a better idea of how I should prepare myself for my 6 weeks of PRCP. It causes me to reflect on my basic values in life. Regardless of whether in nursing or other jobs, it allows me to stop, think and reflect. This workshop has not only equipped me for PRCP, but has also helped me cope with life." ~ Nicole Ang ,*

*"I get to understand and realise that it is not just about nursing as a career or a job. This talk covers the basics in preparing for PRCP, spiritually and mentally. I get to ponder over the different perspectives that we have and how we are able to handle PRCP and also nursing as a career." ~Lim Yi Xin Eunice*

∞ Joanna Teoh, Staffworker, SNCF

## A sneak Post "Ready To Jump" (RTJ) Workshop Interview

**3 months after RTJ Workshop, an interview with one of the RTJ participants was done to evaluate effectiveness of the workshop and current experience of a new graduate nurse (Gan Yu)**

#### 1. How does it feel in the first month of being a Registered Nurse?

Being a newly RN, I feel that I have so many things to learn even though I have successfully passed all my exams in NYP, especially for me I am working in Medical ICU now, which is a totally new environment for me. I have to take the responsibility as an RN not a student; it is a new starting point in my life.

#### 2. What have you enjoyed most so far?

Even though PRCP was a very stressful period, I did enjoy the training in MICU. One thing that impressed me the most was the "ward culture". All the staffs working in ICU support each other. This was quite different from what I have experienced before in the general ward. "No one can sing solo in ICU", I still remember my ward sister's reminders in the very first day of my PRCP. And personally I believe that ward culture is very important for the nurses to enjoy the

work of caring for our patients.

#### 3. In RTJ we covered some issues we felt were relevant to prepare you in your nursing journey. Can you remember any of these topics, which you have found useful in preparing you for nursing?

I still remember one topic, which is "Developing a personal vision for nursing", and I found that it was very useful for me to prepare myself for PRCP. Before PRCP, I told myself that it was only six weeks PRCP; I just need to work very hard for the six weeks. After the RTJ workshop, I realized that nursing is not only six weeks of PRCP or six months probation or six years bond (for PRC students), if I were to devote my life to nursing and if I had a heart for my patients, I would use all my life to achieve my dreams in nursing. Therefore the topic enlightens my perspective and mind in nursing.

#### 4. What are some challenges you have learnt to overcome?

I am not a confident person, so whenever I encounters with difficulties in the ward, I do not dare to try to solve the problem by myself because I am afraid that my mistakes may compromise patient's safety. So I rather ask for help, but one senior staff taught me a lesson that if you never try, you never know how much you can do. Sometimes you have to believe that you can do it. Even though I do not totally agree with her, but her confidence impresses me a lot.

#### 5. What has helped you overcome the challenges so far?

During PRCP, I managed to find time to talk to some senior staff who are very experienced in ICU, and they are very confident with their work. Through our conversation, I realised that they all had gone through a very "painful" period before they became confident. Practice makes perfect. I need to give myself some time to experience and to grow instead of blaming myself.

#### 6. Who are you most thankful for in helping you get through the challenging periods of this nursing journey as a student nurse & for what?

I am a Christian; personally I believe God always is my strength in all the ups and downs, and I know that HE hears my prayers everyday, so I am thankful to HIM.

#### 7. What do you hope to accomplish as a nurse?

Firstly, I want to be a safe nurse by knowing my work well and providing quality care for my patients. Secondly, I want to upgrade myself through further

study in nursing, because I believe that there is so much space for me to improve and to grow in nursing. For me, nursing is a life-long career.

8. *What are 3 things you would like the senior nurses around you to impart?*

1. Positive attitude
2. Efficiency in work
3. Assertiveness

⇒ *Joanna Teoh, Staffworker, SNCF*

## The Nurse's Song

### Let the beauty of Jesus .....

Let the beauty of Jesus be seen in me,  
All His wonderful passion and purity,  
Oh, Thou Spirit Divine  
All my nature refine  
Till the beauty of Jesus be seen in me.

Let each patient who watches me day by day  
See thy lovely compassion and grace I pray  
Give to my hands Thy skill  
That the sick and the ill  
In their weakness may witness Thy touch of power.

As I walk in the wards with Thee, O Christ,  
May my heart be rooted in thy Word  
That the winds that blow  
Fiery trials and foes  
May not shake the soul that trusts in Thee

Yet should moments be coming when I would fall  
At those times, may I hearken to Thy heart's call  
"Turn, my child, from thy sin  
This new victory win  
By the powerful cleansing of Jesus's blood.

In the quiet of earliest morning hour  
Grant the heart of this nurse the needed power  
May I hear Thy dear voice  
That my heart may rejoice  
And for all my duties Thy strength be given.

One more prayer O Lord, I pray to Thee  
Lift my eyes from duties that throng me here  
To the fields that are white  
Lost souls without Thy Light  
Till I hear Thy voice calling and follow Thee.

*Lyrics (except 1st stanza) by Ms Eileen J. Kuhn,  
SNCF First President- 1960-1961*

## Book review

### Review on *'How can I find satisfaction in My Work?'*

An airline employee who was struggling through a long delay in a flight's departure kept her composure as the passengers grew angrier. When someone asked her name, so he could write a letter of commendation, she replied, "Oh, I don't work for this airline; I work for Jesus Christ."

The above extract is taken from this impactful booklet. This timely edition produced by RBC ministries offers useful markers to help us evaluate why we are or are not finding satisfaction in our work. It comes with 7 days of daily devotion examining our personal motive, attitudes, choices and the measure we put into our work, helping us align our lives to biblical principles. This is a useful edition to help us take stock and reflect on why we work and rediscover the enjoyment God desires for us to find in work. I recommend this to every Christian nurse who is seeking for a sense of purpose and satisfaction in their workplace.

If you are interested in getting hold of a free copy of this edition, please contact [joanna.teoh@ncf.org.sg](mailto:joanna.teoh@ncf.org.sg) or call 65533530.

## Notice board...

### Volunteer Nurses Needed for Health Screening

Volunteer Nurses are needed on every 1st Wednesday of the month to do Blood Pressure and Glucose Monitoring for the elderly (they are on Public Assistance) at The Salvation Army Territorial Headquarters at Bishan Street 22. The time is from 9.30 am to 11 am. This is a SNCF's community project done in conjunction with Bishan Chinese Corps, The Salvation Army.

Those interested to help, please contact Kim Choo at 97379041

## SNCF Calender of Events

### ❖ Nurses' Day Dedication Service

Date : 4 August, 2007, Saturday

Time : 4 pm to 6.30 pm

Venue : Multi-Purpose Hall, St  
Luke's Hospital 2, Bukit  
Batok Street 11,  
Singapore 659674

Speaker : Pastor Alice Ong

Contact : Ms Serene for detail at  
91390154

### ❖ Time Management and Communication At Workplace

Date : 13 August, 2007, Monday

Time : 7 pm to 9pm

Venue : SNCF office, Room 02-  
03, The Salvation Army  
Territorial Headquarters  
20, Bishan Street 22,  
Singapore 579768

Speaker : Ms Ang Seok Khim

Contact : Ms Joanna for detail at  
98303694

## SNCF Ministries

### ❖ Monthly Prayer Meetings at two locations namely at Central and Western Region

#### Central Region

Time : 7 pm monthly on every 1<sup>st</sup>  
Monday of the month

Venue : SNCF office, Room 02-03,  
The Salvation Army  
Territorial Headquarters,  
20 Bishan Street 22,  
Singapore 579768

#### Western Region

Time : 7 pm monthly on every 1<sup>st</sup>  
Tuesday of the month

Venue : Blk 204, Clementi Avenue  
6, #08-05,  
Singapore 120204  
(Home of Suet Lan,  
mobile 81122119)

Prayer items can be submitted to Serene Kang, email: tulips1810@yahoo.com

## *Florence Nightingale Pledge*

*I solemnly pledge myself before God and in the presence of this assembly, to pass my life in purity and to practice my profession faithfully. I will abstain from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug. I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my calling.*

*With loyalty will I endeavour to aid the physician in his work, and to devote myself to the welfare of those committed to my care.*

## SNCF CONTACTS

### Correspondence Address:

Toa Payoh Central  
P.O. Box 468  
Singapore 913116  
Tel : 6553 3530  
Fax : 6553 3101

### Workbase Address:

The Salvation Army  
Territorial Headquarters,  
20 Bishan, Street 22, #02-03  
Singapore 579768

### SNCF Website:

<http://www.ncf.org.sg>

### SNCF Email:

[sncf@ncf.org.sg](mailto:sncf@ncf.org.sg)

### Staffworker:

Ms. Joanna Teoh (98303694)  
Ms. Ng Kim Choo (97379041)

Gifts through cheques to be  
made payable to:

**Singapore Nurses'  
Christian Fellowship**

## SNCF 2007 CENTRAL COMMITTEE

### President:

Ms. Low Mui Lang  
M: 81610222

### Secretary:

Ms. Beatrice Foo Yet Li  
M: 96644165

### Treasurer:

Ms. Koh Ah Yan  
M: 93847192

### Mission/Prayer Secretary

Ms. Serene Kang Kim Hian  
M: 91390154

### Committee Members:

Ms. Judy Chor Swee Suet  
M: 98422348

## SNCF EDITORIAL

### Members:

Ms. Ng Kim Choo  
Ms. Chia Mui Sim  
Ms. Beatrice Foo Yet Li

## BOARD OF ADVISORS

Mrs. Margaret Liew Siew  
Cheng  
Ms. Roselin Liew  
Ms. Lim Ee Lee  
Dr. Ivy Sng  
Pastor Yip Khoon Mei