

# My Calling in Palliative Care

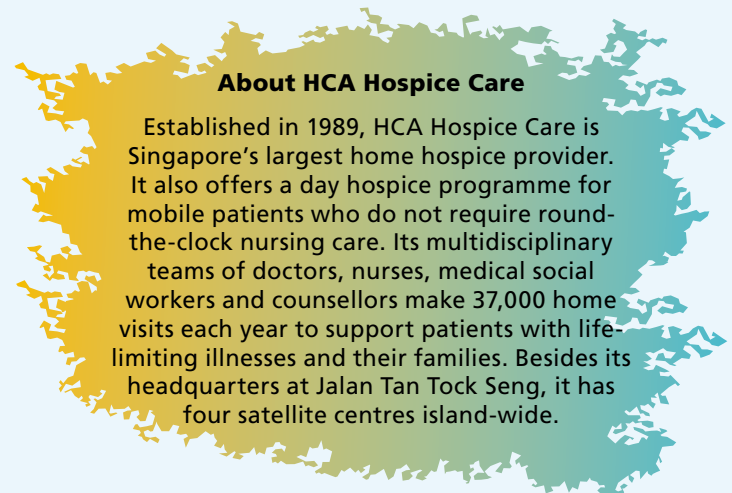
Goh Sock Cheng, Nurse Manager  
HCA Hospice Care

**H**CA Hospice Care nurse Ms Goh Sock Cheng, a deserving and valiant recipient of the Nurses' Merit Award 2013 given out by the Ministry of Health, shares with us why she feels she has found her niche in life.

“Receiving this award has humbled me. I feel this award must be shared with the many colleagues who encouraged me, who supported me by selflessly covering for me when I was on study leave, and who were always willing to teach, guide and share information and new ways, to manage patients.

## Learning from Patients

I switched from acute care to home hospice care because I enjoy bedside nursing and the closer contact with patients. This is a role which comes with a certain amount of independence and discretion as we deal very directly and “immediately” with patients. It is a feature which I value. I have gained much more than I had expected and have learnt so much about life from my patients and their



families, and I feel that these lessons have made a better nurse, indeed, a better person out of me. I have met people whose patience, kindness, acceptance and positive attitudes put to shame younger, healthier folks. I tell myself if patients and their family members can be so wonderfully serene and open in their outlook, it's the least I can do to continue to learn and provide good, caring services to them.

## Why I Love Being a Nurse!

I have never regretted choosing nursing as my career. I am grateful to be a nurse and enjoy every stage of my nursing journey. The opportunities to learn, grow and give are just enormous. The essence of nursing – caring for others in their time of need – has sustained me throughout my career, and I believe it will keep me going. Everyone is gifted in different ways, and if I can use my gift of ‘caring’ to help people in pain and in need of palliative care, then I feel very grateful to be part of the process. It is never easy to see people in pain, and that is why an ability to make a difference in this role makes me feel ‘special’ and blessed.

Certainly I will be glad if my two children wish also to take up nursing, but I understand that this is very much a calling and can only be encouraged but not forced.

In the meantime, I am committed to keeping healthy and being constantly aware of the physical and mental demands of this role. As a team, nurses look out for signs and symptoms of ‘burn-out’ in one another. Only when we're in top form will we be able to do the best for our patients.

I sincerely thank HCA Hospice Care for this award and the opportunity for me to put to work my God-given talents. It has been a most humbling and yet inspiring experience which drives me to continue in this chosen line, and I hope even more people will take up this vocation.”❤️

