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MEDIA RELEASE

IMH CELEBRATES NURSES' DAY BY HONOURING PSYCHIATRIC NURSES AND 50 YEARS OF MENTAL HEALTH SERVICES

The Institute of Mental Health (IMH) celebrates Nurses Day on 31 July 2009 by honouring 167 of its psychiatric nurses. A total of 15 awards – *Nightingale Award, Star Award, Team Spirit Award, Best Clinical Unit Award and Most Creative Director Award* – will be presented by the Guest-of-Honour, Minister for Health, Mr Khaw Boon Wan.

The awards recognise IMH nurses for their professionalism, leadership and commitment to excellence in patient care as nurses play an increasingly important role in the assurance of high standards of care for patients and their loved ones.

The winner of this year's *Nightingale Award* goes to Senior Nurse Clinician Grace Lam, of the Infection Control Unit. This prestigious award recognises SNC Lam as an outstanding nurse for her exemplary effort in providing excellent nursing services and serving as an effective mentor to the hospital's nurses.

"I am pleased to express my heartfelt thank and appreciation to IMH for the support and recognition of my work and contribution. My co-workers in the Infection Control Unit are wonderful people, co-operative and great to work with," said SNC Lam.

My superiors are also thoughtful and kind. Winning this award reassures me that IMH is an organisation that values its employees' efforts and hardwork, and this will definitely motivate me to do my best.

SNC Lam is an expert in infection control practices. Together with Dr Aaron Ang, Chairman of Infection Control Committee, she is leading the hospital effectively through the current H1N1 situation.

Shared Dr Aaron Ang: "As my helper in the Infection Control Committee, Grace advises me well in the decisions that I make. I value her experience and expertise, and appreciate her honesty and valuable recommendations. She truly deserves this award."

SNC Lam had previously received the *National Day Commendation Medal* for her involvement in overcoming SARS in 2003, when she was part of the Infection Control and Taskforce team in Changi General Hospital.

"The award recipients are exemplary role models to all our nurses at IMH. They met the stringent selection criteria and were unanimously selected as winners by the team of judges," said A/Prof Premarani Kannusamy, Director, Nursing Administration, IMH.

"We have also increased the number of awards to give special recognition to our staff who have demonstrated unstinting commitment and dedication in their work. This is the first time we are recognising deserving wards as a whole for their clinical excellence and staff who had demonstrated superb customer service and professionalism"

Other highlights of the awards ceremony include performances by the hospital's doctors as tribute to IMH nurses, and a keynote address by guest speaker, A/Prof Mary D. Moller, Specialty Director Psychiatric-Mental Health from Yale University School of Nursing. She will be speaking on "The Psychiatric Mental Health Advanced Practice Nurse: The Leader in Healthcare Delivery Innovation for the 21st century".

Wall Mural Commemorating 50 years of Mental Health Services

As part of Nurses' Day, the Minister will be launching a wall mural that celebrates 50 years of mental health services. Launched in conjunction with Singapore's 50 years of self-governance, the wall mural measures an impressive 2865mm (height) by 6680mm (width).

The vibrant wall takes visitors on a nostalgic walk from 1959 to 2009, through a montage of photographs from the hospital's archives. It also features a video that highlights the hospital's key milestones and the evolution of mental health services in Singapore. Key areas featured in the video include Patient Care and Treatment, Community Services, Education and Research.

IMH Chief Executive Officer, Mr Leong Yew Meng said: "The wall mural is reflective of how mental health services in Singapore have progressed expansively with Singapore's growth as

a nation. We will continue to maintain high standards of care and engage with the community in supporting the mentally ill.”

As the celebrations continue, the Minister and IMH’s senior management will be serving lunch to the hospital’s nurses at the Multi-purpose hall.

More information on the Nurses’ Day programme, CEO’s speech, the Awards recipients and guest speaker are attached in Annexes. A CD of the video is also enclosed.

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About Institute of Mental Health/Woodbridge Hospital (IMH/WH)

The Institute of Mental Health/Woodbridge Hospital (IMH/WH) is a leading mental health centre in Asia offering a multi-faceted and comprehensive range of psychiatric, rehabilitative and counselling services designed to meet the needs of namely (i) children & adolescents, (ii) adults and (iii) the elderly. IMH/WH’s multi-disciplinary approach to patient care is supported by the departments of Nursing, Clinical Psychology, Occupational Therapy, and Medical Social Work. Offering inpatient care and outpatient care, it has also established various satellite clinics around Singapore. IMH/WH provides community education and supports corporations in the promotion of mental health and wellness. As a specialist centre, it integrates research in the best interest of patient-care. For its outstanding contribution to research in health promotion, IMH’s Early Psychosis Intervention Programme won the World Health Organization’s inaugural State of Kuwait Prize in 2006 as well as one of the inaugural National Medical Excellence Awards conferred by the Ministry of Health in 2008. IMH/WH is the first mental health institution in Asia to receive the Joint Commission International (JCI) accreditation, an award that represents a worldwide consensus on quality patient care and international best practices.

