



Students crowded the NHG booth to find out more about career options

The celebrity hosts had the audience in stitches



# THE MANY FACES OF HEALTHCARE

Almost 500 students and their parents flocked to *Make Healthcare Your Career*, an annual event organised by NHG together with the Health Ministry and other healthcare clusters.

Contrary to what some might believe, working in the healthcare industry doesn't mean you are limited in your job choices. This burgeoning sector is a key growth area indeed — and offers a host of opportunities for both career and personal development. And as proof, the *Make Healthcare Your Career* event on 27 February 2011 at \*SCAPE presented a number of appealing future options to students interested in pursuing ambitions in the healthcare arena.

One of them, Muhd Hafashah, 23, who is into the second year of his Diploma in Physiotherapy at Nanyang Polytechnic, told *Lifewise* he hopes to make it a long-term career. "I'm looking forward to speaking to a physiotherapist, and finding out what scholarships and sponsorships are available to help me on this journey," he said.

A panel of healthcare professionals was on hand to answer questions by a good mix of participants, which

included those already pursuing a course in healthcare as well as parents and teens exploring a future in the industry. Hosted by 987FM radio DJ Rosalyn Lee and MediaCorp artistes Dasmond Koh and Pornsak Prajakwit, the event proved to be an eye-opening afternoon as the lively panel painted a detailed picture of life in the healthcare industry, including how their work has made a difference both to their own lives and those around them.

## MYTH BUSTERS

The exchange also helped dispel some incorrect assumptions and stereotypes concerning healthcare occupations, for example how some people believe that psychologists read minds. Institute of Mental Health Psychologist Brenda Lee was on hand to clear the air. She explained that psychologists engage their patients to address their way of thinking, behaving, relating and coping through psychotherapy sessions.

"What I really want to get across... is how meaningful and

rewarding a profession in healthcare can really be. When my patients share their troubles and stories with me, it's inspiring to see how they rise above their problems and adversities," said the 26-year-old.

The event also showcased an exhibition by the Ministry of Health Holdings, National Healthcare Group (NHG), SingHealth, Alexandra Health, Jurong Health and National University Health System.

Richard Low, Nurse Manager from the NHG Polyclinic in Ang Mo Kio, highlighted how a career in nursing would be ideal for men too. "The talk introduced youths to many nursing-related professions, such as Nurse Manager, Nurse Educator, and Advanced Practitioner," said the 33 year-old. "It's great that there's an outreach programme like this to increase the interest and awareness of the career opportunities in healthcare.

"I'm happy to say that I had several male students approach me, wanting to find out more about what nursing has to offer."

### REACHING OUT

For one Anglo-Chinese Junior College student, the event may have helped her decide on the route she wants to take after her A-Level results are released. "I'm really interested in finding out more about physiotherapy," said 19-year-old Christina Tjen.

"The challenges faced from case to case make it an intriguing career, and it's also an opportunity to contribute to society."

Tan Tock Seng Hospital's Ahmad Zaki Hairodin, 27, became a physiotherapist for the same reason. "After suffering an ankle injury while playing soccer for Victoria Junior College, I had to attend physiotherapy sessions," he recalled. "I was drawn to the profession after observing how the physiotherapists patiently worked with me to help me regain ability and strength in my ankle.

"I must say that it was one of the best decisions I ever made." +



(L-R) MediaCorp artiste Pornsak Prajakwit, Healthcare professionals Chen Zhen Zhen, Chelsea Law, Sharon Ong, Zaki Hairodin, Alvin Wong, Richard Low, Aline Teh, Ramani A N, Brenda Lee, 987fm radio DJ Rosalyn Lee, MediaCorp artiste Dasmond Koh