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KWSH Connect
Always Professional, Always Caring 专业护理，时刻关怀

Community Care Day 2018 at Redeveloped KWSH

完成扩建工程 广惠肇与居民同庆
2018年社区关怀日

An astounding sound of applause greeted the surrounding Pavilion Garden on 24 March 2018. Nearly 800 people turned up for KWSH Community Care Day and many of them came from the Kallang-Whampoa precinct.

Residents and the public were treated to a host of activities as they went through health screenings, enjoyed delicious food and participated in activities at the various carnival booths. It was also the first event that was open to the public since the completion of the Hospital's most major redevelopment to date.

Following this community event, KWSH will be opening more communal spaces in phases, namely the Heritage Gallery and the Community Building that will eventually consist of a food court and retail shops. These facilities will be made ready by the fourth quarter of 2018 for the public and the community to patronise and enjoy.

2018年3月24日，广惠肇留医院庭院内传来了一阵热烈的掌声。将近800人出席了广惠肇的社区关怀日而他们都是邻近加冷-黄埔区的居民。

社区关怀日为在场的朋友提供了健康检查、丰富美食还有各种嘉年华活动。这是本院完成迄今最大规模的扩建计划后，首次开放活动让公众前来参加。

接下来，广惠肇将会分阶段向公众开放院区内的各个共享空间，像是本院的历史展区“任重道远馆”以及内有食阁与零售商店的“社区大楼”。所有设施预计将在2018年底以前全面开放供公众和社区享用。



Senior Minister of State for Health, Dr Amy Khor (front row, 2nd from right), in attendance as GOH alongside MP for Jalan Besar GRC, Mr Heng Chee How (4th from right)
主宾卫生部高级政务部长许连璘博士（前排右二）与惹兰勿剎集选区议员王志豪先生（右四）莅临活动



A "KWSH exercise" demonstration to kick start the carnival!
嘉年华开始之前，先来一段“广惠肇早操”！



Chairman Patrick Lee and CEO, Dr Ow Chee Chung, bringing GOH through an exhibit
李国基主席与总裁区志忠医生向主宾介绍展示品



The redeveloped KWSH
完成扩建后的广惠肇留医院

Reintegrated Back Into Community: A KWSH Resident's Journey

院友出院 重返社区

With an integrated range of services offered at KWSH, residents and patients here enjoy hassle-free transitions between various healthcare services. This one-stop service concept also allows us to support our nursing home residents throughout their recovery and "age in place" journey. 82-year-old Mr Goh Way Sian, a former KWSH resident with a history of stroke, is one such elderly who has benefitted from our one-stop service. Shortly after being admitted into our nursing home for long term care, he was enrolled into our Active Rehab Programme in November 2017 to help improve his condition. Gradually, Mr Goh regained his standing



balance and mobility, and was eventually allowed to be discharged.

Prior to his discharge on 30 January, KWSH staff had helped to assess his home environment and even got him donated items including a medical recliner chair to ensure Mr Goh would enjoy a seamless transition back to home. Today, our staff continue to support his needs at home with our home personal care service, assisting in areas such as medication and medical appointments.

Back at KWSH to visit his friends, Mr Goh was all smiles when asked about Kwong Wai Shiu and his time in the nursing home. "I am very happy with the staff. Those who help us with rehab, the nurses, the social workers ... they are all so helpful!" said Mr Goh as he looked around the ward, seemingly keeping an eye for familiar faces. Happily back home and reintegrated into the community, he did mention one

"downside" to his discharge though. He misses his old pals, which is why he never fails to visit his fellow residents and the staff whenever he comes back to the Hospital.

广惠肇提供全面的综合医疗保健服务，个别服务之间的无缝衔接确保院友及病友在使用不同服务时，能够享受最大的便利。此外，这样的一站式服务理念也让我们更好地在疗养院院友的整个康复与“原地养老”过程中一路给予他们照料。82岁的前广惠肇院友吴玉城先生便是一名受惠于本院一站式服务的年长者。曾经经历中风的他入院接受长期护理后没多久，院方在2017年11月安排他加入本院的主动康复计划。随后，吴先生逐渐恢复了他的站立平衡及行动能力。康复程度令人满意，吴先生最终得以在1月30日获准出院。

吴先生出院之前，广惠肇职员曾经到他家中替他评估居住环境，并且还为他筹集了医疗躺椅和其他捐赠用品，确保他能够应付回到家中的独立生活。如今，尽管吴先生已经回到家中，本院职员仍旧给予他协助，像是帮他处理药物和替他安排预约看诊等等。

对于能够出院回到自己的家中并重新融入社区，吴先生自然感到开心。不过，对于这里的一群老朋友，他却是十分想念。这一天，他回到广惠肇留医院一一探访他所认识的院友和职员。只见他四处东张西望，似乎在留意着其他熟悉的面孔。被问及他在这里疗养院居住的日子时，吴先生说：“我对这里的职员非常满意。那些帮助我们进行复健的、还有护士、社工们……他们全部都很热心！”

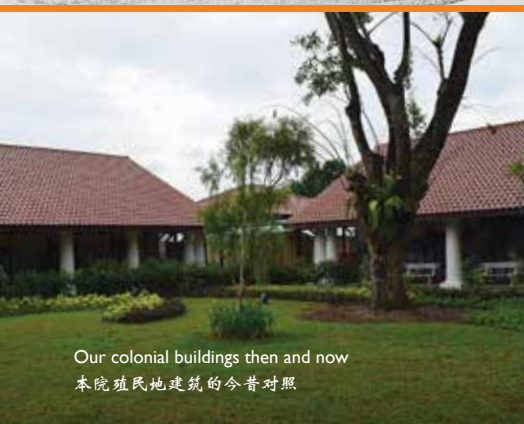
Our New TCM Centre - Continuing A Healthcare Legacy

本院新中医门诊中心 照顾病友 传承使命

With effect from 02 January 2018, the KWSH TCM Centre has moved into its new location. Housed in an old colonial hospital ward building dating back to 1857, the TCM Centre is continuing the healthcare legacy of the former ward. The building is one of four conserved buildings within the redeveloped KWSH premises. Along with the three 161-year-old colonial ward buildings, our built-in-1960 façade building along Serangoon Road has also been conserved and restored as part of KWSH's redevelopment.

2018年1月2日起，广惠肇留医院中医门诊中心已迁入新的地点，目前设于本院的一座殖民地时期建筑。该建筑于1857年建造，过去一直用作医院病房。如今，这一栋历史古楼得以延续

它的使命，由中医门诊中心继续肩负着病房照顾病友的重要责任。扩建后的广惠肇留医院一共保留并修复了四座历史建筑，除了三栋屋龄161年的殖民地时期病房建筑，第四座受保留建筑为本院坐落在实龙岗路旁的标志性建筑。这栋建于1960年并面向医院正门的主楼，多年来一直是众人所熟悉的广惠肇留医院门面。



Our colonial buildings then and now
本院殖民地建筑的今昔对照



Refurbished as the Leung Yun Chee Block, this houses the TCM Centre
修复后命名为“梁润之楼”，内设中医门诊中心

Born with the genetic bleeding disorder “Hereditary Haemorrhagic Telangiectasia” and found to have extra arteries in her as well, 61-year-old Mdm Tan had been suffering from frequent nosebleeds since childhood and her fingertips were also very susceptible to bleeding.

Towards the end of 2015, doctors went

on to diagnose Mdm Tan with Idiopathic Pulmonary Hypertension, Acute Pericardial Effusion and Pleural Effusion, which required her to undergo a massive lung and heart procedure as well as have the overloaded fluid drained out from her body. Sadly, despite the treatment, doctors informed that she could be facing life-threatening conditions anytime and would

need to depend on an oxygen carrier for survival.

Mdm Tan's health took another turn for the worse in June 2016 when her nosebleeds started to get out of control, with the bleeding lasting for at least three hours each time. “I sometimes needed to use as many as four toilet rolls in order to

From Critically Ill to an Active Lifestyle – A TCM Journey

中医针药调理 让重病患者“活”起来



Chief Physician, Dr Liauw
主理医师廖博士

症状 Symptom

干咳气喘
Dry cough & shortness of breath

鼻衄（即鼻出血的情况）
Nosebleed

气喘头晕
Shortness of breath & giddiness

指端皮损出血
Bleeding disorder (fingers)

因由 Reason

肺阴亏虚、肺脏干枯失养
Yin deficiency in lungs, i.e. lack of nourishing

肺阴虚火旺，导致血热妄行
Lungs' lack of nourishing causes increased body heat

由于心主血脉，此症状由心血亏虚所导致
As the heart governs blood circulation, these symptoms are caused by insufficient blood supply

由于脾主四肢，因此脾虚不能统血将导致此症状出现
The spleen governs the limbs and regulates their blood flow, hence weakness in the spleen system will result in this symptom

cope with the bleeding,” said Mdm Tan. At the same time, symptoms such as coughing, breathlessness, giddiness, insomnia, etc. that would not seem to go away meant she had to be confined to bed and she could not even complete a simple sentence without feeling unwell.

Helpless and seemingly in a critical condition, Mdm Tan decided to try out Traditional Chinese Medicine (TCM) at the recommendation of her friends. On a wheelchair and accompanied by her husband, she came to KWSH. Two weeks and two visits to our TCM Centre later, the persistent coughing and breathlessness had eased significantly and she was amazingly able to drive herself to the Hospital when she came in the third week for her follow-up. The ongoing follow-ups at KWSH TCM Centre gradually allowed the once bedridden and critically-ill Mdm Tan to resume her normal lifestyle. Now, the onset of nosebleed and her other symptoms has become very rare and she has even been able to perform housework again since February last year.

According to Dr Liauw Siew Lian, Chief Physician, KWSH TCM Centre, the ongoing

treatments improved the conditions of Mdm Tan's lungs, spleen and heart, which in turn, contributed to her recovery. From a TCM perspective, acupuncture and Chinese herbs are effective in nourishing the lungs to help disperse body heat, as well as strengthen the spleen and heart systems to vitalise the energy in the body and regulate blood circulation.

患有遗传性出血性疾病的陈女士自幼便经常出现鼻出血的症状而十指末端也常因皮肤轻微磨损而出血。61岁的她也曾被医生诊断出体内比一般人多出一些血管。

2015年年底，陈女士更是被诊断出特发性肺动脉高压（Idiopathic Pulmonary Hypertension）、急性心包积液（Acute Pericardial Effusion）和胸腔积液（Pleural Effusion）。尽管进行了心肺手术并排出体内超负荷的体液，医生仍表示，陈女士的生命随时会有危险且需要依赖氧气筒存活。

祸不单行，陈女士的鼻出血症状在2016年6月开始加剧，每一次鼻出血持续至少三小时，有时需要用上四卷卫生纸

来止血。此外，日复一日的咳嗽、气喘、头晕、卧寝难眠等情况更使说话上气不接下气的她卧病在床。

2016年10月，已无计可施且看似生命垂危的陈女士在朋友的推荐下，由丈夫陪同坐着轮椅来到广惠肇留医院中医门诊中心求医。经由两个星期内的两次施针及配药调理后，陈女士咳嗽和气喘的情况明显获得了改善，而她第三个星期前来本院复诊的时候，竟然可以自行开车到本院接受治疗。之后，持续的中医治疗及调理让一度卧病在床且危在旦夕的陈女士逐渐恢复了正常的生活作息。如今，陈女士的鼻出血及其他不适症状已极少发作，而她自去年2月起也已经可以在家中帮忙处理家务。

广惠肇留医院中医门诊中心主理医师廖秀莲博士透露，反复持续的治疗改善了陈女士肺、脾、心的情况，助她恢复健康。从中医角度来看，使用针药治疗能够滋阴润肺、凉血止血、益气健脾、养心统血，是本病的主要治疗原则。



Celebs Ling Xiao, Huang Qing Yuan, Lin Ru Ping with Sunshine Arts & Culture Society

Led by Chairman of Sunshine Arts & Culture Society, Mr David Chan, veteran singers Ling Xiao, Huang Qing Yuan, along with Lin Ru Ping and other members visited our residents at KWSH on 23 December 2017 to bring festive cheers as part of our Christmas celebrations.

Hao Hao, Choo Li Li & Getai Artistes

On 1 March 2018, Hao Hao, together with Choo Li Li of the Mingzhu Sisters and other fellow getai artistes celebrated Lunar New Year with our residents at the Multi-Purpose Hall. The group have been visiting and engaging our elderly annually for five years now. They also gave out mandarin oranges and red packets to our residents, bringing to them much joy and smiles.

Celebrities Bringing Festive Joy to Residents
明星、院友齐庆佳节



资深艺人凌霄、黄清元、林茹萍与新阳光文化艺术协会

在新阳光文化艺术协会主席曾传和的带领下，本地常青歌手凌霄、黄清元连同林茹萍等人与其他协会成员于2017年12月23日圣诞佳节期间到访广惠肇，为院友呈献了难忘的庆祝活动。

皓皓、朱莉莉等歌台艺人

2018年3月1日，皓皓、“小明珠”朱莉莉等歌台艺人到访本院与院友欢庆春节。这班艺人已是连续第五年来到这里。除了在广惠肇礼堂载歌载舞，与院友一同庆祝，众艺人也派发柑橘和红包，向院友拜年。



Volunteer Appreciation Dinner 2017

2017年志工答谢晚会



Volunteer Chow Peng Yip (left) receiving his Long Service Award from Chairman Lee
义工周秉業（左）从李主席手中接过长期服务奖

It was a night of glamour for all our volunteers on 9 December 2017. More than 200 of our dedicated volunteers celebrated the annual Volunteer Appreciation Dinner alongside our Board of Directors and KWSH Chairman, Mr Patrick Lee.

Mr Lee expressed, "I sincerely appeal to all of you to rally your family and friends to come together to join us as a KWSH volunteer. It is the Hospital's wish to continue to work hand in hand with all of you to benefit even more needy elderly as we embark on our next century."

A volunteer of 15 years with KWSH, Mr Chow Peng Yip, was among the volunteers awarded for his contributions. He said, "I have been a volunteer with Kwong Wai Shiu Hospital for many years and it is an honour to be given this long service

award. While serving as a volunteer gives me indescribable fulfilment as it allows me to help others, I have also met many like-minded volunteers and we have gone on to become good friends!"

KWSH wishes to thank all our passionate volunteers for the sacrifice and the support through all these years.

这一晚，聚光灯的焦点都打在了本院义工朋友的身上。2017年12月9日，包括医院主席李国基先生及其他本院董事会成员在内的200多名热心义工出席了广惠肇一年一度的志工答谢晚会。

李主席表扬了义工们的贡献，也对出席者发出了呼吁：“我恳请各位大力号召家人及朋友一起前来成为广惠肇留医院的志工。医院希望能在下一个

百年继续与大家并肩作战，让更多的贫困年长者受惠。”

在广惠肇义务服务长达15年的周秉業先生是活动上其中一名获颁长期服务奖的义工。他说道：“我加入广惠肇留医院的志工行列已经有很多年，很荣幸能够得到这个长期服务奖。当义工除了能够帮助别人并从中得到非笔墨所能形容的满足感，我自己也因此结识了许多志同道合的义工并与他们成为好友！”

致所有不惜牺牲自己宝贵时间、精力的义工朋友们，广惠肇留医院谨此向你们致以万分二的谢意，感谢你们多年来的不懈支持。



If you have always wanted to lend a helping hand, do join us as a volunteer today! Call 6422 1291 or visit bit.ly/kwshvolunteer to sign up now!

有意伸出援手帮助我们朋友，欢迎你加入我们的义工行列！

请拨打6422 1291或浏览 bit.ly/kwshvolunteer 报名成为我们的义工！





KWONG WAI SHIU HOSPITAL
廣惠肇留醫院
Since 1910

18 Silver
7 Gold



于1月30日举行的2018年新加坡保健优质服务奖颁奖典礼上, 广惠肇夺下七个金级奖和18个银级奖。奖项自2011年起由新加坡保健服务集团颁发, 向那

些全心投入工作以提供无微不至照料及优质服务的医疗保健领域人员给予肯定, 加以表扬。本院同仁除了获颁个人奖项, 乐龄护理中心的一组同事

也因积极倡导手部清洁卫生而获得团体奖项。

Singapore Health Quality Service Awards 2018

2018年新加坡保健优质服务奖

KWSH bagged seven Gold Awards and 18 Silver Awards at the Singapore Health Quality Service Awards 2018 on 30 January. The Awards, organised by SingHealth since 2011, is a nationwide platform to honour healthcare professionals who have demonstrated remarkable commitment to deliver quality care and excellent service. A team from our Senior Care Centre also received a team award for their efforts in promoting and raising awareness on hand hygiene.



Fittingly marking our historical ties at the heritage pavilion
在古色古香的“霍然亭”合影留念, 纪念两院的历史渊源

Unbreakable Ties Between KWSH and TTSH

广惠肇与陈笃生医院的不解之缘

KWSH's connections with TTSH began way back in 1910 when we took over the former TTSH hospital site at Serangoon Road after they moved to Balestier. KWSH has been operating at the same site ever since and three of the colonial style ward buildings from the TTSH era have remained till this day. Over the years, the two Hospitals have maintained the strong ties through regular visits like this as well as collaborations on various fronts.

2017年12月29日, 陈笃生医院管理层与高级职员访问广惠肇并参观了本院设施。广惠肇总裁区志忠医生带领陈笃生医院总裁苏源财医生及其团队走访了各个主题日间空间, 也邀请来宾到本院幽美社区花园中的历史庭院休闲片刻。

广惠肇与陈笃生医院之间的渊源可追溯到上个世纪初。1910年, 本院成



Our chirpy visitors having a good time as these "birds" chirp and sing. The sound-activated birds are one of KWSH's features to help stimulate residents' senses
在笼子里的其实是用声控鸟儿的声控鸟儿。“鸟儿”逼真的叫声把访客们逗得乐开了怀

On 29 December 2017, management and senior staff of Tan Tock Seng Hospital (TTSH) visited KWSH where they went on a tour of our premises. Dr Ow Chee Chung, the CEO of KWSH, led his counterpart, Dr Eugene Fidelis Soh, and the TTSH team through the various thematic day spaces as well as the beautiful historical pavilion situated in our community garden.

立, 院址正是陈笃生医院迁至马里士他之后在实龙岗路所留下的前院区。时过境迁, 广惠肇却依旧于同一院址运作, 而其中三栋从陈笃生医院时代遗留下来的殖民地风格病房建筑直到今日也依然存在。多年来, 两院之间解不开的历史情缘更是通过定期的相互访问及合作得以延续。

Healing with KWSH @ TTSH

到陈笃生医院与
广惠肇“艺”同抚慰心灵



Come experience the Art of Healing with KWSH as part of our Parents' Day charity drive. Appreciate art & craft works created by our residents and support them by bringing home an exquisite handmade gift with your generous donation! A TTSH programme, this Art of Healing showcases arts as a form of therapy to soothe patients' minds and help them on their path to recovery.

When: 6 to 8 June 2018 (11am to 3pm)
Venue: TTSH Atrium
Level 1, Tan Tock Seng Hospital

来临双亲节, 广惠肇留医院将展出
自院友之手的工艺品, 让大家了解医
院如何通过手工、绘画等美术活动照

顾院友们的心灵健康。届时, 也欢迎大家为慈善出一份力, 大方捐款, 将院友亲手制作的精美手工作品带回家。此次活动为本院双亲节义卖筹款项目之一。与此同时, 活动也是陈笃生医院艺术疗法计划 (Art of Healing Programme) 系列活动的一部分。该计划旨在展现艺术如何能够抚慰病友心灵和照料他们的健康, 让大家意识到艺术也是一种可以帮助病友康复的治疗形式。

日期/时间: 2018年6月6日至8日 /
上午11时至下午3时
地点: 陈笃生医院, 一楼主厅
(The Atrium)

Foray into Community: Official Opening of KWS Community Care Centre @ McNair

入驻社区：麦奈雅路广惠肇社区关怀中心正式开幕



Dr Amy Khor officially unveiling the new centre
许连碹博士为新中心正式揭幕

In July last year, Kwong Wai Shiu Hospital (KWSH) made its first foray into the local community, extending its reach into the heartlands, away from the main premises at Serangoon Road. On 11 November 2017, in conjunction with KWSH's 107th anniversary, Singapore's first Active Ageing Hub named Kwong Wai Shiu Community Care Centre @ McNair (KWS CCC @ McNair) was officially opened by Senior Minister of State for Health and the Environment and Water Resources, Dr Amy Khor.

去年7月，广惠肇留医院首次走出实龙岗路主院区，以本地首家活跃乐龄中心入驻社区，将广施惠民的基业延伸至邻里。2017年11月11日，配合医院成立107周年，位于麦奈雅路的“广惠肇社区关怀中心”正式开幕，由卫生部兼环境及水源部高级政务部长许连碹博士主持开幕仪式。



The launch of the KWS CCC @ McNair saw KWSH entering into a partnership with Ngee Ann Polytechnic through a memorandum of understanding on 11 November 2017 to introduce several "Smart Community Care" initiatives aimed at enabling our elderly to receive better rehabilitative care across our Community Care Centre, Senior Care Centre and nursing home.

At the KWSH Community Care Day, a memorandum of understanding was signed with Republic Polytechnic to deepen the collaboration in the development of competencies-related Continuing Education and Training courses to upskill KWSH staff as well as to identify areas of student internships and learning.

These partnerships will contribute to the overall healthcare landscape and will boost

Forging Partnerships with Academic Institutions

与各大学府建立伙伴关系



KWSH's capability to provide community care as a one-stop integrated nursing home and community hub, benefitting our needy elderly in the Kallang-Whampoa neighbourhood.

在麦奈雅路中心于2017年11月11日的开幕式上，本院与义安理工学院签署了合作备忘录。通过各种“智能社区关怀”方案，本院希望提升我们的康复护理服务，并让社区关怀中心、乐龄护理中心及疗养院的年长人士，都能从中受惠。

随后，在社区关怀日上，本院又与共和理工学院签订了另一份合作备忘录，加深彼此的合作，联手发展延续教育与培训课程以提升广惠肇职员的技术，同时也为该校学生制定实习与学习的机会。

本院与学府正式建立伙伴关系，将在本院成为加冷-黄埔区的一站式综合疗养院兼社区中心的道路上助我们一臂之力，让我们更好地造福区内年长人士。