

How well-facilitated conversations helped her father find his voice

NORWATI BAHAR

Caregiver to her father, Pak Din

Sometimes, the people closest to us are the ones we find hardest to open up to. As Wati attests to, “My father didn’t want to burden the family, despite us being there with him the whole time. He just felt more comfortable sharing his concerns about his pain with Stephanie, our palliative care nurse.”

A former police officer who led an independent life after retirement and the passing of his wife (also to cancer), Pak Din was a man who loved life and knew how to make the most of it. That was why when he was referred to Hospis Malaysia after being told that his cancer had spread, he chose not to be put on life support should the time come. And so the family started his end-of-life journey with Hospis Malaysia’s support. “We just wanted him to be comfortable and not in pain,” Wati recalls. It started with Lilian, the first palliative care nurse who visited to assess Pak Din’s condition. After that, Stephanie became the dedicated nurse to look after Pak Din.

To Wati and her family, Hospis Malaysia was more than just about medical support and pain management. Stephanie also provided Pak Din with psychological support, prepping him for what was to come. “She was always there to listen to him - his fears, hopes, dreams and about what will happen to his family after he’s gone.” Because he found a warm and willing ear in the nurse, he was also able to talk about his other thoughts and feelings with her. “Stephanie would tell us that my father was always telling her how lucky he was to have his family around him,” Wati continues.

“It was additional support that we were not able to give. But maybe it was because we were family. We are glad that my father had someone he could turn to,” Wati reveals.



Wati reminisces about her dad



How Hospis Malaysia supported:

- Facilitated end-of-life care discussions
- Symptom management including access to 24-hour emergency call service
- Caregiver support

