

Focused on her patients

LISTENING to the stories of patients and their family members and interacting with them is one of the greatest joys that Ms Judith Toh derives from work each day.

The 25-year-old is an occupational therapist at Alexandra Hospital, currently managed by Sengkang Health, where she works with a team of healthcare professionals to help patients get back to their daily lives.

"I work with patients and caregivers to ensure that patients are still able to carry out basic daily functions and activities such as eating, sleeping, getting dressed and working after they are discharged from the hospital," she says.

She also works with students and visitors who come to the department and assists new staff with settling in.

Her work sees her engaging with patients from different backgrounds and sometimes language is a barrier to communication.

Having a team of supportive colleagues who can assist in translating overcomes that challenge and she is even picking up conversational skills in Malay.

Says Ms Toh: "We watch out for and help one another whenever

possible. Peers and seniors also help to hone our clinical reasoning skills and expand our knowledge."

Her drive to help her patients spurs her on to constantly improve her knowledge and skills by reading, attending conferences and training and seeking out her seniors for discussion.

Gaining knowledge

It was her empathy for people who require occupational therapy that sparked her interest in the field and drove her to find out more about the Allied Health Profession after junior college.

Already keen on joining the healthcare profession during her junior college days, she decided to enrol in Nanyang Polytechnic after graduation as it was the only institution in Singapore that offered a course in Occupational Therapy at that time.

"I felt that a local course would empower me to be more relevant when I enter the workforce," she says.

She took up the MOH Holdings 3+1 Scholarship, a scholarship that offers direct diploma and degree studies.

She completed her degree at the Singapore Institute of Technology

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MS JUDITH TOH
occupational therapist
Alexandra Hospital

gy-Trinity College Dublin.

The scholarship's coverage of tuition fees, monthly allowance and four-year bond was helpful.

The scholarship has also given her opportunities to meet other scholars.

"It is important to know what you want to achieve out of this scholarship, especially when the course of study is very specific," she says.

She hopes to excel in her career and also be in a position to help budding occupational therapists transition into working life and find their identity in the profession.

AUDREY NG



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