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# The tireless efforts of nurses bring success

*Nurses' Day*

[NUR DHUHA ESOOF](#)

Aug 01, 2021 | 05:30 AM

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THE SECRET OF SUCCESS: Ms. Nurulhuda Abd Majid emphasized the importance of time management and planning of study schedule, work and family time when she studied

In conjunction with Nurses' Day celebrated in Singapore today, **BERITA MINGGU** reported on two nurses who are diligently pursuing their studies while working full-time in order to provide quality care to patients. One of them has graduated with King's College London and another will graduate with the same college next year. The nursing course is offered in collaboration with Ngee Ann Academy, a private educational institution in Singapore.

### Pregnant of the eldest child is not barred from holding a degree

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LEARNING while working full time is challenging enough for most people, but Ms. Nurulhuda Abd Majid did both when she was pregnant with her first child and in the Covid-19 pandemic.

The senior staff nurse at KK Women and Children's Hospital (KKH) not only completed the two-year study, but also managed to obtain a bachelor's degree with first class honors in nursing from King's College London.

He was among 88 students who completed the part-time program with the college, where about 40 percent of the students earned first-class honors.

The program is offered in conjunction with Ngee Ann Academy, a private educational institute in Singapore.

Ms. Nurulhuda, 31, started her career in nursing by taking a Nitec course in nursing at the Institute of Technical Education (ITE).

"As a nurse, I like to challenge myself to always follow evidence-based medical practice so that I can provide the best quality nursing care to my patients.

"Every day as a nurse, I learn something new from my colleagues and patients, which inspires me to explore a deeper knowledge of practice techniques and procedures," she said, who also has a diploma in nursing and an advanced diploma in medicine-surgery. from Nanyang Polytechnic.

Asked about the challenges faced as part-time students who were pregnant and working in the healthcare sector during the Covid-19 pandemic, Ms Nurulhuda said she needed to balance rest time, mental and physical fatigue, as well as the stress of completing a dissertation.

"The Covid-19 pandemic started when I was following the last module which was a dissertation. Since this module brought the highest credit for our degree, we should have had several classroom sessions. But in this pandemic, all face-to-face sessions were turned into online sessions. disappointing at first because I was really looking forward to the face-to-face session in the classroom.

"However, the online discussion sessions were equally helpful and enough for me to ask for clarification for my doubts and to work with my tutor for my assignments," said the mother of a nine-month-old.

When Ms Nurulhuda was admitted to hospital due to pregnancy complications, her husband, who is also a senior staff nurse, brought her laptop so she could follow online tutorials.

At work, he must always be alert and vigilant due to the changing conditions of the epidemic.

"It's physically and mentally challenging, but taking a degree while working full-time gives me the opportunity to practice what I've learned in school in a clinical setting. In addition, it boosts my confidence to provide high-quality nursing care to my patients for improve their experience in the hospital," said Ms Nurulhuda.

He stressed the importance of time management and planning of study schedule, work and family time.

"I plan my schedule by making sure one of my days off is spent reviewing or completing assignments, and another day off to be with family. I am thankful my husband and family understand me and give me the full support needed to excel in my studies," he said. he said.

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**"It's physically and mentally challenging, but taking a degree while working full-time gives me the opportunity to practice what I've learned in school in a clinical setting. In addition, it boosts my confidence to provide high-quality nursing care to my patients for improve their experience in the hospital**

- Ms. Nurulhuda Abd Majid, Senior Staff Nurse at KK Women and Children's Hospital (KKH)

## Determination to change the course of life for a bright future

ONE realization at the age of 25 made Mr. Jasmeran Allan Chand determined to take steps to change the course of his life which has so far been flat and gloomy.

She enrolled for a nursing major at the Institute of Technical Education (ITE) and since then, the path for her towards a brighter future is open one by one until today, she is a student at King's College London.

Contacted recently, Mr Jasmeran, 36, who is now a staff nurse at Changi General Hospital (CGH), said he decided to enter the field of nursing after realizing that he was much behind compared to his peers.

"Before, I didn't pay attention to my studies and just wanted to go out and meet friends. Then at the age of 25, I realized that I probably wouldn't be able to go anywhere without the right qualifications.

"I signed up for the nursing program because at that time I had some friends who worked as nurses. In addition, my mother also at that time worked in the accident and emergency (A&E) department at a hospital and often told about her experiences.

"At the same time, my father also had some health problems at the time and was often treated in hospital. Those things prompted me to venture into the field of nursing," said the father of a five-year-old.

Her first experience of undergoing practical training in a hospital, in a geriatric ward for the elderly at CGH, rounded out her determination to become a nurse.

Mr. Jasmeran then received a scholarship offered by CGH for his studies at ITE, followed by diploma and advanced diploma studies at Nanyang Polytechnic, and subsequently for degree studies at King's College London.

Her degree program, offered with Ngee Ann Academy, lasts for two years and is expected to be completed next April.

Classes are held online in the evenings, and since Mr. Jasmeran still works morning, afternoon or evening shifts, he will study after work or at night after his son is asleep.

He, who works in the geriatric ward at CGH, expressed his appreciation to the hospital for giving him the opportunity to improve himself.

"This degree program equips me with a set of skills for my next role. For example, one of the modules I have gone through emphasizes on assessment, learning and teaching, and this equips me with a better way to teach and evaluate young nurses placed under my supervision. There are also modules on the elderly population, and leadership," Mr Jasmeran said.

**"Before I didn't pay attention to my studies and just wanted to go out and meet friends. Then at the age of 25, I realized that I probably wouldn't be able to go anywhere without the right qualifications.**

**I signed up for a nursing program because at that time I have some friends who work as nurses. In addition, my mother also at that time worked in the accident and emergency department (A&E) of a hospital and often told about her experiences.-**

*Mr. Jasmeran Allan Chand, staff nurse at Changi General Hospital (CGH ).*



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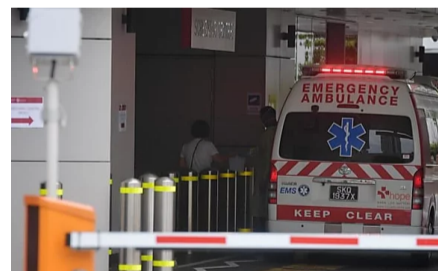
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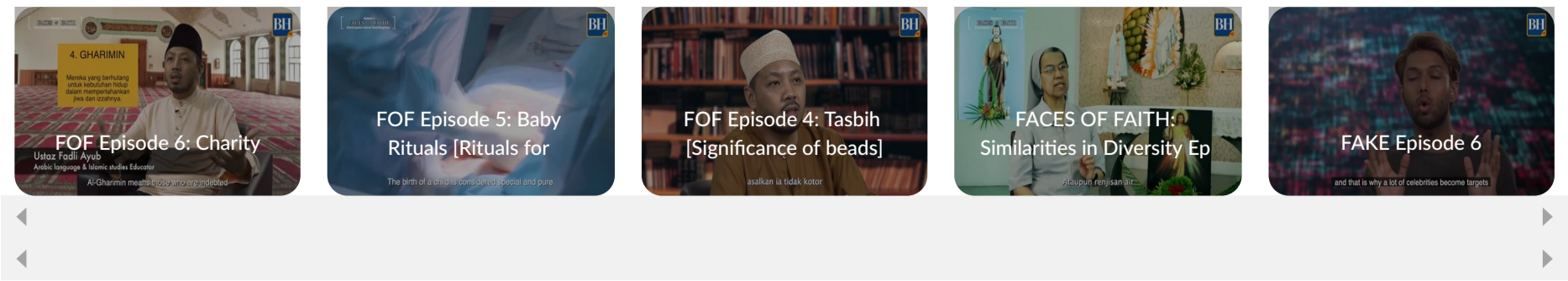
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# Parents need to set the best example so that children also get along well

*for example*

[NUR DHUHA ESOOF](#)

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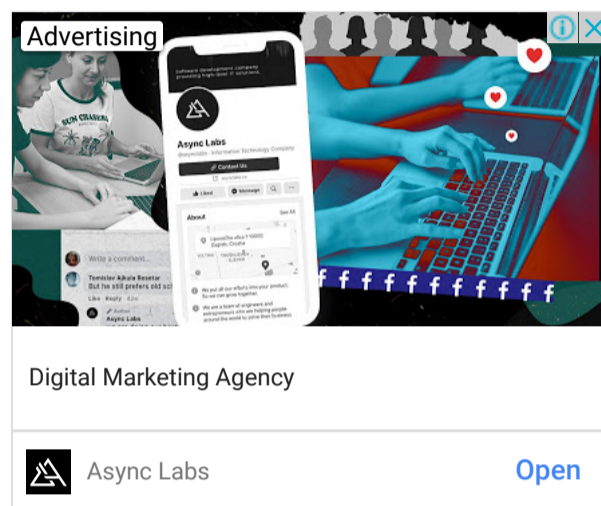




"In the elevator, I ask my son to wave to other neighbors who are in the elevator as well, and show him the neighborly way of life, like holding the elevator door for other neighbors to enter, and giving way to neighbors who want to get out. At the playground, I smile at other children (I hope they can see my smile through my eyes), and say "Hello!" and invite them to chat. I encourage my child to play with them if he wants to but don't force it because I understand it's definitely not easy to be suddenly playing with other people. " - Author, Nur Dhuha Esoof (pictured above), with his son, Munawwarah Mohammad Hanafi. - Photo courtesy of NUR DHUHA ESOF

SEVERAL months ago, while chatting while watching our son play together, a good friend of mine said he was worried that today's kids aren't good at getting along with other people who aren't family members.

It was the Covid-19 pandemic that made people choose to sit at home to avoid congestion and the risk of contracting the coronavirus, he said.



As a result, children spend more time at home with their own family members, except when going to the homes of relatives and acquaintances on weekends.

My son was nine months old when Singapore reported his first Covid-19 case early last year.

Now at the age of two more, she has shown a friendly disposition and loves to interact with adults (a result of being at home with her parents and grandparents for over a year).

Tetapi saya dapat lihat yang dia teragak-agak mahu berinteraksi dengan orang yang ditemui di luar rumah kerana "keadaan" yang tidak mengizinkan.

Penghalang utama, pada pendapat saya, ialah pelitup muka.

Dengan semua orang yang ditemui di luar rumah berpelitup muka, anak saya cuma dapat melihat mata dan kening mereka untuk meneka reaksi mereka.

Jika mereka tidak bersuara, anak saya tidak tahu mereka sedang senyum atau bermasam muka dengannya.

Senyuman sudah tentu adalah isyarat paling jelas untuk bertegur sapa dan memulakan proses berkenalan.

Satu lagi penghalang ialah kita tidak digalakkan bercakap di dalam lif dan bas bagi mengurangkan risiko penyebaran Covid-19.

Tetapi, dua tempat itulah yang sebelum pandemik ini berlaku merupakan tempat terbaik untuk bertegur sapa, lebih-lebih lagi jika ada budak kecil yang ikut bersama.

Di taman permainan juga saya dapati kanak-kanak bermain sendiri dan tidak bersama-sama, kerana kuaratir jika tersentuh dan meningkatkan risiko penyebaran virus itu, atau virus-virus lain.

Ibu bapa yang bersembang juga berdiri dengan jarak satu meter atau lebih, dan berlalu pergi tanpa bersalaman.

Tetapi dengan pembukaan semula Singapura yang dilakukan secara berperingkat, saya rasa anak-anak juga boleh diajar dan ditunjukkan cara bergaul dengan orang lain selain keluarga secara bertahap.

Bukan apa, saya cuma tidak mahu anak saya, yang telah melalui lebih separuh hidupnya di dalam pandemik, berpendapat yang kita tidak boleh berbual dengan orang di luar.

Jadi saya sudah mula membawa anak saya ke kedai dalam estet perumahan saya untuk menunjukkan dia cara berinteraksi dengan pegerai.

Seperti biasa, saya akan mengucapkan "Hello Auntie" kepada pegerai dan bertanya khabar sebelum memilih barang dan membuat bayaran.

Di dalam lif, saya mengajak anak saya melambaikan tangan kepada jiran lain yang ada di dalam lif juga, dan tunjukkannya cara hidup berjiran, seperti menahan pintu lif untuk jiran lain masuk, dan memberi laluan kepada jiran yang mahu keluar.

Di taman permainan, saya senyum kepada kanak-kanak lain (saya harap mereka dapat lihat senyuman saya melalui mata saya), dan berkata "Hello!" dan mengajak mereka berbual.

Saya galakkan anak saya bermain dengan mereka jika dia mahu tetapi tidak memaksa kerana saya faham pasti tidak mudah untuk dia tiba-tiba bermain dengan orang lain.

I hope that when Singapore is fully reopened my son will not be awkward to greet his adult neighbors and seniors, as well as other children his age.



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