

32nd International Conference on
ONCOLOGY NURSING AND CANCER CARE
September 13-14, 2017 Singapore



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Psychosocial contributions and end of life care in intensive care unit

With advances in medical care, more patients are now cared for in Intensive Care Unit (ICU). Besides patients, family members are equally or more stressful when their loved ones are admitted to ICU. In view of these challenges, patients and families in the ICU require a comprehensive approach that includes attention to the physical, psychological, social, practical and spiritual aspects in the service of active coping and problem solving. Death seems to be the only certainty in life. A good death has indeed a social dimension. A good death doesn't come with accident, it takes planning and preparation in many aspect. It is important to have a conversation about this important journey. However due to cultural and taboo about the death topic, many find it difficult to have this conversation started. Introduction to Advance Care Planning (ACP) is a milestone for healthcare professionals trying to initiate the discussion about end of life journey. Besides medical aspect of health, there should be equal emphasis on social, emotional and psychological state of a person. Understanding will, lasting power of attorney, advance medical directive and advance care planning will certainly contribute to better planning of this important journey in life.

Biography

Audrey Saw is currently a Deputy Director of Nursing at Khoo Teck Puat Hospital, Singapore. She has obtained her Bachelor of Science in Nursing from University of Sydney, Australia, Post Graduate Diploma in Clinical Nursing in the field of Critical Care from Curtin University of Technology, Australia and Masters in Health Administration from University of Sydney, Australia. She was awarded Ministry of Health; Health Manpower Development Plan (HMDP) Nursing Award in the field of Nursing Administration where she spend her attachment at Cleveland Clinic Ohio and Henry Ford Health System at Michigan, USA.

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