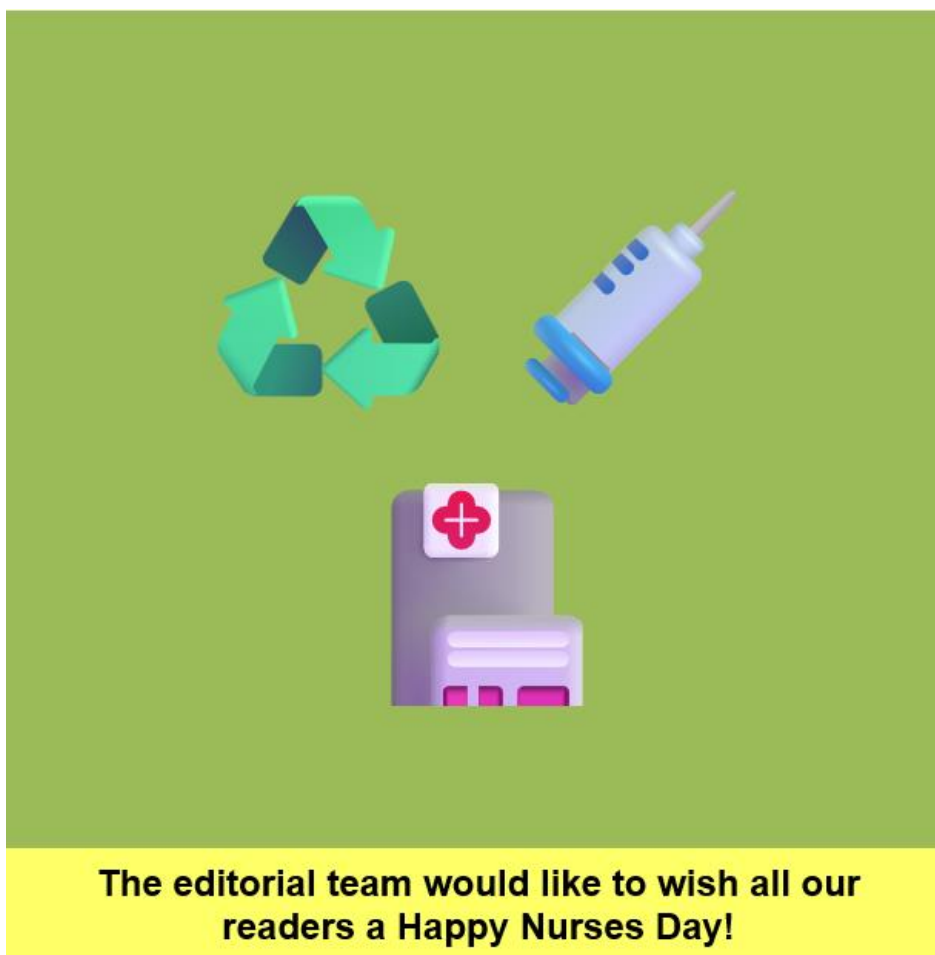




Nurses' Views and Perception of Sustainable Healthcare



3-5	CHIEF EDITOR'S MUSINGS	11	SHARING – ECON MEDICARE CENTRE	22-23	DERMATOLOGY & INFUSION NURSES CHAPTER	33	NURSING ETHICS CHAPTER
6-7	CHANGI GENERAL HOSPITAL	12-13	SHARING – ST LUKE'S ELDERCARE RESIDENCES	24-27	DERMATOLOGY NURSES CHAPTER	34-35	ASPAN 2026
8-9	NATIONAL CANCER CENTRE SINGAPORE	14-18	SHARING – KWONG WAI SHIU HOSPITAL	28-29	INFUSION NURSES CHAPTER	36-39	SNA SOCIAL ENGAGEMENT – XI'AN TRIP
10	COMMUNITY HEALTH RESTRUCTURED HOSPITAL	19-20	SHARING – ITE COLLEGE EAST	30-32	ORTHOPAEDIC & UROLOGY NURSES CHAPTER	40	LETTER TO MY PATIENT

Message from the Editorial Team

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Upcoming Themes

September – December 2026

What Keeps Nurses Going

January – April 2027

Does Digital Healthcare Systems Create More Stress for Nurses

Upcoming event:

WOCNC Community Health Carnival on 5/9/2026

Seminar-Transforming Oncology Care by ONC on 5/9/2026

Seminar-Every Action Counts by ICNC on 12/9/2026

2D1N Kukup Fishing Village Staycation on 19-20/9/2026

Seminar-Shaping Tomorrow's Healthcare: Digital Transformation & Patient Safety by APN on 26/9/2026

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**Questions and feedback can be directed to
sna2@sna.org.sg**

Dear readers,

The *SNA Connect*, SNA's nursing newsletter, is intended to provide information for nurses, by nurses, in Singapore. We have much to share, and much to celebrate!

We wish to thank everyone for their contributions to the newsletter. We hope to spotlight and feature a wide range of activities and initiatives by nurses and events and trends in nursing.

Editorial Team,
SNA Connect

Submission Guidelines for SNA Newsletter

We invite you to submit your organisation/chapter news to event@sna.org.sg

Please ensure that the following information is included with your write-ups:

1. Your full name and designation if you are writing through your organisation or the name of the chapter(s) that you are representing.
2. There is no word limit for your write-up, however, try to avoid overly lengthy submissions. You can attach photographs with your write-ups.
3. Authors must ensure that permission(s) have been obtained for all the photographs submitted with their write-ups.
4. All photos submitted must be clearly labelled to ensure accuracy.
5. It is the author's/authors' responsibility to ensure the accuracy of all submissions.
6. Authors must ensure that their references adhere strictly to the current APA guidelines.
7. All submissions to the *SNA Connect* must be in Word document.
8. We appreciate all submissions to *SNA Connect*; however, articles with substantive research content would be best published in the *Singapore Nursing Journal*.
- 9. Before submitting, please ensure that your write-ups follow grammatical rules; write-ups that do not have focus or with multiple grammatical errors will be rejected.**

Please note that the editorial team reserves the right to edit submissions

Disclaimer: Submissions to *The Connect* may be utilised for publicity purposes or made available for general public consumption through publication or any other purpose the editorial team deems appropriate and necessary. By submitting your article, you grant consent for the aforementioned purposes.

Healthy Earth to Heal Our Patients

When we think about green, environmentally sustainable practices in our day-to-day lives, our minds usually jump to everyday habits: carrying reusable containers, declining single-use plastic bags, or recycling. But what does sustainability look like in the fast-paced world of healthcare?

The Infection Control Paradox

Healthcare was not always a high-waste industry. When the hypodermic syringe was first invented in the 1850s, it was made of glass and designed to be sterilised and reused. It was not until the 1950s that plastic disposable syringes were introduced, prioritising speed, convenience, and hygiene.

In healthcare, single-use items are inevitable. We have a non-negotiable need to be quick, efficient, and sterile. Patients probably feel far more at ease knowing their nurse is using a brand-new, sterile needle rather than a "washed and reused" one.

However, this commitment to sterility and safety comes with a heavy environmental burden:

- Continuous hand hygiene and sanitation demand vast amounts of water.
- Facilities operate 24/7, 365 days a year, powering complex, high-tech diagnostic machinery like MRI scanners, advanced ventilation, and clinical refrigeration round the clock.

As a result, the healthcare industry has quietly become one of the world's largest contributors to carbon emissions and environmental waste.

Climate Health IS Human Health

Addressing environmental sustainability in nursing is not just an abstract debate about global warming or saving the planet. It is directly tied to our primary duty of care. Global warming, rising greenhouse gas emissions, and deteriorating air quality have immediate, measurable impacts on public health:

- Healthcare in Singapore accounts for nearly 7% of the nation's total greenhouse gas emissions (Begum, 2025). Decarbonising our hospitals directly reduces atmospheric toxins that trigger asthma flare-ups, chronic respiratory issues, and cardiovascular conditions (National Academies of Sciences, Engineering, and Medicine, 2024).

Chief Editor's Musings

- Managing local urban heat island effects and rising ambient temperatures protects our most vulnerable populations, particularly the elderly and chronically ill, from heat stroke, heart failure and arrhythmia, dehydration, and the expanded range of vector-borne diseases (Fastl et al., 2024; Wellcome, 2022).

By cutting emissions within our hospitals, we are directly protecting our community from climate-driven illnesses before they ever reach the ward.

Healthcare Institutions Step Up

Across Singapore, healthcare institutions and clinical teams are taking matters into their own hands, demonstrating that small practice changes can lead to massive environmental savings:

- National University Hospital (NUH): Metered-dose inhalers (MDIs) contain potent greenhouse propellants. NUH worked hard to reduce the over-reliance on traditional metered-dose inhalers (MDIs) in favour of greener dry-powder alternatives where clinically appropriate (NUH, n.d.).
- Singapore General Hospital (SGH): Introduced the “Choosing Wisely” movement to reduce unnecessary chest X-rays, achieving significant cost savings and reduced carbon dioxide emissions (SGH, 2026).
- Changi General Hospital (CGH): Desflurane is an anaesthetic gas with a global warming potential thousands of times higher than carbon dioxide. CGH successfully eliminated the use of the desflurane from all surgical procedures, becoming the first hospital in Singapore to achieve this milestone (Changi General Hospital, 2026).
- Mount Elizabeth Hospital (MEH): Trialled a sustainable food waste initiative by deploying an on-site biodigester. Microbes break down patient and cafeteria food waste into eco-friendly greywater that meets PUB Trade Effluent Standards, safely discharging it into the municipal wastewater system without adding to landfill burden (IHH Healthcare, n.d.).

The Path Forward

Nurses stand at the frontlines of patient care. That puts us in a privileged position to lead the green transition. Whether it's practicing mindful waste segregation, advocating for low-carbon clinical alternatives, or supporting facility-wide green initiatives, every small step contributes to a healthier earth, a greener environment, and better outcomes for our patients.

Tham Juncheng Derek
Chief Editor
SNA Connect

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ReLife: Leveraging Digital Power Platform for Sustainable Healthcare

As healthcare organisations continue to face growing challenges related to resource wastage, expiring supplies, and escalating costs, nurses are taking the lead in developing innovative solutions that support both sustainability and value-based care.

One such innovation is ReLife, a digital inventory management solution developed by nurses using the Microsoft Power Platform. Designed to address inefficiencies in clinical supply management, ReLife enables healthcare departments to identify, share, and redistribute surplus clinical supplies before they expire. By improving inventory visibility across departments, the platform helps maximise the use of existing resources while reducing unnecessary procurement and waste.

More than an inventory management tool, ReLife represents a shift towards a culture of shared responsibility and resource stewardship. The platform empowers frontline healthcare staff to play an active role in reducing waste and promoting environmental sustainability without compromising patient safety or quality of care. Through timely redistribution of supplies, departments can better meet operational needs while preventing valuable resources from going unused.

The benefits of ReLife extend across multiple domains. Improved access to available supplies strengthens operational readiness, while reduced disposal of expired items contributes to environmental sustainability efforts. The initiative also supports cost avoidance by minimising duplicate purchases and enhancing the utilisation of existing inventories. Equally important, it fosters staff engagement by giving nurses and healthcare professionals a practical way to contribute to organisational sustainability goals.

As a nurse-led digital innovation, ReLife demonstrates the significant impact nurses can have in driving transformation beyond direct patient care. By leveraging technology to enhance resource management, nurses are helping healthcare organisations achieve greater efficiency, sustainability, and value.

The success of ReLife highlights how frontline insights, combined with digital innovation, can address real-world healthcare challenges. By transforming resource stewardship into measurable outcomes, the initiative advances the principles of value-based healthcare and

Nurses' Views and Perception of Sustainable Healthcare

responsible resource management while supporting broader organisational sustainability objectives.

ReLife serves as an inspiring example of how nurses continue to lead change, innovate solutions, and create meaningful value for patients, healthcare teams, and the healthcare system as a whole.

Key Outcomes of ReLife

Enhanced visibility of available clinical supplies across departments

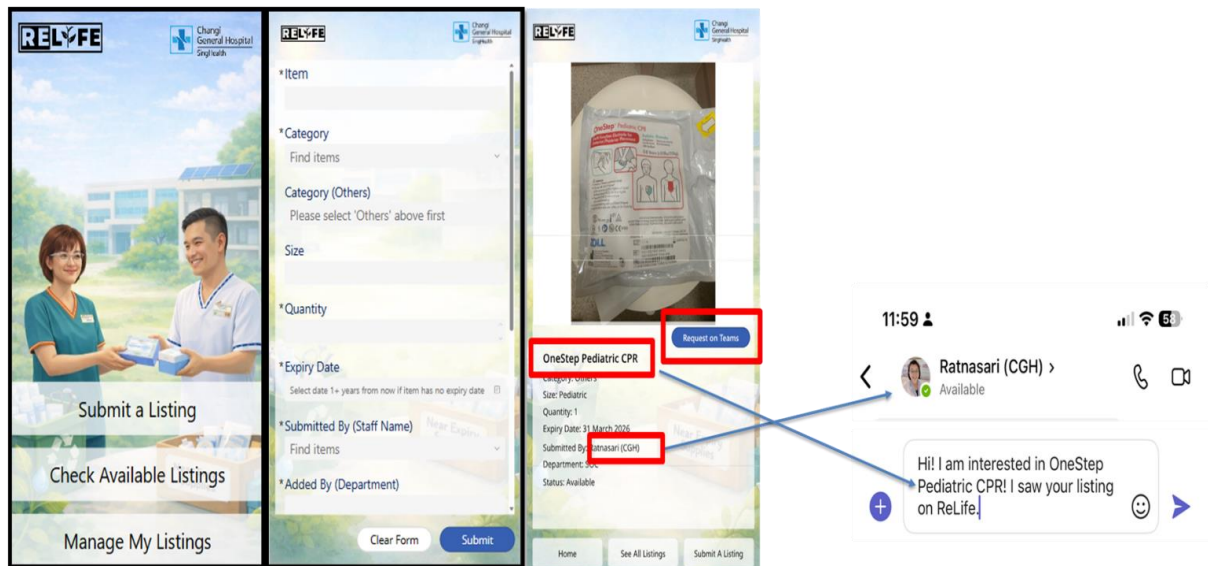
Reduction in expired and discarded clinical items

Improved utilisation and redistribution of surplus resources

Cost avoidance through reduced unnecessary procurement

Greater staff engagement in sustainability initiatives

Support for organisational environmental and value-based healthcare goals



Ratnasari, Senior Nurse Manager
Randie Tan, Nurse Clinician
Wu Tuodi, Nurse Clinician
Ng Hui Chin, Assistant Director
Png Gek Kheng, Chief Nurse
Changi General Hospital

Nurses' Views and Perception on Sustainable Healthcare: “Saving Gaia”

Blue recycling bins.

Bold sustainability slogans.

These are becoming increasingly visible across our healthcare institutions.

In our Ambulatory Treatment Unit (ATU), a recent shift from disposable tourniquets to reusable alternatives reflects a growing organisational effort to reduce waste. Across multiple platforms, divisions are trying their best to play a part in aligning daily practices with broader sustainability goals.

Yet, within healthcare, sustainability is rarely straightforward.

Balancing infection control with environmentally sustainable practices remains a constant challenge. When speaking to fellow nurses, I found that perceptions are often mixed. Why is that so?

Some view sustainability initiatives as a potential increase in cost rather than a long-term investment. With healthcare expenses already rising, introducing more sustainable materials or equipment may require additional research, validation, and justification, often translating into higher upfront costs. Understandably, this can lead to caution and hesitation on the ground.

At the same time, there are nurses who are open and willing to contribute in small but meaningful ways. The familiar phrase, “courtesy begins with me,” can be reimaged in this context: “sustainable healthcare begins with me.” What we need is not just new systems, but a renewal of mindset.

Rethink, Reuse, Recycle — But how?

The principles are simple. Putting them into practice is far less so.

I recall a conversation between two colleagues in the changing room. They were discussing how to dispose of their old nursing uniforms. A designated recycling bin is available at NCCS, Sky @ Level 20. One colleague made the effort to carry her uniforms there for proper recycling. The other did not see the need.

Nurses' Views and Perception of Sustainable Healthcare



This small, everyday moment reflects a larger reality: infrastructure alone is not enough. Accessibility must be paired with awareness, and awareness must translate into action.

The Real Shift: Mindset and Perseverance

Sustainable healthcare is not driven solely by policies, bins, or equipment changes. It is shaped by individual choices made daily by healthcare professionals. The difference between action and inaction often lies in the mindset.

When sustainability is seen as inconvenient or unnecessary, even the most well-designed systems will struggle to succeed. But when it is embraced as a shared responsibility, small actions, such as recycling a uniform, choosing reusable options, and reducing unnecessary waste, can collectively create significant impact.

Sustainability, therefore, is not a one-time effort. It is an ongoing process that requires perseverance.

Take-Home Message

Rethink. Reuse. Recycle.

Beyond the slogans, these principles call for a shift in how we think and act. As nurses and healthcare professionals, we are not only caregivers to our patients, but also stewards of the environment that supports health.

Sustainable healthcare begins with each of us and continues with the choices we make every day.

Guan Pi Chu
Senior Staff Nurse
Ambulatory Treatment Unit (ATU)
National Cancer Centre Singapore

Prevention is the Greenest Medicine

The Community Nurse's Role in Sustainable Healthcare

In 2000, as a student nurse on home care attachment, I watched a community nurse do something quietly extraordinary. She did not simply treat a wound she assessed. Medication untouched. Family absent. A man slipping through the cracks. She caught him before he fell.

That visit shaped my twenty-six years in nursing. It also shaped my understanding of sustainability.

Every hospitalisation prevented carries an environmental return; energy saved, consumables unneeded, journeys not made. Community nurses intercept these costs daily, invisibly, through relationship and early action.

As Singapore builds a greener healthcare future, let us name what community nurses already do: ***prevention is not just good medicine. It is the most sustainable act of care there is.***

Lalitha Krishnan Pandian
Senior Staff Nurse
Community Health



From Assessment to Preventive Strategies: A Holistic Approach to Skin Care and Pressure Injury Prevention

ECON Medicare Centre Pte Ltd – Braddell

Karen April Arsitio¹ (Lead), Shandriah Recabar² (Member)



Introduction/Background

Pressure injury reflect injuries to both intact and ulcerated skin. It is a localized damage to the skin and underlying tissue as a result of pressure, shear and/or friction (NPIAP, 2016). Pressure injuries can be a significant concern in nursing homes as these take a long time to heal which may affect residents' quality of life, causing pain, sleep and mood disturbance, adversely affect mobility and increase susceptibility to infection. In February 2022 to October 2022, a significant increase in incidence of pressure injury was identified at ECON Medicare Centre – Braddell, with a mean percentage of 133.33% and pressure injury rate of up to 2.08 in June 2022. Prevention of pressure injury has been therefore a fundamental challenge.

Goal/Objective

A Pressure Injury Prevention Team was formed in Nov 2022 in ECON-Braddell. With guidance from AIC, the pressure injury prevention project was initiated which aims to:

- 1) reduce mean percentage of newly developed pressure injuries in Jasmine Ward by 50% from 44.44% to 22.22% by July 2023;
- 2) reduce mean percentage of newly developed pressure injuries in pilot ward (Jasmine Ward) and spread wards (Orchid, Sunflower and Carnation Wards) by 50% from 133.33% to 33.33% by March 2025;
- 3) implement pressure injury preventive strategies in ECON - Braddell and reduce average pressure injury rate by 50% from 0.68 to 0.34 by March 2025.

Problem Analysis

After brainstorming using the Root Cause Analysis (RCA) and 5 Whys, the team identified the causes and risk factors that have led to the high incidence of pressure injuries.

With multiple PDSA cycles and case studies, the team constantly reviewed the fish bone diagram and identified core factors that the team worked on.



Implementation Plan

The core of the project focuses on a holistic approach, where we emphasize not only the importance of thorough assessment but also the implementation of effective preventive strategies tailored to individual resident's needs. This approach ensures that both clinical and personal care considerations are addressed.

SOP Review and Revision

- The team conducted literature review and reviewed existing SOP. A revision was proposed and shared with the staffs while gathering feedback. The SOP was revised as per approval by DON/ADON, where it focuses on pressure injury prevention. The workflow was aligned to the care bundle that the team has developed.

Review of Ward Routine

- Staffs' ward routine and work processes were quarterly reviewed to streamline processes, optimize manpower and allow efficiency. It also allows ground feedback and sharing.

Skin Care and PI Prevention Bundle

- The team developed a care bundle which has been through series of trials and revisions since 2023. A clearer and simpler care bundle was finalized on 15/07/2024 after the series of trials and case studies.

Training Program and Pressure Injury Prevention Pamphlet for Care Staffs

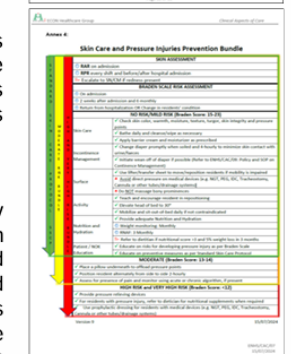
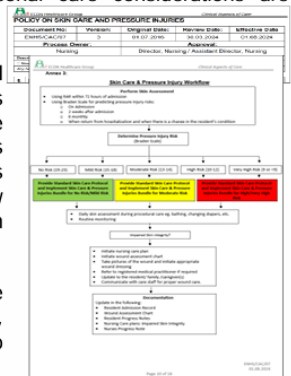
- The team started the training series in Nov 2022 with various topics related to skin anatomy, skin assessment, turning and positioning and topics related to skin care and PI prevention strategies. Refresher trainings were conducted in 2023 and 2024. To sustain staff's knowledge and awareness, skin care bundle discussion is integrated in the orientation. A pamphlet regarding PI prevention with Myanmar translation of the care bundle serves as an easy and quick reference for our Myanmar care staffs.

Review Residents' Nutritional Status

- Review of nutritional status using Resident Training Assessment Form 3-monthly and initiate referral to dietitian for weight loss or referral to ST for dysphagia symptoms that affect oral food intake resulting to poor nutrition.

Family Discussions/NOK Education

- Involving families in resident's care and NOK education has been one vital process to ensure engagement and manage expectations.



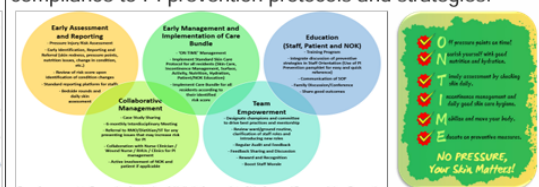
Benefits/Results

The project was periodically implemented from pilot ward to spread locations from Nov 2022 to Mar 2025. Goals were achieved with 50% reduction in mean percentage in Jasmine ward from 44.44% to 22.22% in July 2023 and 74.49% reduction in pilot and spread locations from 133.33% to 34% in March 2025. The average PI rate has significant reduction of 73.52% from 0.68 to 0.18.



Sustainability & Reflections

Pressure injury prevention program and its components are core strategies that are fundamentally interrelated. A holistic approach effectively sustain significant decrease in PI incidence in the nursing home and increase in compliance to PI prevention protocols and strategies.



Sharing – St Luke's ElderCare Residences

The True Spirit of Teamwork Amongst St Luke's ElderCare Residence Staff

It was a quiet afternoon in the office at our residence, with everyone focusing on their tasks, when a colleague suddenly stood up and announced that an elder had collapsed in one of the households. Without hesitation, everyone dropped what they were doing and rushed to help.

By the time we arrived, the care staff and nurses were already in action. Chest compressions had been initiated, and what unfolded next was a powerful display of teamwork and dedication. Staff took turns performing chest compressions to prevent fatigue, while two care staff counted aloud to guide those performing the compressions. Three shocks were delivered using an Automated External Defibrillator (AED). At the same time, the therapy team quietly stepped in to care for the other elders. They ensured that the other elders remained calm and were kept away from the emergency scene. A few elders had become curious and attempted to approach, but the therapists effectively engaged and redirected them.

In that moment, every role mattered. Every action counted. When the ambulance crew arrived and took over, a heartbeat was restored, and he survived.

What I witnessed that day left a deep impression on my heart. It was not just professionalism; it was humanity. It was a powerful display of courage, compassion, and an unspoken bond of true teamwork between colleagues who stood together in a critical moment. Staff were not only committed to the well-being of the elders but also supported one another with remarkable unity.

This same spirit lives on at another residence, where staff never hesitate to step forward when help is needed. I vividly remember an elderly resident with dementia who repeatedly asked about retrieving her passport from the Immigration Department, approaching care staff countless times, day and night. Her request became a constant concern, reflecting how important it was to her. With the initiative of our Deputy Head and a colleague from social services, who personally accompanied and drove her to the Immigration Department, she was finally able to obtain her passport. The moment brought her immense joy and, just as importantly, peace of mind. After that, she no longer felt the need to ask about it again.

Sharing – St Luke's ElderCare Residences

These meaningful experiences highlight how our staff consistently go the extra mile to support our residents, regardless of how big or small their concerns may seem. It is a clear reflection of the dedication, empathy, and compassion that define the team. No one stands alone. I feel truly proud and grateful to be a member of this big family.

To the Staff of St Luke's ElderCare Residences

Your warmth, your compassion, and your unwavering dedication do not go unnoticed.

Please continue the incredible work you do every day.

The elders may not always say it, but they will always remember how you made them feel.

Kudos to all of you! I am truly proud of you.

Dr Christine Sek
Senior Nurse Educator
St Luke's ElderCare Residences

What Keeps Nurses Going?

Understanding Nursing Resilience in the Singapore Context

Abstract

The nursing profession in Singapore operates within a healthcare system characterised by rapid demographic shifts, escalating patient acuity, and persistent workforce shortages. Despite these formidable challenges, a substantial proportion of nurses demonstrate sustained commitment to their profession. This article examines the multifactorial determinants of nursing resilience and retention in Singapore, drawing upon existing literature and contemporary policy developments. The analysis identifies four principal domains that sustain nursing commitment: intrinsic motivation rooted in professional identity, opportunities for professional advancement and recognition, systemic support mechanisms including remuneration and workplace safety, and adaptive resilience cultivated through continuous professional development. The findings underscore the necessity of comprehensive, multi-level strategies to support nursing workforce sustainability in Singapore's evolving healthcare landscape.

Introduction

Nursing in Singapore constitutes a profession undergoing continuous transformation in response to shifting demographic patterns, intensifying healthcare demands, and evolving professional expectations. As the nation contends with an ageing population and the concomitant rise in healthcare utilisation, nurses occupy a central position within a system experiencing considerable strain. Nevertheless, despite the well-documented challenges inherent to the profession, a significant proportion of nurses maintain their commitment to clinical practice over extended careers. This phenomenon warrants systematic examination: what factors sustain nurses in their professional roles?

This article seeks to elucidate the determinants of nursing resilience and retention within the Singapore context, synthesising evidence from the extant literature and examining contemporary policy initiatives designed to support the nursing workforce.

Contextual Background: Challenges Confronting the Singapore Nursing Workforce

Singapore's healthcare system faces three interrelated challenges of considerable magnitude: sustained population growth, an increasingly aged demographic profile, and an escalating burden of chronic disease (Ng & Leong, 2020). These systemic pressures

manifest at the clinical level as heightened workloads, greater complexity in patient presentations, and increased demands upon nursing personnel.

The nursing workforce has historically contended with persistent shortages. Notwithstanding efforts to expand international recruitment and enhance domestic training capacity, a significant gap between workforce supply and projected demand remains evident (Ng & Leong, 2020). Consequently, nurses are frequently required to deliver care under conditions of resource constraint, while the intensity and complexity of care continue to escalate.

Within this context, the retention of experienced nursing professionals assumes critical importance. Understanding the factors that sustain nurses in their careers is therefore essential for workforce planning and healthcare system sustainability.

Intrinsic Motivation: Professional Identity and Purpose

Oral history research conducted with Singaporean nurses encompassing cohorts trained from the 1950s through to the 2000s reveals a consistent thematic finding: compassion and a sense of purpose constitute fundamental components of nursing professional identity (Koh, 2023). Across generational cohorts, nurses articulate their work as extending beyond mere employment to encompass a vocation characterised by meaningful engagement with patients and their families.

The capacity to effect tangible improvements in patient outcomes, to provide comfort during periods of vulnerability, and to witness recovery constitutes a significant source of sustenance for nurses enduring demanding shifts and emotional labour. This intrinsic motivation, grounded in care, human connection, and the pursuit of meaning, forms the foundational substrate of nursing resilience. Such findings align with broader literature on professional motivation, which emphasises the centrality of purpose and meaning in sustaining commitment to demanding vocations.

Professional Development and Recognition

Singapore has undertaken substantial investment in nursing education and career development infrastructure. Contemporary pathways enable nurses to progress from diploma-level qualifications to baccalaureate degrees, pursue advanced diplomas in specialty areas such as community health nursing, or undertake postgraduate study at the master's level to qualify as Advanced Practice Nurses (APNs) (Ng & Leong, 2020; Koh, 2023).

Sharing – Kwong Wai Shiu Hospital

APNs in Singapore assume leadership roles in nurse-led clinics, contribute to care delivery innovation, and participate in clinical governance. This expansion of professional scope from task-oriented practice to strategic, knowledge-based clinical roles has created new avenues for professional fulfilment and career satisfaction. As articulated by Minister of State Rahayu Mahzam at the ASPAN 2026 conference, the strategic objective is to position nurses as "architects of care" rather than mere implementers of prescribed interventions (Yong, 2026).

Professional recognition constitutes a significant moderating variable in nursing motivation. When nurses perceive that their expertise is valued and their contributions acknowledged, professional commitment is reinforced and deepened.

Systemic Support: Remuneration, Retention Initiatives, and Workplace Safety

Material conditions of employment exert substantial influence on nursing retention. In 2024, the Singapore government introduced the ANGEL scheme (Award for Nurses' Grace, Excellence and Loyalty), a retention initiative offering cumulative payments of up to SGD 100,000 over a 20-year period to nurses employed within the public healthcare sector (Singapore General Hospital, 2024). Subsequent salary enhancements for nurses and allied healthcare workers were announced for implementation in 2025, representing continued investment in workforce retention (Singapore General Hospital, 2024).

Beyond remuneration, workplace safety has emerged as an increasingly salient priority. Qualitative research with nurses indicates that Singapore healthcare institutions have implemented robust protocols and training programmes to address workplace aggression and protect staff welfare (Channel NewsAsia, 2024). The perception of safety and institutional support constitutes a foundational element of sustained professional commitment.

Resilience and Professional Adaptation

The construct of resilience emerges as a recurrent theme within studies of Singaporean nurses (Koh, 2023). Importantly, this resilience is conceptualised not merely as an individual trait or dispositional characteristic, but rather as a capacity that is cultivated through continuous learning, peer support networks, and institutional investment in professional development.

As the healthcare system undergoes transformation driven by digital innovation, new care delivery models such as Healthier SG, and an expanded emphasis on preventive care,

nurses who demonstrate adaptive capacity and professional growth report renewed engagement with their roles. The opportunity to acquire new competencies, assume expanded responsibilities, and contribute to the evolution of healthcare delivery sustains professional engagement over time.

Implications for Policy and Practice

Notwithstanding the progress achieved, significant challenges persist. Workforce shortages remain a structural concern, and the psychological burden of nursing, particularly within acute care, oncology, and palliative care settings, requires sustained attention. Recent calls to train up to 10,000 additional nurses and healthcare workers in palliative care reflect the scale of investment required to meet projected demand (Medical Buyer, 2025).

Continued efforts to reconceptualise nursing as a strategic, knowledge-based profession rather than a collection of discrete tasks are essential. As Michelle Gunn of the International Council of Nurses has emphasised, "The real value of nursing lies not in individual tasks, but in professional practice" (Yong, 2026). This perspective necessitates ongoing investment in professional development, expanded scope of practice, and formal recognition of nursing expertise within healthcare governance structures.

Conclusion

The factors that sustain nurses in Singapore comprise a complex interplay of intrinsic and extrinsic determinants. Intrinsic motivation, manifested as a desire to provide care and promote healing, provides the foundational impetus for professional commitment. This is complemented and reinforced by external support structures: equitable remuneration, clear pathways for career progression, workplace safety, and formal recognition of professional contributions.

As Singapore's healthcare landscape continues to evolve, sustaining the nursing workforce will require comprehensive strategies that address both professional development and practitioner wellbeing. The future sustainability of nursing in Singapore depends not solely upon the recruitment of new entrants to the profession, but equally upon the nurturing of resilience and commitment among those who have chosen this demanding yet essential vocation.

Kumutha Muthu
Nurse Clinician
Kwong Wai Shiu Hospital

Sharing – Kwong Wai Shiu Hospital

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Rooted in Care: Celebrating a Legacy of Enrolled Nurse Education at ITE

As educators, there are days in our teaching careers that stay with us long after the lesson plans are archived. This year's Nurses' Day was undoubtedly one of those moments. For the first time in our department's history, all three cohorts of the Higher Nitec in Nursing students came together under one roof for our Annual Nurses' Day Celebration: "Elevate Through Resilience".

Looking across the auditorium, I saw more than a gathering of students and educators. I saw the future of nursing. Our nursing students from all three cohorts stood together as one community, connected by a shared purpose. It was an impactful reminder that nursing is built on continuity; each generation learning from those before them while preparing those who will follow.

As we celebrated this shared legacy, it was fitting to mark the occasion with something that would continue to grow for years to come.

26 Trees for 26 Years: A Meaningful Community Outreach

While the indoor celebration was filled with vibrant student performances, skits, and plenty of well-earned laughter, the true heart of our milestone celebration extended into the community.

On 9 July 2026, ahead of our Nurses' Day Celebration, staff from the Nursing Department and nursing student representatives gathered along Simei Rise and Simei Street 1 for a meaningful tree-planting initiative in collaboration with the National Parks Board (NParks). Together, we planted 26 trees to commemorate 26 years of ITE Enrolled Nurse education.

Standing alongside my students in the dirt, trowels in hand, the symbolism of what we were doing that morning was hard to miss:

- **The Patience of Nurturing:** As lecturers, we watch our nursing students enter our clinical skills labs on day one, often nervous, unsure, and hesitant. Over their time with us, through gentle guidance, rigorous practical training, and steady encouragement, we watch them blossom into confident, compassionate healthcare professionals. Much like nursing education, young saplings need careful tending, patience, and strong roots to thrive.

Sharing – ITE College East

- **Honouring a Growing Legacy:** These 26 trees stand along the Simei neighbourhood as a living tribute to the generations of ITE nursing alumni who have passed through our doors over the last quarter-century. It is deeply rewarding to see our graduates grow into competent nursing professionals who make meaningful contributions across the healthcare landscape. Whether delivering compassionate patient care, leading teams, educating future nurses, advancing research, or driving healthcare innovation, they embody the enduring impact of nursing education and continue to strengthen the profession.
- **Extending Our Duty of Care:** Nursing extends beyond clinical wards and bedside monitoring. By contributing to a greener environment right in our neighbouring community, we modelled for our future nurses that promoting health and wellness also means caring for the environment our community lives in.

These 26 newly planted trees along Simei Rise and Simei Street 1 will grow over the coming years, serving as a quiet reminder to every passing student and resident of the values that anchor our practice as nurses: resilience, compassion, and continuous growth.

To NParks, our school leadership, my fellow teaching colleagues, and above all, our incredible nursing students, thank you for making our very first three-cohort Nurses' Day celebration so deeply meaningful. Here is to 26 years of heart work at ITE, and to the many generations of nursing students yet to come!



Jessy Wong
Lecturer/Nursing
ITE College East

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Brewing Bonds Over Kopi: A Traditional Coffee Appreciation Workshop

SNA Dermatology & Infusion Nurses Chapter | Nurses Day Celebration 2026

On 1 August 2026, members of the SNA Dermatology and Infusion Nurses Chapter gathered at Nanyang Old Coffee in Chinatown for a Traditional Coffee Appreciation Workshop, a heartwarming blend of heritage, camaraderie, and great coffee.



The session offered a fascinating dive into the art and history of Singapore kopi, where participants discovered what makes our beloved local brew so uniquely Singaporean, from different roasting methods to the nuances between a kopi, kopi-o, and kopi-c.

One of the most intriguing highlights was learning about the quiet intelligence of our ancient ancestors and the thoughtful systems embedded in the traditional kopitiam. A Milo tin filled with bells was hung at the cashier area, alerting the boss whenever someone tampered with the till, a brilliantly simple theft deterrent long before CCTV existed. A wooden board also kept track of customers who purchased on credit, settling their dues at a later date. Small innovations, but remarkably effective.

Equally fascinating was the story behind the kopitiam "uniform", the iconic white singlet paired with blue striped trousers, conspicuously without pockets. The pocketless design was deliberate, preventing staff from pocketing takings, while the white top made workers easily identifiable in a bustling crowd. Practical, functional, and a quiet testament to the everyday wisdom of old Singapore's trade culture.

The highlight for many was the hands-on self-brewing experience, crafting their own cup the traditional way, paired with a spread of local snacks that had everyone going back for seconds.



Dermatology & Infusion Nurses Chapters



Adding a nostalgic touch, complimentary vintage costumes were available for photo-taking, transporting the team back to kampung days and resulting in a treasure trove of memorable snapshots and laughter.

Beyond the coffee and costumes, the day was truly about togetherness, a wonderful opportunity to bond outside the workplace and celebrate the meaningful work nurses do every day.



Wang Yu Yan
Treasurer
Dermatology Nurses Chapter

The ASPAN Master Program – The Asian Dermatological Nursing Group (TADNG) Meeting

The Asian Dermatological Nursing Group Meeting was held on 27 June at the National Skin Centre (NSC), Singapore, drawing 72 participants from local institutions and across the region. The event served as a valuable platform for professional development, knowledge exchange, and regional collaboration in dermatological nursing.

The meeting was graced by Guest of Honour Ms Shirley Heng, Chief Nurse of NHG Health Group, whose presence underscored the significance of the event within the broader nursing community. The session was chaired by Ms Brenda Lim, Chair of TADNG and Head of Nursing at the National Skin Centre, whose leadership and dedication to dermatological nursing were evident throughout the programme. The sessions were ably moderated by Mr Ryan Chua, Chair of the SNA Dermatology Chapter and Senior Nurse Manager at NSC, who ensured the discussions were engaging, focused, and productive.



Dermatology Nurses Chapter

The programme featured a distinguished line-up of expert speakers who shared their clinical insights and expertise. Prof Steven Thng provided perspectives on dermatological advancements, while Ms Connie Leong and APN Wang Yu Yan contributed their knowledge from advanced pharmaceutical and nursing perspectives. SNC Lim Chay Mien also presented, offering an institutional perspective that grounded the discussions in local clinical practice. Support was also provided by British Dermatological Nursing Group (BDNG) President Ms Lisa McGovern, who presented on the Competency Framework and Advanced Practice in Dermatology Nursing. Together, the presentations offered participants a well-rounded and enriching learning experience, covering current developments and best practices in the field.

Complementing the formal presentations were interactive booths that provided participants with hands-on engagement with dermatological nursing topics, clinical tools, and relevant innovations. These booths added an experiential dimension to the programme, allowing attendees to explore resources applicable to their day-to-day practice in an engaging and accessible format.

A significant highlight of the meeting was the opportunity for networking among nurses from different institutions and across the region. Participants from diverse healthcare settings and across the Asian region came together to exchange experiences and build professional relationships. This spirit of collaboration reflects the broader mission of the ASPAN Master Program in fostering a connected and well-supported dermatological nursing community across Asia.



Wang Yu Yan
Treasurer
Dermatology Nurses Chapter

Reflection for Dermatology Chapter Bonding Session

On Friday 08 May 2026, the Dermatology Chapter members gathered for an enjoyable bonding session.

The latte art and jamming event provided members with a meaningful opportunity to interact, learn new skills and strengthen camaraderie outside of the clinical setting.

The session was conducted by Layman coffee, where participants were introduced to the fundamentals of coffee appreciation and preparation. Members first learned about the several types of coffee aromas and how different beans and roasting profiles contribute to the unique flavours and fragrance found in coffee. The facilitators also shared valuable insights into the coffee-making process and showed the proper operation of a professional coffee machine.

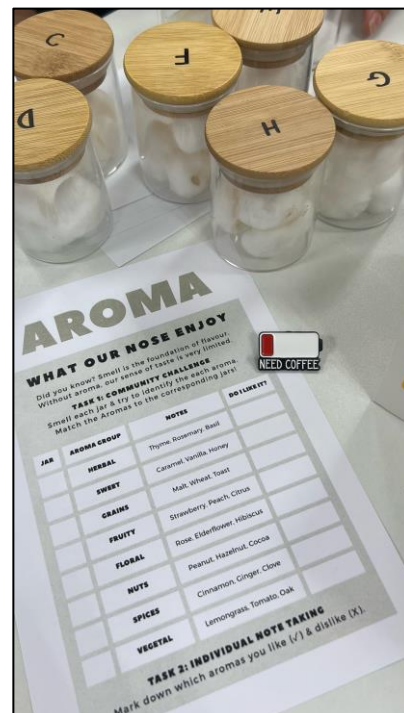
Members had the opportunity to engage in hands-on activities, which made the session both interactive and memorable. They also learned how to brew their own coffee by extracting espresso shots while understanding the importance of timing, pressure, and technique in achieving a balanced delicate flavour.

One of the main highlights of the evening was the latte art segment, where members explored the basics of milk frothing and learned how to create simple latte art designs through guided practice. To cater to different preferences, alternative beverages such as matcha and hot cocoa were provided enabling members to practice on latte art beyond coffee-based drinks.

The session was filled with laughter, enthusiasm and meaningful interactions among members creating an enriching experience that allowed everyone to unwind and bond through a shared appreciation for coffee creativity; it was so comforting and tempting to sip the beverage on a cool rainy day blending into a moment of peace.

The Dermatology Chapter members would like to express our sincere appreciation to the Dermatology Chapter EXCO committee for their thoughtful planning and preparation, including the coordination of the food delivery, which contributed to the enjoyable experience. Special thanks is also extended to Layman Coffee for conducting such an engaging workshop.

Dermatology Nurses Chapter



Valerie Lee
Member
Dermatology Nurses Chapter

Workshop on Infusion Therapy Insights: Skills, Safety and Specialty Care

On Saturday, 11 July 2026, 56 passionate nurses came together for another energising event on the SNA calendar. The full-day seminar was packed with expert insights, lively discussions, and meaningful hands-on learning opportunities.

The seminar featured four outstanding speakers who explored the diverse and evolving landscape of infusion therapy. Ms Nur Sharida opened the session with an engaging and practical presentation on Peripheral Intravenous Catheter (PIVC) Care, sharing valuable tips to enhance everyday clinical practice.

This was followed by Ms Lim Siew Geok's dynamic session on the Fundamentals of Infusion Therapy, where she presented key principles and practical insights relevant to nurses at all levels of experience.

Drawing on her 18 years of experience in Outpatient Parenteral Antimicrobial Therapy (OPAT), Ms Zhong Li Hua offered attendees valuable perspectives on delivering safe infusion therapy in home- and community-based settings. Her presentation highlighted the growing role of OPAT in patient-centred care and the importance of ensuring safety beyond the hospital environment.

The final presentation was delivered by Ms Nisha Visvanadan, who shared compelling insights into the use of Closed System Transfer Devices (CSTDs) in oncology. She underscored their vital role in safeguarding both patients and healthcare professionals during chemotherapy preparation and administration.



Infusion Nurses Chapter

The Q&A and panel discussion session was brought to life through a One-Minute Paper activity facilitated by session moderator Ms Brenda Lim. The activity encouraged active participation and sparked rich discussions as nurses exchanged experiences and addressed real-world challenges encountered in clinical practice.

To conclude the day, participants took part in an engaging hands-on practical session facilitated by Ms Pua Xin Yi, Chair of the SNA Infusion Nurses Chapter. Her expertise, enthusiasm, and warm facilitation created an enjoyable and memorable learning experience for all attendees.

A heartfelt thank you to our sponsors, Terumo Asia Holdings and Nipro Asia Pte Ltd, for their generous support in providing participants with the opportunity to practise hands-on cannulation and device insertion techniques. Their contribution played a key role in enhancing the practical learning experience and the overall success of the workshop.



Joyce Ho
Assistant Secretary
Infusion Nurses Chapter

Understanding Partnerships with Patients/Clients

On 18 April 2026, the Orthopaedic and Urology Nurses Chapter hosted a dynamic seminar, Understanding Partnerships with Patients/Clients, bringing together nurses and healthcare professionals for a morning of learning, reflection, and professional engagement.

In today's evolving healthcare landscape, patient-centred care has evolved from a guiding principle to an essential component of clinical practice. Meaningful partnerships with patients and clients are built on trust, mutual respect, open communication, and shared decision-making. By actively listening to patients and involving them in their care, nurses can contribute to safer, more effective, and person-centred healthcare outcomes.

The seminar highlighted the importance of fostering strong partnerships between healthcare professionals and patients, encouraging a shift from traditional care models towards more collaborative and inclusive approaches. Through a series of insightful presentations, speakers explored key themes such as patient partnerships, patients' rights, and the legal, ethical, and professional responsibilities of nurses.

Emphasis was placed on the role of nurses as patient advocates. Discussions underscored the significance of shared decision-making, empowering patients to participate actively in their healthcare journey while recognising the value of patients' lived experiences in shaping clinical outcomes and enhancing care delivery.

A highlight of the event was the engaging panel discussion, where experienced practitioners shared perspectives and lessons from real-world practice. The session stimulated meaningful dialogue and reflection among participants, particularly on navigating complex clinical situations while maintaining empathy, professionalism, and patient-centred values.

Orthopaedic & Urology Nurses Chapter

Programme at a Glance:

Time	Topic	Speaker
0800 - 0830	Registration	
0830 - 0835	Welcome Address by Guest-of-Honour	Ms Tan Soh Chin
0835 - 0915	Why Patient Partnership Matters	Mr Ellil Mathiyan Lakshamanan
0915 - 0945	Patient's Rights	Dr Jonathan Chan
0945 - 1015	Tea and Networking	
1015 - 1045	Navigating Patients' Rights in Nursing Practice: Legal, Ethical and Professional Reflections	Mr Muhammad Hafashah Bin Mohd Aslam
1045 - 1130	Panel Discussion	
1130 - 1150	Nurses as Patients' Advocates	Dr Juriyah Yatim
1150 - 1200	Reflection and Closing	

One participant shared: "The session reminded me that every patient has a voice, and our role is not just to treat, but to listen and partner with them in their care journey."

This sentiment resonated throughout the seminar and reflected the collective commitment to strengthening therapeutic relationships and enhancing patient engagement in care.

Beyond the formal programme, the seminar also provided valuable opportunities for networking and interdisciplinary exchange. Participants connected with peers from various healthcare settings, shared experiences and perspectives, and strengthened professional relationships that extend beyond the event itself.

As healthcare continues to evolve, trust, communication, and partnership remain fundamental to the delivery of quality care. This seminar served as a powerful reminder that effective healthcare is built on collaboration. By fostering meaningful partnerships with patients and clients, nurses play an integral role in improving health outcomes and shaping the future of healthcare.

Orthopaedic & Urology Nurses Chapter



Rajashulakshana d/o Rajaram, Senior Nurse Clinician
(Advanced Practice Nurse)
Dr Juriyah Yatim, Assistant Director, Nursing
(Advanced Practice Nurse)
Lee Shu Zhen, Nurse Clinician
Singapore General Hospital

Nursing Ethics in Singapore – My View

When I think about nursing in Singapore, I do not see it only as a profession. I see it as a journey of values. Each day, nurses step into a world where science meets humanity, where technical skill must be balanced with compassion, and where decisions are guided not just by knowledge, but by ethics.

In Singapore, this journey is shaped by our diversity. We are a nation of many cultures, languages, and beliefs. A nurse may care for a patient whose traditions differ from their own, whose family expectations challenge medical norms, or whose personal values require delicate respect. This reflects the Code's principle of respect for people, which requires nurses to honour dignity, cultural sensitivity, and patient autonomy.

Ethics, lives in every interaction: when we protect confidentiality, when we honour autonomy, when we collaborate with colleagues, and when we hold ourselves accountable to the highest standards. These principles are the threads that weave together the fabric of our healthcare system.

Yet, the path is not without challenges. Nurses face ethical dilemmas, balancing patient wishes against hospital policies, navigating family conflicts, or safeguarding privacy in an age of digital records. In times of crisis, such as pandemics, they must make difficult choices about resource allocation, always striving to remain fair and compassionate. These situations call for moral courage and adherence to the Code's guidance on professional integrity and patient-centred care.

Through these challenges, Singapore's nurses stand as guardians of public trust. Their commitment to ethics reassures families, strengthens institutions, and elevates the profession itself. In doing so, they show the world that ethical nursing is not just about rules. It is about values lived daily; values that protect the vulnerable and honour the human spirit.

This is the story of nursing ethics in Singapore: a story of dignity, diversity, and dedication. It is a story that connects us not only to our patients, but to the global community of nurses who share the same mission: to care with integrity, to heal with compassion.

Christina Loh
Vice-Chairperson
Nursing Ethics Chapter

Asia Pacific Nurses Convention (ASPAN) 2026: Empowering Nurses: Leading the Future of Healthcare

The 9th Asia Pacific Nurses Convention (ASPAN) 2026, organised by the Singapore Nurses Association and held at the Singapore EXPO in 25-27 June 2026, successfully brought together more than 500 nurses, educators, researchers, healthcare leaders and industry partners from across the Asia-Pacific region. Anchored on the theme "Empowering Nurses: Leading the Future of Healthcare," the convention provided an exceptional platform for knowledge exchange, professional networking and regional collaboration.

The scientific programme featured an outstanding line-up of internationally renowned speakers who inspired delegates to reimagine the future of nursing. Opening the convention, Dr Michelle Gunn, Head of Nursing Practice and Regulations at the International Council of Nurses, delivered a compelling keynote on "Reimagining Nursing Leadership for Global Health," encouraging nurses to embrace their influence in shaping resilient health systems. Distinguished Professor Kuei-Ru Chou from Taipei Medical University shared insights on empowering nursing leadership to drive health system transformation, while Adjunct Associate Professor Yong Keng Kwang, Chief Executive Officer of Ren Ci Hospital, challenged delegates to move "From Bedside to Boardroom", highlighting the expanding leadership role of nurses in healthcare. Associate Professor Craig Lockwood from the University of Adelaide concluded the plenary with "Future Directions in Nursing: From Evidence to Innovation and Global Health Outcomes," reinforcing the importance of translating evidence into practice.

Day Two focused on professionalism, leadership and the future of nursing. Ms Paulin Koh, Chief Nursing Officer, Ministry of Health Singapore, opened the day with "Professionalism Redefined: Equipping Nurses for Present Demands and Future Transformations," followed by a high-level panel discussion featuring Professor Kuei-Ru Chou, Dr Michael Joseph Dino, Adjunct Professor Tracy Carol Ayre, Ms Shirley Heng, Dr Karen Koh and Ms Rowena Yeo, who shared diverse perspectives on navigating professionalism and leadership in an evolving healthcare landscape. Later, Dr Michael Joseph Dino led an engaging symposium, "Smart Solutions or Slippery Slope? Tech and Nursing Roles in Sustainable Healthcare," examining how technology and artificial intelligence are reshaping nursing practice while preserving compassionate, person-centred care.

Asia Pacific Nurses Convention 2026

Beyond the plenary sessions, delegates participated in concurrent scientific tracks covering implementation science, precision medicine, healthcare innovation, artificial intelligence, sustainability, workforce development, leadership, patient safety, nursing education, advanced practice, person-centred care and future models of care. More than 100 oral and poster presentations showcased innovative research and quality improvement initiatives from across the region, reflecting nursing's commitment to advancing evidence-based practice.

Day 3 featured a series of concurrent masterclasses and experiential learning opportunities tailored to diverse nursing specialties and leadership interests. Delegates participated in the Leadership MasterClass, where experts explored adaptive leadership, population health intelligence, community nursing transformation and workforce capability. Concurrently, specialty programmes including the Asian Dermatological Nursing Group Meeting, the FITTER Injection Technique Workshop and curated hospital visits provided participants with hands-on learning, specialist updates and valuable opportunities to exchange best practices across different areas of nursing.

The convention concluded with renewed inspiration and a shared commitment to advancing nursing excellence through innovation, collaboration and leadership. ASPAN 2026 reaffirmed the vital role of nurses in shaping the future of healthcare while strengthening partnerships across the Asia-Pacific region.



Siti Samira
Co-Chairperson
ASPAN Organising Committee
Senior Nurse Manager
Mount Elizabeth Hospital

SNA Social Engagement

🌈 Trip Report: Xi'an Adventure with Singapore Nurses Association 🌈 (28 Mar – 4 Apr 26)

✈️ Day 1 (28 March): Arrival & Settling In ✈️

On 28 March 2026, a lively group of nurses, together with their families and friends, travelled to Xi'an on a joyful getaway organised by the Singapore Nurses Association. Stepping away from the wards, they embraced a different kind of "shift" filled with laughter, friendship, cultural discovery and relaxation. From the very first airport meetup, excitement was high, setting the tone for a memorable and well-deserved bonding experience.



🌟 ❤️ Bonding Moments:

From the very first airport meetup, there was already a buzz of excitement, plus the usual nurse instincts kicking in ("Did everyone bring meds? Plasters? Hand sanitiser?").

Truly, once a nurse, always a nurse!

Upon arrival in Xi'an, the group was warmly received and transferred to the hotel. Of course, first bonding moment: figuring out who snores the loudest. (No names mentioned... but walls are thin 🗯️)

🏯 Day 2 (29 March): Heritage & Culture Walk 🏯

The day featured a leisurely walk along Xi'an City Wall, visits to the Bell and Drum Towers, the Great Mosque and Wuxing Street Church, ending with a delicious food adventure through the bustling Muslim Quarter with loads of snacks, street food, and lots of "try this!" and "got to come back" moments.



🌟 ❤️ Bonding Moments:

Everyone shared bites and recommendations, "Try this! Very nice!"

🌟 ❤️ Highlight: Meeting a Boxing Champion

Dinner was hosted by a local Boxing Champion aka Mr Yip in a grand restaurant that could sit 20 pax in a round table. We were wowed by the ambiance, especially the beautifully plated food served on an automated lazy Susan. Is this glam or what!



🏺 Day 3 (30 March): Terracotta Warriors & Cultural Night 🏺

The adventure officially began with a visit to the world-famous Terracotta Army. Walking through the vast pits of life-sized warriors, the group was in awe, though some joked about how the formation looked like a perfectly disciplined ward round lineup. Next stop was Lishan Garden, where the intricate Bronze Chariots impressed everyone.



By this time, group dynamics had fully warmed up, photo-taking became a full production, complete with “retake!” and “wait, my hair!”

🌟 ❤️ Major Highlight: “Song of Everlasting Regret”

It was undeniably one of the top highlights of the entire trip. The storytelling, lights, and music captivated everyone. Set against the majestic Lishan Mountain, the show transformed nature into part of the stage itself. The mountains behind became a living canvas, illuminated with spectacular lighting that shifted with the story. The performance featured brilliant light projections across the mountains, mesmerising water effects that reflected shimmering colours, dramatic bursts of fire, adding intensity to key moments and a seamless blend of natural landscape and stage design. The entire group was captivated—many watching in complete silence, a rare moment for such a lively crowd!



🌟 ❤️ Funny Moment: One nurse whispered, “If our hospital presentations like this, confirm everyone stays awake!”



SNA Social Engagement

🌤️ Day 4 (31 March): History & Nature's Power 🌤️



The day combined cultural reflection at the Yellow Emperor's Mausoleum with the thrilling experience of Hukou Waterfall, where roaring waters, mist, laughter, and selfies created one of the most lively and memorable moments of the trip.



🌞 ❤️ Bonding Moments: *Helping each other navigate slippery paths, and laughing at wind-blown hair created a strong sense of teamwork, just like in the ward, but much more relaxed!*

🌄 Day 5 (1 April): Yucha Grand Canyon Adventure 🌄

Nature lovers had a field day at Yucha Grand Canyon. The scenic views were stunning, though the steps and walking trails tested everyone's stamina. But as nurses, resilience is second nature, encouraging one another along the way felt just like teamwork back in the hospital. "You can do it!" sounded very familiar; just minus the patients this time 😊



🌞 ❤️ Highlight:
"We Finish Together" Spirit
Despite the physical challenge, no one was left behind. Slower walkers were encouraged, hands were offered and breaks were taken together.



🌞 ❤️ Heartwarming Moment:

The group's instinct to care for one another shone through, proving that nursing is not just a profession but a mindset.

SNA Social Engagement

📅 Day 6 (2 April): Lights, Camera, Xi'an! 📷



☀️ ❤️ Fun Moment:

Group photos became a major production, "Wait, one more! Faster! Faster! Left side, NO! NO! Flowers on the right now. stays awake!"



At Bailuyuan Film and Television City, the group had fun role playing and posing, followed by an adventurous bus ride through rural villages that sparked laughter and photo moments. After lunch, a peaceful visit to Da Ci'en Temple offered reflection, before ending the day at Datang Everbright City, where vibrant lights and performances brought the night alive with energy and memorable photo opportunities.

🛒 Day 7 (3 April): Shopping Marathon & Farewell 📺



The final day got everyone's shopping mode fully activated! Bargaining skills were surprisingly strong (perhaps transferable skills from negotiating with patients?). Luggage space quickly became the biggest challenge. "Can still fit mah!" became the phrase of the day. That evening, the group headed to the airport—tired but deeply fulfilled.

❤️ Reflections & Conclusion ❤️

This Xi'an trip was more than just a tour—it was a celebration of camaraderie. Nurses who spend their days caring for others had the chance to care for themselves and each other in a different way. There was endless laughter on bus rides, snack-sharing like ward potlucks, group photos that took longer than the actual sightseeing and friendships that grew stronger with each passing day. Old friends reconnected, new friendships blossomed, and everyone returned home with not just souvenirs but beautiful memories.

To the Singapore Nurses Association and everyone involved, thank you for making this trip such a meaningful and joy-filled experience. Until the next adventure... maybe somewhere with less walking?

☀️ ❤️ As one participant joked:

"Next trip, we don't need itinerary... just bring this group can already!" 😊

A Letter to My Patient

Care Through Every Small Moment

Dear Patient,

A visit for a scan may feel uncertain at times.

Some of you come in poised, while others look to us for reassurance. In these moments, we are reminded that even the smallest actions—explaining a step, offering a gentle word, or taking a little more time—can make a meaningfully vast difference.

As nurses in the Department of Imaging, we approach each procedure with care and intention. Beyond the technical aspects, we aim to provide reassurance, clear explanations and support so you feel more at ease throughout your experience.

We have also seen how this sense of reassurance and understanding can make a difference. When you feel informed and supported, procedures often become smoother and more efficient.

This may help to reduce delays, repeated scans and additional procedures, while also minimising the need for unnecessary use of resources.

In every step of care including where an intravenous line is required, we use only what is necessary while ensuring your comfort and safety. Though these may seem like routine actions, they reflect our responsibility to care for you thoughtfully and the trust you have placed.

To us, sustainability is found in this area of care – where supporting patients to feel calm and prepared helps ensure each procedure can be carried out effectively.

Through a patient-centred and mindful approach, we believe that small actions carried out consistently can create a meaningful impact for patients, staff and healthcare system.

Thank you for placing your trust in us.

With warm regards,
Kasinah

Assistant Nurse Clinician

On behalf of the Nursing Team, Department of Imaging (NCCS)