

TRAINING TOMORROW'S NURSING LEADERS

BSC (NURSING) / BSC (NURSING) (HONOURS)



Alice Lee Centre for Nursing Studies
Yong Loo Lin School of Medicine

Our Commitment to You

The Alice Lee Centre for Nursing Studies (NUS Nursing) at the NUS Yong Loo Lin School of Medicine is committed to providing high quality nursing education. Our undergraduate courses here at NUS Nursing – Asia's leading Nursing programme – are designed to develop competent and caring nurses, as well as innovative healthcare leaders for Singapore and the region. We provide an intellectually stimulating, rigorous and nurturing environment for our students. Through our state-of-the-art simulation training centre and close partnerships with Singapore's leading hospitals, our students receive the best nursing education in Singapore.



Our Flagship Programmes

The NUS Bachelor of Science (Nursing) degree is a three-year, full-time modular-based undergraduate programme. Upon successful completion of the programme, graduates are eligible to register with the Singapore Nursing Board to practise as a Registered Nurse. When you achieve a minimum Cumulative Average Point (CAP) of 3.2 at the end of the programme, you can apply to proceed to the Honours programme leading to the award of the Bachelor of Science (Nursing) (Honours) degree.

The focus of our Honours curriculum ranges from evidence-based nursing and applied research methods to integrated clinical practice. Students are required to complete a research project during the Honours year.

Curriculum and Programme Structure

YEAR OF STUDY

One

Two

Three

Honours

SUBJECTS

- Healthy Ageing and Well-being
- Fundamentals of Care
- Anatomy, Physiology and Physical Assessment
- Pathophysiology, Pharmacology and Nursing Practice
- Communication and Cultural Diversity
- Psychology for Nurses
- Clinical Practice

- Mental Health Nursing
- Pathophysiology, Pharmacology and Nursing Practice
- Women and Children Health
- Infection and Immunology
- Medical Sociology
- Professional Nursing Practice, Ethics and Law
- Healthy Community Living
- Clinical Practice
- Elective

- Pathophysiology, Pharmacology and Nursing Practice
- Leadership and Management
- Public and Community Health
- Palliative and End-of-Life Care
- Research and Evidence-based Healthcare
- Clinical Practice
- Transition to Professional Practice Experience

- Evidence-based Health Care Practice
- Applied Research Methods
- Honours Project in Nursing
- Consolidated Clinical Practice



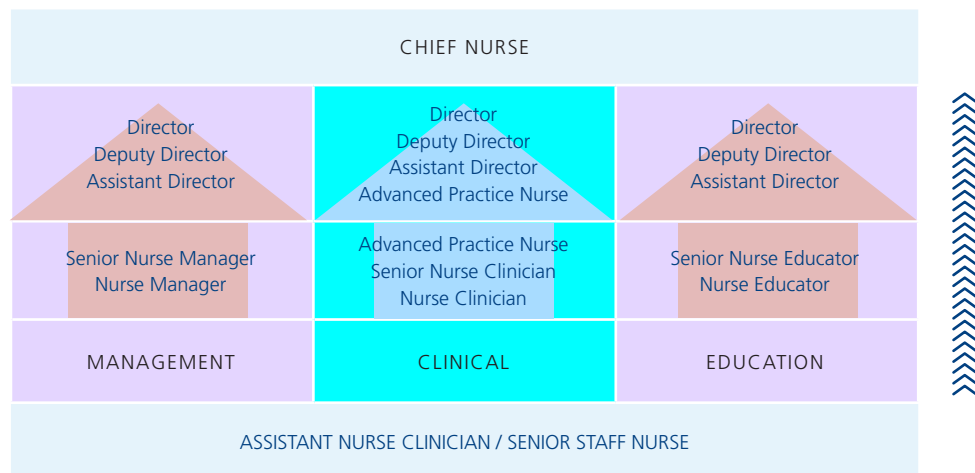
Career Prospects

Our undergraduate nursing programmes prepare and enable students to pursue career opportunities in clinical and community practice, education, research and management.

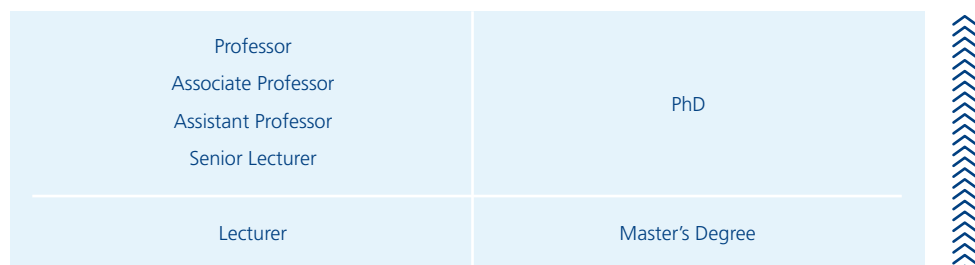
Our graduates are highly sought after for their excellence and professionalism in nursing. 94.6% of BSc (Nursing) graduates, and 98.0% of BSc (Nursing) (Hons) graduates, find employment within six months after completing their final exams*. NUS Nursing graduates start off with median monthly salaries of S\$3,550 for those with honours, and \$3,450 for those without honours. Many are working in the clinical and healthcare fields, making significant contributions to the health and well-being of people in Singapore and the region.

*Graduate Employment Survey 2018

HOSPITAL



ACADEMIC SETTINGS

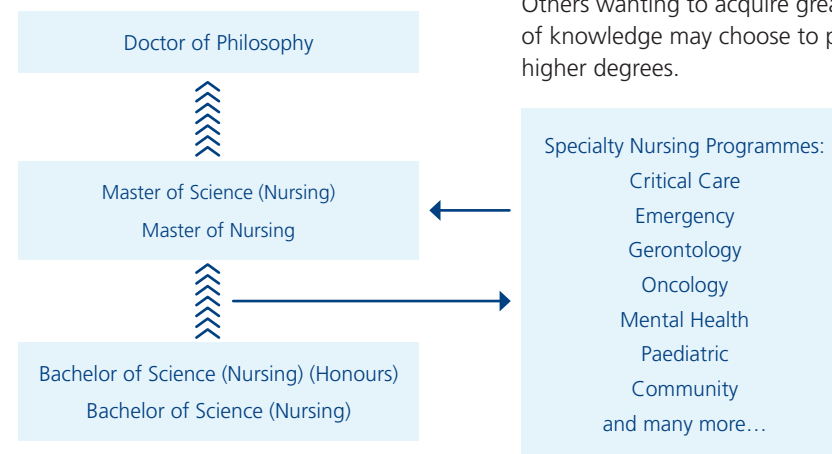


OTHER CAREER OPTIONS

Case Manager	Clinical Trial Coordinator	Community Care Coordinator	Entrepreneur
Policy maker	Primary Healthcare Coordinator	Research Fellow	School Nurse

Education and Professional Development

An undergraduate degree in nursing offers a myriad of exciting opportunities to further one's horizon upon graduation. Students who are interested in specific nursing fields can choose to specialise in different areas. Others wanting to acquire greater depth of knowledge may choose to proceed to higher degrees.



Scholarship and Sponsorship Information

The University offers financial aid in the form of loans, scholarships and bursaries to students in need. In addition, MOH Holdings (MOHH) and healthcare agencies in Singapore offer attractive scholarships and sponsorships for suitably qualified applicants. Students may receive a monthly allowance while studying at NUS Nursing. A large proportion of our students are scholarship/ sponsorship recipients.

Students can apply for the Healthcare Merit Award/Healthcare Merit Scholarship from MOHH. Sponsorship is also available from the three regional health systems:

Central Region:
National Healthcare Group
Western Region:
National University Health System
Eastern Region:
Singapore Health Services

"I have been helped in many ways as a scholarship recipient. I was also introduced to peers and mentors from various healthcare disciplines so that we can be integrated into an inter-professional fraternity from the beginning."

EUGENE WEE BENG SEON, Year 4

Clinical Practicum

Clinical nursing practice is an integral part of the undergraduate degree programmes at NUS Nursing. The modules are designed to equip students to consolidate the knowledge and skills acquired, and apply to patient management in various hospitals, polyclinics, hospices and community health agencies.

"The clinical practicum has always been the highlight of the semester. I get to see first-hand the challenges that lie ahead of me in my nursing career and learn how to resolve them. Every clinical practicum is an opportunity for me to review my progress so that I can identify my shortcomings in order to become the nurse I want to be."

LIM SHIN YING, Class of 2019

Overseas Student Exchange Programme

There are also opportunities for students to participate in overseas exchange programmes in countries such as China, Hong Kong, Japan, South Korea, Switzerland and Taiwan.

"I had the privilege of experiencing local nursing culture and practice during a Student Exchange Programme at the Hong Kong Polytechnic University in July 2018. I was thrilled to meet nursing students from Hong Kong and seven other foreign Universities, from whom I acquired valuable knowledge on healthcare challenges and solutions that cross national boundaries."

DELPHINE CHEN, Class of 2019



Inter-professional Education

NUS Nursing is committed to fostering inter-professional education experiences for our undergraduate nursing students. Students have opportunities to learn and study together with peers from Medicine, Dentistry, Pharmacy and Social Work. Learning actively with counterparts from other related disciplines imparts team skills that are essential for students to work effectively as professional members of multi-disciplinary care teams in hospitals and clinics.

"Besides emphasising the importance of teamwork, understanding and communication, Inter-professional Education also gives us opportunities to work with peers from other healthcare disciplines. We learn to recognise and leverage on our respective strengths, knowledge and expertise in fulfilling our common goals."

TAY CHERYL, Class of 2019

Community Service

Our students organise and participate in local and overseas health screening programmes and other community services.

"Cangyuan Synergy 2018 gave me the chance to see a different healthcare landscape in another part of the world. Working with team-mates and overseas counterparts to achieve common goals was highly fulfilling. Being part of the project enabled me to reflect on my roles as a nurse, a young adult, and a fellow human being to another."

ELYSIA CHIAM, Class of 2019



My Career as a Community Nurse

Name: Chua Yu Ru

Job Title: Senior Staff Nurse (Community Nurse), Singapore General Hospital (SGH)

Educational Background: Graduated from the National University of Singapore with a Bachelor of Science (Nursing) with Merit degree in 2013. Attained an Advanced Diploma in Chronic Disease Management in 2017.

Professional Background: Worked in the Hospital's General Surgery/Trauma ward for four years before being posted to the Community Nursing team in 2018.

Q: How did you become a community nurse?

A: When I was working in the Hospital's General Surgery ward, a group of patients left a deep impression on me: they had poor diabetes control, were more vulnerable to infections in the lower limbs, and required amputation when their wounds went unchecked. I felt that what I was doing as a surgical nurse seemed limited. In 2017, I took up an Advanced Diploma in Nursing specialising in chronic disease management as I wanted to teach patients about chronic diseases and how to value their health. A month later, SGH was recruiting nurses to provide community nursing services as part of the Ministry of Health's nationwide plan to bring healthcare closer to home. I grabbed the chance to be part of this because I knew the role of a community nurse would be in line with what I really wanted to do for my patients.

Q: As a community nurse, what does your job entail?

A: I care for community-dwelling elderly residents aged 60 and above, and/or have at least three chronic diseases. I review them either at the Community Nurse Posts or at their homes. I also conduct health coaching and general geriatric assessments to screen for dementia or depression. In addition, I monitor their chronic diseases and empower them to manage their own medications. At times, I also coordinate with community partners to ensure that holistic care is delivered to the elderly residents. These are done through phone calls, joint home visits or case discussions.

Q: What training did you receive to specialise in community nursing?

A: Most of us specialised in geriatric care, chronic disease management or oncology before joining community nursing. And all SGH community nurses also undergo the Community Palliative Care training organised by Lien Centre for Palliative Care to equip us with the knowledge and skills to deliver general palliative care in the community. As we often conduct home visits on our own, we also undergo a basic Self-Defence Course to better protect ourselves in possibly dangerous or compromising situations in the community.

Q: What are the biggest challenges of your job?

A: In the community, we are responsible for making clinical decisions and troubleshooting independently, as resources like healthcare peers and equipment are not as easily and immediately available as in hospitals. But this also trains us to think on our feet and be resilient.

Q: What are the greatest rewards?

A: Most of the elderly residents desire to live in the community for as long as possible. Being able to help them fulfil that desire and remain safe in the community – especially for those who are frail, those with dementia, or those living alone, gives me a huge sense of satisfaction. Empowering others to change their health behaviours can be a long and arduous journey. When I've successfully managed to prevent complications from worsening and ensure that residents receive appropriate care, I receive great joy knowing that the interventions we do have a long-term impact on their health and lives.

Q: What would you say to someone considering this type of nursing work?

A: You'll need lots of patience and perseverance, as our work primarily aims to change health behaviours, which takes time. Many elderly residents are wary of healthcare professionals. But as long as you make the genuine effort to see things from their perspectives, they will naturally open their hearts to you. In time, they will be receptive to your interventions. Being able to converse in a wide variety of languages and dialects is a huge advantage as many elderly in the community only converse in their mother tongue.

Q: Is there anything else about being a community nurse that is important for people to know?

A: A community nurse not only looks into the health aspect of the resident, but we also look into their social, environmental and financial areas of life.



My Career as a Palliative Care Nurse

Name: Henry Kong

Job Title: Senior Staff Nurse (Palliative Care), Khoo Teck Puat Hospital

Educational Background: Graduated from the National University of Singapore with a Bachelor of Science (Nursing) (Honours) degree in 2013. Attained an Advanced Diploma in Palliative Care in 2018.

Professional Background: Worked in the Hospital's Geriatric ward from 2013 to 2018. Became a member of the Palliative Care specialist team in 2018.

Q: Why did you become a palliative care nurse?

A: I find palliative care nursing meaningful and rewarding as it entails caring for the holistic needs of the dying and the terminally ill. It encompasses the physical, psychosocial and spiritual aspects of nursing care.

Q: As a palliative care nurse, what does your job entail?

A: I belong to a unit that provides specialised palliative care services including symptoms assessment and management, disease modification, grief bereavement support and discharge planning. My typical day starts with a team handover meeting where we highlight and discuss the issues that need to be sorted out for patients on our client list. After the meeting, I will

review these patients in the wards with the doctors to see how we can manage their care. My team and I also assess and manage the care of new patients referred to us throughout the day by the Hospital's primary medical teams. In addition, I attend multidisciplinary team meetings with my healthcare colleagues where we discuss how to work together to better manage our patients' conditions. A large part of my work also involves initiating Advance Care Planning discussions with my patients and their families. With an understanding of their preferences for end-of-life care, I can better advocate for their wishes.

Q: What are the biggest challenges of your job?

A: As nurses, we are trained to intervene, advise and act on our patients' conditions to improve their outcomes. However, taking the time to truly listen, empathise and be compassionate are tools that could possibly be more valuable in the care of palliative patients. I constantly remind myself that palliative nursing is not about being a saviour but a companion. Just being present and sitting in silence with my patients as they receive the bad news, and grieving along with them, is at times all that matters.

Q: What are the greatest rewards?

A: The phrase, "You Only Live Once" is heard a lot. But people underplay the fact that we only die once. Therefore, the difference a palliative care nurse makes in his patient's last stage of life is highly impactful. To fulfil my patients' last wishes, my team and I have organised birthday parties and wedding celebrations, and at times, arranged for patients whose preferred place of death is their homes to be discharged back to their residences to spend their last days with family. The bonds I've forged with my patients and their family members last long after death – and this is what makes the job rewarding.

Q: What kind of training should someone considering palliative care nursing get?

A: The NUS Nursing curriculum equips students with a good foundation in communication, ethics, pharmacology and pathophysiology. After graduation, specialised courses can be pursued to gain deeper understanding of palliative care. Of course, good clinical experience will arm new nurses with the necessary skills to manage palliative patients as well. In my workplace, we also hold regular journal clubs and textbook sharing sessions to encourage continuous learning. I learn a lot from experienced doctors and allied health colleagues and by attending palliative care conferences.

Q: Is there anything else about being a palliative care nurse that is important for people to know?

A: Palliative care is not all gloom and doom, as many patients live for many years after their diagnosis. And palliative care is a growing specialisation that also allows you to work across the acute care, community care and long-term care sectors.



My Career as an Advanced Practice Nurse

Name: Tan Min Yuan

Job Title: Advanced Practice Nurse (APN), National University Hospital (NUH)

Educational Background: Graduated from the National University of Singapore with a Bachelor of Science (Nursing) (Honours) degree in 2010. Completed the Adult Neuroscience Nursing Course organised by NUH in 2013. Received her Master of Nursing degree from NUS Nursing in 2018.

Professional Background: Worked in the Hospital's Medical Intensive Care Unit (ICU) and various wards after graduation. In 2014, she became a senior staff nurse at the Neuro-medical and High-dependency ward. In 2020, she became an APN at the ward.

Q: How did you become an advanced practice nurse specialising in neurology?

A: When I started my nursing career, I found that direct patient care gave me the greatest joy and satisfaction. I enjoyed the personal touch of building relationships with patients and their caregivers at the bedside. Knowing early that clinical nursing was my interest, I worked towards inhouse credentials in neuroscience before applying for a Master of Nursing degree course that would qualify me as an APN. The Neuro-surgical ward was my first ward posting after graduation, and quickly, it became my first love. Neuroscience nursing offers the best of both worlds: the adrenaline rush that comes from managing emergency cases such as patients

suffering from hyperacute stroke, and the satisfaction that arises from building bonds and connections with people living with conditions such as dementia.

Q: As a neurology APN, what does your job entail?

A: I start the day at the ward with a quick scan to ensure that everything and everyone are in running order. This includes looking through manpower and getting a handover of any incidents that need urgent attention. I then screen through our patients in the ward to identify the ones who require our attention, before making my clinical round with my nurses and the healthcare teams to discuss care. The day will be filled with reviewing and following up with the management of the flagged patients. I do this by looking through their case history extensively, performing a comprehensive physical assessment, and also communicating with the patient and family members to educate and include them in the management plans. This information will then be conveyed to and discussed with the multidisciplinary team for better collaboration of care, and with community partners whenever necessary to ensure proper handover of care. At the same time, we also attend to emergencies that occur during the day.

Q: What training did you receive to specialise in neurology?

A: I started work in the Hospital's Neuro-surgical general ward before moving to its Medical ICU, and subsequently, the Neurology/Neuro-stroke general ward with High Dependency. Along the way, I was trained to take on various roles, including reviewing transient ischemic attack patients in the Emergency Department, assessing and managing patients presenting with a hyperacute stroke, and managing discharge plans for general ward patients. The wide exposure and on-the-job training complemented my formal inhouse and Master's qualifications.

Q: What are the biggest challenges of your job?

A: Achieving better work-life balance.

Q: What are the greatest rewards?

A: As an APN, I have the opportunity to affect my patients' recovery from a debilitating illness by pre-empting and managing their needs and conditions. Being able to impart various skills and knowledge to my nurses to encourage critical thinking and pique their interest in the art and science of nursing also gives me tremendous satisfaction.

Q: What would you say to someone considering this type of nursing work?

A: Nursing is a journey of non-stop learning! Come with an open mind and get ready for an adventure of discovery and exploration.

Q: Is there anything else about being an APN that is important for people to know?

A: An APN's role is multi-faceted. Not many people know that we are trained to diagnose and manage common medical conditions, including chronic illnesses.



My Career as an Emergency Department Nurse

Name: Nur Fadilah Binte Jubir

Job Title: Emergency Department Staff Nurse, Ng Teng Fong General Hospital

Educational Background: Graduated from the National University of Singapore with a Bachelor of Science (Nursing) (Honours) degree in 2015.

Professional Background: Worked in the Hospital's Operating Theatre for two years before joining the Emergency Department (ED) in 2017.

Q: How did you become an emergency nurse?

A: In junior college, I watched the film, "Pearl Harbour" and was inspired to be an ED nurse after seeing how the Army nurses depicted in the film, one of whom was played by lead actress Kate Beckinsale, tended to the scores of wounded with toughness, strength and tenacity. Wanting to acquire nursing knowledge and skills in disaster medicine, I enrolled at NUS Nursing with an ambition to participate in disaster relief in my future career. After graduation, I requested for a posting to the Operating Theatre for two years to equip myself with peri-operative nursing skills before moving to the Emergency Nursing department.

Q: As an emergency nurse, what does your job entail?

A: I care for patients who are in urgent need of medical attention when they come through the Hospital's Accident and Emergency department. They can have a wide range of conditions, from wounds and injuries to cardiovascular and gastrointestinal problems. I use clinical knowledge and critical thinking skills to triage patients and assess their acuity level in order to provide timely treatment. I also monitor their vital signs, record their symptoms, administer medications, and assist physicians in procedures for patients within this acute care setting. In addition, I coordinate patients' admission and discharge from the ED, providing education and support to them and their families.

Q: What training did you receive to specialise in emergency nursing?

A: My undergraduate programme at NUS Nursing provided foundational training to be a registered nurse. This was then followed by on-the-job training during my probation period at the Hospital, and when I made the switch from the Operating Theatre to the ED.

Q: What are the biggest challenges of your job?

A: ED nurses have to thrive in highly stressful environments. We have to be on the constant alert as we respond to life-threatening cases and patients on the brink of death. Amidst the unpredictable and fast-paced scenarios we encounter every day, I have to deal with my emotions so that it would not have a negative effect when I go home after an adrenaline-pumping day at work.

Q: What are the greatest rewards?

A: Being in this career fulfils me because I get to save the life of a fellow human being and am empowered to make a difference.

Q: What would you say to someone considering this type of nursing work?

A: The best way to learn is to be in the ED environment and have hands-on experience in handling and managing stressful situations. Being an ED nurse requires patience and a lot of receptiveness to learning. It demands resilience, determination and persistence.

Q: Is there anything else about being an emergency nurse that is important for people to know?

A: As an ED nurse, many of the skills you acquire will come in very handy when you face emergencies in your daily life.

Entry Requirements

All eligible applicants must fulfil the minimum University requirements for admission to full-time undergraduate studies. Shortlisted local and foreign candidates will be required to attend an interview.

GCE 'A' Level, Singapore-Cambridge:

Any two H2 passes in the following subjects: Biology, Chemistry, Computing, Physics and Mathematics

International Baccalaureate (IB):

Any two HL passes in the following subjects: Biology, Chemistry, Computing, Physics and Mathematics

NUS High School:

Major CAP of at least 2.0 in any two of the following subjects: Biology, Chemistry, Physics and Mathematics

Diploma Holders:

Applicants presenting a Diploma from a Polytechnic in Singapore



Health Requirements

Please refer to <http://bit.ly/NursingHealthRequirements> for more details.



For further information,
please visit the NUS Nursing website at
<https://medicine.nus.edu.sg/nursing>

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